



**Special Inauguration Issue:**  
Dr. Janet Philipp to be inaugurated as  
17th president of Dana College, pages 4-5

# HERMES

TUESDAY, APRIL 25, 2006



President Janet Philipp (center) takes part in the Zen Calligraphy Class in The Forum where participants learned Asian brush skills.

## 2006 Cultural Fair: A great success!

KELLI INMAN  
Reporter

This year the Dana College Cultural Fair brought in more attendees than previous years. The weeklong celebration began on Monday, April 3 and ended on Saturday, April 8.

There were many new events this year such as a Labyrinth to walk for meditation and the Ten Thousand Villages sale, which provides vital, fair income to Third World people by selling their handicrafts.

Events were scheduled throughout each day and into the evening, with many events geared toward families.

Entertainment such as the Lincoln Irish Dancers and the Zen Calligraphy class taught by Abbott Nonin Chowaney were also new to the fair.



The Lincoln Irish Dancers perform a traditional Irish dance in the Gardner-Hawks gymnasium.

The Dana College Cultural Fair began in 2003 by Dr. Lisa Schreiber, Professor of Communication at Dana, as a project for her Intercultural Communication class.

The purpose of the Cultural Fair itself is to create awareness at Dana College and within the surrounding community through a weeklong celebra-

tion of culture.

The fair, which is free and open to the public, features activities, speakers, art, music, food, and other events related to cultural and diversity issues.

All events take place on the Dana College campus.

This year's motto was "Explore, Connect, Experience."

## Internships key to meet career goals

T.J. BARTELS  
Reporter

Have you ever wanted to become a lawyer, a teacher, a dentist, a doctor, or some other occupation? If you have, you know the first thing to do after college is to land a good job internship with a local business or corporation you may be interested in. Everyone has to start somewhere and a good internship with a highly regarded company is the best place to begin your future endeavors.

Steve Sipple, a sportswriter from the *Lincoln Journal Star*, views internships as an opportunity to "get your foot in the door" with a business that interests you.

"Sometimes you have to do the little things first and then the bigger things will eventually come," he said. For example, if you had an internship at a dentist office, you might start off as an aid to the dentist, watching him carefully maneuver his tools and helping him out.

*Continued on page 7*

## Inauguration festivities involve entire campus

Inaugurations are a time to honor the past, showcase the college, and launch a vision for the future. The first inauguration at Dana College in 19 years will be held this weekend.

Activities marking the inauguration of Dr. Janet Philipp as the 17th president of Dana College will begin on Thursday afternoon and culminate with the installation ceremony on Friday at 2 p.m.

The entire campus community is involved in the festivities. Students will match up against Dr. Philipp in a variation of the

"Dana Game Show" Thursday during the dinner hour, beginning at 5:30 p.m.

All athletic teams, honorary societies and student organizations have been invited to be a part of the processional during the installation ceremony on Friday.

Student work from several academic disciplines will be on display both Thursday and Friday in the Linden Room in the Campus Center.

For more information on all the events, visit [www.dana.edu/inauguration](http://www.dana.edu/inauguration).

# Changing habits can help you avoid "Freshman 15"

SARA SIEBLER  
Reporter

The "Freshman 15" is a term all college students are familiar with. But weight gain in college doesn't really have to be accepted as a fact of life. Patricia Nielsen, Director of Health Services at Dana College, says, "Weight gain isn't inevitable." There are ways to prevent this common occurrence.

"The first thing I would suggest," said Sodexo's General Manager Brenda Windmuller, "is moderation."

Nielsen agreed that watching your portion size is important. She observed that doing that sometimes gets disregarded because of the easy availability of food on campus. Also, the selection of food might be enticing, tempting students to overindulge.

"As you're eating in the cafeteria or the Dragon's Head, avoid fried foods if you can," Nielsen said. She suggested substituting fried food with

baked or grilled lean meats like chicken or fish.

Other advice she offered on eating healthier in the cafeteria includes avoiding cheesy casseroles and sauces. Gravy and salad dressing should be used in small amounts too.

Fresh fruits are a great choice for snacking, and much better than the alternative of high-calorie vending machine food or fast food, Nielsen said.

Windmuller pointed out that the cafeteria does try to offer foods that are healthy, and she invites students' suggestions for menu improvement. She said she "really wants [the cafeteria] to become a place you're proud of, and that you're happy to eat at."

Windmuller reminds us that, "Everybody's different, everybody's body reacts differently to different things... Try to get a nice healthy balance."

Nielsen also recommended maintaining a balanced diet and including breakfast.

Breakfast provides energy to start the day. Eating smaller meals periodically throughout the day rather than sitting down to one or two large meals keeps your metabolism going, Windmuller explained.

She warned that fad diets which eliminate one whole food group can be dangerous. She said, "Vitamin supplements are great, but they aren't substitutes."

Serious dieting may not be good in the long run because you have too little food intake and your body revolts, Nielsen said. She recommended the website [www.mypyramid.gov](http://www.mypyramid.gov). That site provides some guidelines for what you should eat sparingly, and what you should have more of according to your sex, age, and daily activity.

In particular, Nielsen said fiber is good to include in your diet. Fiber takes longer to digest and allows the feeling of fullness to last longer.

Nielsen said that it's always

a good idea to keep a record of what you eat. She and Windmuller emphasized that being active is really important too if you're trying to avoid weight gain.

