Obama victorious in state’s first caucus

BY LAURA LARSEN Antelope Staff

A crowd of more than 500 people came into the UNK Alumni Center to take part in the state’s first ever presidential caucus. Barack Obama captured the support of Buffalo County Demo-
crats by a vote of 321-174. Obama was able to carry that support through the state and win the Nebraska caucus by nearly a 2-1 margin.

Supporters began arriving at the Alumni House. The second option was to join Clinton supporters in the front portion of the Alumni House. The second option was to join the Clinic supporters in a separate room. The initial option was to register as undecided and hear from the supporters of both candidates. After everyone was registered for the event an initial count was taken. Following that count, caucusgoers heard arguments from both campaigns and then given the opportunity to switch sides. After the re-alignment period was over, a final count was conducted to determine how the county’s delegates would be divided.

Senior teacher education student, Kate Vetter of Franklin, was volunteering to help register Obama supporters. When asked about the turnout Vetter said, “I can’t believe how many people came out today for the caucus. It seems like everyone is really excited to be here and a part of the new process.”

The caucus process is much more than casting your vote in a voting box. Senior organizational communication student, Travis Checketts of Eagle was amazed by the number of Democrats that came out. “I couldn’t believe how many people there were, for each side! It was amazing to see the caucus process, I loved the friendly atmosphere. The organizers did an amazing job, considering there were more people than anyone expected,” Checketts said.

The caucus comes only days after both the Clinton and Obama campaigns spent time and resources cam-paigning across the state. On Thursday, Chelsea Clinton addressed supporters in both Lincoln and Grand Island, while Obama and his wife spent time rallying vot-ers at events in Omaha and Lincoln.

Campaigns for both candidates are vying for support of voters nationwide.
Switchgrass helps U.S. become a bio-fuel economy

Native North American grass produces 10 times more ethanol than corn

BY HILLARY KRUGER
Antelope Staff

In his 2006 State of the Union Address, President Bush outlined a way to break America's dependence on foreign sources of energy. In his address, Bush said, “We can still do it. We must do this, and I propose that we start by making cellulosic ethanol from switchgrass and other forms of biomass.”

Since 2003, switchgrass has been identified as a promising feedstock for biofuels. According to the U.S. Department of Energy, ethanol feedstock for cellulosic ethanol can be derived from switchgrass. Switchgrass is not only a faster alternative to corn, but also offers advantages over gasoline and standard ethanol. It means to the public? It means that the need for agricultural chemicals to grow switchgrass is very low.

In terms of bio-fuels, Paul Twigg, a UNK professor, said that switchgrass produces about 10 times more ethanol than corn.

“People think of Nebraska they think of corn,” Twigg said. “While corn is obviously good for the farmers, switchgrass can be grown where corn won’t normally grow.”

Switchgrass yields more than 540 percent more energy needed to convert and produce it to ethanol, making the grassy weed a far superior choice for bio-fuels than corn. The study was published in Proceedings of the National Academy of Sciences.

Switchgrass is not only an energy source of energy, but also offers advantages over gasoline and standard ethanol.

Switchgrass can be harvested as a cash crop on an annual or semi-annual basis without replacing for 10 years. It also has multiple uses.

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The Arthritis Foundation is a non-profit organization dedicated to finding a cure for arthritis and improving the quality of life for those affected by the disease. They accomplish this through research, advocacy, and education. The Arthritis Foundation has over 100 chapters across the United States.

The Arthritis Foundation has a chapter at the University of Nebraska at Kearney. This chapter hosts events throughout the year to help raise awareness about arthritis and to provide a platform for members to share their experiences and support one another. The chapter is open to anyone affected by arthritis, including students, faculty, and staff.

The chapter holds a tournament each year to raise money for the foundation. They also host a campus event that includes traditional dances, music, and other activities. This event is open to the entire university community.

The chapter has received numerous awards and recognition for their efforts in raising awareness about arthritis and helping those affected. They are proud to be a part of the larger Arthritis Foundation network and continue to work towards finding a cure for arthritis.

The chapter's success is due in part to the dedication of its members. They work hard to plan events and raise funds, and they encourage others to get involved as well. The Arthritis Foundation is grateful for their hard work and dedication.

