

the

Antelope

University of Nebraska at Kearney

Run With It

Wand wows crowds for 20 years

BY JARED HOFF
Antelope Staff

World renowned hypnotist Jim Wand returned for a 20th year to UNK last Thursday Jan. 31.

Known for working with the likes of Jay Leno, Chris Rock, Carrot Top and Michael Jordan, Wand puts on a hilarious and mind-bending show. He has performed for audiences all over the world including Canada, Mexico, Europe.

The event was sponsored by the Loper Programming and Activities Council (LPAC) and funded by UPFF.

The two shows started at 7 p.m. and 9 p.m. at the Nebraskan Student Union Ponderosa room.

For a small admission fee, UNK students watched as Wand mesmerized a few volunteers on stage.

Every show is known for being hip, good-natured and always funny. Another staple of his shows is the freshness of content – he never repeats a show at any one venue. He also designs each performance to meet the specific needs of his audience.

Freshman, Alison David of Pleasanton, Neb., said the show was an entertaining event. “It was fun tonight, I loved the part when he told that kid he had long hair like a girl and made him comb it,” David said.

Dr. Wand is the founder and owner of Wand Enterprises, The Hypnosis Agency. He

has been involved in the field of hypnosis for over 20 years. Dr. Wand holds a Ph.D. in the field of psychology, has over 5,000 professional engagements to his credit and is considered to be one of the most professional hypnotic entertainers in the world today.

Sophomore Mark Mcree

“

The best part is when the participants break it down in the hip-hop dance competition!

”

Mark Mcree
Sophomore

attended the show with his girlfriend for the first time.

“I wanted to go last year but it didn’t work out, so I definitely wanted to make it there this year,” Mcree said. “The best part is the when the participants break it down in the hip hop dance competition!”

In addition to the long list of celebrities, Wand has also done work with Larry the Cable Guy, Survivor host Jeff Probst, Sylvester Stallone, eight different NFL teams, George Strait and the Judds.

See **Wand** on page 3

Below: Jim Wand told stories of past experiences to the crowd in the Ponderosa Room before starting the show. Wand has performed at UNK for many years and continues to be a student favorite.



Top Right: Blake Thompson, a sophomore Music Education major from Dalton, Neb. is interviewed as a super model by hypnotist Jim Wand Thursday night.

Bottom Right: Hypnotist Jim Wand reveals favorite cars to individual audience members stunning some members of the crowd.



Yamamoto scholarship announced

Tribute to Japanese student lost in accident coming back from holiday break

BY KRISTEN BROCKMAN
Antelope Staff

If there were one word to describe Yuto Yamamoto, it would be enthusiastic.

In a time when the UNK community was already mourning the loss of one of their own, news came that another young life had been tragically cut short. Yamamoto died at Bryan LGH West hospital in Lincoln following the car accident on Interstate 80 that had already claimed Jose Martinez’s life.

Yamamoto came to UNK through the National Collegiate Network program. He was majoring in pre-physical therapy, he loved soccer and football and he just wanted to learn English.

Taiki Terauchi, an Aviation major from Yokohama, Japan, met Yamamoto in an English Language Institute



Photo Courtesy Bethany Potter
Yuto Yamamoto plays pin-the-tail-on-the-donkey with friends. Yamamoto, who died last month, is remembered for his enthusiasm to learn about American life and his desire to make American friends.

class. They became friends.

“He lived in Randall with me,” Terauchi said. “I saw him everyday, and we talked.”

Yamamoto made a life for himself here at UNK, getting involved in campus activities such as Campus Crusade for Christ and playing sports. Hank Voyles, a junior international studies major from Wichita, Kan., remembers shopping trips with Yamamoto and Terauchi.

“Yuto was looking for soccer cleats, and we could not find a size 13 pair,” Voyles said. “Once we did, everyone on our soccer team bought the same pair, and it became our team shoe.”

Voyles met Yamamoto through Campus Crusade and noticed his desire for learning while still holding on to much of his Japanese culture. He recalled how Yamamoto still practiced many of the traditional Japanese practices, including taking his shoes off before entering a room. “That was really important to him,”

Voyles said.

“He was searching for more; he was looking for answers both in his life and in Christianity,” Voyles said.

Although described as shy, Yamamoto was enthusiastic about American life. He wanted to learn English and make American friends.

“He was on Facebook everyday,” Terauchi said.

Both Terauchi and Voyles spoke of the shock and sadness they felt upon hearing the news of their friend’s passing.

“It took a while to realize it, I couldn’t believe it,” Terauchi said.

“It’s the hope that you cling on to; that God is in control,” Voyles said. “You don’t want to see your friends die, but it was so unexpected.”

Jayne Heimer, an Educational Specialist at the English Language Institute first met

Yamamoto during his first summer in Kearney in 2006 in an ELI summer class.

“He always worked really hard and wanted to do his best in class,” she said. “He wanted to meet people from other countries and try new experiences.”

Heimer will remember Yamamoto for his strong desire to learn.

“He was someone who went out of his comfort zone to try new things; he touched many lives in different ways.”

The UNK community came together to honor Yamamoto’s memory during an on-campus memorial service that was attended by Yamamoto’s parents. There, Chancellor Doug Kristensen announced that memorial scholarships would be created for both Yamamoto and Martinez.

Although Yamamoto is

gone, his love for life, enthusiasm and desire for learning will never be forgotten. Friends and loved ones continue to hold onto the memories of him while finding the strength to go on with life.



Photo by Sarah Ahlers
In his opening remarks for the Yamamoto campus memorial, Chancellor Doug Kristensen announced that a \$10,000 scholarship will be established in Yamamoto’s name.

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4 Students discuss favorite Super Bowl ads. Topping the list was the E*Trade Financial talking baby.



5 Junior Paul Sutton of Wahoo takes on his Colorado Mines opponent. Page five has more highlights.

NEXT WEEK



Clinton and Obama go into the Nebraska Democratic Caucus neck and neck. Read the story in next week’s issue.

Coming soon to UNK:
AOII Dodgeball Tournament
Thursday, Feb. 7th @ 7 p.m.
Cushing Coliseum

Nebraska Democratic Caucus
Feb. 9 @ Noon
Alumni House

Peking Acrobats Tuesday,
Feb. 12 @ 7 p.m.
Health and Sports Center

UNL-UNK student senates back Election Day Registration

COURTESY
UNK Student Senate

LINCOLN, NE -- The Association of Students of the University of Nebraska at Kearney has taken the initiative to become active in statewide political issues. Wednesday afternoon Student Senators traveled to the State Capitol in Lincoln to testify at the Government, Military, and Veteran’s Affairs Committee hearing in support of LB 803 and LB 991. The two bills propose changes to Nebraska’s voter registration system by allowing citizen’s the ability to register to vote on Election Day at their local polling place. LB 803, proposed by Senator Ray Aguilar of Grand Island, provides individuals the ability to vote provisionally in general elections only. This bill would not require voters to show identification at the polls, however, their identity and residency would be confirmed shortly after their ballot is cast to ensure the security of the election. LB 991, introduced by Senator Bill Avery of Lincoln, would allow for a more “pure” form of Election Day Registration (EDR) by allowing individuals to register on Election Day in primaries and general elections alike. LB 991 requires Nebraskans to provide election officials with a form of picture identification and

an official document with their most current address, such as a recent city utilities bill or bank statement, before they can register. Student Senator Timothy Hruza, the Chair of the Student Senate’s Government Affairs Committee, testified in support of LB 991. “The greatest factor preventing young voters from reaching the polls, aside from their academic demands, is the geographic obstacles students face,” Hruza said. “Students from distant hometowns are unable to travel to their hometown precinct to register or to cast their vote on Election Day. A student’s inability to participate in elections in the traditional

“
Election Day Registration would permit students to more easily register in the precinct where they reside while attending school.”

