



The Antelope

{ University of Nebraska at Kearney }



Run With It

IDs serve as debit cards



Photo by Julia Stumkat
Monica Fuentes, right, of Holdrege, explains to Katie Baker, left, of Milford, the benefits of the new ID cards.

Kathlene M. Jordan
Features Editor

Campus ID cards are no longer a mere identifier for students. Rather, the new and improved cards are now available to serve as campus debit cards. Until now, student ID cards offered two accounts.

Namely, a Dining Points/Dining Dollars debit account through Chartwells is available for students with meal plans, and another account is available to deposit money used for printing. A third account entitled the Loper Dollars Stored Value Account is now available to students and offered free of charge.

Students who sign the terms and conditions form to accept the new account will be eligible to win prizes totaling \$500. Prizes include two 2 gigabyte iPod nanos and one 512 megabyte Flash Drive. In addition, 10 students will receive \$10 worth of Loper Dollars on their new ID cards. April 4 is the deadline for

signing the terms and conditions agreement and entering to win the prizes. The UNK card office will accept agreement forms during regular business hours. Booths have also been formed outside the Calvin T. Ryan Library, open 7 to 9 p.m., and in the Nebraskan Student Union outside the

See ID card on page 4

RHA prohibits movie screening, heeds copyright

Mike W. Gruszczynski
Staff Writer

A recently proposed on-campus screening of the movie "Harry Potter and the Goblet of Fire" did not occur because of fears of copyright infringement by the college.

The Stout Hall Council, along with the Honors Student Advisory Board (HSAB), planned to hold a screening of the movie on March 7. The event, which was to include prizes for attendees, would have been open to the entire campus.

However, the UNK Residence Hall Association informed the organizations that the movie screening would violate copyright law and could not take place.

"We figured that the movie [Harry Potter] was so popular, that a lot of people would like to see it," Wadad Maloley, vice president of the Stout Hall Council, said. "A lot of people were really upset about not being able to have the movie night."

Maloley, a Lexington senior, said that because the Stout Hall Council and HSAB were not going to charge admission, the two organizations assumed that the movie night would rest within the legal bounds of copyright law.

However, the fair-use provisions set forth by U.S. copyright law (17 U.S.C. 107, the specific court decision),

state that copyrighted films cannot be shown publicly unless the purpose of the screening is educational, research-oriented or of a journalistic nature. Any other public use of copyrighted films requires a license acquired by the organization or person who wishes to show the material. Gail Sims-Aubert, a UNK residence-hall adviser, said copyright laws were the main reason the Residence Hall Association refused to allow the movie night to take place.

"Once we did the research, we decided that the university shouldn't be sponsoring events that may lead to copyright infringement," Sims-Aubert said. "My understanding is that, as long as there are educational components to showing films, there shouldn't be an issue with it."

She said several organizations, including the Loper Programming and Activities Council, purchase the rights to publicly show films at the university.

"The residence halls really need to be careful when they show movies," Sims-Aubert said. "We don't want to break the law."

She added that the Residence Hall Association didn't have much knowledge of copyright laws before the recent issue arose (See Copyright on page 4)

Storm impedes Kearney area

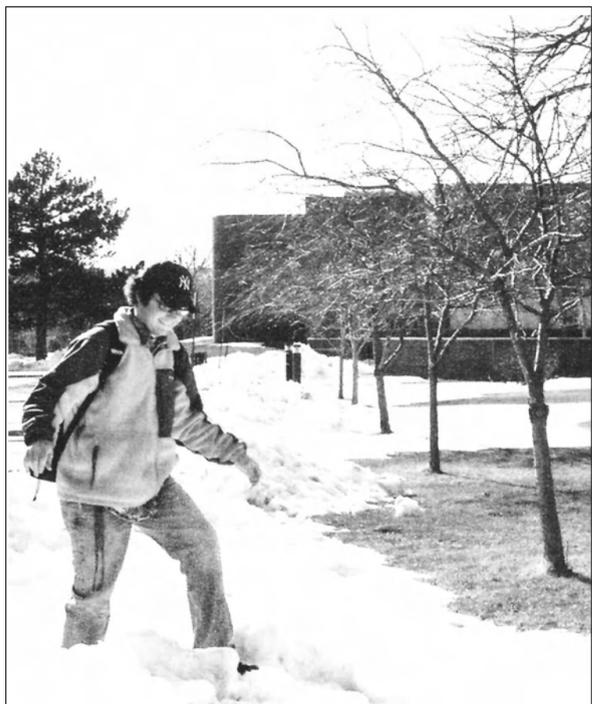


Photo by Mike W. Gruszczynski
Willie Hayward, of Hyannis, makes his way through the snow on campus.

Mike W. Gruszczynski
Staff Writer

The city of Kearney, like much of Central United States, ushered in the spring with a large snowstorm.

The storm, which lasted from March 19 to March 20, forced schools throughout the state to cancel classes due to poor road conditions. UNK was among the schools that canceled classes, effectively extending spring break by two days.

According to the National Weather Service, Kearney received 16.7 inches of snowfall from the storm. The city of Greeley, which received the highest amount of snowfall, received 30 inches.

Area schools were not the only victims of the storm. Several area businesses suffered property damage as a result of the heavy snowfall.

In the downtown Kearney area, a metal awning over the entrances of The Shirt Shack and Sweet Sensations collapsed under the weight of the snow. The metal structure, which fell last Tuesday, blocked the entrances of the two businesses.

"It sounded like a train running into a building," Dan Turner, owner of The Shirt Shack, said. "It was thunderously loud."

Turner said although the damaged awning created an inconvenience for the business. The owner of the building promptly removed it.