The Arthritis Foundation encourages anyone affected by arthritis to get involved and support the cause. There are many ways to get involved, including attending events, making a donation, or starting your own chapter. The Arthritis Foundation is always looking for new members and supporters to help advance the mission.

If you or someone you know is affected by arthritis, please consider getting involved with the Arthritis Foundation. Together, we can make a difference.
As an indoor track season progresses coaches may not only get to the athletes themselves, but to the coaching staff. The three men that make up the coaching staff are not only compatible at making a winning team, but they are also all previous teammates. They were on the same track team in college at UNL.

Brady Bonsall never intended to coach at the collegiate level after he’d found his comfort zone in coaching high school track. Originally from Burwell, Neb., this UNK coach was the assistant coach at the collegiate level after he’d found his comfort zone in coaching high school track. Bonsall said when he “I never really pursued coaching at the collegiate level, I had a general interest, but I didn’t want to move anywhere in the country to find a job,” Bonsall said.

Bonsall said when he first began coaching high school students, he wanted to “sell his heart.” As time passed though, he realized that he was capable of coaching anywhere. “I’d become very fond of coaching at the high school level,” Bonsall said.

That all changed when the opening at UNK arose, though, Bonsall was offered the position of head cross country coach and assistant track coach. As he enters his first year of coaching here at UNK, he works primarily with cross country runners and sprinters.

“I love that UNK is a high level of competition, at a low cost. It is easy for me to recruit because I’m not selling anything. I just share my interests and explain to them why I came here,” Bonsall said.

Bonsall has been here for seven years now and works primarily with jumpers. He is a UNL graduate, and came to Kearney after leaving Lincoln because he liked the atmosphere and the smaller school. “This program here is more hands-on. We are all connected as a student body and a team. At UNK, our athletes have the opportunity to be closer as a team and also with other teams on campus,” Bailey said. The veteran of the three coaches together since competing on same UNL team.

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Mike Bailey UNK Track & Field Coach

Photo by Amanda Bell
Above: Graduate assistant Katie Kosmos during practice on Monday. Kosmos is a Doane College graduate in her first year of coaching.

BY VICKI ALTHAGE
Antelope Staff

The University of Nebraska-Kearney Lopers edged out the competition on Saturday as they held the Division II Outdoor Track & Field National Championship.

On the road, the Loper men saw six first-place finishes in the non-team scoring meet to lead the team in the Division II Power Rankings with 200.80 while the Loper women fell to 19th with 180.54.

Leading the way for the men, Kearney senior Ross Fellows claimed the gold in both jump events with a jump of 23.60 in the long and 6-7.50 in the triple jump. The Loper men fared well in the jumps, placing one through five in the long jump and having four of the top five finishers in the triple jump.

Rounding out the field events for the men, Kearney freshman Blake Molday tied for first in the high jump clearing 6-6.25. Beatrice senior Chris Campbell (shot/50-10) and Phillipsburg, KS sophomore Braon- don Katrina (high jump/58-10) each recorded a second place finish in the throws.

In the running events, Seal Rock sophomore Cody Klein paced the Lopers winning the 55 meters with a time of 6.43 and turning around to place third in the 200 with a time of 23.14. UNK stayed competitive and finished fourth and fifth in the 100 and 200 and had the third and fourth place finishers in the 55 meters.

In the 400 meter dash, North Platte senior Josh Holzer placed first with a time of 50.87. The Loper men round out their top place finishes with their 4 x 400 relay team bringing home the first finish place with a time of 3:27.85. Finally, York se- nior Darrel Branz was runner up in the 55 hurdles (7.81).

On the women’s side, Gothenburg sophomore Kiley Peterson and Palmer freshman Julie Davis set the pace for the field events by each earning NCAA provi- sional marks in the shot put. Peterson rounded out the top three with a toss of 43.40 and Davis finished fourth with a try of 43-7.75. Davis also recorded a fourth place finish in the weight (3.45.75).

Kearney junior Kelli Doig kept the field events going strong, winning both the high jump (5-10) and long jump (4-8) with a second place finish in the weight. The Nebraska-Kearney field also had strong performances in the triple jump. The Nebraska-Kearney track and field team had 34 top four finishes and won 10 events at the Championship Saturday Invitational in Kearney.

