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## Some see accupuncture as practical

By: Elizabeth Cook  
Minnesota Daily (U. Minnesota) 03/10/2005

(U-WIRE) MINNEAPOLIS - Once considered a nontraditional medical procedure, an increasing number of patients, doctors and University students are recognizing acupuncture as a practical medical treatment.

For some, like first-year University of Minnesota student Sarah Murn, it was the only alternative that proved effective.

"Two years ago, I had a back injury playing soccer. I turned on the ball and fell on my lower back, and I couldn't walk at all," Murn said. "The day I got acupuncture, I walked out."

Richard Feist, a doctor of sports medicine at Boynton Health Service, said he agreed there are many benefits to acupuncture.

"I think it's worth a try, especially if the things we try aren't successful," he said.

Patricia Culliton, a licensed acupuncturist in the Hennepin County Medical Center's alternative medicine division and instructor at the University's Center for Spirituality and Healing, said treatment starts with consultation.

"We have you go into a private room where you are interviewed about all of your symptoms," Culliton said. "Then, we find a series of points that would affect all of these symptoms.

"The procedure is cooling and

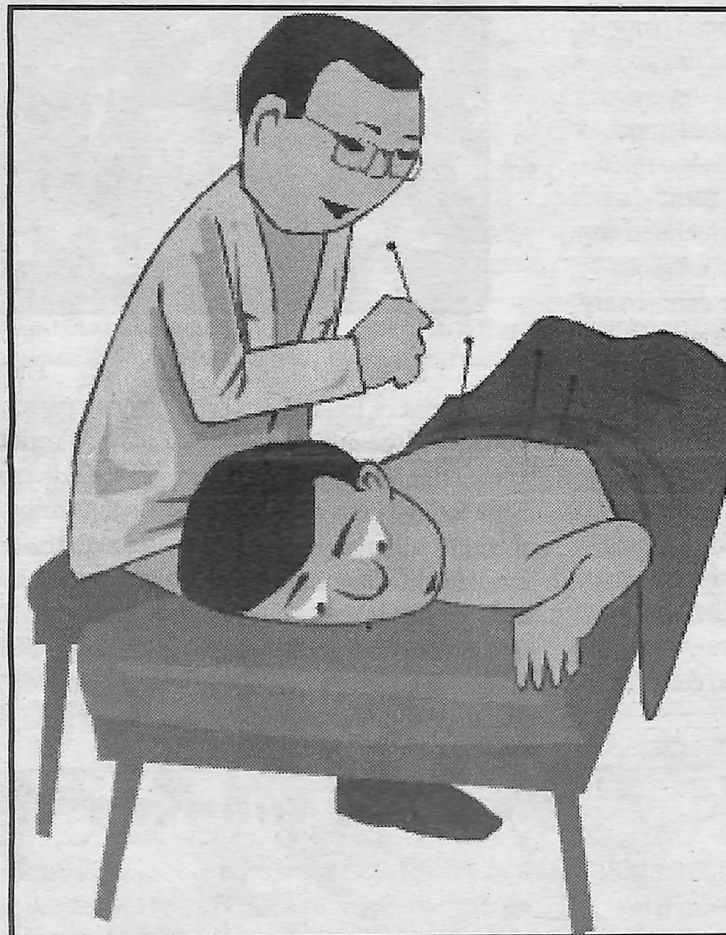


Image courtesy [www.clipartxp.com](http://www.clipartxp.com)

calming. We have you lay down on the table with heating pads. Then, we painlessly slide very thin needles that stimulate circulation of 'chi,' which, in Western terms, means it promotes blood circulation."

She said the procedure is said to be so relaxing that patients fall asleep during a 20- to 30-minute process. The procedure is most commonly used for treatment of back, head, neck and shoulder pain. It can also treat headaches, women's

reproductive health problems, acid reflux and liver disease, Culliton said.

