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Dana legend stays grounded amidst quick rise to the top

Brett Scholting
Staff Writer

In 1981, when a young man from Denmark, Wisconsin embarked on following his dreams of playing college football, no one thought that Jim Krueger would become a legend etched in stone among small college football's finest. It's hard to imagine by just looking, that this is the same man that everyone once saw as a demon infested tackler. He was good, *good by any standard.* With the love for playing football at his side, as well as a college diploma from Dana College in 1985, he tried out for the Toronto Argonauts, a semi pro team in Canada.

First try out: cut. Second try out: cut. Third try out: cut.

Maybe the dream isn't reality.

After what seemed like a lifetime of being the student, Krueger focused his energy on becoming the teacher. With stints at being an elementary Physical Education teacher at former rural Washington and Ranch schools, 8 years went by before he achieved his masters from the US Sports Academy in Daphne, Alabama. It was just before his last six week term in the summer of 1993 that fate would begin to work in favor for Krueger.

The very same coaches that cut him in Canada had listened to Krueger each day when he told them how great Dana College was and the opportunities he was presented while there and they took it to heart. His coach had taken the top spot: head football coach. Krueger jumped at



the chance to become his defensive coordinator as soon as he graduated, a post that he would man for 2 years. Things certainly seemed to be looking up for Jim Krueger.

Krueger would get the opportunity of a lifetime only at the fall of his mentor. In 1992, his former coach, current friend, and future memory would be diagnosed with cancer. Krueger, still new to the football world in 1995, was given the top spot as Dana's head football coach, becoming the fourth youngest football coach at a four year school. This was not just through the NAIA, at any level. All accomplished at a mere 30 years of age. Krueger not only was taking on the perils of being a first time coach, but he was also given a program famed for its mediocracy and its below average effort. One would have to say that Krueger's record was not exemplary but he made leaps and bounds as far as talent and effort go. One of Krueger's former players Joe Sweeney says, "His biggest feat had to be trying to turn the Dana

program around, being a product of that system there is no one better, he built it from literally the ground up". He got his dream job.

This dream is reality.

Krueger prided himself on helping boys become men right before his very eyes. Both Krueger and Mark Kwikkel, Dana's Athletic Trainer, commented on how working with this age group keeps them young. Watching the responsibility changes from 18 years old to 22 is enough to keep them coming back every day. Joe Sweeney is "grateful for the opportunity to have played college football, and have a role model like Krueger close at hand. Krueger has this love for Dana sports in general, including the Blair community." The love for the Dana College community is what gave Krueger his next choice in the spring of 2002. Former Athletic Director Mark Clements left to pursue other career options, vacating a huge void in the Dana community. With the love and admiration, Krueger has for his Alma Mater; the decision was still

a difficult one: stay a coach or help his community. In 2003, Jim Krueger became Athletic Director with the idea he could do more for a lot more teams from the AD position. Krueger says "I miss the milestones

(in coaching), life provides few things athletic teams do, everyone has a common goal and common bond. It happens far and few in between." Krueger sees his position as one where you have to be a good manager, basically a person who makes sure that you get your job done as well as being able to generate revenues for every athlete.

Krueger still remains in contact with his old ways despite the immense work load. He looks after everyone and sees his job as a duty to "help others out". In a learning community as small as Dana College is everyone must pitch in, and Krueger definitely does his share. Mark Kwikkel, who has worked with Krueger for 10 years, and roughly equals up until Krueger's appointment to Athletic Director says, "Jim has always had the trainers backs when bad things happened, he always defended us, but his greatest accomplishment was getting the booster club back on track, getting them involved finally to where it is stable".

It is not often you find a man like Jim Krueger, this is a man that many believe would do fine in the business world. He is a salesman. This is one aspect of Jim Krueger that this author knows personally. I was an undersized, and under talented boy from small town football in Nebraska. I wasn't all that sure that I would make it anywhere. I came

Continued on page 2

Features

Upcoming Events

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

**April 22
Blair 3 Free
Movie Night**

**April 25 "Re-
member the
Titans" 7:30 PM
in the Linden
Room**

**April 27
"Rosewood"
7:30 P.M. in the
Linden Room**

Dana legend continued from page 1

on a visit to Dana, where I met him for the first time. It was an indescribable feeling to hear someone say that I was good enough to make it (at Dana). After Krueger told me his background at Dana I, like so many others bought into what Dana was about.