”
Tim Hruza
Student Senator

manner of going to a polling site and casting their ballot is detrimental to their voting experience and future voting habits,” Hruza said. “Election Day Registration would permit students to more easily register in the precinct where they reside



Photo by Tomo Funabashi - Courtesy of the Daily Nebraskan (UNL’s Student Newspaper)
Students from the University of Nebraska at Lincoln and Kearney testify on behalf LB 803 and LB 991. The three students are seated in the front row of the gallery as well as in the witness chair. On the far left is David Solheim, Student Body President of UNL. Seated in the witness chair is Adam Morfeld from UNL. Finally, seated in the front row next to the center aisle is Timothy Hruza of UNK.

while attending school. This would make it easier for young voters to physically go to the polls and cast their ballot, habituating them to continue to participate in elections and be routinely civically engaged.” Student Senator Adam Morfeld and Student Body President David Solheim, two members of UNL’s Student Government, testified on behalf of LB 801 and LB 991 as well. Amber Lewis, UNK’s Student Body President and Student Regent, said, “Many

of the obstacles placed in front of young people in their quest to participate in elections are difficult to address. Both academic and geographic obstacles are inherent to the youngest generation of eligible voters and will continually affect voter turnout for this demographic. Voter registration should not be a contributing factor to these obstacles.” There are currently nine states that have implemented EDR. Minnesota, Maine, and Wisconsin began using

EDR in the 1970s. Since then Idaho, New Hampshire, Wyoming, Montana, North Carolina, and Iowa have adopted EDR. Nebraska’s neighboring state, Iowa, was the most recent, implementing EDR in 2007. Election Day Registration has been very successful in those states that have adopted it. States with EDR consistently have voter turnouts of 10 to 12 percentage points higher than states that do not. A study done by Dēmos, a non-partisan public policy

and political advocacy organization, estimates that EDR would increase overall turnout in Nebraska by approximately 5.4 percent. Within the younger demographic, 18 to 25 year old voters, they estimate an increase in turnout of approximately 10.6 percent. Their collaborative effort with the Association of Students of the University of Nebraska in Lincoln has helped UNK students realize that, statewide, students see the disadvantage of voter registration deadlines.

Caucus fever catches on in Nebraska

Buffalo County Democrats set for first caucus Feb. 9 at Alumni House

BY LAURA LARSEN
Antelope Staff

With less than one week to go before Nebraska’s first ever presidential caucus, the major campaigns have started fighting for the support of Nebraska Democrats. The campaigns of both Hillary Clinton and Barack Obama have placed field staff in the state to capture the attention of voters. Senior political science student, Elizabeth Weaver from Maywood, Neb., was contacted earlier this week

about organizing students in Nebraska’s third district for the Obama campaign. When asked about the opportunity, Weaver said, “I am very excited to

“
I’m really excited that the campaigns are looking at Nebraska and I get the chance to participate”

Mandy Troyer
Junior

do whatever I can to get more young people in the state excited about Senator Obama and this election.” To get the word out about the caucus, Weaver is working with college Democrats to organize a number of events both on campus and within the community. On Tuesday, the group will be stationed at Cunningham’s handing out Mardi Gras beads encouraging students to “Show us your vote.” The group is also in the process of organizing a “Students for Obama” rally on campus Thursday evening. “The rally is our way of exposing students to the caucus process and the Obama message. Young people across the country have been showing up in record numbers,” Weaver said. “Now it’s time for Nebraska’s young people to show their political power.”


A set location and time for the Obama rally will be announced later this week. The Hillary Clinton campaign has also been vying for the support of Nebraska caucus-goers. According to state party officials, Clinton has promised to spend time campaigning in Nebraska if she believes it will be competitive. Kearney senior political science major Brooke McGee is supporting Clinton because of her stance on woman’s issues. “I think Hillary is by far the best candidate because she understands and is sensitive to the things woman go through,” McGee said. With all the hype that has been generated, an increasing number of students have begun to follow the election. Mandy Troyer, a junior, family studies major from Milford, Neb., said, “This is the first time I’ve followed the presidential election. I’m really excited that the campaigns are looking at Nebraska, and I get the chance to participate.” Troyer is not alone in her excitement, senior

“
It is important to arrive at the site on time because if you arrive late you may not be able to caucus.”

Elizabeth Weaver
Senior

nursing student, Kaleigh Cook from Grand Island, said, “I feel like the candidates are really looking at young people. I think it’s time for the country to move in another direction, and I’m happy to be a part of that movement.” Both Cook and Troyer said they will be supporting Obama in the Nebraska caucus. The Feb. 9, Buffalo County caucus starts at noon at the Alumni House located south of campus. “It is important to arrive at the site on time because if you are late you may not be able to participate in the caucus,” Weaver said. “Especially for those students needing to switch parties or register in Buffalo County I would recommend showing up 20 minutes early.” Anyone with

questions about the caucus process can visit nebraskademocrats.org to learn more.



I WANT YOU

to get out and CAUCUS

- ★ In South Carolina, young Democrats counted for 14 percent of the primary.
- ★ Republican youth participation decreased in South Carolina, but In Iowa, the youth turnout tripled to 13 percent.
- ★ In Senator Obama's victory in Iowa, 57percent of the votes came from young voters.
- ★ Of all the young people that caucused in Iowa, 80 percent were Democrats.
- ★ In New Hampshire 43 percent of young voters turned out.
- ★ 61 percent of those voters in New Hampshire chose Democrats.

Infographic by Michelle Allen
youngvoterstrategies.org

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REAL ID Act would require new IDs for travel

BY DANIEL APOLIUS
Antelope Staff

If you are a Nebraskan thinking of traveling outside the United States, you may find it harder to get back in than it was to get out. Nebraska is one of 17 states opposing the REAL ID Act, and residents may soon have to carry a secondary form of identification such as a passport to cross back into the U.S. from Canada, Mexico and parts of the Carribean unless lawmakers choose to adopt

the legislation to include required information on the driver’s license. Nebraska lawmakers are against the act. The Nebraska DMV has estimated that implementing the REAL ID Act will cost the state \$26 million. The REAL ID Act is not a federal mandate requiring states to participate, but described as an effort to improve the integrity and the security of state issued driver’s license and ID cards. The Department of Homeland Security issued a revision Jan. 11 to set standards for states to meet

the requirements of the REAL ID Act including: proof of identity and U.S. citizenship or legal status of an applicant including social security number. This would include verification of source documents provided by an applicant using digital documentation of records by the DMV. The act would also require added security standards of offices that issue licenses and identification cards, in most cases, your driver’s license. Kelli Roark, a UNK pre radiology student from Ord, Neb., is one of those

opposed. She said, “It’s unsafe, there is too much information involved with this ID.” Cortney Gillen a UNK business management student from Bellingham, Wash. said, “It seems that if you lost your ID it would be as if you lost your life.” The DHS intention of the new cards is to provide the primarysource of identification for anyone attempting to access a federal facility, board federally regulated commercial aircraft or enter nuclear power plants. However, opponents

argue that a driver’s license is not a document designed to prove that the bearer is in the country legally and not a potential terrorist. U.S. drivers’ licenses indicate that the bearer is on the state’s roads with a state-mandated level of knowledge and proficiency. On Jan. 29 the DHS announced an increase of \$48.5 million to assist states to improve driver’s license and identification cards by May 11 in compliance with the REAL ID Act of 2005. Criss Salinas a junior majoring in Spanish education said, “The money

that is being used could be allocated for educational programs that could benefit our students.” But, if you are not a Nebraskan and will be traveling outside the United States, you may want to check to see if your home state supports the REAL ID Act and if you will be required to bring additional forms of ID. If you’re a Nebraskan traveling outside the United States, plan on bringing two forms of ID or expect to get unwanted attention at customs after May 11.