Jan Hennings, spokeswoman for Blue Cross and Blue Shield of Minnesota, said that her company covers acupuncture costs in some cases, including chronic pain, when conventional therapies have been tried and proven unsuccessful.

Murn said she would recommend the procedure for anyone. "It's a tiny prick,

comparable to getting your finger pricked," she said. "It's really interesting, because you can feel it spread through your muscles." Culliton said that with the increase in acupuncture use, there has been a greater focus on the issue in the academic world.

When she first started studying acupuncture in the 1970s, it was hard to find a place to study, Culliton said. Now, there are 80 schools that teach the practice in the United States. "It's a profession that has grown," she said.

The Center for Spirituality and Healing is one of these schools. Interest in being an acupuncturist is also rising in prominence, Culliton said. "In 1981, there were only five people that did acupuncture in the metro area; now, there are 250 people licensed in the metro area," she said.

That said, there are still many who say they are skeptical about the pain of the treatment. "I've never gotten it done," said Aida Shahghasemi, a University postsecondary enrollment option student. "It looks very scary, with needles going into your skin. But I guess you never know until you try it."

It's those skeptical about the pain and effectiveness Culliton said she enjoys treating the most. "I absolutely love treating skeptics," Culliton said. "They're fun, because 85 percent of those who try acupuncture notice a significant difference after getting it done."

# Features

## Upcoming Events

**Open Swim  
Tuesdays and  
Thursdays at  
7:00 P.M.**

**Smokey Joe's  
Cafe  
March 11, & 12  
Check posters  
for times.  
Free tickets for  
the musical  
must be picked  
up by 5:30 on  
Friday before  
the weekend  
shows.**

**CEC/SEA Craft  
Night March 14  
in DC 318/319  
@ 7:00 P.M.**

**4th floor Mick-  
elson BAHM.  
Easter egg hunt  
on the football  
field on March  
15 @ 7:00 P.M.**

**3rd floor Hol-  
ling Girls March  
16 @ 9:00 P.M.  
in the Dragon's  
Head**

## St. Patrick's Day becoming an international holiday

**Kathy Wells  
Editor**

There are many people around the country that celebrate St. Patrick's Day with lots of beer and partying into the night, but did you know that it is a religious holiday. One would hope considering that it is named after a saint. St. Patrick's Day is always celebrated on March 17. It is a religious feast day and the anniversary of St. Patrick's death. This holiday always falls during the Christian holiday of Lent, however, there are some exceptions made for the celebrations. These exceptions include dancing, drinking, and eating meat. Traditionally, Irish families would go to church in the morning and then celebrate in the afternoon.



*Photo courtesy www.saintpatricksdaysparade.com*

St. Patrick is the patron saint of Ireland. He is also one of the most widely known figures in Christianity. Even though he is so popular there are still many things about his life that remain a mystery to this day. Even the famous story of him banishing all the snakes from Ireland is found to be false.

The tradition of having parades was started in New York City in 1762. Irish soldiers fighting in the English military marched through the city playing music as a way to stay in touch with their home. This year marks Chicago's 50<sup>th</sup> anniversary of their parade. In addition to having their parade they also

dye the Chicago river green. St. Patrick's Day is now celebrated all over the world including Russia and Japan. In Ireland it is still a religious holiday. In fact up until the 1970s pubs lawfully had to be closed. In recent years, Ireland has been using the holiday as a way to attract tourism by holding a festival

## Did you Know?

- There are 34 million U.S. residents who claim Irish ancestry. This number is almost nine times the population of Ireland itself (3.9 million). Irish is the nation's second most frequently reported ancestry, trailing only German.
- There are three states in which Irish is the leading ancestry group: Delaware, Massachusetts and New Hampshire. Irish is among the top five ancestries in every state but two (Hawaii and New Mexico).
- There are 54 counties where

