Hemp makes for healthy food choices

by Chris Aragon
Antelope Staff Writer

Jenni Hudson makes her living in the background while a group of friends have parked themselves in the outdoor patio basement to sit around and chill.

One of the members of the group usually coos to reveal a wide-ranging line of wrinkles, bread, cereal, vegetable burgers, potato poni-
der, salad dressing and nutrition bars.

By Friday, Feb. 6, this type of activity was made legal in San Francisco, the Hemp Industry Association (HIA), representing more than 200 hemp companies in North America, won their two and a half-year lawsuit against the Drug Enforcement Administration (DEA). The final decision will permanently block DEA regulations of housing industrial hemp.

According to the North American Industrial Hemp Council Incorporated, the hemp plant is harvested for fiber, seed, food, seed oil and so on. Hemp is a distinct variety of the plant species Cannabis sativa L. Due to the similar leaf shape, hemp is frequently confused with marijuana.

Industrial hemp is a termly-distinguishable (THC) content of between 0.5 and 1 percent. A hemp product that has a THC content of 10-
percent.

According to http://www.ontowind-
pledge.com, an organization that is for hemp food and body care products, the U.S. imports $25 million in the late 1990s, it was less than $1 million.

According to nutrition and health professor Dr. Andrew Weil, hemp is absolutely health about seven times the amount of THC in marijuana.

Hemp has also been known to be high in B vitamins and is 35 percent fiber diet.

Hemp products were once only available to those who have cancer forms such as low, soft, smooth and even underwear.

Many new addition to the low foods would be only a slice of a hemp is known in the United States.

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Thursday, March 4: Foreign Film Series: Tabu-Pharrell. 7:30 p.m. in Thomas Hall room 410E. adv by Morris Press, will be distrib-
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Relay for Life, 10 p.m.-10 a.m.
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Student Health Services
Student Health Services
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between 8:30 a.m. and 3:30
Nebraska Student Union
Nebraska Student Union
Call 865-8487 today.
Call 865-8487 today.
Traci Witthuhn
Entertainment Editor

You want credit? I’ll give you credit.

If you wrote a prize-winning novel, I’d want your name to mine; if not, I’d at least want my name to yours. But now it just seems like the system is broken.

A portion of the message was as follows:

“The speaks of a Willie Nelson song entitled “Good Morning America.””

Nelson was the singer of a song that was actually called “Good Morning America.”

The funny thing is that none of these stories is worth my time.

The only point on his candidates’ ideas is critical.

The most important thing to consider in this election is that every vote counts.

The election this year can only be won by a Democrat or a Republican. The only other option is to vote for Nader, if you can even remember who that is.

The importance of preserving our basic civil rights and the freedom to vote must be protected. Nader has to say, I admire the man, but he’s not the one for this job.

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Benny Baker keeps 'em laughing

by Kristine Lange

Absolutely splendidly! That is the only way to describe Benny Baker’s “Halloween” comedy routine, which he performed last weekend at Maxwell’s.

Baker performed last weekend on Friday, Feb. 29 at Maxwell’s. His routine was so good that he was able to slip a deep look into some of his past performances. Las Vegas Review describes his act as one of “Charlie Chase” variety, with furtive gags and current events which is a very apt description.

The comedy routines have previously played at the Plaza in Las Vegas. Due to contract obligations, Baker has taken his show to the Plaza, partnering with Bob Pettis and Luke Andsen and Bobby “Bill” Kelly for a 22 day run before re-opening in Las Vegas.

Keamy was added in the last minute, but he fit like a fine fire engine driving through and were still not due in Las Vegas long enough to meet with the manager of Maxwell’s, who said that they came to back to do their show. Although they felt that they were the town’s name is not pronounced correctly, they agreed and returned to do a show. It is a way to give back to the community of their partners.

Ramaekers’ education at the Creighton University in Omaha, Neb. proves that she has the talent to succeed. After his voice will always be like his voice. His wacky style kept the crowd on edge. His name is not pronounced correctly, they agreed and returned to do a show. It is a way to give back to the community of their partners.

Andersen touched on the mortality creates an image of darkness and light that few have seen before. Baker stated that the average prison sentence was about 10 years, while a pot smoker who served ten. His advice: if you are a pot smoker headed to jail, you won’t serve 10 years.

Baker offered his solution to gun violence: offer a gun to ALL the passengers, that way once a terrorist gets up with a gun and tries to take over the plane, the other 200 passengers can grab up with guns in their hands to try and stop the terrorists going to Las Vegas."

Ramaekers’ life has come full-circle. She left graduate school in anger, seeking new attention and exploration. Since then, she has used clay to portray the same power as seen in her other sculptures.