UNK forensics = Competitive, Successful, Inventive

Multi-talented team brings home trophies, hosts Fat Tuesday competition for Katrina charity

BY MICHAEL PENNETTA
Antelope Staff

When people hear the word forensics, they immediately picture an image of CSI, or a doctor performing an autopsy. To the University of Nebraska-Kearney, forensics has quite a different meaning. Speech is their specialty, and the forensics team has been quite successful in past events. For the second week

in a row, UNK’s Forensics team has made another mark in Midwest speech competitions. The team traveled to Seward for the Concordia University Sun & Sleet tournament where they finished 5th out of 13 schools. Laura McAtee finished 4th in communication analysis, 5th in extemporaneous speaking and 6th in impromptu speaking, while Allison Henri finished 4th in

dramatic interpretation. As the UNK Forensics team finishes the month, they are gearing up for an event they will be hosting with Northeast Community College in Norfolk. “We call it the Fat Tuesday Swing,” Rachelle Kamrath, director of forensics, said. “It’s an open invitational that 10 schools including our team will compete in.” Kamrath said all the

proceeds of the competition would go to Hurricane Katrina relief. “We bought little Mardi Gras cups this year for trophies to spend less money,” Kamrath said. “By spending less money on trophies we were able to save a lot of money to donate proceeds of the competition to Hurricane Katrina relief.” There will be over 100 students speaking at the Fat Tuesday Swing and many

students will speak in five to six different events at the competition, with impromptu speaking being one of the main events chosen. In an impromptu speech, students must select one out of two topics and create a five-minute speech on the spot. Students will also compete in the persuasive and informative categories. Last weekend, UNK competed in Cheyenne, Wyo., Feb. 2-3 at the Flat

Land Fiesta Swing bringing home third in Team Sweeps and earning individual honors. •Laura McAtee 1st in extemporaneous, 4th in extemporaneous, 6th in impromptu •Allison Henri 1st in poetry and 2nd in prose •Brandon Pettigrew 2nd in communication analysis and 4th in impromptu •Ben Clancy 4th in persuasive

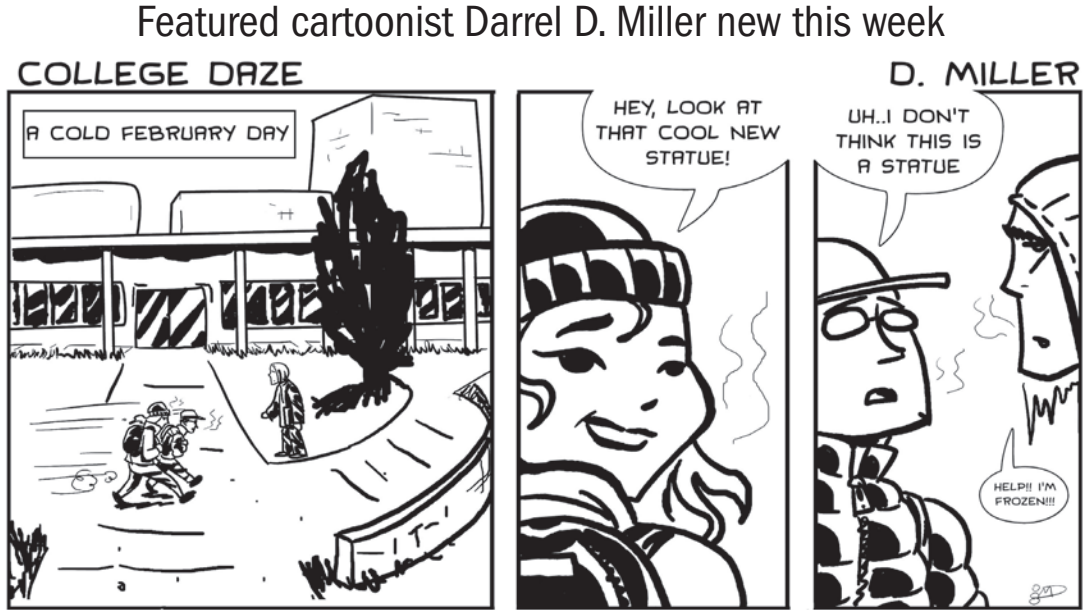
WAND from page 1

Wand even attracts people who aren’t students at UNK with his shows. Pete Harrison said he has been to many extracurricular activities at UNK including football and baseball games. I have been supporting UNK for a long time now, and I was pretty interested in this event,” Harrison said. “My wife was going to try and let him hypnotize her from the crowd, but she saw what some of those students had to do and thought better of it.” Dr. Wand has also appeared on numerous television programs including a national FOX special entitled “WOW,” “The Sally Show,” “The Judge Joe Brown

Below: Anthony McPhillips, a sophomore physical education major from Humphrey, Neb. and Blake Thompson, a sophomore music education major from Dalton, Neb. answer questions as supermodels while being interviewed by Jim Wand Thursday night.



Show,” the Discovery Channel, Comedy Central and numerous other appearances on FOX, ABC, NBC and CBS.



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Beranek rolls up 41 points against Metro State

BY ERIC KORTH
Antelope Sports Editor

Two days. That’s all it took UNK forward Drake Beranek to shake off an unusually low scoring performance in last Thursday’s game against Colorado Christian.

Not only did Beranek bounce back, but he did it with a career high effort of 41 points.

His high scoring performance ranks fifth all-time for the Lopers and helped UNK cruise past Metro 88-82.

With the help of Beranek’s 67 percent shooting, the Lopers shot 55 percent as a team. Freshman Jeremy Cruise was excellent from outside the arc hitting four three-pointers and ending with a total of 16 points. Sophomore center, Josiah Parker, also helped out by posting his second double-double of the year with 11 points and 11 rebounds.

Beranek is no stranger to high-scoring games. Colorado Christian was Beranek’s first game of the year, where he has been held under double digits.

Beranek averages 21.7 points per game and is currently fifth in the nation with this average. Beranek has recorded six games with 30 or more points and 11 games with a total of 20 points or more.

Next up for the Lopers, is a short road schedule with match-ups against Colorado Mines, Metro State and Colorado Christian. UNK will return to the Health and Sports Center on Feb. 21, with an RMAC bout against the Rangers of Regis University.

Photos By John Reed
(top) Ravenna sophomore, Drake Beranek, dishes the ball inside to Garrett Lever during Thursday night's game against Colorado Christian.
(bottom left) Jeremy Cruise, a freshman from St. Edwards, Neb., looks to drive along the baseline.
(bottom right) Sophomore Jeff Martin steals the ball and drives to the hole. UNK tallied 12 steals against Colorado Christian. Lever lead all Lopers with seven steals.



Ads reach record 99 million viewers

Super Bowl commercials expensive, but always entertaining

BY JARED HOFF
Antelope Staff

Okay, ladies and gentlemen, admit it. How many of you watched the Super Bowl this year only because of the new commercials?

Many of us Americans, in between handfuls of chips and swigs of our preferred beverage, eagerly watch the new advertisements in hopes of seeing something humorous or thoughtful.

The 2008 campaign was no different, and the game was seen by nearly 99 million households, a record high for the Super Bowl.