Too many times we struggle just to fall short and give up in our lives. It is nice to finally see someone that got to live that dream and do what they wanted to do, and was happy with it.

Not only has Krueger been a role model to many just for a portion of their lives, for many of us, having a coach, a friend, and a mentor with that kind of passion, and drive to turn something he loves so much into something important for many, it plants a seed that grows within anyone who has ever graced a playing field of any kind, even for an instant. Then one day something special comes together and we start pushing ourselves towards our dreams, and seeing that they can be achieved by just simply doing what we love in our hearts.

Jim Krueger is a role model, a real one, not because he makes a million dollars year, but because he believes in others as much as himself.

Like every other

**Sarah Murray
The Diamondback (U.
Maryland)
04/21/2005**

(U-WIRE) COLLEGE PARK, Md. - It's not a lot like love or even like friendship. So what exactly is it? Probably sex, but at least it's funny. Despite its flaws, "A Lot Like Love" is a romantic comedy that doesn't drown in cliches.

Oliver (Ashton Kutcher), a slightly awkward kid with poor fashion sense, first sees punked-out, wise-cracking Emily (Amanda Peet, "The Whole Nine Yards") at the airport, seven years ago. Within the first few minutes, they've become members of the mile-high club.

The next day, Oliver sees Emily across a New York street (What a coincidence!). They spend the day together: Emily teaches Oliver to loosen up, and Oliver fires back with some entertaining one-liners. They part ways that evening and randomly reunite three years later, two years later, one year later and sixth months later. I could have done without the captioned update each time.

Their meetings are filled with amusingly ridiculous events like an impromptu stare-down contest in which both refuse to speak ("My brother's deaf; I can go days without talking," Oliver says after defeating Emily) and spur-of-



the-moment sex. They both grow up, however, dealing with failed relationships and career issues.

It's hard to believe Oliver and Emily could be madly in love after random encounters every few years, but their chemistry makes up for that hole in the plot. The couple has the sort of crazy fun that flows naturally and makes it possible for them to be more than just a fling.

The film only moves into cliché territory near its climax, which should have been the best part but wasn't. We all know the story: Guy waits too long to commit, girl is engaged, girl leaves fiance and goes after guy. We don't need to see it again. The movie's writers get lazy when they tack on a predictable ending to an

otherwise consistent plot.

Kutcher and Peet give believable performances, and Oliver's deaf brother (Tyrone Giordano) and wealth-obsessed business partner (Kal Pen, "Harold & Kumar Go to White Castle") serve up the laughs when Kutcher needs a rest.

The problem is, the film is not at all what it proclaims to be. The only sign of friendship is laced with sex and isn't remembered until years later. And can you really call it love when Emily only visits Oliver after she's been dumped? Sure, they're believable when they're together, but the rest of the time they seem to forget each other entirely. Did Noah forget Allie in "The Notebook"? Of course not; now that's true love.

Opinion

The pyramid's new bricks

Annemarie Knepper
Oregon Daily Emerald
 (U. Oregon)
 04/21/2005

(U-WIRE) EUGENE, Ore. - This week, our old friend the Food Guide Pyramid was re-released, with a sleeker, updated look that the USDA hopes Americans will be eating up for years to come.

Gone is the old food pyramid introduced in 1992, printed on food boxes and distributed as a nutrition teaching aid for schools. The new "Food Guidance System" is posted on MyPyramid.gov.

The new pyramid includes 12 caloric intake levels, from 1,000 calories per day to 3,200 per day. The former system used a blanket 2,000 caloric intake, far too high for many sedentary Americans, and too low for the few Americans whose daily lifestyle requires them to burn more calories, such as athletes. The new system

includes physical activity as an important factor of daily health.

