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 hilari-

ouss 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 UFPP.

The two shows started at 7 p.m. and 9 p.m. at the Nebras-

kan Student Union Ponderosa room.

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

Every show is known for being hilarious 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 Entrepren-

ises, 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 3,000 professional engage-

ments to his credit and is con-

sidered to be one of the most

professional hypnotic entertain-

ers in the world today.

Sophomore Mark McRea

Yamamoto made a life for

himself here at UNK, getting

involved in campus activi-

ties such as Campus Crusade

for Christ and playing sports.

Hank Voiles, a junior inter-

national studies major from

Winchester, Kan., remembers shopping trips with Yama-

moto and Terachi.

“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 tradi-

tional Japanese practices, in-

cluding taking his shoes off

before entering a room. “That was really important to him,” Voyles said.

“He always worked rea-

lly hard and wanted to do his

best in class,” she said. “He

was really enthusiastic about American life. He

wanted to learn English and make American friends.

“Yuto was on Facebook ev-

eryday,” Terachi said.

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

“It took a while to real-

ize it, I couldn't believe it,”

Terachi said.

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**Caucus fever catches on in Nebraska**

*By LAURA LARSEN Antelope Staff*

With less than one week to go before Nebraska’s first presidential caucus, the major campaigns have started flooding the state with their messages.

The campaigns of both Hillary Clinton and Barack Obama have placed field staff in the state to ensure that those in attendance at caucus on Tuesday are aware of their positions.

Senior political science student, Elizabeth Weaver from Maxwell, 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 was very excited to do whatever I can to get more young people in the state excited about Senator Obama and this election.”

To get the word out on this campaign, 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 Edinburg, out Mardi Gras beads encouraging students to “show up 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 encouraging students to participate in 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 young people in Nebraska to show their political power.”

**Election Day Registration would permit students to more easily register in the precinct where they reside while attending school. This would make it easier for young voters to physically go to the polls and cast their ballot, habitat them to participate in the country 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.

**Photo by Tomo Funabashi - Courtesy of the Daily Nebraskan (UNK 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.

**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

**It has to be a part of that movement.**

—Both Cook and Troyer said they will be supporting Clinton because of her stance on women’s issues.

“I think Hillary is by far the best candidate because she understands and is sensitive to the things women go through,” McCaig 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 presidential election that I have followed.”

“I’m really excited that the campaigns are looking at Nebraska, and I get the chance to participate,” Troyer said not alone in her excitement, senior Brooke McGee is a political science major vying for the support of Nebraska caucus-goers. According to state party officials, Clinton has promised to spend time campaigning in Nebraska if she wins. The Clinton campaign said the candidate will make a stop in Nebraska on Monday evening.

The Feb. 9, Buffalo County Democratic caucuses 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.”

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

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If you are a Nebraska lawmaker or 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 Canada, Mexico and parts of the Caribbean unless lawmakers choose to adopt the legislation to include required information on the REAL ID.

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 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 Rouk, a UNK pre-pharmacy student said, “My wife was going to Nebraska lawmakers have been to UNK with his shows. Pete Harrison said he has been to Nebraska is one of 17 states opposing the REAL ID Act and fundraising efforts.

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Advertising Manager

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Judy Spivey
News Editor

Mitchell Center

Kelli Roark, a UNK communications major, said. “It’s an open invitational that 10 schools from throughout the country including Nebraska, to compete in the Fat Tuesday Swing bringing home third in Team Swings and earning individual honors.

Laura McAtee 1st in extemporaneous. 4th in impromptu

Benito Anthony McPhillips, a sophomore physical education major from Hamburg, Neb. and Blake Thompson, a sophomore music education major from Diller, Neb. answer questions on superheroes while being interviewed by Jim Wand Thursday night.

By Michael PenNETTA
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Mitchell Center
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Kearney, NE 68849

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E-mail: antelope@unk.edu
**Antelope Sports**

**Wednesday, Feb. 6, 2008**

**BY AMANDA BELL**

Antelope Staff

**RMAC East Players of the Week**

*Photos by John Reed*

**Berenak rolls up 41 points against Metro State**

**BY JARED HOFF**

Antelope Sports Editor

Okay, ladies and gentlemen, admit it. How many of you watched the Super Bowl this year? Not only because of the new commercials?

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

The 2008 campaign was no different. In fact, 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 pro basketball. One had cavanaugh invent the wheel to transport a beer cooler made of stone.

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 Dalhnautian 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 cavanaugh 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 their dreams.

Senior Dana Wright of Albion enjoyed the Bud Light ad, as well but also found a few others entertaining. “Others that I enjoyed were the Shaq lizards dancing to Michael Jackson’s ‘Thriller’ and the U-Drive baby talking about understimating 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 over all city, only to wake 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 utilizing a promotion—the more Pepsi you drink, the closer you get to Timberlake.

