

1101 Announcements - Events

GOSPEL CHAPEL Church, 708 Jessie St./Highway 12, Newcastle, NE. Sunday School, 9:30 a.m.; Sunday worship 10:30 a.m.; AWANA Wednesday at 7 p.m., 402-355-2305. Pastor Chuck Myers, 402-355-1335.

GRACE BAPTIST Church, SBC, Pastor Steve Ford, 1102 E. Main. Phone 624-4949. Adult's and Children's Sunday School 9:30 a.m. Sunday Worship 10:45 a.m. Prayer Meeting Wednesday Night 7 p.m.

HILLSIDE COMMUNITY CHURCH 1800 Constance Dr. Worship Sept.-May 10:30a.m. AWANA Small groups: 9-10:15 Worship May-August 10a.m., 6 0 5 - 6 2 4 - 4 8 6 2 , www.hillside-cc.com Like us on Facebook!

IMMANUAL Lutheran Church, Elk Point, SD: Worship Service 9:00 a.m., Sunday School 10:00 a.m.

KOMSTAD COVENANT Church, Rural Beresford and Centerville, SD: Matt Styles, Pastor. 18 miles north on University Road. Phone 563-2402. Sunday School 10 a.m., Worship Service 11 a.m.

PLEASANT VALLEY Lutheran Church, Rural Vermillion: Sunday School 9:45 a.m., Worship Service 10:30 a.m., Holy Communion First Sunday of every month. All welcome.

PROVIDENCE REFORMED Church, 830 Madison: Sunday School 9:30 a.m., Sunday Worship 10:30 a.m. "We Welcome You To Historic Protestant Worship And Fellowship."

ST. AGNES Church, 416 Walker St., Fr. John Fischer: St. Agnes Church and Parish Office, tele. 624-4478. St. Agnes Rectory, 505 Catalina, tele. 624-1995. Mass schedule: 5 p.m. Saturday, 8:00 a.m. and 10:30a.m. Sunday, Week-day Masses - consult weekly bulletin; Sacrament of Penance, Saturday 4-4:45p.m.

ST. PAUL'S Episcopal Church, corner of Main and Linden. Sunday: nursery available. 10:00 a.m. Holy Eucharist. 11:00 a.m. coffee hour. Call 624-3379 for more info.

Sunday evening Experience at ONE HOUR is comprised of two primary elements: powerful worship and a life-changing message. Worship at ONE HOUR is led by a talented live band in a style that is consistent with today's culture and a relevant teaching message from LifeChurch.tv's senior pastor, Craig Groeschel, via video broadcast. The worship is intense and the teaching is challenging but the environment will be relaxed and casual. ONE HOUR on the USD Campus at the MUC, 6:30pm Sundays! www.one-hour.org

The Luther Center at USD: Life at the corner of campus and faith. Located at Cherry & Plum Streets, Vermillion. We worship weekly on Wednesday evenings at 8:30pm and host service and fellowship events throughout the year. Visit us online at www.luthercenter.org or find us on facebook!

The United Church of Christ Congregational, Highway 12 Newcastle, NE. Worship: 5:00 p.m. Saturday. Pastor Gary Kimm. Come join us!

The Vermillion First United Methodist Church, a welcome place reaching out to all God's people. Located at 16 N. Dakota St. Adult Sunday School 9am; Sunday Worship 10:25am; Children's Church after Children's Sermon (PreK-5). Welcome Table-serving free meal Mondays 5:30-7pm. Youth Group with Meal (Gr. 6-8) Wednesdays 5:30-7pm. High School Youth Group 7pm. Adult Choir Rehearsal 7pm. Praise Band rehearsal 8pm. Friday Morning Book Study and Breakfast 6:45am. Call (605)624-2179 for more info. Pastor Rick Pit-tenger.

Frazzled finals test-takers find ways to de-stress



By Travis Gulbrandson
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Finals week is one of the most hectic times for college students, but one group at USD provided some opportunities for frazzled test-takers to de-stress.

For several days last week, the Campus Activities Board (CAB) sponsored the Finals Relaxation Program, which offered a variety of activities at the Muenster University Center.

On Wednesday, Dec. 11, students had a chance to play with puppies, and the following day provided such relaxation equipment as automated massage chairs, spinal exercisers and an oxygen bar.

"(It's) just for students to take a break and relax during finals week," said Ellie Dailey, campus liaison for CAB. "Students really enjoy it."

Jason Kaplan of

Spintacular Entertainment brought the equipment for Thursday's activities.

"For me, this will make ... 12 schools in 12 days," he said. "I started in Ashville, and I've been everywhere from West Virginia, Pennsylvania, the Bronx, New York City, central Michigan, back to Pennsylvania, Chicago.

"We're based out of Ashville, NC. We do everything from custom T-shirts, trucker hats and water bottles to this kind of thing," he said.

Kaplan brought four automated massage chairs, each of them about the size of a recliner.

He also brought spinal exercisers, which had students laying on a mattress-like surface while a machine did adjustment in 15-minute increments.

"All it really does is move your feet in a small figure eight motion and loosens up your mid and lower back," Kaplan said.



Ellie Dailey serves USD students at an oxygen bar that was set up in the Muenster University Center Thursday, Dec. 12. The bar was there as part of the Finals Relaxation Program sponsored by the Campus Activities Board.

(Photo by Travis Gulbrandson)

There also was an oxygen bar.

"It compresses oxygen out of thin air, essentially, and just pushes it through a set of scents that students can enjoy," Kaplan said. "There are 16 different scents, everything from citrus to eucalyptus and lavender."

"It's actually delicious," said Taylor Moore, president of the CAB. "The biggest thing is that the oxygen promotes relaxation, and that's the whole premise of the event."

Thursday's events ran from 11 a.m. to 3 p.m. in the Muenster University Center, which allowed about 15 sessions for each of the massage chairs.

"With the oxygen bar included, anywhere from 200 to 300, depending on how much time they give for the oxygen bar," Kaplan said. "Sometimes we limit the time on the chairs, and try to get more people in when there's a line."

The CAB sponsors Finals Relaxation Programs each year for both the fall and spring semesters, usually with similar activities each time.

"Some of the events has a structural basis as well, so there's a certain understanding of when events will be," Moore said. "But this one is almost engraved."

"This is something we've done most years, but I think this year we're trying to make it really prevalent that CAB is sponsoring it," Dailey said. "I think in years past it's kind of gone by the wayside that we're the sponsor, but this year we're trying to make it clear that we're the ones."

DAKOTA SENIOR MEALS

Served at The Main Street Center & Town Square, "Meals on Wheels"

Wednesday - Christmas! No meals

Thursday - Tomato Soup, Turkey Sandwich, Seasoned Green Beans, Tangerine, Almond peaches

Friday - Hamburger, Baked Beans, Potato Salad, Seasonal Fresh Fruit

Saturday - Brats, Scalloped Potatoes, Peas & Carrots, Peaches

Sunday - New Years Eve! Tator Tot Casserole, Tossed Salad, Baked Acorn Squash, Vegetable Blend, Banana

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We are pleased to announce that for the 4th year in a row, members of Vermillion Federal Credit Union have received patronage dividends and interest rebates. The Board of Directors voted for the bonuses as a way to say "thank you" to credit union members for the opportunity to help them with their finances.

The Board of Directors gave back some of this year's success to its members because they own the credit union and any success is because of them. No one knows what the future holds for rebates and extra dividends in the years to come, but at least for this year members again have a little extra in their accounts.

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