"I'm just glad that nobody got hurt," he said.

Turner also said some of the other business owners downtown were removing snow from the tops of their buildings, in order to prevent similar damage. The awnings of Nelson's Furniture, also located

See SNOW on page 4

Spring Break 2006

By Guest Writer Lucas E. Froeschl
See story on page 10



Photo courtesy of Lucas E. Froeschl
UNK students on their way to Lake Havasu City, Ariz.

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'Loper Dollars'
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New Loper coach
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Spring Break
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FRIDAY
Partly Cloudy
High 57
Low 31

SATURDAY
Partly Cloudy
High 62
Low 36

SUNDAY
Partly Cloudy
High 58
Low 37



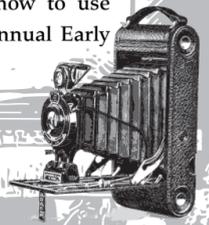


PHOTO of The WEEK

Photo by Beverly G. Merrick

UNK journalist Katherine Thomas catches the interest of Natasha Morgan (sitting) and her fellow 4th-graders from Axtell Community Schools, who are learning about how to use video digital editing on the 13th Annual Early Awareness Day, Tuesday.

To submit pictures for Photo of the Week, save pictures as JPEG files and send them to antelope@unk.edu, or call 865-8716 for assistance.



Cold Weather Crossword Puzzle

ACROSS

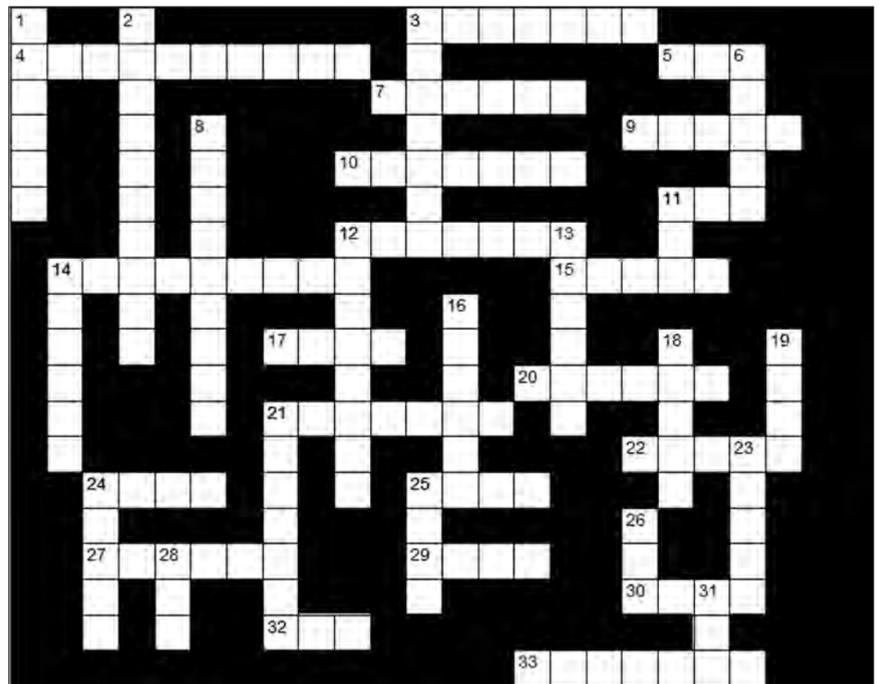
- 3. Another name for a tornado.
- 4. The air around us.
- 5. If this is dense, you shouldn't drive.
- 7. A person who is dependable in good times but is not there in times of trouble: fair-weather _____.
- 9. This may result from lots and lots of rain.
- 10. Sounds like whether.
- 11. Sometimes they carve decorative sculptures out of this for celebrations, such as weddings.
- 12. A cold character who has been rolled in the snow.
- 14. "Oh, the weather outside is _____" — rhymes with delightful.
- 15. It is fun to lie down in the snow on one's back and make this design with wings.
- 17. A part of the anatomy that gets cold while walking in the snow.
- 20. The given name of a popular snowman.
- 21. The weather in some location averaged over some long period of time.
- 22. What an excess amount of snow brings to cattle.
- 24. Something used for a snowman's eyes.
- 25. "Let it _____, let it _____, let it _____" students said after spring break.
- 27. A spike of ice formed by the dripping of falling, freezing water.
- 29. This is very "common" when the weather changes, but it is something not preferred; medical condition.
- 30. What someone would like "Little Jack Frost" to do: get _____.
- 32. Where someone might climb for protection during a tornado: in a _____.
- 33. A violent rotating windstorm.

DOWN

- 1. Something used for a snowman's nose.
- 2. Someone in Nebraska might have warmed his or her backside in front of this: a _____ stove.
- 3. The snow is melting, now we need to look for this in the windy season.
- 6. Something you might wear on your hands to keep warm in cold weather.
- 8. Exposed to the elements.
- 11. This under snow makes it very slippery outdoors.
- 12. A part of a survival kit to be carried in the car in cold weather: a _____ bag.
- 13. This "mother" is said to bring the weather.
- 14. Someone in the rural environment who might like lots of snow in Nebraska after a dry spell.
- 16. Something a child might keep on his or her hands to keep warm.
- 18. It is never "perfect," as a movie describes.
- 19. Given name of the person in literature who had the silver skates.

21. Superlative of cold.

- 23. Precipitation consisting of generally transparent frozen or partially frozen raindrops.
- 24. He went out into the cold, and he got a _____ when it was chilly outside.
- 25. Something a person who went to a one-room school in Nebraska wore to keep his or her fingers warm in times past.
- 26. Under the weather.
- 28. Describes some stares.
- 31. Here comes the _____; goodbye to winter, this is the last hurrah!