- Irish is the largest observed ancestry group. Forty-four of these counties are in the Northeast, with 14 in New York, 11 in Massachusetts and five in New Jersey.
- In Middlesex County, Mass., 348,978 residents are of Irish ancestry. Among the 54 counties where Irish is the largest observed ancestry group, Middlesex had the highest population of Irish-Americans, with Norfolk County, Mass., second, with 203,285.
- A total of 4.8 million immigrants from Ireland

- have been admitted to the U.S. for lawful permanent residence since fiscal year 1820, the earliest year for which official immigration records exist. By fiscal year 1870, about half of these immigrants were admitted for lawful permanent residence. Only Germany, Italy, the United Kingdom and Mexico have had more immigrants admitted for permanent residence to the United States than Ireland.
- The value of U.S. imports from the Republic of Ireland during a recent 10-month

- period (January-October 2004) was \$23 billion. Meanwhile, the United States exported \$6.6 billion worth of goods to Ireland.
- There are nine places in the United States that share the name of Ireland's capital, Dublin. Since Census 2000, Dublin, Calif., has surpassed Dublin, Ohio, as the most populous of these places (35,581 compared with 33,606 as of July 1, 2003).

**All information  
on this page from  
[www.historychannel.com](http://www.historychannel.com)**

# Opinion

## Perkins Loan, among many others, on federal cutting block

( U - W I R E )  
MORGANTOWN, W.Va. -- Student loans, to a majority of college students, mean extra beer money. To graduates, it is an evil word usually followed by a bill in the mail and cursing. The chance to consolidate these and other federal student loans is on President George W. Bush's cutting block. Of the 156 programs to be cut, one-third are in education. The cuts in education are part of Bush's plan to reduce the national deficit.

The federal Perkins Loan, the oldest form of federal financial aid, is being proposed for elimination. The Perkins Loan provides long-term, low-interest-rate loans to students with certain financial needs and no established credit.

By cutting the Perkins Loan the government will save approximately \$6 billion. However, cutting this loan would make it harder for students with poor credit history to fund school.

There are other loans that serve the same purpose as the Perkins Loan. The Stafford Loan is a federal loan similar to the Perkins Loan, though the interest

rate for the Stafford loan is at 3.3 percent as opposed to 5 percent for the Perkins.

The budget also calls for raising loan amounts for sophomores and freshmen. In an article in the Durham Herald Sun, the administration said "students at any school can qualify for a Pell Grant and only certain students can qualify for a Perkins Loan; increasing the Pell Grant and eliminating the Perkins Loan would better serve the students."

The federal Pell Grant that the president would like to increase is a need-based grant for students in the lowest income bracket and does not have to be repaid. The maximum award for a Pell Grant last year was \$4,050; the president proposed to increase this annually by \$100 over five years. This sounds great for the neediest students. However, other students will find this to their disadvantage. This \$100 is only an increase of 2.5 percent over last year, which barely keeps up with the inflation rate. Still, any increase is better than none.

Another of the programs to be cut is loan consolidation. By cutting this

program the president can free up money to increase student loans and grants. The federal student loan consolidation allows students who have multiple variable-rate education loans to merge them into a single loan that the government guarantees will have a fixed interest rate. This can save former students thousands over the course of their student loan repayment.

I do agree with the president's wish to increase grants and the maximum amount of loans. I do not agree with cutting the federal loan consolidation program. There has to be another way to increase these programs without cutting the federal loan consolidation program. Students usually have enough of a financial burden when they come out of college and don't need another financial hit such as this.

Hopefully, Congress will come up with an alternate solution to fund these programs. If not, be ready to pay high interest on that extra beer money.

-Andy Stacy  
The Daily Athenaeum  
(West Virginia U.)  
3/10/2005

even fewer holidays. Soon maybe they will try and take away Thanksgiving, calling it insensitive to Native Americans and too "Christian." During last Christmas the ACLU and the Anti-Defamation League made a large attempt to remove Christmas trees from government buildings and Christmas carols from public schools.