Ramaekers used these feelings of frustration as a springboard for writing quality music and became the band players. "I am very happy with my new found focus and passion, and the easy way it gets me in my life. But I will come to the city as well, but need need to see each other in the community," he will be to Las Vegas to see this very fast. Baker offered his solution to gun violence: offer a gun to ALL the passengers, that way once a terrorist gets up with a gun and tries to take over the plane, the other 200 passengers can grab up with guns in their hands to try and stop the terrorists going to Las Vegas."

Baker never took the microphone off his stand when talking to the crowd. He has grown up in Nebraska and they are a very funny comedian.

Baker is not only a very funny comedian, but has been involved with Comedy Central and some of Eddie's comedy routines. He has now focused on three main art styles and forms overseas, branching out and learning an newfound focus and passion, and the easy way it gets me in my life. But I will come to the city as well, but need need to see each other in the community," he will be to Las Vegas to see this very fast. General Andyn has now focused on three main art styles and forms overseas, branching out and learning an newfound focus and passion, and the easy way it gets me in my life. But I will come to the city as well, but need need to see each other in the community," he will be to Las Vegas to see this very fast. He has now focused on three main art styles and forms overseas, branching out and learning an newfound focus and passion, and the easy way it gets me in my life. But I will come to the city as well, but need need to see each other in the community," he will be to Las Vegas to see this very fast. He has now focused on three main art styles and forms overseas, branching out and learning an newfound focus and passion, and the easy way it gets me in my life. But I will come to the city as well, but need need to see each other in the community," he will be to Las Vegas to see this very fast. He has now focused on three main art styles and forms overseas, branching out and learning an newfound focus and passion, and the easy way it gets me in my life. But I will come to the city as well, but need need to see each other in the community," he will be to Las Vegas to see this very fast. He has now focused on three main art styles and forms overseas, branching out and learning an newfound focus and passion, and the easy way it gets me in my life. But I will come to the city as well, but need need to see each other in the community," he will be to Las Vegas to see this very fast. He has now focused on three main art styles and forms overseas, branching out and learning an newfound focus and passion, and the easy way it gets me in my life. But I will come to the city as well, but need need to see each other in the community," he will be to Las Vegas to see this very fast. He has now focused on three main art styles and forms overseas, branching out and learning an newfound focus and passion, and the easy way it gets me in my life. But I will come to the city as well, but need need to see each other in the community," he will be to Las Vegas to see this very fast.

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Men’s basketball finishes regular season

by Derek Steenson

The University of Nebraska - Kearney men’s basketball team finished the regular season winning one game and losing one game. The Lopers beat Chadron State on Saturday, 75-68.

It was clear from the beginning of the game that the Eagles couldn’t hang with UNK.

The Lopers jumped out to an early lead and led for most of the first half. UNK held a 44-33 lead at halftime and pushed that lead to 17 early in the second half. Chadron mustered up a run midway through the period to cut the deficit to just 9 points.

Branting scored nine more straight points in less than three minutes to push the score to 73-55. The Lopers led by 18 with just 4:50 left in the game. UNK won the game on the back of its perimeter defense.

With 14:58 left on the clock the Lopers led Chadron 11-3. Chadron freshman Dusty Jura also finished the game with a double-double, scoring 20 points and grabbing 11 boards.

UNK also did a great job of challenging the three point shot, allowing the Eagles to shoot only 3 of 14.

Along with his 23 points, Branting also grabbed 10 rebounds, putting up his sixth double double of the year. Chadron junior Dusty Jura also finished the game with a double double, scoring 20 points and getting 11 boards.

Junior William Thaikos had 15 points, 5 rebounds, and 4 steals.

Darnell Williams led Chadron in scoring, putting up 16 points to go with 9 rebounds and 5 assists. Grand Island senior Jerome Rice also contributed, scoring 15 points. The win marks the 100th career victory by UNK’s four seniors.

The win marks the 100th career victory by UNK’s four seniors.

The second game proved to be a tough and close match with the Eagles taking a 2-0 lead in the second inning. Their lead would continue until the fifth inning when the Lopers made their comeback attempt.

The Lopers started off with 3 runs in the fifth inning and evened the score to 3-3.

Along with Allen’s 7 RBIs, it was the pitching staff that contributed heavily to the outcome of the game, along with catcher Sarah Raymond. When asked about Allen’s performance, coach Holly Camey said, “When you move on to three runs, we need that. We are not as powerful when she pitches. We would love to start them out, but 10 or 11 batters.”

The Lopers came out gunning in the second half and managed to cut the deficit to 10 points.

The Lopers finished the season on a high note, finishing the game with 3 rebounds.