Check out next week's edition of The Antelope on April 6 for the "chilling" answers!



the bottom line

"If you could have a super power, what would it be and why?"



"I would want to be invisible so I could play naughty tricks on boys in bathrooms."

Julia Dobesh, Ansley Junior



"Super intelligence, because with that you could get whatever you want."

James Trambly, Ravenna Super Senior



"Flying, so I could take a bunch of free vacations."

Will Taukiueva, Salt Lake City, Utah Senior



"I would have gills so that I could go underwater for a long time."

Mitch Hock, Lexington Senior

voices of unk



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aggression
through the power of
the pen.



Use your
minutes
to read...

The Antelope

The great days of Virginia's 'Yankee Snakes'

The Antelope

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Chelsie Flanagan
ASSISTANT FEATURES EDITOR

I will never look at hot dogs the same again. From now on, when I bite into that tasty conglomeration of mystery parts I will be reminded of an experience that changed my life.

During spring break this year, I participated in my first real mission trip through Lutheran Disaster Services with the Holy Cross Lutheran Church/University Lutheran mission team. Twenty-nine members in all, we made our way to the Orange, Tex. area to do construction on two houses that had been damaged through the horrible winds and flooding brought on by Hurricane Rita.

When we arrived there, we split into two teams. I dubbed the team I worked with the 'Pink Ladies for Jesus . . . and Two Guys' team, an example of the humor, energy and strength that would carry us through this emotional week. We were assigned to do some work on the home of Virginia, a feisty senior citizen who spoke her mind.

When Virginia saw us get off the van that first day, she admitted later, she was a little nervous about having a group of college girls work on her house. In the Southern culture there, women usually don't do heavy work, like construction.

We soon proved our worth to her. For the rest of the week the girls and I, with the help of a couple of gentlemen from the congregation, tore out the rotting and termite-destroyed lumber and completely rebuilt three walls in her home, two in her living room and one in her laundry room. We learned about the art of installing windows, a window air conditioning unit, dry walling, siding, wiring and plumbing.

Each day, we would come back to her house as early as we could to put in more time, and she would be there to greet us saying, "My angels are here again!"

We began to develop a strong relationship with Virginia. She cooked us lunch three days in a row, and it was nice to taste some Southern cooking.

The last day we laid a new floor in her living room and celebrated by having hot dogs. Virginia called them "Yankee Snakes," when we made her try a hot dog smothered in ketchup. Down in Southeast Texas, she told us, they do not put ketchup on hot dogs or hamburgers, or on anything, except french fries. Afterward, she told us that she enjoyed the hot dog, and would remember us every time she ate one.

It was hard to say goodbye that last day. Through sniffles and smiles we each took our turn giving Virginia one last hug, knowing we might not ever see her again. Before leaving we had a final devotion and prayed in a circle on Virginia's front lawn. During the prayer she and her son thanked God for sending us to them, and she told Him we were the answer to her prayers.

For the first time in my

life, I truly understood what it means to be an instrument of God, to give of yourself entirely for someone else's benefit and to know how simple kindnesses can turn into dramatic differences for someone who is in need.

There is still more work to be done, not only on Virginia's house, but throughout the South that has been turned upside down in a wave of harsh natural disasters. We, and many other groups that have gone down for relief efforts, may not have begun to put a dent in the amount of work it is going to take to rebuild those places, but in the lives of the individuals that we worked with, we have made the future just a little bit brighter.

What I have learned the most from this experience is that the smallest kindnesses, from picking up a hammer to listening to someone's story and offering support to someone in a crisis, carry on beyond simple acts and transform into emotions and connections that prove to the world that people still care about one another and that love can conquer any tragedy.

And, from time to time, when I start to lose hope in others and myself, I'll fix myself up a "Yankee Snake" and remember the love and the lessons learned from my time in Texas.

Photo by Chelsie Flanagan
Virginia and Chelsie
Flanagan in Vidor, Tex.



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Laurel McKellips
Reader's Opinion

The article, "Smoking ban pending," in the Jan. 26 issue of The Antelope, and other readers' opinions have made me try to look at both sides of issue concerning smoking in restaurants and bars. I have a hard time not being biased in the debate on the total ban for smoking since I am a non-smoker.

I believe everyone has rights, including smokers, but when the right of an individual is detrimental to other people, then there must be limits; otherwise the right of the smoker is being put ahead of a non-smoker's right. Non-smokers have the right to breathe clean air and not increase the chance of cancer and/or death because of secondhand smoke.

The secondhand smoke risks are widely known, and yet the city council wants to make compromises. I hear statistics from the American Lung Association, stating, "Secondhand smoke caus-

es approximately 3,000 lung cancer deaths, and 35,000 heart disease deaths in adult nonsmokers in the United States each year" (www.lungusa.org). I have a hard time accepting these deaths so people can have the right to smoke.

A concern for the ban is economic loss. Americans for non-smoking has many studies that prove there is no economic harm when there is a ban (no-smoke.org). Lincoln provides Kearney with a good example of the results of a smoking ban. Nebraska HHS did a survey in Lincoln to see how people reacted to the 100 percent smoke-free law. The survey stated, "Eighty-nine percent of Lincoln poll respondents said they are going to restaurants more often, and 85 percent said they are going to bars as much or more often."

Lincoln has not suffered from loss of money for business. Kearney would do well to follow Lincoln's smoke-free law and follow the good example by promoting the smoke-free law.

NEBRASKA Safety Belt Facts

During 2004, 254 people died and 21,315 were injured in traffic crashes in Nebraska.

One collision occurs every 14 minutes in Nebraska.