The price for a 30-second spot was up to a

whopping \$2.7 million this year. Many major marketing powers and even a few first-timers couldn’t resist the opportunity of reaching more than 90 million people in a single shot—something that’s increasingly hard to do in any medium.

Senior Chuck Hall from Benkelman says he enjoyed the Bud Light ad that featured Will Ferrell as “Jackie Moon,” the character from Ferrell’s upcoming movie about semi-pro basketball.

“Will Ferrell as Jackie Moon made me laugh,” Hall said. “Anytime you put Will Ferrell in your commercial, great things are going to happen. With his short shorts and a beer in his hand, come

on, you can’t keep a straight face.”

Budweiser is a powerhouse every year when it comes to advertising during the Super Bowl. This year Budweiser featured a Clydesdale training hard with a Dalmatian for the chance to be a part of the Budweiser team. The ad was clever, complete with the Rocky-themed music.

Bud Light also offered a couple of memorable ads. One had caveman invent the wheel to transport a beer cooler made of stone. Another featured comedian Carlos Mencia, and a pick-up artist who gets the girl of his dreams.

Senior Dana Wright of

Albion enjoyed the Bud Light ads as well but also found a few others entertaining.

“Others that I enjoyed were the SoBe lizards dancing to Michael Jackson’s ‘Thriller’ and the E*trade baby talking about underestimating the creepiness of a rental clown. It was priceless,” Wright said.

The Doritos mousetrap ad, in which the cheesy taste of the chips attracts a very large man in a mouse outfit from the mouse hole in the wall, was pretty funny. The same can be said for the Vitamin Water ad that had Shaq going from the court to the racetrack as an “extraordinary large jockey.”

Of course, there are some ads that every armchair critic

thinks are terrible or just plain weird. A good example was the Under Armour ad where the New Prototype clothing and shoe lines were presented. It was a futuristic take on the next revolution of athletic wear but was confusing because there were so many people yelling and screaming.

Another example was the Pepsi ad featuring Justin Timberlake. He is helplessly dragged all over a city, only to wind up in the backyard of a female fan. It took a while to develop and convey to viewers the commercial’s meaning. It ended up outlinining a promotion - the more Pepsi you drink, the closer you get to Timberlake.

Senior Casey Baney of Benkelman summed up his favorite.

“There just seemed to be a high number of new ads this year,” Baney said. “There were some good ones, I liked the Diet Pepsi Max one that wakes up a number of well-known people such as Joe Buck, L.L. Cool J and Busta Rhymes. Everyone tweaks their neck in a similar SNL fashion. It’s always interesting, and about the only time anyone pays attention to commercials.”

Overall, there were probably more bad ads than good ones this year. That said, there was still plenty of laughter to go around.

Giants end New England’s quest for perfect season in stunning fourth quarter Super Bowl upset

BY AMANDA BELL
Antelope Staff

We all love an upset. Avid sports watchers even expect an upset certain times, but at what point is an upset an upset, and when is it just an expected coincidence?

According to ESPN.com, the Patriots won each of their last Super Bowls by exactly three points (20-17, 32-29, 24-21), while the Giants averaged a ten-point margin of victory in their two previous titles.

The Patriots have lost three Super Bowls by a combined 53 points. This was a week 17 rematch of a game that turned into a gunfight and

ended with a slight Patriot victory (38-35).

There was no pressure on the wild card team from the NFC because no one had put it on them to win. The Patriots were labeled, wrongly, a “dynasty,” after winning three times in four years and were looking to hold their title by winning their fourth in seven years.

People were talking about this being the greatest team of all time before the season started. Those people were looking pretty smart when the Pats won their first 18 games and faced a questionable team with a marginal quarterback in the Super Bowl. As we

all know now, “18-1, AFC champion” doesn’t mean nearly as much as “14-6, Super Bowl champion.”

Hopefully, now the “dynasty” talk will cease and people can see the Patriots as the “best team in recent memory” instead of “the best team of all time.” The last true sports dynasty ended when MJ retired from the Bulls a second time.

All in all, this Super Bowl Sunday was what we love as a society. It was an upset with the


underdog coming out on top. An undefeated team was brought down by a wildcard and many are calling this the greatest upset of all-time.

We all laughed at the advertisements and stared as Victoria’s Secret models reminded us that women have one day a year that they need impressing. Another important fact, of which we seem to lose sight though, is that nothing was hurt except for pride, and possibly some pockets.




NY Giants
17
NE Patriots
14

RMAC East Players of the Week



Drake Beranek
Sophomore



Amy Mathis
Senior

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Usman’s return to the mat after injury ends with big upset over UNO’s Taplin

BY HANNAH HOTOVY
Antelope Staff

The UNK wrestling team has been struggling to get their full line-up back together after several wrestlers have been injured. The replacement wrestlers have been working around the clock to get in shape to take their places. At the UNK v. UNO dual on Feb. 2 in the Health and Sports Center, the line-up was still not at its full potential. Despite this, one wrestler, sophomore Marty Usman, decided he was ready to go on the mat again. Usman had been out since the Midlands Invitational in Evanston, Ill. back in December where he injured his knee. Usman had only been practicing drills with the team for one week, when he decided to wrestle not one, but two, matches on Feb. 2. Even though Usman was wrestling two matches, his second match against UNO’s #2 ranked 174 pound

wrestler, Ross Taplin, was the match that everyone had been anticipating. Usman, who is currently ranked sixth in the nation, had wrestled and beat Taplin back on Dec. 8 at the UNK Loper Open. Everyone wanted to see if he could do it again, even after being out for over a month. Taplin scored a takedown on Usman during the first period, but Usman was able to fight back with two escapes, making the score 2-2. But what won the match for Usman was when he rode out Taplin for an entire period, which gave him the winning riding point. To ride out another wrestler for an entire period is impressive, but Usman was able to accomplish this feat after several weeks of being off the mat, showing what a genuine wrestler he really is. Usman has proved, once again, what an addition he has become for the UNK Loper wrestling team.



Photos By Hannah Hotovy
UNK sophomore Marty Usman ranked sixth nationally rides No. 2 nationally ranked Ross Taplin from Nebraska-Omaha. Usman upset Taplin 3-2 decision last Saturday.