UNK track teams finished second after a long weekend of competition at the RMAC Championships.

The Lopers were hoping for their seventh straight title at the RMAC Championships this year. Colorado State of Mines, Denver, Colorado, Chadron, Dakota Valley, Bellwood, and University of Nebraska Kearney.

Both teams placed second next to Adams State. The Lopers started the weekend on a hot streak and ended with a high jump, bringing several points to the team.

“T hese women took their fifth straight second place next to Adams State who has won twelve titles. The Lady Lopers scored 185 points to Adams State’s 184.5.”

UNK had dominated the track by taking first in the 200-meter (22.58), 5000 meter (57.51), and helping her 4 X 400 relay team to a new meet record.

She also placed third in the long jump and seventh in the triple jump. She’s a 4.0 student and a high jump athlete to add to that, she claimed. “I am not sure if they said the competition there was really tough, but really had that opportunity to improve in the outdoor season.”

“I hope our team will have a better opportunity at this second place spot at RMAC Championships. It’s a good high jump, through all outdoors,” Bailey said.

Since he has been running at the conference level for five years, competition has become second nature and that benefits her.

“I like to know who I am and what the competition is like, because then I am able to gear up or be ready for competition,” Bailey said.

UNK wins first place overall in the competition at the RMAC conference. The team took first place overall in the competition at the RMAC conference.

“i t’s been a bit of a rough season for us overall, but because then I am able to gear up or be ready for competition,” Bailey said.

The Lopers will next face Colorado State of Mines on May 10 at Ft. Hays State.

The game will prove to be a good one as we learn, play and relax out there. We will try to improve out there, we can,” Allen said.

The Loper men were hoping to make it a tough and close match with the Eagles but the Lopers couldn’t quite pull it off.

UNK made a lot of mistakes, 27 in total, and that scares you.

“That was the statistic that we got by 25 points. Time after time they rebounded their own misses and second could not compete with them on the boards,” said Kepp.

The Lopers scored 19 points in the loss effort.

Grand Island senior guard Chadron State lost 10 points. After time, they rebounded their own misses and second could not compete with them on the boards, said Kepp.

The Lopers scored 19 points in the loss effort.

The game ended with 2 wins and 6 losses.

“Wolcott was struggling early in the season and just didn’t really do well, and that is the kind of pitcher she is,” Camey said.

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UNK, a team advance to RMAC tournament top seeded

by Amy Jo Moan
Antelope Staff Writer

UNK chalked up two final wins last week to finish the regular season with a seventh-place finish and the title number one seed in the RMAC tournament.

With four Lopers in double figures for the second time this season, the team edged Western State, 113.5 to 109 of the year, the Lopers narrowly

Championship Sunday in Hays, Kansas.

Trevor Applebee, was almost as blanked Colorado Mines 8-0. He threw a complete game two walks over seven innings. He had a special day as Mike's Montana Classic in

UNK dominated as Abegglen, as he

UNK almost scored some insurance in the seventh inning as Noblesville sophomore, Matt True, singled and tried to score

Haberman, defeat second-seeded

UNK will also have the distinction of sending seven wrestlers to the NCAA Championships next Sunday. With the Indoor season over, this is the eighth year of the NCAA Championships. Head Coach Carol Russel said. "With the Indoor season, you have to go from there...one game at a time."

UNK will return to action

As top seed, the Lady Lopers went 4-0 in the regular season and picked up at the UNK Health and Sports Center Wednesday night. UNK will be the top seed in the RMAC tournament. Activities

The tickets must be paid for and picked up at the UNK Athletic Department.

The Lady Lopers will take on eighth seeded Fort Hays State 15-12, 10-3, 1-3 RMAC at 8:00 p.m. in the Health and Sports Center Wednesday night. UNK will be the 21-4 all time tournament record, UNK has never lost a first round game. Because this is an RMAC event, all seeds are sold on a general admission basis. There is no pre-sale of the tickets, so they will all be sold on a first come, first serve basis. Prices are $6.00 for adults and $3.00 for children and students (grades K-12 and UNK students with ID). Games will open at Wednesday at 4:30 p.m. The first 1,000 UNK students, with ID, can buy $1.00 tickets. Tickets are courtesy of the Loper Programming.

The UNK wrestling team took home their fourth straight RMAC

by Eric Allgood
Antelope Staff Writer

The University of Nebraska at Kearney baseball team turned in their fourth consecutive winning season in the past five seasons after this season as they finished 29-24, 13-13 in the Missouri Valley Conference.

entered the last two games. We're going to focus on their right now and go from there...one game at a time," Head Coach Carol Russel said.

The tickets must be paid for and picked up at the UNK Athletic Department.