The guidelines from the Department of Agriculture and the Department of Health and Human Services suggest at least 30 minutes of physical activity each day.

They also offer some tips to get physically active and stay that way. Among them are remembering that physical activity doesn't always mean "exercise." You can think of things you like to do that are active and fit them into your schedule.

Also, make it a group event and reward yourself for your achievement. Incorporate physical activity in your daily routine through simple things such as taking the stairs instead of the elevator, and walking instead of driving when possible.

"Drinking a lot of water is good for everybody," Nielsen said. As for other beverages, Windmuller and Nielsen agree that soda is not a good choice. Windmuller said the high sugar content and carbonation in soda is unhealthy, and the cafeteria offers alternatives such as Gatorade, sugar-free lemonade, and skim milk.

Nielsen reminds students that alcohol is not the best idea if you're counting calories.

Nielsen also warns against people dealing with emotions through eating. Instead of seeking comfort foods, a person might ask himself or herself how they're feeling, and what kind of support there is available.

Body image is highly emphasized in today's society, but Nielsen pointed out that, "Thin doesn't always equal happy. Real happiness is a passion for life, and appreciation of the world, and peace with yourself as an individual."

## HERMES

Editor: Faye O'Reilly

Staff writers: Kelli Inman, TJ Bartels, Kendra Johnson, Jessica Bock, Devin Chenault, Sara Siebler

Layout and Design: Dana College College Relations Department

The *Hermes* is a student-run, -written, and -produced campus newspaper that brings the Dana College community coverage of the news and events affecting our campus. The majority of the stories and produced by the Writing for the Media I and II courses, and the one-credit hour *Hermes* participation course. Other work from non-staff members is also accepted. Anyone interested in submitting material should visit the online *Hermes* at [www.dana.edu/hermes](http://www.dana.edu/hermes) or contact the advisor.

To contact the *Hermes* by mail: *The Hermes*, Dana College, 2848 College Drive, campus box 1252, Blair, NE 68008

To contact the *Hermes* by email: [hermes@dana.edu](mailto:hermes@dana.edu) or contact the advisor Joan Bucy at [jbucy@dana.edu](mailto:jbucy@dana.edu).

## "Return to the Forbidden Planet"



Tommy Brandon and Joe Blackstad rehearse a scene from "Return to the Forbidden Planet" which opens Friday at 7:30 p.m. with additional performances Saturday, Sunday and May 5-7.

# New website eases job search for students, alumni

KELLI INMAN  
Reporter

"Where are you going to work after you graduate?" This is something most of us have heard before. So it's time to figure that out and Career Services is here to help. The Dana College Career Services Department has put together a job website for all Dana students and alumni to access.

Ann Nelson, Director of Career Services, explained that before the website, students were only able to receive job notifications through e-mail.

"Not a lot of students used that method," said Nelson.

Because students are used to sites like [www.monster.com](http://www.monster.com), it was thought that the new website would be more useful. "The goal is to make jobs and internships available 24/7 to students and alumni," she said.

With more than 140 employers, you can browse job postings/internships by major, employer, geographic location, as well as many other criteria. Most of the jobs are located in Omaha and the surrounding area. However, there are jobs located throughout the United States and there are links to websites for overseas employment.

Career Services also has a number of cards with websites on them to narrow your search

to jobs in Nebraska, United States, non-profit organizations, and many other fields.

To get the most out of this absolutely free service, you first must register and check the site a couple times every week. New jobs enter and old ones expire every day. With there being 252 jobs and internships listed on the site, there is a great variety to choose from. Jobs usually stay on the site for about a month, but for best re-

sults, apply within the first week of the listing. You should have your resume completed before you

start applying. "It's kind of like your ticket," Nelson added.

The Career Services Office offers help with resumes if needed. You are also able to post your resume online. Nelson wants people to know that once you submit your resume, it is put in a "holding tank" until Career Services approves it. They then will send you an e-mail letting you know that your resume has been approved or the things you need to change. This is for your benefit as you would not want a potential employer to judge you on an unsatisfactory resume.

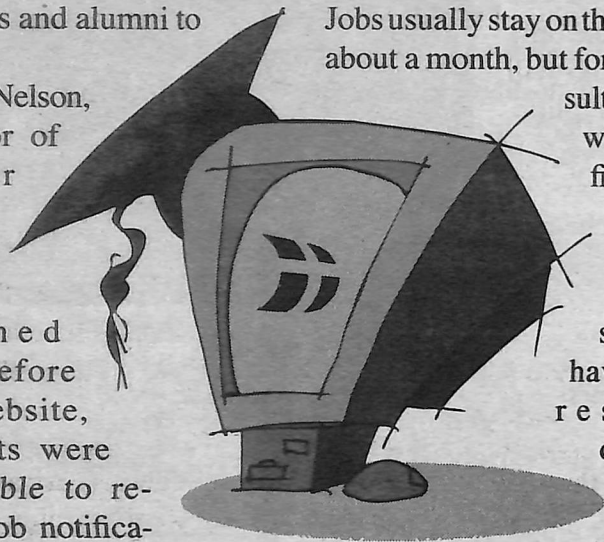
For those of you who are not looking for immediate positions, this website is also great tool for you. It is a good idea to search for jobs that interest you to see what the employer is looking for.