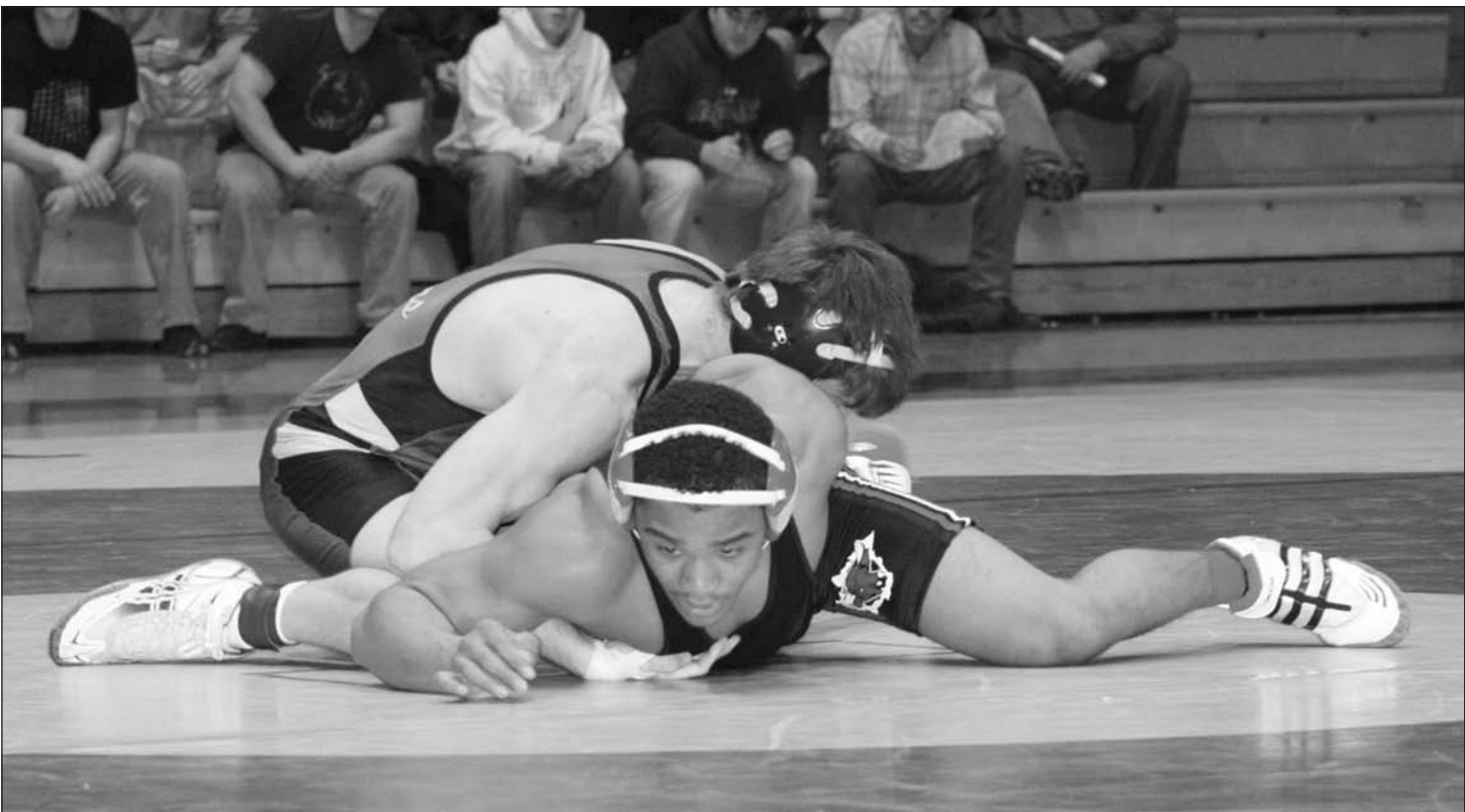


Photo By Nicholas Hauder
UNK senior Jeff Rutledge ranked fourth nationally at 141 pounds, rides Nebraska-Omaha Sim Bribeseca. Rutledge won by decision over Bribeseca 9-6, but Nebraska-Omaha won the duel 24-12.

Rutledge gets long awaited victory

After many close matches, UNK senior finally gets win over close rival

BY HANNAH HOTOVY
Antelope Staff

If there was one thing that senior Jeff Rutledge had been hoping to do before his college wrestling career was over, it was to beat UNO Maverick’s Sim Bribieseca. Rutledge and Bribieseca have wrestled many times, but the result has always been the same. Bribieseca wins the match by a point or two. “Our wrestling styles clash,” Rutledge said. “There are many guys I have beat that have beat Bribieseca, so I knew I could beat him.” Rutledge was out for a win on Feb. 2, when he was given the chance to wrestle Bribieseca as the UNK Lopers took on the UNO Mavericks in the Health and Sports Center. After watching fellow teammates Michael Abril and Joey Morrison fall to UNO wrestlers prior to his match, Rutledge became even more determined to win his match for his team, as well as for himself. As Rutledge walked onto

the mat, he had only one thing on his mind. “I knew if I could break him, he would be done and I could win the match,” Rutledge said. The match started off as most of Rutledge’s matches do, with fast and quick moves. Within the first period, Rutledge managed to score a takedown

on Bribieseca that made the crowd roar. Rutledge thought that he had already broke Bribieseca. “In my mind, I thought one takedown would be all I need to break him,” Rutledge said. Bribieseca quickly came back and scored a takedown on Rutledge. “That’s when I knew

I hadn’t broke him yet,” Rutledge said. The match continued as Rutledge scored another two takedowns and managed to keep Bribieseca down on the mat. As the buzzer went off, Rutledge got to his feet and smiled. He had beat Bribieseca 8-6.



Photos By Nicholas Hauder
UNK junior Keenan McCurdy rides Nathan McClain from Colorado School of Mines. The Lopers won Saturday’s first duel over Colorado School of Mines 42-3 and later fell to No. 2 ranked UNO 24-12.

Fast-food challenge heats up

The McDonald’s dollar menu proves to be a force to be reckoned with

BY GRIFFITH WATSON
Antelope Staff

The votes are in and the results are final on the first two matches of the Fast-Food Bracket Challenge. Before the winners are announced, the judges for the first week of competition need to be introduced. There were three student judges for this week’s bracket challenge. The first judge is Kyle Smith, a junior from Blair, Neb., and parks and natural resource management major. The second judge is Cody Lusero, a senior marketing major from Papillion, Neb. Last, but not least, is Cole Archer, a senior Sports Administration major from Kearney, Neb. The panel of gifted eaters rated the food from

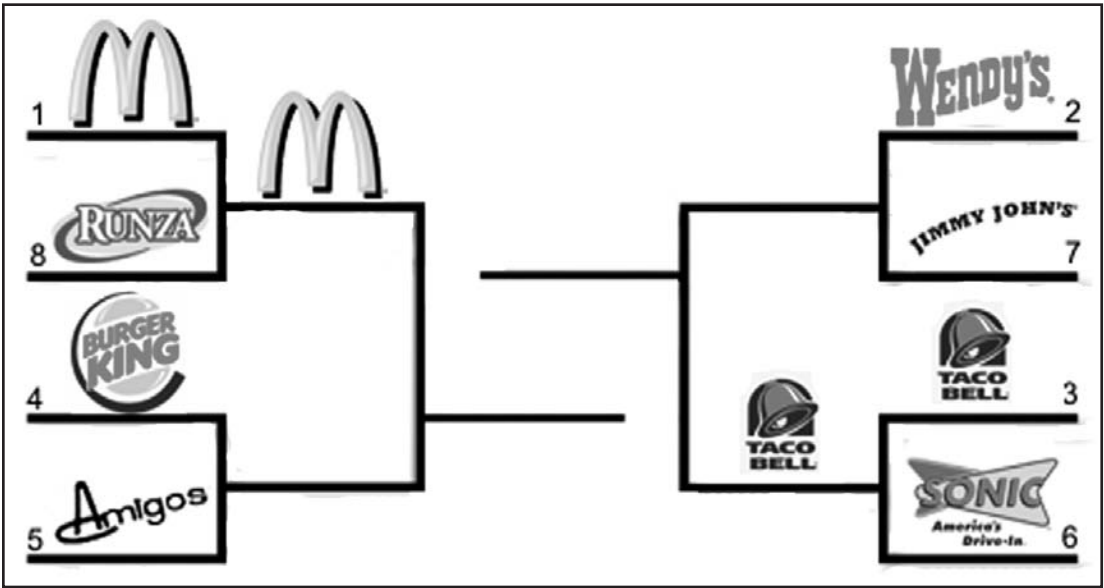
the competing fast-food restaurants based on taste, variety of foods and the ability to get full, all while spending only five dollars at each restaurant. The first match up in the opening week of competition placed the number one seed, McDonald’s, against the number eight seed, Runza. Just like first round games during March Madness, this was no contest. McDonald’s scored higher in each category from all of the judges. “McDonald’s has their dollar menu,” Lusero said. “Runza just couldn’t compete with that.” Runza’s menu came up short, when compared with the variety and versatility of the inexpensive menu items at McDonald’s, Smith and Archer said. It seemed that being able to pair a double