The Lopers also sent several runners to the NU Adidas Classic in Lincoln on Saturday.

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Sonic advanced to the semis up. After McDonald’s and cold in Kearney, the competition is getting fierce as theKearney, the competition is getting fierce as the sports administration major from Kearney. The tournament will end with conclusions and predictions.

The excitement is mounting and the competition is fierce because the semifinals begin. With the first round in the books, four restaurants remain. McDonald’s looks to move past Amigos on the strength of its dollar menu. Sonic is looking for another upset as it faces down the versatility of the menu at Wendy’s. Check back to see who will make it through the semi’s into the championship of the First-Food Bracket Challenge.

**Sports administration goes virtual**

Madden Challenge helps raises funds for club

One way the club is raising funds for the trip is by holding the 2008 Madden Challenge. This tournament will give the students an opportunity to have bragging rights for the whole year on who is the best Madden player. The tournament will be played on XBOX 360.

Tom Strauss, a senior sports administration major and XBOX “fanatic,” said, “I hope this tournament will bring more funds into the club so we can pay for the trip to Texas. This will also be a great way for students to show off their ability and enter the ‘video game’.” Strauss also hopes by starting this tournament it will carry over into the years to come.

Max Hadenfeldt, sophomore sports management major, also thinks the tournament will be a big hit. “I know a lot of people that play Madden and they would love to have a real tournament to see who is the best of all time,” Hadenfeldt said.

“The students need more to do on campus and if the tournament could carry over into the next year, it would be a great tradition for the students to be involved in,” Hadenfeldt said.

The tournament will be held on Saturday, Feb. 23, in the Loper Student Union. The first round will start at 9:30 a.m. To sign up for the tournament and see if you have what it takes to be the best Madden player on campus, just look for the flyers around campus and sign up to play. You can also contact any SAM Club member or Tom Strauss at 402-669-1525 for any questions. It is $5 to enter and several prizes are available to win, including bragging rights.

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Lack of sleep is a problem for many college students

Tossing and Turning

BY ALISSA ROBERTS Antelope Staff

Having trouble sleeping? You’re not alone. Many college students suffer from poor sleeping habits.

“College students have a bigger challenge getting to sleep because of different schedules,” Sue Pedersen, assistant director of UNK Student Health Care, said. Pedersen noted several factors cause restless nights. Some of the factors are varying bedtimes, late meals, early exercise, jet lag and afternoon naps.

There are many things a person can do to get to sleep at night.

One way to avoid stimulating activities at night because late night exercise raises the body’s temperature.

Sometimes people will try to drink a little alcohol before bedtime to help them sleep. Pedersen advises that alcohol will not help a person get to sleep because it only temporarily relaxes the body’s temperature.

Another side effect of sleep deprivation is falling asleep unintentionally, such as when driving a car or sitting in class.

Pedersen gave some tips for people who are struggling to get to sleep. Meditating, breathing exercises or reading an enjoyable book at bedtime can help to relax and calm the body for sleep.

“Routine is very important. Going to sleep at the same time every night and waking up at the same time every day, even on the weekends, will help sleep patterns,” Pedersen said.

Other than the development of routine, or good sleep hygiene as Pedersen calls it, “the most personal other things to get to sleep. Over the counter sleeping pills, melatonin and herbal remedies work as well. Pedersen said that medication should be a temporary treatment for sleeping troubles.

“It is OK to take over-the-counter sleeping pills for a week,” Pedersen said. “It’s not uncommon to struggle with getting to sleep.”

The UNK student health care office has more information about sleeping troubles and how to get to sleep easier.

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Photo by Lisa Becker

Dallas Chief Eagle performs the "Hoop Dance."
The Uge and Ozzy Show wants YOU

New radio show on KLPR aims to increase participation of listeners

BY RACHEL SMITH
Antelope Staff

Though this school year is well on its way, it is never too late to join a campus organization. The Navigators are one of the campus ministries on the UNK campus.