One in every 21 licensed drivers in Nebraska will be involved in a motor vehicle collision each year.

Of the 229 fatal crashes in Nebraska, 81 or 35% of these crashes were alcohol-related.

Motor vehicle crashes cost Nebraska over \$701,376,100 annually using 2004 National Safety Council calculable costs of motor vehicle crashes.

Motor vehicle crashes are the leading cause of death for people between the ages of 5 and 34.

58 people were injured each day in motor vehicle crashes in Nebraska during 2004 and one person was killed every 34 hours.

The observed safety belt use rate in 2004 for drivers and passengers was 79.2 percent.

Safety belts cut the risk of death or serious injury in a crash by 45 to 50 percent.

NEBRASKA OFFICE OF HIGHWAY SAFETY
P.O. Box 94612, Lincoln, NE 68509
<http://www.dmv.state.ne.us/highwaysafety>

Any opinions expressed in columns, editorials, editorial cartoons or advertisements are the views of the individual writer, artist or advertiser and do not necessarily reflect the views of the University of Nebraska at Kearney, its employees or students, or The Antelope staff. Contributions to "Readers' Opinions" must include the name of the writer, as well as the writer's phone number, home town and affiliation with the college. Phone numbers will not be printed but are necessary for verification. Deadline for publication is Monday at noon. Submissions past deadline will be printed in the following edition. The Antelope staff reserves the right to edit contributions to "Readers' Opinions" for grammar, spelling, content and length as well as to disregard opinions. Letters to be printed should be sent to:

Readers' Opinions
c/o The Antelope Editor

Mitchell Center

University of Nebraska at Kearney
Kearney, NE 68848

Any questions, comments, concerns or suggestions should be sent to the address above.

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ID card

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card office, open at various times.

Winners will be announced April 5 on the Loper Dollars Web site at www.unk.edu/loperdollars.

"The new cards have a number of features," Randal Haack, vice chancellor of Business and Finance, said. "I think we have really improved the level of security on campus."

New attributes include door access, a key for campus residents, extra printing, purchasing from vending machines, laundry payment, copying usage, fine payment and Antelope Bookstore purchases.

"While we were doing this, we also worked with Wells Fargo to allow students a debit access," he said.

"It's an up and coming thing at many campuses," Jill Purdy, assistant director of the finance office, said.

Students can deposit cash into their Loper Dollars Stored Value Account at either of the two

stored valued terminals on campus. Terminals are located in the Nebraskan Student Union, next to the Loper C-Store, and by the Health and Sports Center, next to the pay phones on Main Street.

Money may also be deposited into accounts via the finance office by way of cash, check, MasterCard or Visa. The library is available to deposit up to \$20 in cash or by check. The finance office in Founders Hall may deposit money via cash, check MasterCard or Visa.

"We are the first campus to have the Wells Fargo debit card," Haack said.

By this summer, students will be able to access beverage vending in the library, student union and Founders Hall; copiers in the library; and laundry in Conrad Hall with the use of their Loper Dollars Stored Value Account.

"By next fall, we can go much farther," Haack said. Ongoing endeavors of Loper Dollars usage include more beverage vending, copier and laundry locations; snack vending; parking permits; parking fines; student health services; art department MAC lab printing; ID card replacement fees; and UNK

Connections.

Loper Dollar accounts will remain active, providing the cardholder is still enrolled or is working at UNK. Balances on the account will carry forward from one semester to the next.

The new campus debit card will serve only to receive deposits made by students into their Loper Dollar accounts. Withdrawals and refunds are not available. Once money is credit to the account, it will not be reim-

bursed unless the account is closed.

Students closing their accounts and hoping to get reimbursed will be subject to a \$10 administrative fee. Thus, refunds will not be issued if the account balance is \$10 or less at the

time of closure.

If a card is lost or stolen, the cardholder is responsible for immediately reporting it. Once reported, the card may take up to eight hours to deactivate.

Photo by Julia Stumkat

A Loper Dollars terminal, located in the Nebraskan Student Union, next to the Antelope Bookstore.



Snow

Continued from page 1

downtown and Menard's suffered damage as well.

The snow also created numerous hazards for area drivers.

The Kearney Police Department responded to eight vehicle accidents that were related to the snow.

"Don't drive if you know that there is a chance of heavy snow."

Kevin Rose
Public Safety Officer

Out of the eight accidents, two involved collisions between parked cars and snowplows.

UNK Public Safety Officer Kevin Rose said there is one way to avoid automobile accidents when the weather gets bad.

"Don't drive if you know that there is a chance

of heavy snow," Rose said. "If you absolutely must drive, take precautions in case of an emergency."

He said students should keep a basic survival kit in their vehicles. The kit should include extra food, water and blankets, as well as a shovel. He also advised students to dress appropriately for the weather.

"A cell phone is a very important piece of equipment," Rose said. "Also, tell someone where you're going, and the length of time you will be gone."

Rose added that parking on campus can become problematic during periods of heavy snowfall.

"Students should be aware of how they are parked, so as to not impede traffic," he said.

When a snow emergency occurs, such as in the recent storm, several campus parking lots become no-parking zones to allow for snow removal. The lots designated for these purposes include lot 6, located north of Martin Hall, lot 32, north of Otto Olsen and lot 14a, west of the Health and Sports Center.

Rose said, "The most important thing to do is to slow down when driving in bad conditions."

Copyright

Continued from page 1

concerning the screening of "Harry Potter and the Goblet of Fire."

"Our basic knowledge of federal law was based on the screen which appears at the beginning of every movie," she said.

Maloley said that, because the movie night did not occur, the Stout Hall Council and HSAB held a pitch tournament, which turned out to be a success.