If you know the credentials you need, you can take the courses to acquire specific knowledge to meet those credentials. Even if you don't have a major, you can search through hundreds of jobs to help you find a field of study

that accommodates your interests.

Do not get discouraged if you are not hired on your first interview. "It usually takes about 10 applications to get one interview and several interviews until you actually get

hired, Nelson said. "So, apply for a lot! With a good resume and a good cover letter, you are more likely to find a job." Visit the Career Services job website at: [www.collegecentral.com/dana/](http://www.collegecentral.com/dana/) for more information. Start applying today!



Exterior brick laying and interior cabinetry work has begun on the newest residence hall on the Dana College campus. The hall will be open for student housing this fall.

## Suite-style housing another option for on-campus living next fall

KELLI INMAN  
Reporter

Dana College's new suite-style residence halls are to be completed in July 2006. The new hall will consist of 12 suites, which will house 48 residents. Each suite will have four bedrooms, a common area, a kitchen, and two bathrooms. Every suite will also be furnished.

Students had to meet special requirements to be eligible to

apply. Residents must have achieved junior standing on or by the beginning of the fall term 2006 and must be in strong standing with Student Life (limited violations within the residence halls).

Students that met those eligibility requirements were assigned to a suite based on a lottery. The students that were selected will work with their hall director to complete two community service projects, which consists of one

project on-campus and one off-campus.

The cost to live in the suite is \$3,800 per year. These students are also required to have a meal plan. A new block meal plan has been created to allow students living in the suites to eat 60 meals of their choice during the semester, which totals up to \$830 per year. The new Silver and Gold meal plans with flexible spending are also available to students.

# Philipp is a perfect fit for Dana College

Laura Philipp was introduced to higher education early — very early. While safely tucked in her grandmother's arms at just one week of age, Laura waited outside in the hall where her mother, Janet Philipp, was taking a final exam for a graduate class.

It's a cute little story, and it says a lot about Dana College's president, Dr. Janet Philipp. She cares deeply about education, earning five diplomas, including two after she started her family. She cares deeply about her family and others, valuing tradition, faith and service as the highest virtues. And she is unstoppable.

Ask anyone who's known her — and we asked quite a few — and the words that come out of their mouths include, "determined," "energetic," "strength," "commitment" and "compassion."

"The words 'Dana College' exemplify cultural heritage — in this case Dan-

ish — and rootedness in the Church. Because those are important traditions to me, (being named president) was like receiving a highly valued gift," Philipp said.

Philipp didn't start out wanting to be the president of a liberal arts college of the Evangelical Lutheran Church in America, but she has always wanted to serve. In 1969, she earned a diploma from the Capital City School of Nursing and kept enhancing herself to be of better service to the world ever since.

In 1978, she earned a bachelor's degree in psychology from the University of Dubuque, followed the next year by a bachelor's of science in nursing. She continued her higher education, commuting many miles, to earn a master's from Creighton University in family and community health nursing, and a doctorate in higher education administration from the University of South Dakota in 1994.

Somewhere along the way, Philipp's dream became being involved with a private, liberal arts college, ideally affiliated with the ELCA. Getting the presidency at Dana, she says, was like "being handed a dream on a silver platter."

You only have to look at Philipp's previous position as liberal arts dean and campus executive officer (roughly equivalent to president) at the University of Wisconsin-Rock County to see why Philipp and Dana are a perfect match.

"She took charge of the campus," says Jennifer Hanson, a Rock County alumna who served on student government. "She came in and headed up so many things. She got plans for a brand-new library for us. She did so much fundraising. She got us a new mascot. She had a music faculty member write a new fight song. She was a strong advocate for the school in the community and was

involved in everything."

"Dana is very, very lucky," Hanson says. "I feel so bad for the students at Rock County who won't get to work with Dr. Philipp."

Students aren't the only ones who will miss Philipp. Dr. Kim Kostka, professor of chemistry at Rock County, says Philipp has a

real talent for bringing people together and getting them moving in the right direction.

More than that, Kostka says, Philipp respects faculty enough to let them be the most effective teachers they can be.

Kostka says Philipp also earned the respect of faculty



Dr. Janet Philipp, president (Photo by mdp)

by spearheading several academic activities that are considered traditional at many campuses today. They include the increased encouragement of extracurricular activities, campus-wide book readings with a specific theme for each year and building a real com-

*Continued next page*

## Symposium to emphasize importance of reading

In recognition of the 50th anniversary of the Liberal Arts Reading Program (LARP) at Dana College, the inauguration committee sought a symposium speaker who embodied the liberal arts and the importance of reading.

They found just the candidate in Dr. Mark Edmundson, NEH/Daniels Family Distinguished Teaching Professor at the University of Virginia.

His latest book, "Why Read?" argues that literature and reading "is the major cultural source of vital options for those who find that their lives fall short of their highest hopes," and that "the purpose of a liberal arts education is to give people an enhanced opportunity to decide how they should live their lives."

Edmundson says, "I'll be trying to tell people what a true liberal arts education is and why it matters. I'll be talking about generating live options

and growing wise by encountering what Matthew Arnold called 'the best that has been known and thought.'"

The liberal arts has become less appreciated by today's market-driven student. Many students attend college today seeking only to learn the skills to get them a high-paying job. Edmundson contends the liberal arts can still fit those student goals. "A liberal arts education can help you to know yourself (in Socrates's terms) and that can result in a fine job, and in more than that, too," he said.