The Navigators are an international and interdenominational ministry. They meet once a week on Thursdays in Room 310 in the Nebraska Student Union. Their meetings typically consist of worship and fellowship, and they have speakers on various topics. This week, in honor of Valentine’s Day, there will be a couple speaking about relationships and will talk about their own relationship experiences.

As asked when she enjoys being part of the organization, sophomore Megan Smith said, “Joining the Navs as a freshman helped me as a freshman to make friends that believed the same way I do.”

It also gave her a chance to participate in campus activities and community service.

Many of the students that have participated with the Navigators over the years have had exciting opportunities. In the summer, the international organization has summer training programs and international mission trips. Currently there are UNK alumnae serving overseas with the Navigators in Uganda.

The Navigators are led by Rob Clark, who has been with the organization for over ten years. He lives in Kearney with his wife Michelle and their six children.

Giving is good way to ease loneliness

Students find rewards in both giving gifts and giving back to the community through volunteering

BY DANIEL APOLIS
Antelope Staff

Give a little bit, give a little bit of my love to you. You’re a special person who you share so send a smile to show you care... “Give a Little Bit” was sung by Supertramp in 1977. It spoke of the willingness of the self to give, even just a little bit.

Would you prefer a gift that was given because it was expected, or one that was given out of love? Students were asked this question all related with the obvious answer, the gift of love.

Amy Angerson a business management major, said, "Give the act of receiving gifts as "Visual symbols of love" he said, “These are more important than to some people than others. It’s something you can hold in your hand and say, look he was thinking of me. The gift itself is a symbol of the thought.”

UNK junior Malley Mawby, a business management major, said, “Gift giving is just one of the ways I am able to show on a personal level my love and affection.”

But here at UNK many students are not in long-term relationships and are separated from their families. During the holiday season this may leave some feeling isolated and disconnected from the rest of the world. When asked for advice for singles or others that couldn’t be with their loved ones, Eigenberg said, “Get involved, there are many groups from sports to outreach programs on campus and in Kearney. There are also volunteer opportunities and community service.”

The Navigator: Group offers fellowship to UNK Students

Megan Smith Sophomore

Joining the Navs as a freshman helped me as a freshman to make friends that believed the same way I do.

The radio itself is a symbol of love and commitment every day. These five are: “Words of Affirmation, Quality Time, Receiving Gifts, Acts of Service, and Physical Touch.”

Chapman described the act of receiving gifts as "Visual symbols of love" he said, “These are more important than to some people than others. It’s something you can hold in your hand and say, look he was thinking of me. The gift itself is a symbol of the thought.”

Chapman suggested the radio shifts are offered to students as a part of the "Radio Work's the Reason" campaign, allowing any student to sign up for the class and get their foot in the door of the radio world.

"It’s kind of a like a job without applying for a job," Osborne said. "You don’t have to go through all that stress.

So, when this Tuesday rolls around and you find yourself needing a break from the normal homework, try tuning in to 91.3 FM to see what Uge and Ozzy are up to. If you can’t make it home to watch your computer, you can catch a live stream of their show at klp.ukw.edu. Join their group at facebook.com, The Uge and Ozzy Show, or visit their MySpace page at myspace.com/uganozzyshow.

Photos By Laura Schomp
Top: Bichlmeier and Osborne have their own show called The Uge and Ozzy Show on Tuesday nights. Their goal is to get the campus involved in the show.
Middle: The KLPR location is plastered with stickers, illustrat- ing the diversity of the music played on different radio shows.
Bottom: Bichlmeier reading the news in the control room on Thursday. He said he was an intern and enjoyed doing his own show.

Radio is what I love," Osborne said. "I get to getgiddy and excited when I am in the station. I really do! I get there early, and I get ready to do all these things and I feel that I get almost to the point of giddiness."

"Yes!" Bichlmeier inter- jected. "Giddiness is like an understatement."
Leslie Iwai of Omaha has brought her fairy-tale-with-a-twist exhibit to the Museum of Nebraska Art.

"I was stumbling into a different look at the fairy tale," Iwai said.

In addition, she makes sketches of her surroundings. Iwai said she wouldn’t be doing this if it didn’t have a purpose, "Money is not the point," Iwai said. "I smell the blood of an Englishman. Focus more on the darker bones to make my bread."...