She added, however, that she was discouraged

that the movie night did not occur.

"Nobody [on campus] should be allowed to show movies, if we can't," Maloley said. "It's not fair to tell just Stout Hall that we can't have a movie night."

The Motion Picture Association of America's Web site, located at www.mpa.org, states that unlicensed public exhibition of films costs the movie industry an estimated \$1.5 million to \$2 million per year.

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THURSDAY, MARCH 30, 2006

Faculty encourages study abroad

Jacqueline A. Stoltenberg
Staff Writer

Assistant Professor of Music and Performing Arts Paul Brodene Smith presented his experiences and ideas on opera and how using foreign languages can enhance the opera performance at the Centennial Lecture entitled, "Living with Language: How Living and Working in Europe has Influenced My Teaching, Research and Performance" on March 23.

Smith said he worked in England for seven months in 1999. "I worked with a few British singers and we talked about what there was to do in England," he said. "They were British dancers and singers in the Hamburg production of the 'Phantom of the Opera,' which is how I think I found out about the job opening in London."

Smith worked in various countries, mostly for operas.

To name a few stage engagements, he worked for the Wuppertaler Buhne ("Entfuhrung", "Barviere, Rosenkavelier", "L' huere Spaniol Zarewitsch", "La Nozze Figaro"), Cairo Opera ("La Traviata"), and The Phantom of the Opera ("Paingi"; "West End Production").

"The rehearsals style were different for every stage director or conductor, so even within a theatre the working atmosphere was different with every set of people that ran the rehearsals," he said.

"I was in Austria for five weeks once, was in Denmark for three weeks once, was in Egypt for four weeks and was in Iceland for a few days. We spent some a vacation there [Iceland]. When we first went there we flew Icelandic Air, which flew from Chicago landed in Iceland, then flew into Luxembourg," Smith said.

Smith remembered a say-

ing from his mother: "If you're well mannered, you can survive in any situation."

"Learning the customs of where I was allowed me not to make an idiot of myself," he said. "Whether it was in Egypt, when I was there for those four weeks and it was a different culture, or in Europe."

Trudy de Goede, reference librarian at UNK, attended Smith's presentation.

"The fact that his research specialty is a good over-lap with two strong programs on campus, a music strength and speech pathology strength was interesting," she said. "I have seen four of them [operas] live. I've even seen a film."

A few of de Goede's favorite operas include Mozart's "The Magic Flute" because of the music.

She said, "I like some of the 'Light Opera of Merry Widow'. The story is light

and the comic is good. It is by Lehar."

"If you're well mannered, you survive in any situation. Learning the customs of where I was allowed me not to make an idiot of myself."

Paul B. Smith
UNK Associate Professor

Music and Performing Arts Associate Professor

Neal Schnoor said, he took his band to Italy over Christmas break because he wanted the whole band to go somewhere special to perform Dec. 23 to Jan. 3 this academic year.

Schnoor said, "As a band, the instruments are very similar. They played a little bit more traditional music than we did. But the things that make an American band than a European band different is the role of the drum line. Our band is much more extended. And the color guard they, don't have flags."

He added that the people in Italy were less inhibited than Americans at the parade. "When we performed, they would gather in around us," he said. "They were very curious as if we were almost a novelty to them. They wanted to talk to us and hear where we were from."

At the parade, they played Italy's national

anthem and "Va Pensiero" or chorus of the Hebrew slaves from the opera Nabucco," by Giusuppe Verdi.

"It's a song Verdi wrote for his Opera and it's about the Hebrew slaves are returning home," he said. "That song, the people would cry, older people especially would cry. They really loved that we played some of their music. The second biggest thing they loved was our pop rock."

De Goede said she heard about the lecture through the campus e-mail and thought it was an interesting subject.

"I'm glad that Professor James Smith has joined our staff and look forward to catch a recital sometime," De Goede said.

Schnoor added, "I think all students should have these type of experience provided to them as part of their undergraduate experience. Hopefully it will lead them to study abroad."

IFC fighter practices with UNK wrestlers

Lucas W. Wright
Staff Writer

International Fighting Championship Caged

Combat, Ltd. recently hosted "Rumble on the River" at the Kearney Event Center.

This event boasted 12 fights with 24 fighters from across the Midwest and the

United States.

"Most of the fights were pretty intense, but a lot of them ended in the first round," Mike Pottersmith, a spectator at the event, said.

Tim Stratton, of Holdrege, fought Patrick Murphy from Fresno, Calif.

Stratton said he trains in a number of martial arts styles with a number of others in Kearney.

"The biggest help to me has been training with the UNK wrestling team," Stratton said. "There's a handful of guys, a couple in particular, Keenan McCurdy and Joe Ellenberger."

"They've really helped me with my wrestling because I never wrestled in high school, let alone college."

Stratton added, "I also do Mui Tai kickboxing with a guy named Dan Mueller from here in Kearney."

This was only Stratton's second fight. He won his

first and only previous fight in 2004.

Stratton lost his match to Murphy that evening, but his fight was one of the longest and continued into the second round.

There were a number of other match-ups that Saturday night. Luke Caudillo, from North Platte, fought in the Welterweight Class at 155 pounds.

He defeated his opponent Nick Boulware from Fort Dodge, Iowa in the first round. Boulware tapped out due to the submission move Caudillo used on him.

After the second intermission, Andy Montana defeated Chris Clark in the Championship Heavyweight (265 pounds) fight.

Clark, clearly the crowd favorite and belt-holder, was defeated after a submission move that Montana had placed upon him, once again in the first round.

The final fight of the evening pitted Shonie "Mr. International" Carter, the IFC Welterweight Champion, against Alex Carter.