cheeseburger with the likes of a hot fudge sundae was too much for Runza to handle. “I like to have a little dessert with my meal, and McDonald’s lets me do that even with the five dollar limit,” Smith said. While there was a blowout in the first contest of the tournament, there was an upset in the second match-up. Third seeded Taco Bell was taken down by the number six seed, Sonic. Taco Bell scored high in the ability to fill up the judges, but fell short in the variety category. “The food at T.Bell definitely fills you up,” Lusero said. While the food might have been filling, what Taco Bell lacked was the ability to satisfy the hungry person’s need for variety. “When I’m hungry, I can

never decide what I want to eat,” Smith said. “Being able to choose between lots of different kinds of foods is important to me.” Archer agreed that Sonic’s variety played a large role in his judging. “When I’m going for the end zone, I like to have a lot

of variety to choose from,” Archer said. With the first two showdowns in the books, McDonald’s and Sonic move on, while Runza and Taco Bell are finished. As the favorite advances to face the winner of Burger King and Amigos, upset-minded Sonic

awaits either number two seeded Wendy’s or seventh seeded Jimmy John’s. Next week, the semi-finals will be set and four fast-food establishments will still be alive to be the first champion of the Fast-Food Bracket Challenge.



They’re ‘Coming to America,’ and UNK

International student population attending classes continues to grow each term

BY LISA BECKER
Antelope Staff

“I came to the United States because I had previously been to high school in the United Kingdom, and I felt that I haven’t yet experienced what America had to offer,” Christopher Kanyuka said. Kanyuka, an economics major, came to UNK this semester from Malawi, Africa.

Kanyuka chose UNK because he has family members who previously attended the school. “They told me how much of a great time they had at UNK,” Kanyuka said. “This was a big factor in my decision making.

“My family was really excited about me furthering my education in the states, but my friends were not so happy because of the distance, which means we can only see each other once a year. But, we do still keep in touch,” Kanyuka said.

Kaynuka enjoys the Kearney area.

“Kearney is a good place; I feel that since it is small I will be able to concentrate on my studies better than I would in a large city. Kanyuka said. “However, Blantyre was not as small as Kearney which is one of the reasons I do miss home sometimes, and also because there aren’t as many restrictions as here.”

Kanyuka said that he is pretty much used to the cold weather in Kearney. “The only time I hate it is when I have to walk to the West Center and have the wind blowing in my face,” Kanyuka said.

“I came to UNK to pursue a higher education

and gain business practice experience,” said Hoa Nguyen, a business finance and mathematics major from Hanoi, Vietnam.

Nguyen said that he came to UNK because of the cost advantage. “I believe the education quality is good compared to the price,” Nguyen said.

Nguyen has felt very familiar and comfortable

decided to come back to the U.S. for higher education and submitted applications to colleges.

“The procedure is pretty much similar to what a U.S. student application process, which includes essays, applications, SAT, etc. I had to take the TOEFL (Test of English as a Foreign Language) since English is not my native language.

First, as an international student, the only way to compare schools is by looking at their websites. Fan said that UNK’s Web site had the most information and made her feel very comfortable. Second, she wanted to come to a state in the Midwest because of the limited slang that we use here compared to the other regions.

to live in the world. Fan’s friends and family were very excited for her to finally be able to come to the states because she has wanted to since she was young.

In the summer of 2007, a few UNK professors visited Fan’s school in China. “The professors who came to China last summer gave me a great deal of help,” Fan said. “They did whatever they could to help us.

“I especially want to thank Suzanne Maughan. She did a lot of work to help my mom visit me in the U.S., and also helped a lot during her stay at UNK. I also would like to thank Ron and Coralee Konecny, Stephen and Barbara Amundson, Rob and Diana Luscher, Amanda Benz and Cindy,” Fan said.

“They not only helped me with school, but also with the culture and daily life. That is why I didn’t feel anything different when I came here. I just feel like I’m at home,” Fan said.

Fan is busy preparing for the Chinese New Year Party. The celebration will be held Saturday, Feb. 9 at 4 p.m. in the Ponderosa Room of the Nebraskan Student Union. Fan will be accompanying singers on the piano. There will be free meal offered for those who attend.

“The celebration is similar to Christmas in the U.S,” Fan said. Before Feb. 7 (the beginning of the festival which changes each year depending on the lunar calendar) everyone spends time buying gifts and preparing for the holiday. It is a national holiday where everyone in the country gets a break from work or school.

Families get together and

have a large meal on the eve before the holiday. After the meal, they all gather around the television to watch a special program related to the New Year. At midnight everyone goes outside for fireworks.

For over 50 years, the international program at UNK has provided opportunity for international students to pursue their educational goals, and at the same time enhance the diversity of the campus.

As of fall 2007, the number of international students at UNK was 486 students. Included in that number are 461 undergraduate students, 25 post-graduate students and 36 exchange program students.

Jerry Fox, director of International Student Education said the final numbers for the Spring 2008 semester have not been calculated, but he expects the number is between 490 and 500 students.

Students come from over 50 countries around the world including Japan, China, Nepal, Colombia, Cote D’Ivoire, South Korea, Saudi Arabia, Brazil, The Bahamas, Germany, Turkey, Malawi and Korea.

The direction of the United States depends on the UNK students’ generation Fox said. “As a country we are losing, when we do not care or know enough about the rest of the world. Students from other countries are willing to come from all across the world to learn from us in the United States. We should at least be willing to walk across the hall.”



Photo courtesy of Wenci Fan
Wenci Fan (her English name is Rachel) likes this picture taken during Free Photo Magnets on Sep. 13. “I really like this picture; I can see my happy life in UNK,” Fan said.

at UNK since the very first moment he put down his luggage. “This town is awesome. I lived in different parts of this country and can’t find anywhere else better than this,” Nguyen said.

Nguyen entered the U.S. first time through an exchange student program. He went to high school in South Carolina. Later on he

Once I got accepted, I was sent an I-20 which I brought to the U.S. embassy in Vietnam to apply for a visa to come back,” Nguyen said.

“As an English major I wanted to come to the United States for school for the experience of living in an English speaking country,” Wenci Fan, a student from China said She chose UNK for three reasons.”

The third reason Fan chose UNK is because UNK is a sister school to the college she was attending in China. She is here on a transfer program where she will spend two semesters here then go back to China to finish her degree.

Fan is from Weihai, China, a city of 2.5 million people and described as one of the best places for people

Industrial distribution major gets students jobs

BY VICKI ALTHAGE
Antelope Staff

Choosing a field of study to get that first job is the most important decision a student will make in college.

One UNK major, Industrial Distribution, boasts one of the University of Nebraska’s highest job placement rates for graduates. With 99 percent placement, the major draws a broad range of students

interested in anything from agriculture to the medical field.

When you ask students why they chose a particular major or field of study, you come up with quite an array of answers.

Some students will tell you they were bred to go into medicine, or that the communication field was “just more interesting than the rest of the stuff,” others

said they found their calling after taking a class or doing an internship.

A survey of UNK students puts choosing a major on the top of the charts for decisions they make while in school and the job placement rate is among the top reasons for choosing a major.

UNK senior Jarrod Holz recently accepted a position in Denver, a semester before graduation, with the help of his industrial distribution background. “I chose industrial distribution because of it provided endless opportunities in a thriving field,” Holz said. Holz added that the ITech faculty provided the guidance needed to build knowledge of the field and networking skills.