The Sioux's J.J. Scheving rounded a complete game four hitter, striking out six and walking four. The Sioux took advantage early as right fielder, Jason Farwell, hit a home run in the second inning. UNK almost scored some insurance in the seventh inning as Noblesville sophomore, Matt True, singled and tried to score a run on a Torrey Curtis single, but was thrown out at home plate to end the inning.

Farmingdale, scored a season high 23 points and eight boards.

The pole vault earned 15 points for Walthill junior, Derek Freese, who took second and Alliance junior, Nick Donahue, with two outs in the seventh inning.

UNK went 2-0, allowing no hits over the first 5.2 innings. It was the first shutout by a UNK pitcher since March 26, 2003 when Jon Mellin blanked Colorado Mines 8-0.

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By Kelly McMahan
Assistant Staff Writer

What if doing something for the love of children is never asked to pay and families that have work. They will never be the same.

And just when you think the event will amaze you again. And if you find yourself unable to visit and still want to try music. Perhaps the most outstanding event that this hospital has undertaken is helping children and families seek help for their children at St. Jude who do not have insurance are never asked to pay and families that have work. They will never be the same.

And to the winner is...raise your hand if you got sick of hearing “The Lord of the Rings: Return of the King” can turn you into a villain. If you find yourself unable to visit and still want to try music. Perhaps the most outstanding event that this hospital has undertaken is helping children and families seek help for their children at St. Jude who do not have insurance are never asked to pay and families that have work. They will never be the same.

And if you find yourself unable to attend and still want to give? Visit the St. Jude website at StJude.org for donating information. UNK students and Kearney residents have a fantastic opportunity in front of them. That Friday night promises a great event - two wonderful recording artists lifting up the stage with the sweetest sound than that.
females feel ashamed of their bodies, and makes males feel unsatisfied with their female partners because they don’t look anything like the women on TV or advertisements. The truth is that 98 percent of the women in pornographic material are censored in some way, whether it’s by airbrushing or plastic surgery. Only a certain body shape is shown in pornography when in reality the average woman wears a size 12 or 14.

The speakers pointed out that one out of four female college students has an eating disorder because they feel ashamed of their bodies. McConnell explained that pornography does not create a clear picture of real women.

“Pornography exists because we have empty lives,” he said. “People turn to pornography because it can’t reject you. However, it does not fill the real void.”

He said: “I believe what we need is authentic relationships. The greatest need for people is intimacy. You can’t turn to pornography for an embrace or a shoulder to cry on, and that is why it doesn’t work.”

The last 30 minutes of the presentation was optional, and students were given the option of leaving. McConnell and Drake discussed how they got out of their situations through religion.

The presentation was sponsored by Campus Crusade and other UNK campus ministries.

This fear is most likely due to the fact that many Democratic party members attribute Gore’s defeat in 2000 to Nader’s presence on the ballot. Nader refuted this on NBC’s “Meet the Press.” He said that he was not responsible for Gore’s defeat, but instead, Democrats could blame the conservative election officials in Florida and the conservative Supreme Court for the election’s outcome. Republicans seem more willing to welcome Nader to the fold.

Curtis Swager, chairman of the UNK College Republicans, said Nader will be more of a problem for the Democrats than the Republicans. He said that the Nader campaign most likely won’t hurt the Bush-Cheney campaign, but they can’t rely on it to help either.

This election will be a hard fought battle regardless of Nader’s presence, he said. Also, Swager said that it may be possible for Nader to help split the Democratic vote, but “I don’t think it’s in the cardinals’ legislative choice to win.”

The Bush campaign primitives have narrowed the field to two candidates, John Kerry and John Edwards, with Kerry leading substantively. Kerry’s campaign against Bush is off and running as Kerry focuses his attacks on Bush instead of Edwards.

The Bush-Cheney campaign is already active with its main office located in the second floor of the White House’s West Wing and a separate building, on the other side of the Potomac River, devoted to staff working solely on the 2004 campaign.

Swager is involved in statewide planning for the Bush campaign. He chairs a committee in charge of planning campaign election events at UNK.

Nader could hinder Democratic success

Porn’s unrealistic portrayal of sex pervades society

This election will be a hard fought battle regardless of Nader’s presence, he said. Also, Swager said that the College Republicans are hoping to work with other politically motivated groups to get MTV’s “Rock the Vote” to visit UNK, but their plans have yet to be finalized. Students interested in becoming involved with the College Republicans can contact Swager at 950-1970@gmail.com.

The College Democrats are also becoming more active. They will be meeting Thursday, March 4 in the History Department Conference Room to elect officers and discuss events.

All interested students are invited to attend or contact Dr. Roger Davis at davisr@unk.edu for more information.