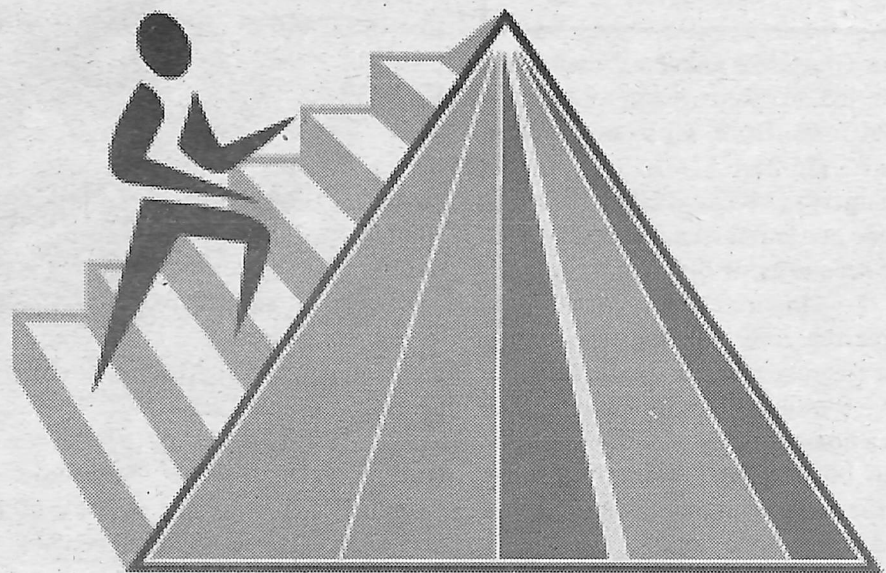
Also, the vague "servings" of each group of foods that made up the old pyramid have been replaced with the more recognizable American serving measurements listed in cups, teaspoons and ounces. A major criticism of the new system is that it doesn't clearly communicate exactly what foods Americans need to eat less of. As a nation we have embraced eating-on-the-go, and little thought goes into meal planning. The old pyramid stated YES and NO food groups in gentler "eat several servings" or "avoid or consume very little" language. Just glancing at the new pyramid gives you less information on how to eat than the former -- an interesting redesign choice given that instant understanding is key to our American infotainment learning style.

With the popularity of interactive online diet

Web sites, the USDA attempt at making the pyramid more useful is admirable. My Pyramid Tracker gives the user an "in-depth assessment of your diet quality and physical activity status." The site also offers a Tip of the Week; this week's reads more like an infomercial line, "MyPyramid: Do it for you. Make one small change each day for a healthier you." Let's hope it gets more specific and less Oprah-like in its teachings.

Federal officials said they will ensure printed versions of the new guide are widely available at schools, government offices, and doctors' offices. However, the truly Internet-based guide may leave low-income and elderly people without full access to the new system. According to the Boston Globe, government surveys showed more than 80 percent of Americans recognized the original pyramid, making it among the federal government's most "successful" (emphasis added) public health efforts.

Apparently,



recognition does not equal adherence as Americans have become markedly fatter since the 1992 pyramid was unveiled. Currently, about two-thirds of American adults are overweight or obese and more than 15 percent of kids age 6 to 19 are obese according to federal government standards.

"Many Americans can dramatically improve their overall health by making modest improvements to their diets and by incorporating regular physical activity into their daily lives," said Agriculture Secretary Mike Johanns in a USDA press release. Yes, modest changes will garner modest improvement for many Americans, but eating way less and exercising much more is the only way to make many Americans truly healthy. More than

simply "not obese," but also not overweight.

Americans have the tools to be successful. Gyms, exercise equipment and good quality grains, fruits and vegetables are widely available. Most people acknowledge that McDonald's and other fast food purveyors aren't healthy. But if we had a drive-through salad and whole grain bread provider, would people use it? Similarly, will Americans embrace this new pyramid, with all its interactive bells and whistles and good intentions?

As I write this, I occasionally pause to nab another pinch of Special K with Red Berries out of a baggie next to my computer. Quick, easy and twice the recommended single serving. It's 10 a.m. and I've already fallen off the wagon.

Co-Editors: Kathy Wells
 Graphic Design: Chris Johnson
 Staff Writers: Tom Jackson,
 Kendra Johnson, Becky Hultgren,
 Sara Siebler, Kevin Lorkovic,
 Matt BloomingdaleBernardo Hinojosa

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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

Sports

Baseball squeezes out of tight spot at BCU

Melissa Respeliars
Staff Writer

The GPAC #2 Dana baseball team traveled to Sioux City to take on GPAC #1 Briar Cliff on Sunday. Dana (25-25, 11-4) lost to the Chargers (24-13, 12-2) 10-11 in game one and then came back to win the second game 6-4.