The contender, Carter, proved to be victorious that evening by making Carter tap out in the first round.

The crowd was stunned as the IFC had new Welterweight and Heavyweight champions.

Positions Available
NEXT SEMESTER STAFF NEEDED

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Pasta pleases plenty of people

John C. Ludwig
Staff Writer

Get those colanders out, because March is National Noodle Month.

The National Pasta Association of America, or NPA, has proclaimed the entire month of March as National Noodle Month.

First founded in 1904, the NPA contains representatives of every aspect of pasta creation from manufacturing, industry suppliers and wholesalers, all the way down to pasta chefs at favorite Italian bistros.

The NPA provides leadership to the pasta industry, acts as a voice in Washington, D.C., organizes pasta events and seminars, and oversees public policy issues regarding pasta.

According to the NPA's Web site, "noodles are considered one of the ultimate comfort foods."

Noodles can be soothing when we have a cold, a bro-

ken heart, burst bubble or winter-time blues," reports the NPA.

Noodles come in several varieties based on the thickness of the individual noodle. These include fine, medium, wide and extra wide.

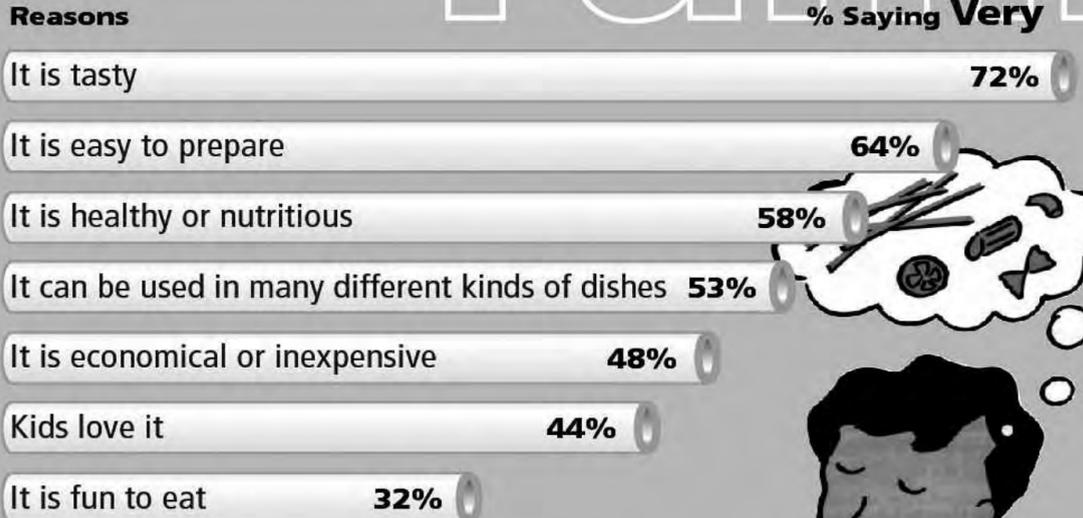
In celebration of National Noodle Month, the NPA encourages people to substitute noodles in their favorite pasta dishes, invite friends over for a spaghetti dinner or simply curl up in front of the TV with a bowl of chicken noodle soup.

If those celebrating lent are fasting from eating meat, pasta can be an excellent substitute. In fact, according to the NPA, sales of noodles and pasta increase during lent.

For more information on National Noodle Month or quick pasta recipes, visit the National Pasta Association's Web Site at <http://www.ilovepasta.org>.

Why People Buy Pasta

How important are the following reasons for buying pasta?



Source: American Pasta Report, 1997

Prevent colorectal cancer Maintain a healthy lifestyle

Ryan J. Downing
Guest Writer

For most university students, diagnosis of a terminal illness is far from a health concern.

Even still, awareness and prevention in order to stay healthy should interest anyone who cares about his or her wellness.

The Cancer Research and Prevention Foundation, based in Alexandria, Va., leads the campaign for National Colorectal Cancer Awareness Month in March.

While colorectal cancer – cancer of the colon or rectum – is the second-leading cause of cancer-related deaths in the United States for both men and women combined, it is often not mentioned or is overlooked because people are embarrassed to talk about it.

It surpasses both breast and prostate cancer in mortality, second only to lung cancer in numbers of cancer deaths, so awareness is of the utmost importance

for everyone.

Among the most important for young adults to understand is how to reduce the risk for colorectal cancer.

Young adults are placed at risk if they use tobacco, drink alcohol to excess, are obese or lead a sedentary life.

Smoking puts people at risk for general health problems, but it also causes cancers other than that of the lung.

It may also significantly increase your risk of developing colorectal cancer.

Excessive use of alcohol has been linked to colorectal cancer and to other gastrointestinal cancers as well. Moderate drinking is recommended.

Men and women who drink more than 3 or 4 drinks per day, or 10 to 14 drinks per week, may be elevating their risk for colorectal cancer, even as care-free young adults.

Regular exercise and maintaining a healthy weight are said to help prevent the disease. Exercise

may help reduce the development of colorectal polyps.

Although maintaining a healthy diet is not always a priority during the college years, research suggests that eating a diet rich in fruits and vegetables may help prevent cancer and other diseases in general.

Good eating habits are important to form during young adulthood in order to positively influence general health after one leaves the university setting.

Those at a higher risk for the disease who should be screened early include those with a personal or family history of benign colorectal polyps or colorectal cancer.

Awareness is the responsibility of each person to aid prevention, because early detection most often leads to a cure.

Statistical information provided courtesy of the Cancer Research and Prevention Foundation Web site at www.prevent-cancer.org.

Food for thought

•As legend has it, 13th century German bakers who fashioned dough into symbolic shapes such as words, birds and stars first made noodles. These "nudels" were then baked and served as bread.