College and high school teachers can help reverse the trend against the liberal arts. "They can do so by affirming the fact that the liberal arts are a source



Edmundson

of usable wisdom," Edmundson said.

Edmundson has written for *the New Republic*, *the New York Times Magazine*, *The Nation* and *Harper's*, where he is a contributing editor.

Edmundson will be holding a book signing of "Why Read?" and "Teacher: The One Who Made the Difference" in the Cooperman Atrium following the symposium. Both books will be available for sale at that time. His symposium begins at 10 a.m. on Friday, April 28 in the Gardner-Hawks Center.

## PERFECT FIT

*From page 4*

munity among faculty members. (Of course, these ideas may be traditional elsewhere, but anyone familiar with Dana will recognize all three.)

Philipp inspires such accolades through her outlook on higher education administration. To her, it's not about earning fame or devotion through a "cult of personality," but about making sure others reach their own potentials.

"I work at an institution to build capacity," Philipp says. "I help others understand their talents and gifts, and to work together as a team for the betterment of the organization."

Philipp balances the aspects of leadership. She is devoted to gathering information and opinions of others, but, in the end, she is decisive.

"I have a can-do attitude," she says. "I believe in looking for what we can do and not focusing on what can't be done."

Philipp says her primary goal at Dana is to improve the school's future, while maintaining the quality academics and rich, deep traditions of the college. Her plan is to gather as much information as she can from all of the Dana community and move forward on the three largest challenges she sees for Dana: grow the enrollment to the capacity of the campus, attain financial stability and increase the endowment.

Success seems to surround Philipp. Everyone we asked about her expressed how inspiring she was as a person.

Duane Larson, president of Wartburg Seminary, says Dana will "see a quiet, steady, firm passion for the institution."

Former student Guillermo Cuautle says, "You can just hear the wisdom coming from her responses."

Dr. Tom Klubertanz, associate dean at Rock County, says, "I have appreciated her level of integrity, humanity and ability to build effective communities of colleagues. I have been impressed by her dedicated support of the fine arts, sciences and athletics on our campus."

Perhaps the greatest testament to Philipp's suitability as Dana's president, though, lies closer to home. She has been married for 30 years to the Rev. Frank Philipp, an ELCA pastor and Board Certified Chaplain. They raised their two children, Laura and Michael, mainly in parsonages in small Midwestern towns. They built their lives around service for others and education.

Now both Philipp children are pursuing doctoral degrees in areas where they may touch many lives, but will probably never touch much in the way of money. Michael is working on a specialty in neuroscience at George State University and hopes to follow in his mother's footsteps as a college professor. Laura is working on a doctorate in clinical psychology at the University of Houston. Ironically, the girl who says, "As a kid, I always thought I never wanted to be like my parents," is now almost a complete blend of them. She hopes to work in a hospital with cancer patients when she is through.

It's what Philipp says she hopes for all her students — that they find their calling through the gift of a private, church-based education. And as she begins what is likely to be a productive tenure as the leader of Dana College, students are her main directives.

"Students are the reason we exist," she says. "I like to keep my finger on the pulse of student concerns and student joys. If I'm not interested in them, then I'm in the wrong job."

Obviously, Dana College is the right place for Dr. Janet Philipp, and Dr. Janet Philipp is the right person for Dana College.

*Excerpted from the Spring 2005 issue of the Dana Review*

## Inaugural Schedule of Events

### Thursday, April 27, 2006

12-3 p.m.

#### Academic Showcase and Book Review Display — E.C. Hunt Campus Center

Exemplary exhibits of work submitted by Dana students. Also on display, a celebration 50 years of the Liberal Arts Reading Program (LARP) through the sharing of favorite reads of the Dana campus community.

2 p.m.

#### LARP's 50th Birthday Party/Ice Cream Social — Campus Center patio

Celebrate the 50th birthday of one of the most prominent and long-standing programs at Dana College—LARP! Birthday cake and ice cream will be served.

5 p.m.

#### Inaugural Tree Planting — Below the Korshoj Terrace

A white oak tree planted in honor of President Janet Philipp during this special ceremony. Speaking on her behalf will be Board of Regents Vice Chair Dennis Gethmann and Cathy Leavitt, friend and colleague from University of Wisconsin – Rock County.

5:30 p.m.

#### The Dana Game Show — Dining Hall, E.C. Hunt Campus Center

In a hilarious version of the traditional "Dana Game Show," students will test Dr. Philipp's knowledge of Dana College. In a new twist to the game, the students will have to pass trivia relating to Dr. Philipp and her journey leading up to becoming the President of Dana College. Some of President Philipp's favorite foods will be served. Faculty, staff and guests may also attend this inaugural event. Cost: \$7.

### Friday, April 28, 2006

8 a.m.

#### Inaugural Prayer Service — Trinity Chapel, Margre Henningson Durham Center

The historic day will begin with an ecumenical worship service of prayer and song open to everyone.

10 a.m.

#### "Why Read?" — Symposium — Gymnasium, Gardner-Hawks Center

Dr. Mark Edmundson, author of "Why Read?", is our keynote speaker for this educational symposium. In Dr. Edmundson's own words, "I'll be trying to tell people what a true liberal arts education is and why it matters. I'll be talking about generating live options and growing wise by encountering what Matthew Arnold called 'the best that has been known and thought.'" Dr. Edmundson is a NEH/Daniels Family Distinguished Teaching Professor at the University of Virginia. Dana students, faculty, staff, guests and friends are welcome to attend!