In game one, Dana scored three runs early. In the first inning, Pat Hercinger had a single, and Dan Hagen walked. Micheal Hamm then hit a homerun to score the first three runs of the game. Hamm went 3-4 in the game with three hits, four RBI and scored three runs.

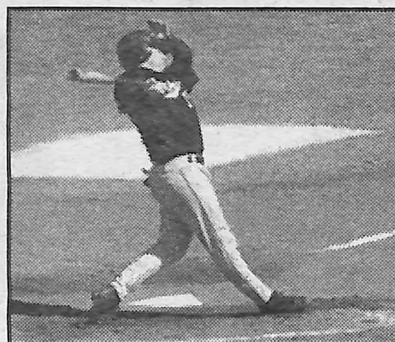
The Vikings were held scoreless through the next three innings before pushing across two runs in the fifth. Briar Cliff had one run in the third and five in the fifth to

lead 6-2 going into the sixth inning. Dana had five hits in the inning, three in a row at one point, to score five runs and take the lead 10-6. Kevin Brown doubled and scored, when Kevin DeLavina singled. Hagen then followed with an RBI double, and scored when Hamm singled. The innings last run came when David Medlin doubled scoring two runners.

Dana could not hold the lead, however, as Briar Cliff scored two runs in the bottom of the sixth and another three in the seventh to win the game.

Game two saw Dana come out on top of Briar Cliff 6-4. After three innings, the two teams were tied, with Dana scoring one run in the first

and third and Briar Cliff scoring two in the second. Dana was again held scoreless for three straight innings, while Briar Cliff scored one in the fifth and one in the sixth to take a 4-2 lead heading into the seventh inning.



The inning started out with Hamm singling, and bring brought home by a Medlin double. Clayton Romero then came to the plate and singled tying the game up at four. The game winning runs came when Robert Tellez stepped up to the plate and hit a homerun, scoring Romero and himself.

Dana held Briar Cliff scoreless in the bottom of the seventh

with a fly out and a line out. Bobby Andrews then finished the game, striking out the last hitter looking to end the game.

Briar Cliff, the number one hitting team in the conference with a batting average of .339 was held to just six hits in game two, compared to 15 in the first game. Even though Briar Cliff is number one in hitting, Dana is number two in runs scored and hits, which proved to be the better combination as they came out on top of game two.

The Vikings have the week off from games, as they will travel to Mitchell, South Dakota to take on Dakota Wesleyan on Saturday. Dakota Wesleyan (27-17, 11-5) is currently tied with Morningside for number three in the conference. Dakota Wesleyan also split with Briar Cliff earlier this season, losing 1-3 and winning 1-0.

Upcoming Sporting Events

Baseball

April 23 Vs. Dakota Wesleyan in Mitchell, SD @ 1:00 P.M.

April 24 Vs. Hastings in Blair @ 1:00 P.M.

April 28 Vs. Nebraska Wesleyan in Blair @ 1:00 P.M.

Softball

April 22 Vs. Briar Cliff in Sioux City @ 4:00 P.M.

April 23 Vs. Dordt in Sioux Center, IA @ 2:00 P.M.

April 27 Vs. Nebraska Wesleyan in Lincoln @ 5:00 P.M.

Track

April 23 Doane Relays in Crete

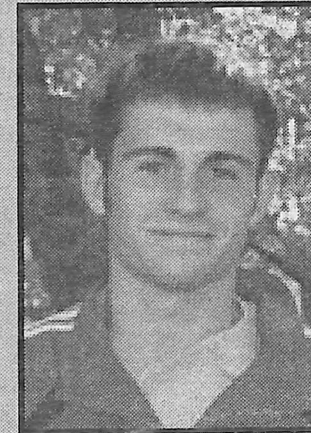
Viking Sports Information Department's

Athlete of the Week



Santana Hildebrand
Track

Champion of Character



Brad Moon
Soccer