Industrial distribution classes provide a background for students that prepares them for a career in technical sales. General knowledge of six different categories is essential to the program. Sales and marketing, mathematics, economics and accounting, the English language, engineering and technology, education

and training and customer and personal service are the categories that industrial distribution majors zero in on. These six categories help to prepare UNK students with the knowledge to succeed in a fast growing field.

Wholesale distribution is the fastest growing segment of the United States economy but with the economy in fear of a recession, students are looking for majors that ensure job placement. Industrial distribution’s 99 percent placement rate is a drawing card for many

students looking for a competitive salary. Today’s industrial distribution majors are tomorrow’s agricultural, pharmaceutical, electrical, mechanical equipment medical and instrumental sales representatives.

UNK’s ITech faculty aspires to see students get the knowledge to interview competitively and market themselves in a way that keeps the job placement at an incomparably high rate. The Industrial Distribution Organization hosts opportunities to help students foster an understanding

of the skills needed to succeed. Their Web site also lists manufacturers and distributors who hire UNK graduates.

The company showcases, career fairs, guest classroom lectures, professional development events and internships all offer students an opportunity to test networking skills in a conducive atmosphere.

“The career fair was a great way for me to see what was out there in terms of job offers with competitive salaries,” Holz said.

Phi Gamma Delta first new fraternity initiated on campus since 2005



Photo by Garrett Ritonya
Members of the Inter-Fraternity Council pose for a picture with Marcus (far right) and Jesse Hitt (second from left) during the Phi Gamma Delta welcome ceremony last week.

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Coping with grief: Tips for being a supportive friend

BY ALISSA ROBERTS
Antelope Staff

Many of our thoughts and prayers go out to friends and their families after a loved one passes away. But often, people feel unable to help their friends through times of grief. A person who is grieving may wonder if the feelings he or she has are normal. The best thing to do is to find someone to talk to.

Amy Eigenberg, LPC, a counselor at the UNK Counseling Care, stressed the importance of being a friend and getting help when grieving. The first step for both of these problems is to recognize the mixture of emotions involved when grieving.

“The biggest thing that

is important is to know that there are so many feelings involved with grieving,” Eigenberg said.

It is really important to want to understand the emotions involved in grief. These feelings are normal. It is OK to feel this way.

The common feelings involved in grief are sadness, anger, guilt, anxiety, loneliness and numbness. It is important to know that these feelings will go through stages as well.

The five stages of grief are denial, anger, bargaining, depression and acceptance. These stages are not meant to be a set frame for grief because each person is different. There is no typical response to the loss of a loved one.

It is also common to have thoughts of disbelief, confusion and preoccupation. Sleep disturbances, changes in appetite, trouble concentrating, crying and fatigue are also common. Remember each person’s experience with grief is different. It is OK if you don’t experience these types of thoughts, emotions or behaviors.

Sometimes grieving can be overwhelming. It might seem like your feelings are very strong and difficult to cope with. Self-medication and drug or alcohol use to cope can be very dangerous. Help is always available and seeking out professional help is OK. On your first visit to UNK Counseling Care or any other counselor, you

might want to ask a good friend to go with you. Your friends are there for support. Counselors want to offer guidance in coping with grief.

No matter what a person is feeling or experiencing after a loss, there are some things a person can do to cope with grief. First, remember that grief is normal. Second, seek out some support from friends, family or a clergy. Third, find a healthy outlet like writing in a journal, listening to music or exercising. Fourth, it is OK to have a good cry. Crying is a normal, healthy response that humans have, and it helps us relieve tension.

As a friend of a person who is grieving, you can

do several things to help. Your friend needs to have someone to listen from the heart. You can be an active listener and remember that your friend needs your support today, tomorrow and in the future. Your friend needs someone to be compassionate. It is helpful to express that you care by saying that you know there is a lot on your friend’s mind, asking if your friend wants to share some memories with you or asking how your friend is feeling.

You can do other things that are helpful: understand that grief is unique, don’t offer false comfort and offer practical help like running an errand or making a meal. Also, encourage professional help when necessary.

“Watch out for each other,” Eigenberg said.

Knowing the stages of grief and emotions involved in grief will let you know what your friend is experiencing. Grief is complicated. You don’t have to feel as if you need to fix it. Support is the best thing you have to offer a friend who is grieving.

Eigenberg said it is important to be empathetic because this will let your friend know you care. If you feel your friend needs help from UNK Counseling Care staff members, it is very helpful to offer to go with your friend the first time. This way your friend will feel you are looking out for him or her. And remember, help is always available.

Housing Hysteria: Where will you live?

Living arrangements: renters need to do their research before signing lease

BY HILLARY KRUGER
Antelope Staff

Imagine walking into a prospective house and seeing a basement completely made of dirt. There is a cement wall on one side of the room, but you can see water stains from a leak near the window.

Now imagine actually renting this house.

Renting an apartment or home can be scary and exciting at the same time. At some point, most of us will have to do it. Keep in mind, there are certain things one should watch for.

The first step in the renting process is scouting out potential places to live. This information can be found online, in the local newspaper or check with a real estate agent. Once a list is compiled of possible

homes, go check out the area.

Questions that should be asked at this point are, “Is it close enough to work and school?” or “Would I actually feel safe living here?”

Once this is done, it’s time to give the landlord a call. He or she will set up an appointment with you to take a look at the house or apartment.

The first time walking into the house can be overwhelming. Sometimes this excitement blurs problems that could arise in the near future. Don’t let excitement get the best of you. It could cause problems later on in the renting process.

When checking out the house, look for uneven gaps around windows and

doors. Also take a look at the plumbing. Is there decent water pressure? Lack of insulation and cheap windows can raise your energy bill for heat and air conditioning. Call the electric company and ask for a billing history for the place you want. This is public information that everyone has a right to know. If you walk into the home or apartment in the middle of summer and the house is cold without the air conditioner on, most likely your house is going to be freezing in the winter.

After seeing the house and deciding you are interested in renting it, set up an appointment with the landlord to go over the terms of the lease. Before doing this, however, do a little background check on

the landlord. What do your friends and family know about them? Does he or she seem like they are promising too much too soon?

Trust your instincts. If you do not feel comfortable around your landlord now, you’re not going to feel comfortable later.

If the landlord checks out OK and the interview goes well, now is the time to sign the lease. Don’t sign it that day, think about it overnight. Don’t fall for the landlord saying that he has another possible tenant coming to meet with him shortly after you. It’s just a tactic to get you to purchase.

While thinking about it, make sure to read over the lease thoroughly. A good lease should say that the landlord could not terminate the lease except for non-

payment, injury to the property or a health hazard. It spells out all the details of the rent, utilities and other charges.

A good lease does not take away the right of the tenant to notice of eviction, security deposit or the right to good repair. It also identifies the parties and what is part of the rental unit and what isn’t. Those responsible for walk shoveling and lawn mowing should also be listed.

After you have signed the lease make sure to get a move-in checklist. Your landlord should give a new tenant one of these. If he doesn’t, make one for yourself. It should include all the things wrong with the apartment before a new tenant moves in. Make sure to be thorough.

After the checklist is finished, make a copy and send the original to your landlord. This checklist will prevent future charges to your account.

Something that’s overlooked as a new renter is the need for renters insurance. This kind of policy will safeguard the tenant when it comes to their rights and safety. The renter will have the capacity to receive money if the place getting rented or leased gets into trouble.

Some even include protective clauses against fraud or breach of conduct.

Now imagine walking into a home. Not just any home, but your home. Free of a basement that is more like a cave and rotting windows. It’s possible if the research is done.