11 a.m.-1:30 p.m.

#### Academic Showcase and Book Review Display — E.C. Hunt Campus Center

2 p.m.

#### Installation Ceremony — Gardner-Hawks Center

*Reception immediately following in Borup Coliseum and Cooperman Atrium*

Everyone is welcome as we celebrate the installation of Dr. Janet S. Philipp as the 17th president of Dana College.

7:30 p.m.

#### "Return to the Forbidden Planet"

*Dana College Spring Musical — Lauritzen Theatre, Madsen Fine Arts Center*

Bob Carlton's wonderful, zany jukebox musical, "Return to the Forbidden Planet," combines real Shakespeare, fake Shakespeare, 1950s science fiction and pop tunes from the late fifties and early sixties into a musical theater romp that will have you laughing, singing and dancing in the aisles. Director Paul Schneider, Choreographer Michelle Garrity and Music Director Clare Cowing have put together a show that will make you smile for years to come. Tickets are only \$7.50, and you can reserve them by calling Sandy Sonderup at 402-426-7255.

## Freshman blood revamps women's track team

DEVIN CHENAULT  
Reporter

Some call her freshman, some friends call her a fortune cookie, but what you can't call Sarah Cooper is a quitter.

Not only did she break the Dana College women's long jump record that stood for 20 years, but she did so while having not only a fever but laryngitis also. The mark of 17-09.25 put Cooper's name in the record books for years to come.

Cooper, a freshman at Dana, said that her dad noticed she had stamina and a knack for running. "My mom and dad could only catch me if they had me cornered," she said with a smirk.

Breaking records weren't something that came along with the college resume. Sarah broke multiple records in the hurdles and long jump while attending Papillion South High School.

But as I sat and talked with her I noticed a deeper side besides track, a side that only a true competitor could have.

"Dig, dig, dig" is what she says. She tells herself that everyday and every track meet, always pushing herself to do the best not only in sports but also in friendship.

"If I could make all my friends smile and laugh at least once a day then I know I'm doing my job." Sarah says.

And she does just that. I mean she even made me laugh a couple times during

the interview. A people person is the best way I could put her describe her. She loves to be around people and enjoys talking to everyone.

When I asked fellow student George Roath about Sarah, he said, "She is a great person the first time I met she gave me a hug..."

But personal accomplishments are second on Sarah's list to the overall success of the team. "Even though track may seem like an individual

sport, it's more team for me. It's like a clock. All the pieces work together to form a final function."

Even when she was in high school and she had to deal with a strained hamstring, she sat

out of her hurdles race just so she could run with the 4x100 team.

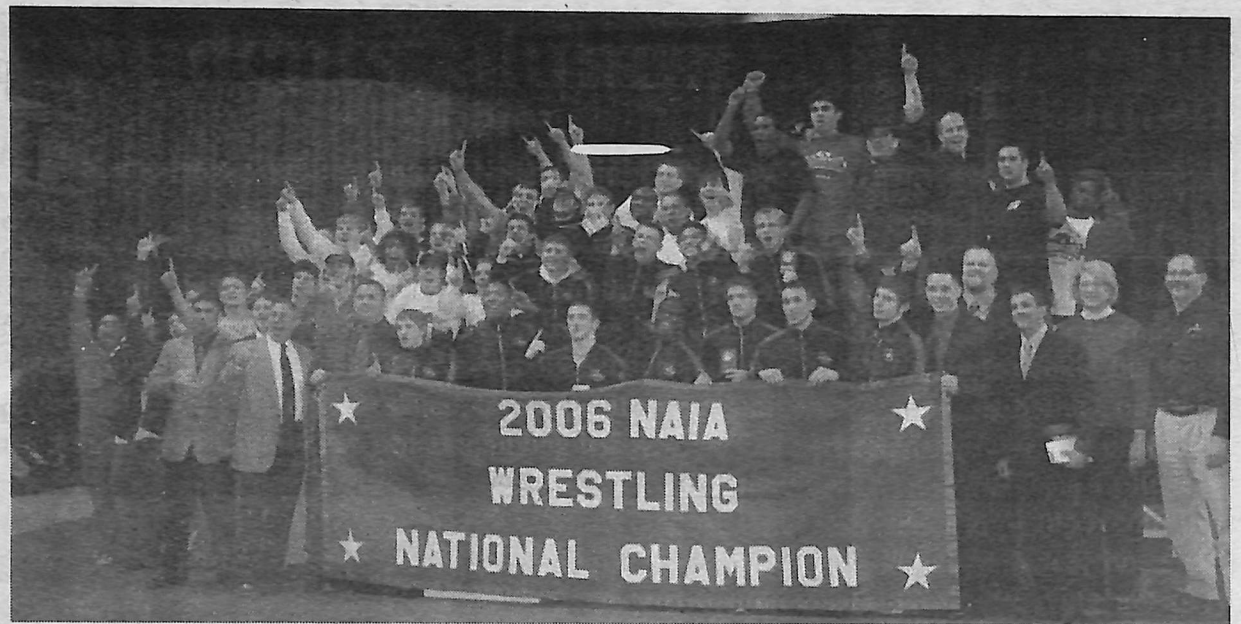
"I couldn't let the girls down," she said. This is the same attitude she takes with her to every track meet.