When will it end? While the government has been forced to be more "culturally sensitive" and removed many American traditions, it has also added many holidays. However, these holidays are only for selective cultures, I have seen an Asian-Pacific Islander month, a Latino Heritage month, and in case anyone forgot, we used to celebrate both Lincoln and Washington's birthdays before Martin Luther King Day took away their spot. Although I do not know of an official Gay Pride Day, it seems to be celebrated everywhere, with large Gay Pride Parades in major cities all over the United States.

Being president of the Campus Conservatives, I have tried to add a celebration, calling it Heterosexual Pride Day or just simply Straight Pride Day. I failed, twice. I am 0 for 2. At the Student Senate meeting, I was asked all sort of questions ranging from "where did you get that idea?" to "isn't 'straight pride' trademarked?" I explained that I would be willing to work with the Gay Straight Alliance and even write an article in the newspaper explaining that it isn't an Anti-Gay Day but instead a peaceful non-violent Straight Pride Day. Even after my explanation, I still heard that it would be a "bad

idea" and things like "I heard from some people, whom I'm not allowed to name, that there is a lot of hate and having a Heterosexual Pride Day would not be good." One person stood in our favor and said that the Student Senate does not have the right to judge, which celebration to favor, but if they approved a day to celebrate Gay Pride why not one to celebrate Straight Pride. He was quickly quieted.

I don't really see what the fuss is about. All I wanted was to bring people together to celebrate being straight. After all, the silent majority can be proud too. I was planning on coloring white shirts with "Straight Pride" and ordering stickers that said the same. If asked, I would have gone so far as to make special shirts for the Lesbian Gay Transgender Bisexual community that said "I'm not straight, but I support straight people."

If you ask me, this was a classic case of tyranny of the minority; where the majority cannot celebrate anything because "every day is their holiday." There isn't a White History month because "every month is White History month." There isn't a Straight Pride Day because "every day is Straight Pride Day." I don't think the Germans in Germany are forbidden to celebrate Oktoberfest because "every day is Oktoberfest" or the Mexicans in Mexico to celebrate Virgin de Guadalupe Day because "every day is Virgin de Guadalupe Day."

Locate your student senate leaders and please ask them to support a peaceful, non-violent, Straight Pride Day for next semester because everyone needs a reason to celebrate.

-Bernardo Cueto

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Hermes welcomes letters to the editor expressing original points of view. Hermes reserves the right to edit all letters according to space availability. All letters must include author's name and address. Under certain circumstances Hermes may respect request to have name omitted at time of publishing.

Readers are encouraged to submit story ideas and comments by calling (402)426-7328, or via Hermes, Dana College, Box 1252, Blair Ne, 68008. Submissions must be received by 4:00p.m. on Tuesday.

## Hermes

Dana College

## Straight Pride Day?

I love celebrating something; it feels good to have a reason to celebrate. Americans have fewer observed holidays than most civilized countries and I think we need more. Now that people have decided that celebrating Christopher Columbus Day is not "politically correct" we have

# Sports

## Wrestlers take fifth place at NAIA nationals

**Melissa Respeliars**  
Staff Writer

The Dana College wrestling team competed in the NAIA national tournament held in Sioux City, Iowa's Tyson Event's Center last weekend. The Vikings came home with a fifth place team finish, the highest placing the team has ever finished. After day one, the Vikings were sitting in fifth place with 65 points, while Lindenwood was leading the team standings with 111 points. Lindenwood was again the points leader on the second day, winning nationals with a score of 178.5 and Dana finished with 86 to take fifth behind Lindenwood,

Missouri Valley, Cumberland and MSU-Northern.

Individually, the Vikings were lead by a second place finish from Leister Bowling at 165 pounds. In the first round, Bowling received a bye, then bested Earl Waller of Cumberland 2-1 in the quarterfinals. Bowling then went on to beat John Zamora of Dickinson State 9-4 to send him into the championship match where he would face Zamora's teammate Tyson Springer. Springer came out on top of a close match 3-2 and Bowling was named national runner up.