•Egg noodles contain eggs; almost all other dry pasta shapes do not. By federal law, a noodle must contain 5.5 percent egg solids by weight to be called a noodle.

•A half-cup serving of cooked noodles contains just one gram of fat, 106 calories, five milligrams of sodium and important nutrients including B-vitamins, iron and protein.

•In the UK, "noodles" is a slang term meaning miserable pessimist.

•Noodles can be substituted for many other pasta shapes in many common recipes.

•In 18th century England, macaroni was a synonym for perfection and excellence. That's why, for example, the feather in Yankee Doodle's cap was called "macaroni." In fact, the word "macaroni" means "dearest darlings" in Italian.

•The Chinese are on record as having eaten pasta as early as 5,000 B.C.

•In the 13th century, the Pope set quality standards for pasta.

•Tripolini or "little bows" were named to honor the Italian conquest of Tripoli in Libya.

•To cook one billion pounds of pasta, one would need 2,021,452,000 gallons of water, enough to fill nearly 75,000 Olympic-size swimming pools.

•Consumers enjoy pasta for dinner more than 40

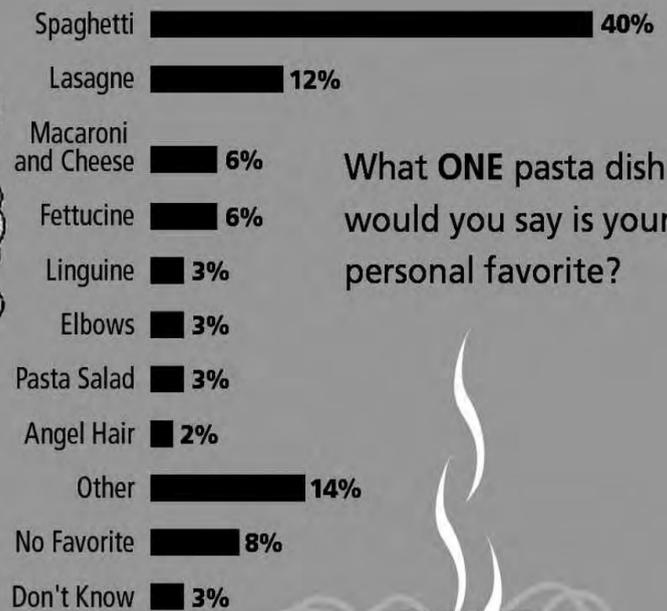
times a year (approximately once per week), with dry pasta as their favorite form, according to Harry Balzer, NPD Group, Chicago, Ill.

•The word "pasta" comes from the Italian for paste, meaning a combination of flour and water, including the many forms of spaghetti, macaroni and egg noodles. The term pasta has always been used on Italian restaurant menus to encompass all the various pasta offerings.

•Pasta existed for thousands of years before anyone ever thought to put tomato sauce on it. The Spanish explorer Cortez brought tomatoes back to Europe from Mexico in 1519. Even then, almost 200 years passed before spaghetti with tomato sauce made its way into Italian kitchens.

Information courtesy of the National Pasta Association.

Favorite Pastas



What ONE pasta dish would you say is your personal favorite?

Source: American Pasta Report, 1997

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The Antelope

An article in the March 9 edition of The Horn was miscredited. "Reaching out to help others, Spring Breakers serve the Lord in mission" was written by Staff Writer Ashley N. Volf.

Roman open for college crowd

Ashley N. Volf
Staff Writer

A relaxed atmosphere, unique bands and drink specials make your jaw drop.

The Roman prides itself in offering a relaxing atmosphere where friends are able to come and share a glass of wine, listen to great bands and get in on the impressive drink specials.

Through expansion however, The Roman hopes to change that image and attract more college students.

According to William Sheldon, owner of The Roman, the purpose of the expansion is to compete more with other businesses.

"Other bars have the capability to host a large amount of people," Sheldon said. "Hopefully with the expansion, we will be able to compete more."

"We are just waiting on the building permit, so we can get things up and going," he said. "We were supposed to get it last week. So, hopefully we will be seeing the change soon."

"Other bars have the capability to host a large amount of people. Hopefully with the expansion, we will be able to compete more."

William Sheldon
Roman owner

Sheldon hopes that with the business' expansion it will be able to gain the interest of college students and make it more inviting to them.

"We are hoping to get on the crawl," he said. "We want people to stop here as they go from O'Malley's to Club 3 and

over to Cunningham's."

"Right now, we are more of a sit-down-and-talk environment, while you have a glass of wine," Sheldon said. "The space we currently offer is more of a relaxed atmosphere."

Sheldon isn't looking to eliminate the relaxed atmosphere associated with The Roman.

"It's a classier restaurant," said junior Kristen Day. "The lights and the background music make it inviting to just sit and talk with friends. I know my friends and I can come and just get away from the stresses of class and work. Plus, the bartenders are great and make a mean gin and tonic."

"We are keeping the current section of the restaurant the same," Sheldon said. "We still want people to be able to come in and sit." Since the bar will be over in the other section, Sheldon doesn't feel it will affect the current restaurant.

"We are hoping to add a pool table and possibly karaoke," he said. "We are also adding a light and sound system for dancing. Hopefully, the sound com-

ing out through the alley will attract the people coming from Shooters and other surrounding bars."

The bands scheduled each Saturday will also be staying.

"We are moving the bands back into the bar," Sheldon said. "The space we have now is just too small for them."

"Right now we host a lot of local bands that we line up for every Saturday and try to fill Fridays as well," he said.

Local bands the last few months have included TREO, Jeff Ross, TASL, and Thalken, Tesdall & Thanlken.