Because Sarah had been sick and had to miss a lot of classes, her teachers suggested that she not go to Nationals because she would miss more class. Sarah made the sacrifice to miss the Indoor Nationals, stating that she a student first and athlete second. She loves the movie "Coach Carter" because the athletes had to recognize that same thing.

Sarah has a great chance of qualifying for Outdoor Nationals and with the potential that she posts during her freshman year she should be exciting to watch in years to come.



Cooper



The Viking wrestling team claimed the first team National Championship for Dana College in any sport.

## Vikings win National Championship

Dana College has the best wrestling team in the nation. The Vikings won the 2006 NAIA National Wrestling Tournament March 3-4 in Sioux City, Iowa. All 12 Dana wrestlers placed in the tournament, giving Dana 12 All-Americans and an NAIA tournament record 193 team points. Lindenwood (Mo.) was the runner-up with 164 points.

The national championship is the first-ever NAIA team championship for any Dana College team.

Two Vikings also claimed individual titles. Jimmy Rollins (133) won the national title over Kyle Jahn of McKendree College by injury default. Willie Parks defeated Rick Story of Southern Oregon 16-8 for the national championship at 184 pounds. They are the first-ever Dana College individual wrestling national champions.

Parks was honored with the NWCA-NAIA Outstanding Wrestler-of-the-Year award.

Dana Head Coach Steve Costanzo was named 2006 NAIA Wrestling Coach of the Year after an incredible season in which he recruited

the No. 1 non-Division I recruiting class in the nation, then coached the team to the NWCA National Duals championship, a school-record 17 dual wins, and the NAIA National Championship.

Anthony Haukenberry was the national runner-up at 149 pounds.

A strong start in the tournament gave Dana the edge. Dana won all but 2 of their first 15 matches to put 10 of 12 wrestlers in the championship bracket.

Scott Taylor's mild upset in the 157-pound quarterfinal jumpstarted the Vikings during Friday night's second session. With that victory, Taylor, a senior and returning national-qualifier, achieved All-American status for the first time. He finished fourth in the tournament.

Just like Taylor, Trent Leichter was a senior and returning national qualifier. Leichter's 165-pound quarterfinal match began just as Taylor's match ended. Hyped from Taylor's victory, a sea of nearly 250 red-clothed Dana fans cheered "Trent, Trent, Trent" as Leichter pulled out

a one-point escape in overtime to win the match. Leichter fell to his knees then jumped up and hugged Costanzo in celebration. He had earned the title "All-American" for the first time. He would go on to place fourth in the tournament.

By the end of day one, seven Vikings remained undefeated; none were eliminated.

Burke Barnes scored two falls on his way to third place at 125 pounds.

Terrence Almond lost to Gordo Villaescusa of Embry Riddle 11-10 in the final seconds of the third place match to earn a fourth place finish.

Dana's other placers were: Craig Trampe (125 ) 7th; Jason Lozier (141) 6th; Ben Henderson (157) 5th; Marshall Marquardt (174) 7th; and Blair Alderman (197) 4th.

"The best part for me was having 12 All-Americans," Costanzo said. "It wouldn't have mattered if we won the championship after that. Seeing those guys place who have missed it by just a match before, having everyone place...that's what brought tears to my eyes."

# Dana's "first gentleman" fills role

KENDRA JOHNSON  
Reporter



Frank Philipp

At the dawn of television, electronics consumed young Frank Philipp's mind. His supportive parents supplied him with a box full of old radio parts. As an adult, a co-worker helped him pursue his goal. Philipp achieved his childhood dream - he is now an amateur radio operator.

And yet, this worthy accomplishment is not what brings Philipp recognition on the Dana campus. His recognition stems from breaking the gender barrier. As husband of President Janet Philipp, he stands as the first "first gentleman" of Dana.

Being First Gentleman of a college may seem rare, but it is becoming increasingly common, a trend noticed by Dana's former first lady, Anne Christopherson. She looks with favor on the prospects of Frank's position.

"I think it can work very nicely," she said. "The environment of a Christian college leaves it open to be who you want to be."

Of course, there is much more to Frank Philipp than first gentleman. An ordained Evangelical Lutheran Church of America pastor, he has served in several parishes throughout Iowa and Nebraska. In his younger years, Frank acted in touring theatrical productions. He even served in the Peace Corps, lasting all of 45 days. Most recently he has worked as a hospital chaplain.

What inspired him to uproot from Wisconsin and settle in Blair, Neb.? "She got the job," he said. To Frank it was as simple as that.

The Philipps' marriage (31 years strong) has always been based on mutual support. This mutual support is a necessity when one is the spouse of a minister and the other the spouse of a college administrator. At current count, the couple has moved three times for Frank's job and twice for Janet's.

"We discussed how confining our roles could become if we didn't continue to expand our credentials," Frank said. "Either one could make the move, and the other would need transferable skills."

And his transferable skills have definitely been called upon. He is currently volunteering his time to work for Dana's church relations. In fact, he is the only worker for Dana's church relations. His job involves contacting various churches and looking for ways to improve relationships with them.