Bowling was joined by four other teammates earning All American titles. Jimmy Rollins took third place at 133 pounds, Ben

Henderson finished fifth place at 157 pounds, Terrence Almond was eighth place at 141 pounds, and Blair Alderman took sixth place at 184 pounds. The Vikings will be strong again in the years to come as they graduate only two seniors from the twelve wrestlers they took to nationals, Bowling and Brian Tsutusmi.

Bowling has a career record at Dana of 144-50, qualifying for nationals all four years he wrestled. As a sophomore he took third, he was fourth last year and saved his best for last finished second this year. Tsutusmi is also a decorated wrestler, with a career record at Dana of 101-78 and also qualified for nationals all four years. Tsutusmi was an All

American his junior year finishing sixth.

### Individual Results

125-Craig Trampe 2-2  
133-Jimmy Rollins 4-1 3rd  
133-Brian Tsutusmi 1-2  
141-Jason Lozier 3-2  
141-Terrence Almond 4-3 8th  
157-Ben Henderson 3-2 5th  
157-Scott Taylor 1-2  
165-Trent Leichleiter 0-2  
165-Leister Bowling 3-1 2nd  
174-Marshall Marquardt 1-2  
184-Blair Alderman 3-3 6th  
184-Webster Farris 2-1

### *Upcoming Sporting Events*

#### Baseball

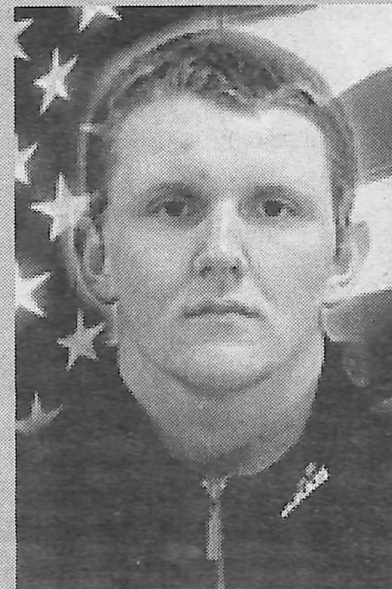
March 12 Vs. Valley City in Blair @ 12:00 P.M.  
March 13 Vs. Central Methodist in Blair @ 11:00 A.M.  
March 16 Vs. USF in Blair @ 1:00 P.M.  
March 19 Vs. Jamestown in Blair @ 12:00 P.M.  
March 20 Vs. Jamestown in Blair @ 9:00 A.M.  
March 20 Vs. Bellevue in Blair @ 2:00 P.M.

#### Softball

March 11,12 Vs. Kansas Wesleyan Invitational @ TBA  
March 18 Vs. Northwestern @ 2:00 P.M.

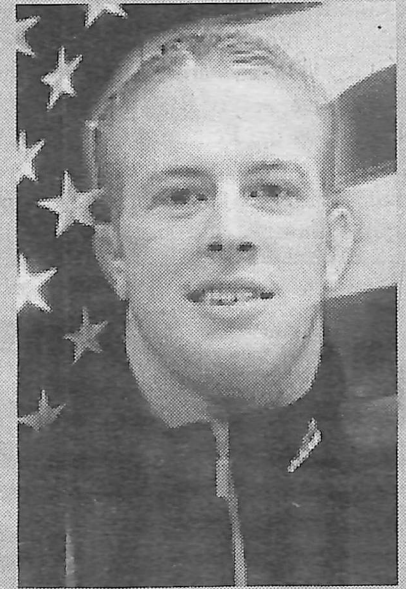
### Viking Sports Information Department's

*Champion of  
Character*



**Jeo Palmer**  
*Wrestling*

*Athlete of  
the Week*



**Leister Bowling**  
*Wrestling*