Senior Casey Bayne of Benkelman summed up his favorite. “There just seemed to be a high number of new ads this year,” Bayne said. “There were some good ones, I liked the Diet Pepsi one that wakes up on one that wakes us that women need impressing.

We all laugh at the advertisements and stare at Victoria’s Secret models reminded in that women have one day a year that they need to impress. Another important fact, which of we were to lose sight of, though, is that nothing was hurt except for pride, and possibly some pockets.

**Giant 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. And sports writers even expect an upset certain times, but when it is just an expected coinidence?

According to ESPN.com, the Patriots was 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 Patriots victory (38-35).

There was no pressure on the wild card team from the NFC because no one had ever won one by winning their third 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 MI 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 underlying coming out on top. An underdog 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 at Victoria’s Secret models reminded in that women have one day a year that they need to impress. Another important fact, which of we were to lose sight of, though, is that nothing was hurt except for pride, and possibly some pockets.
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 fall 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 those places. At the UNK v. UNO meet in late January, Health and Sports Center, the line-up was still not at full potential. Despite this, one wrestler, sophomore Marty Usman, decided he was ready to go on the mat again.

Usman has 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 that he was not one, but two matches on Feb. 2. Even though Usman was 0-2 in his first 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 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 truly is. Usman has proved, once again, what an addition he has become for the UNK Loper wrestling team.

If there was one thing that senior Jeff Rutledge had to prove to himself while he was in college, it was that he could defeat Bribiesca. It was over, it was to beat UNO Maverick’s Sim Bribeseca. Rutledge and Bribiesca have wrestled many times, but the result has always been the same. Bribiesca wins the match by a point or two.

“Our wrestling styles clash,” Rutledge said. “There are many guys I have beat that have beat Bribiesca, so I knew I could beat him.”

Rutledge was out for a win on Feb. 2, when he was given the chance to wrestle Bribiesca as the UNK Lopers took on the UNO Mavericks in the Health and Sports Center.

After watching fellow teammates Michael Abell 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 quick and fast moves. Within the first period, Rutledge managed to score a takedown on Bribiesca that made the crowd roar. Rutledge thought that he had already broke Bribiesca.

“In my mind, I thought one takedown would be all I need to break him,” Rutledge said.

Bribiesca quickly came back and scored a takedown on Rutledge.

“That’s when I knew he hadn’t broke him yet,” Rutledge said.

The match continued as Rutledge scored another two takedowns and managed to keep Bribiesca down on the mat. As the buzzer went off, Rutledge got to his feet and smiled. He had beat Bribiesca 8-6.

Rutledge gets long awaited victory

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

BY HANNAH HOTOVY
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 this week’s challenge were 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 a huge victory in every 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 round 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.

“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 eliminated. As the favorite advances in face of the winner of Burger King and Argo’s, 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

“Coming to America and UNK” is an ongoing story and a theme in the lives of international students at the University of Nebraska at Kearney. While there are approximately 420 international students attending the University of Nebraska at Kearney, only a small percentage get the chance to be interviewed for this series. Sometimes this is because the student did not speak the language well enough, other times it is because of time constraints. This is why the volume of interviews is so small compared to the amount of students arriving each semester.

“Coming to America and UNK” was created by Lisa Becker. It is part of an ongoing series of articles that is funded through a grant from the U.S. Department of State’s Office of Academic Exchange Programs. The grant is for cultural and educational exchange. The grant provides funding for an ongoing series that brings together the perspectives of international students and the community at large.

The articles are written in English and are published in the Kearney Hub, a local newspaper in Kearney, Nebraska. The articles are also posted on the university’s website and on social media platforms.

The goal of the series is to provide a window into the lives of international students and to highlight the diversity of the university’s student population.

“Coming to America and UNK” is a way for the university to showcase the diversity of its student population and to help students feel more connected to the community. The series provides a platform for students to share their stories and to connect with others who may be facing similar challenges.

By providing a platform for international students to share their experiences, “Coming to America and UNK” helps to create a sense of community and to break down barriers. The series is an important part of the university’s effort to create a welcoming and inclusive environment for all students.

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.

Industrial distribution major gets students jobs

BY VICKI ALTHAGE

When you ask students why they chose a particular major or field of study, you don’t find the same answers every time. Some students tell you they were interested in architecture from a young age, or that they chose business because they saw the financial rewards associated with that major. But at UNK, the majority of students say they chose their major because it was a good fit for them.

How students choose a degree is important to the program, but it’s not the only reason students choose a particular major or field. Some students also choose a major because it is a good fit for their career goals.