Since Dana receives significant financial support from many of these churches, the contact is crucial. Frank also focuses on congregational youth groups, exploring the possibilities of outreach teams and lock-ins. This helps draw prospective students to Dana.

His contributions to Dana do not end once he leaves campus,

however. Home is where much of his work as first gentleman begins. After perhaps cooking the meal, he serves as the dinner table confidante for the trials and tribulations of Dana's president. Conveniently, his many years as a pastor have left him with a trained listening ear.

"I'm discovering more and more how we have to work together as a team," Frank said. "Janet can't be doing everything."

Nor can he be doing everything. With Janet's role at Dana, there is a great need for Frank to be involved. He said he doubts he has the time or energy to resume a chaplaincy. One can only hope his vestment in his other talents and interests, ranging from woodwork and stained glasswork to cooking and classical music, will not suffer too greatly.

When questioned about future goals, his answer was the epitome of selflessness. "My goal now is to support my wife and support Dana in any way I can," he said.

After serving as first lady for 19 years, Christopherson can attest to the value of that encouragement. Much of her role included traveling and, through her mere presence, aiding in the social aspect of the presidency. "It was important for the president to have that support," she said, "even if I didn't say anything."

Frank isn't worried about how he will spend his time once his 6-month appointment with Dana is over.

"I have enough faith in God and the church that something will happen," he said. "God has always had a sense of humor with where I've ended up."

## INTERNSHIPS

From page 1

"Studying your craft every day will lead you on a road to success," Sipple said. Looking back, you will see that the little things in the beginning were a key part in a successful career.

Where should I start in obtaining a job internship? The first and most important thing to do is to build your very own resume. When applying for internships, a good resume and cover letter are very important documents to have in the application process.

Future employers will glance at your resume for a brief period of time, and in that time period they are looking for the best possible attributes in a future employee.

The next best thing to have is a cover letter. A perfect cover letter has no grammatical errors, describes you to a "T," and gives your reasons why you are applying for a position with the company.

If you are fortunate enough to reach the interview stage, the first thing an employer notices is you, so be sure to make a good first impression before the interview even takes place.

During the interview, appear confident! Look your potential employer in the eye when listening and answering questions, and use good manners.

You also need to be well prepared. Do a little research before the interview to know which potential position you might be interested in if you are hired.

Ask questions! Don't leave the interview wishing you had asked that one question. You don't know if it will be the difference in receiving an internship or not.

Finally, make sure you follow up after the interview takes place. Make sure to send your interviewer a letter thanking him/her for spending time with you. Be sure to repeat your interest in the position to him/her. He/she will appreciate your determination.

Why are internships important? "Internships give you a chance to see if it is something you are willing to pursue the rest of your life," said Ann Nelson, director of Career Services at Dana College. If you can't see yourself in this line of work in 10 to 15 years down the road, it may not be the job for you!

Another reason to apply for internships is that these positions will help you build skills needed in future job offers you may take. "You also learn jargon and job lingo which might benefit you in the future," Nelson said.

Lastly, completing job internships help you build a network of people who are good sources for getting job advice and tips from their years of experience on the job.

After graduation, many college students stress out on finding the right job or internship for them. After following the few simple steps I have explained, this process should be much easier.

The most important thing to take note of is your resume. This is the first step towards your future, and a good resume and cover letter can go a long way in your job search. With these two steps covered, you will have a better shot of landing an internship after you graduate.

Once you have landed that prized position, where you go from there is all up to you.

# Coach "D" spent time as professional wrestler

T.J. BARTELS  
Reporter

The Equalizer. Dave Sullivan. Captain Ron. Evad. The many alias of Bill Danenhauer have been uncovered.

From entertaining an audience in the wrestling ring to calling plays on a football field, Danenhauer has lived quite an interesting life. The former professional wrestler and two-time Tag-Team Champion of the world is currently the head football coach at Dana College.

Danenhauer attended the University of Nebraska-Omaha and was an all-conference tackle in 1980. His talents enabled him to reach every young boy's dream growing up, the chance to play in the National Football League.

Danenhauer had the opportunity to play with Hall of Fame inductees Lynne Swann and Terry Bradshaw for a brief time with the Pittsburgh Steelers. He also played with the Baltimore Colts for a few years. The question becomes, how did Danenhauer wind up as Dave Sullivan and back to Bill Danenhauer?

During his stint as offensive coordinator at Washburn University in Topeka, Kan., Coach Danenhauer met Harley Race, a professional wrestler who introduced him to the wrestling business. Danenhauer leapt into professional wrestling in 1990 as "The Equalizer" in the National Wrestling Alliance (NWA). There, he became a two-time NWA Tag-Team Champion.

The next stop on the wrestling express took him to the Global Wrestling Federation where he was better known as "Captain Ron". He was

a part of the Federation for only a year and soon joined on with World Championship Wrestling (WCW) where the name Dave Sullivan took on a life of its own.

In 1994, Dave Sullivan was becoming a household name. Dave had an issue with dyslexia, and often referred to himself as "Evad". A tag-team duo known as "The Nasty Boys" began picking on Dave, and he soon teamed up with his brother Kevin Sullivan to help him out. The feud between "The Nasty Boys" and the "Sullivan Brothers" lasted for over a year and eventually the Sullivan Brothers took over as tag-team champions of the world.