Comparing the costs of off-campus and on-campus life

BY SHELLY FOX
Antelope Staff

To live on campus or to live off campus, that is the question.

UNK policy states that traditional freshmen are required to live on campus for their first year, although some exceptions do apply.

After that, however, students are free to live anywhere they please.

While some students love the community and convenience of living in the dorms or Greek houses on campus, others long for the independence and freedom of living off campus.

For most students, what it usually comes down to is cost.

Rick Larsen, director of Residential and Greek Life at UNK said the average cost to live on campus is about \$1550 per semester in the older dorms such as Randall, Stout, Mantor, Conrad and Martin.

Dorms with break housing such as the Centennial Towers and Men’s hall, as well as the Greek houses URN and URS are approximately \$50 to \$100 more per semester.

The new dorms

(Antelope and soon-to-be Nester) vary in price, depending on the number of bedrooms.

A two-bedroom costs \$2100 per semester, while a four-bedroom costs \$1900.

These prices may seem high at first, but they also include staffing costs, wireless high-speed Internet, cable, heating and air as well as all utilities including electricity, plumbing, etc.

Most apartments and houses off campus do not come with high-speed Internet or cable, which means students have to pay installation fees and the monthly bill, which can average up to of \$77 per month.

Tenants are also usually expected to pay for at least one or two utilities, in addition to an average \$350 to \$400 monthly rent, not to mention the cost of food.

“Students living on campus are required to have a meal plan,” Larsen said. “While they may complain about the price of food, I think they also appreciate the convenience of it.”

Off campus living does have its advantages, however.

There are no “quiet

hours” to obey off campus; students are free to be as loud as they want for as long as they want.

Also, since UNK is a dry campus, students who are of age are free to keep alcohol in their off campus house/ apartment, which probably has the biggest appeal.

Larsen said students who live on campus generally tend to have a higher GPA, and are more involved in campus activities and events.

On campus students also don’t have to worry as much about parking as commuter students do, or depending on roommates to pay their share of the rent on time.

But, we can’t all live in the dorms forever.

Larsen said living off

campus is a good way for students to transition into the real world while still in college.

Students can get a taste of the responsibility of paying rent and bills without the extra worry of finding a career right away or struggling to land their dream job.

While Larsen isn’t saying that students should necessarily live on campus for their entire college career, he believes they should stay on campus for at least the first two years.

“It’s a comparison point,” Larsen said. “Living off campus can be cheaper, but it is a very good value to live on campus.”



Photo by Garrett Ritonya
Dorm living offers convenience but often at the expense of extra space.

NOTICE TO STUDENTS

All students are eligible to apply for a refund of the “A” portion of students fees until February 15, 2008.

(These fees include programming for events like concerts and bands, comedians, special speakers, Jim Wand, Homecoming and other University events.)

Students claiming a refund will lose benefits provided to the Fund “A” users during the Spring semester of 2008 and will incur a charge for attending these events.

Application forms are available at the Student Government Office in the Nebraskan Student Union 1013 West 27th Street.

For more information call 308-865-8523.

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Growing and learning with the children at CDC

BY KELLY BERNT
Antelope Staff

From infants to preschoolers, the UNK Child Development Center provides a place for children of UNK students and faculty to grow and learn.

Christy Madsen, infant room teacher and assistant director, says she is excited to have an opportunity to work

with children. “I have been with kids all my life,” Madsen said. “I love children, especially watching them grow and develop.”

The UNK Child Development Center hosts children ranging from infants to preschoolers. In the Teddy Bear Room, infants can be found taking an early afternoon nap.

In the Monkey Room,

“I have been with children all my life. I love children, especially watching them grow and develop.”

Christy Madsen
Infant Room Director

toddlers are slightly more animated. The tots can be found walking, giggling and playing with balls.

The Elephant room hosts the energetic, eager to learn 2 to 3 year old

group. Tasha Rethorst works as a full-time employee and Lead Teacher for this group. “The children love the sensory table,” Rethorst said. “They also love

finger painting. Basically, they like anything messy,”

The Tiger room is home to the lively, excited preschool children. This group enjoys activities ranging from educational computer games to building, drawing, singing and dancing. Chelsea Schultz, a UNK Senior majoring in Early Childhood Unified Field Endorsement, is filling in as the teacher for

the preschool students. Schultz says the preschool children enjoy art activities and music.

Photos By Kelly Bernt
The center director requested we only use first names.
Bottom Left: Turner and Will take a break from learning to play a little.
Bottom Center: Jamie smiles as he works on his coloring.
Bottom Right: Jaeden, Maddie, Austin and Brian discover learning can be fun through computer educational programs.



Women’s Center helps promote National Wear Red Day

BY KIMBERLY TOMJACK
Antelope Staff

National Wear Red Day was Friday, Feb. 1, and the Women’s Center at UNK was there to help spread awareness with an open house from 10 a.m. to 2 p.m. in which they offered pamphlets about heart disease and displayed a table with prizes to sign up for.

Laurel McKellips, one of the grad assistants working in the Women’s Center, was also there to answer any questions that anyone visiting might have. “Experts are starting to find that the effects of heart disease in men and women are different, and it’s important to make these differences known,” McKellips said. Heart disease is the number

one killer of women in America.

The red dress is a national symbol for women and heart disease awareness. The dress

“Experts are starting to find that the effects of heart disease in men and women are different, and it’s important to make these differences known.”

Laurel McKellips
Graduate Assistant

was designed to build awareness that women are at risk for heart disease and motivate them to take action to reduce their own risk.

According to the FDA Office of Women’s Health, some of the signs of heart disease are trouble breathing and sleeping, feeling sick to the stomach or scared and nervous, an ache in the chest or feeling “heavy” or “tight” in the chest. The most important sign is feeling really tired-even after enough sleep.

To lower the risk of heart disease, it is important to find if it runs in your family. Don’t smoke, stay active. Eat right and keep a healthy weight. To find more information on how to lower the risk of heart disease the Women’s Center is open Monday-Friday from 8 a.m. to 5 p.m.

The Women’s Center has been open at UNK since 2006. They have

many resources on topics of health and even access to many other sources that students may not know about otherwise. “This

is a place where students can come and study and hangout between classes, it’s also a safe place where women or men can come

and talk,” said McKellips. “And if we need to, we can guide them to other great programs on campus that could help them.”



Photo By Kimberly Tomjack
Last Friday, students and faculty around campus donned red colors to bring about awareness to the number one killer of women: heart disease. Pictured here (from left to right) are (front row) Michelle Widger, UNK Alumnus and journalism professor, Lindsey Wendt, sophomore, Rachael Cochran, freshman, (back row) Derrick Morrison, freshman, Bethany Shinn, freshman and Aimee Adams, sophomore.

Collegiate Readership Program in full swing



Photo by Sarah Ahlers

Starting Monday, Feb. 4, UNK students could read The Omaha World Herald, The New York Times, The Kearney Hub and USA Today free. The Collegiate Readership Program made the free newspapers possible until Friday, Feb 29.

- The papers are in 8 locations:
- * Fine Arts Building - outside the Recital Hall
 - * West Center - inside the Northeast entrance
 - * Health and Sports Center - Main street, near the entrance to Cushing
 - * Nebraskan Student Union - Atrium
 - * URN - Cafeteria
 - * URS - Cafeteria
 - * Library - Next to the couches inside the main entrance
 - * College of Education - East entrance

If the Collegiate Readership Program is a success, this will become a permanent program, for only an approximate student fee of \$3 per semester.

According to Brandon Benitz, the president of UNK Staff Senate, "There is also a large amount of flexibility built into this program, as we can alter the amount of papers that are offered as well as can be selective about which papers are available."