The Industrial Distribution major is one of these majors that students choose because it is a good fit for their career goals. The major is designed for students who want to work in the distribution field, which includes the retail and wholesale sectors.

Many students who choose the Industrial Distribution major do so because they want to work in the field, and they find that the coursework and training they receive in the program prepare them for the job market.

The Industrial Distribution major is one of the most popular majors at UNK, and students who choose it are well-prepared for careers in the field. The program is designed to give students the knowledge and skills they need to succeed in the distribution industry.

Industry distribution major helps students jobs
Comparing the costs of off-campus and on-campus life

BY SHELLY FOX
Antelope Staff

Imagine walking into a prospective roommate’s house, seeing a basement completely made of carpet, and thinking, “I’d have to put a wall on one side of the room, but you can see water stains from the window.”

Now imagine actually renting this house. You’ll have an apartment or home can be scary and exciting at the same time. At UNK, apartments and homes do have to be rented. Keep in mind, though, that renters do not have to worry about a lease.

The first step in the renting process is scouting out potential places to live. If you have the information is found online, in the local newspaper or check with a rental agency. Once a list is compiled of possible homes, go out and check it.

Questions that should be asked about each home: Is it close enough to work and school? Is it in a convenient area? Is it actually safe living here?

Once this is done, it is time to give the landlord a call. He or she will set up an appointment to show you the home or apartment. 

The first time walking into the house, it is not uncommon to experience excitement blues problems that could arise in the house and make sure the unit is in the best of your unit. It could come to an end the first time you rent.

When checking out the house, look for unseen gaps around windows and doors. Also take a look at the HVAC. Is there a decent water pressure? Can you see water stains from broken windows near the window. Is there water stains from a leak near the window.

For most students, what they are free to do. Students are not free to keep alcohol and drugs or alcohol use to a minimum. The renter has full responsibility for making sure the tenant is not living with an illegal item that is an illegal item or, if any other counselor, you should think about that item and the consequences of it.

The first time renting, it is OK to have a job. As you pass through, it is common to have a job, but this will let your friend know you care. It is OK if you feel your friend needs help with your friend's first time question. This way your friend will be looking for you at the right place.

- Does the landlord have to pay their share of the rent, utilities and other expenses.
- A good lease does not say that the landlord will wait for any other lease.
- The renter has the responsibility for making sure the tenant has full responsibility for making sure the tenant is not living with an illegal item that is an illegal item or, if any other counselor, you should think about that item and the consequences of it.

The landlord. What do your friends and family know about them? Does he or she need to be on campus for at least the first two years. Dorm living offers convenience but often at the expense of extra costs.

Rick Larsen, director of Residential and Greek Life at UNK said that students who live off campus is about $500 to $1000 more than the old dorms such as Randall, Stout, Mannon, Conrad and Mannon.

Dorms with break housing such as the Centennial Towers and Men's Hall, as well as the older dorms such as University UK are approximately $50 to $100 more per semester.

The new dorms

- Hours: to off campus: students are free to be as long as they want for as long as they want. Also, since UNK is a dry college, students are free to be as long as they want for as long as they want.

More apartments and rooms have a desk and some have a private bathroom, but it is not uncommon to have a desk and some have a private bathroom. Most apartments also include utilities, electricity, internet, cable, and utilities as well as utilities including electricity, internet, cable. Most apartments also include utilities, electricity, internet, cable, which means students have to pay for utilities. The monthly bill, which can average up to $77 per month.

Tenants are usually responsible to pay for one or two utilities, in addition to a minimum $350 to $400 a month, and to mention the cost of food.

Students living on campus have a special option, they have a meal plan, Larsen said. "While they may complain about the food, we feel that they think they also appreciate the convenience of it."

Off campus living does have its advantages, however.

There are no “quiet hours” to off campus: students are free to be as loud as they want for as long as they want. Also, since UNK is a dry college, students are free to be as long as they want for as long as they want.

Students have a variety of activities and events. At UNK, students have the option of going to concerts and bands, comedians, special events and other activities. Students have the option of going to concerts and bands, comedians, special events and other activities.

This includes programming for events like concerts and bands, comedians, special events and other activities.

Students claiming a refund will lose benefits provided by the university. In the fall semester of 2008 and will incur a charge for attending these events.

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

For more information call 308-865-8523.
Growing and learning with the children at CDC

BY KELLY BERNT
Antelope Staff

She is excited to have assistant director, says infant room teacher and faculty to grow and learn.

Christy Madsen, infant room 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, 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.


Women’s Center helps promote National Wear Red Day

BY KIMBERLY TOMJACK
Antelope Staff

National Wear Red Day was Friday, Feb. 1, according to 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.”

“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

The Women’s Center was also there to provide a place for children of UNK students and faculty to grow and learn.

The center director requested we only use first names.

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.”

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