As the "Sullivan Express" wound down, Evad made one final mark on the wrestling world as Hulk Hogan's biggest fan. Sullivan often wore "Hulk-a-maniac" shirts in honor of the great Hulk Hogan, which destroyed his relationship with his brother and tag team partner Kevin Sullivan, as Kevin and the Hulk were bitter rivals.

His mark had been made on the entertainment business of professional wrestling. Dave Sullivan was one of the most

popular wrestlers among fans of the WCW. He stood 6-6 and weighed almost 300 lbs, towering over many of his opponents striking fear into them when he entered the ring.

Evad was a fun-loving guy although, and often would tell jokes to entertain the crowd. His personality and long, blonde hair were adored by many.

Assistant Head Football Coach Allen Friesen has had the chance to watch and put together many of Danenhauer's

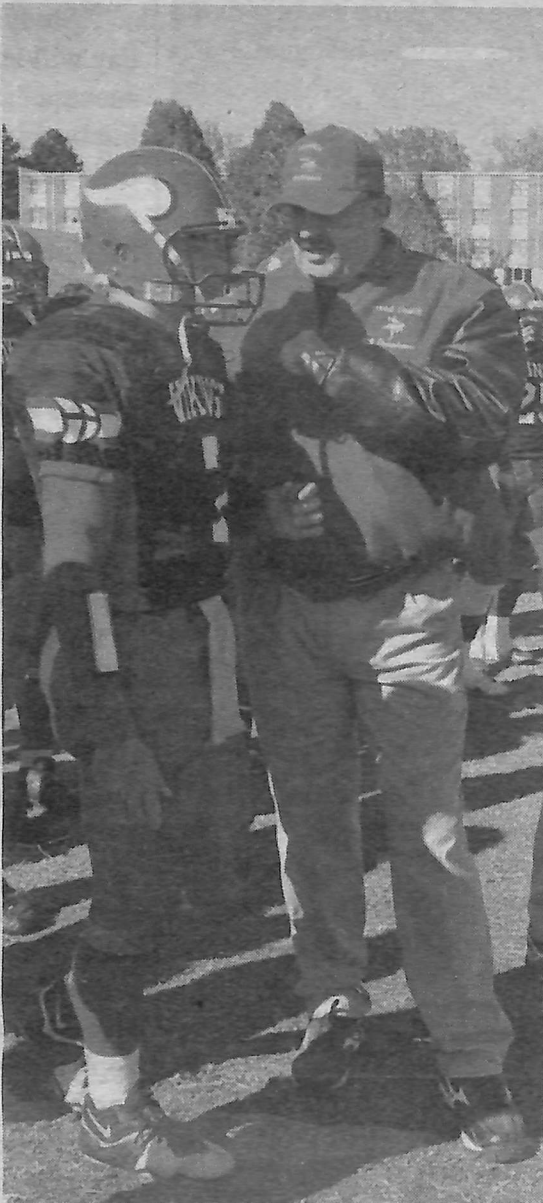


Photo courtesy Dana College Relations  
Viking Head Coach Bill Danenhauer offers advice to quarterback Tom Lensch on the Dana sidelines.

er's old wrestling tapes and described the some of the similarities between his days as a professional wrestler and his current time spent at Dana College. Coach 'D' likes to motivate the kids and get them going before games, but he also displays the serious side of his personality when needed."

Danenhauer enjoyed his time in professional wrestling and has no regrets. "I had the chance to travel the world and wrestle with Hulk Hogan and other famous wrestlers during my time in professional wrestling, and I have had a great time doing it," he said.

Although in the end, all good things must come to an end and eventually Dave Sullivan faded off into the sunset, and was no more.

Danenhauer decided it was time to get back to the two things he loved most, football and family. One of the main reasons Danenhauer decided to resume his coaching career was because, "you can't replace the relationships you develop with the athletes; it is something special."

Coach "D," as he is referred to by his players and students, joined the Viking coaching staff in 2001, assuming the role of offensive coordinator. A year later Danenhauer was promoted to assistant head coach, and in 2003 he assumed head coaching responsibilities for the Vikings. Coach "D" recently completed his fifth year of coaching for Dana, third as head football coach. "The future is bright," Danenhauer said. With that in mind he has his game face back on, and is ready to tackle another football season in 2006.

TUESDAY, APRIL 25, 2006

## Communication major changes

JESSICA BOCK  
Reporter

Previously, students wishing to major in Communication at Dana College could choose between Intercultural Communication or Organizational Communication. In August 2005, the Communication department added a new major, Community Journalism. They also changed the name of the Organizational Communication major to Corporate Communication and put more of an emphasis on public relations.

They also added new optional emphasis areas, meaning that students have the option to get a degree in Corporate or Intercultural Communication or Community Journalism alone or they can choose an emphasis area to fortify their degree.

According to Department Chair Kate Joeckel, students shouldn't feel much of an impact. Courses have been regrouped, but the curriculum hasn't changed.

The changes to the majors have been made in order to be more responsive to the needs of prospective employers, she said. Dana faculty want students to get good jobs after college, and they feel that this gives students a head start. The addition of the Community Journalism major gives Dana more marketability in that Dana is one of only a few colleges offering the program.

When can you expect the Communication majors to change again? Joeckel says, "There is no set cycle for changes, but the Communication department has changed significantly during the last five to six years. We try to stay informed of trends in business and make changes accordingly."