Not only does The Roman offer a relaxed atmosphere, but great drink specials.

Every night, specials include drinks for \$2.00 a cup and pitchers for \$7.50.

Sheldon plans to continue the current food and drink menu.

The Roman offers a variety of choices: from meatballs to ravioli, Italian sausage and shrimp cocktail, and a selection of appetizers.

The Roman will continue to serve its buffet Tuesday nights from 5:00 p.m. to 9:00

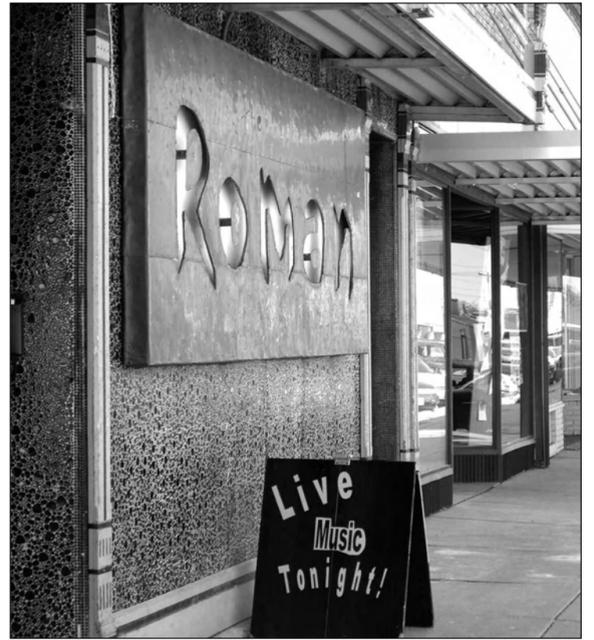


Photo by Eve M. Legacie
The Roman restaurant in downtown Kearney hopes to draw in a larger college crowd with its future expansion.

p.m. Dinner is also served Tuesdays and Wednesdays, 5:00 p.m. to 9:00 p.m., and Thursday through Saturday, from 5:00 p.m. to 10:00 p.m.

The bar is open Tuesday through Saturday, from 5:00 p.m. to 1:00 a.m.

Roman Drink Specials
Tues.: Vodka Tonic
Wed.: Whisky & Coke
Thurs.: Vodka & Sprite
Fri.: Gin & Tonic
Sat.: Rum & Coke

Optimism keeps students happy

Attitude influences the college experience, seasonal depression nearing end to spring

Jael J. Johnson
Staff Writer

As children growing up, many heard and sang the song "If You're Happy and You Know It".

If they were happy and they knew it, they were to clap their hands and stomp their feet, in a way to express that happiness.

So, all these years later after growing up, are the college students today clapping their hands and stomping their feet?

"People just like to be around positive people," said Tina Chasek, a Personal Counselor for UNK's Counseling Care.

Even on the UNK campus, there are positive people who can be found.

Bryan Mueller, a junior pre-mortuary and psychology major from Holdrege, would like to think of himself as an optimistic person.

"If life gives you lemons, make lemonade," Mueller said. "That is the motto I like to live my life by."

Optimism is the tendency to anticipate the best possible outcome or dwell on the most hopeful parts of a situation that happens.

The situation can be a good one or a bad one, but what matters is what one will take from it.

Chasek said the schedule of a college life is probably the hardest time in a person's life.

In the fall, the typical college student will come back after a long summer break all refreshed and ready for classes.

As the year progresses, they look forward to fun things around them, like more breaks.

There is a fall break, thanksgiving break and the holiday break that seems to get students through the semester.

Once they get back from one break, they look forward to the next.

There is a cycle of life after Christmas time that culturally causes a seasonal depression.

This is due to such things as the cold weather and the lack of the sun shining.

For instance, at UNK, students came back from this year's spring break only to come back to lots of cold and snow.

It is usually this time of year that things get put off until they can no longer be ignored.

Students will find themselves struggling to get through the end of the semester. Looking forward to the summer is common, and students hope the thought will get them through this tough spring semester.

"Your mind controls how things go," Chasek said. "Whatever you focus on and

give your attention to, that is who you are."

Mueller said his secret is he just does not worry about things.

He does not want to worry, because of all the bad things one could do for their outlook and self esteem, it would be to worry. Worry causes the pessimist to come out in a person, he said.

Chasek recommends college students to check out a Web site at www.authenticappiness.sas.upenn.edu.

It is filled with helpful information, tips to be more positive and questionnaires to test how positive a person truly is.

Dr. Martin Seligman, director of the University of Pennsylvania Positive Psychology Center, provides the information.

According to the Web site, Dr. Martin's research has confirmed that it is possible for everyone to be happier. No matter what the cir-

cumstances may be, it is possible for someone to feel more satisfied and probably laugh and smile more often.

"If life gives you lemons, make lemonade. That is the motto I like to live my life by."

Bryan Mueller
UNK junior

that it takes on the positive mindset.

When concerning his mindset, Mueller said billions of people would die to have what he has.

Optimism does not just come naturally for everyone, but is something that has to be achieved.

Chasek said attitude is really not the mysterious force people make it out to be. People create their attitudes by taking situations as learning opportunities.

Mueller said he is optimistic, because he is fortunate to know what he wants to do and how to get there.

"I would not be able to do it without the support from my friends, family and not to mention my supportive, beautiful fiancée Monica," he said.

One must practice mind fitness, Chasek said. The Web site tells all the proper ways to feed the mind so

Graphic by Jared Rawlings
Art Director

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Rival joins Loper football ranks

Cesar Rivas replaces Pat Stewart on defense

Brandon E. Siebenneicher
Staff Writer

A rival coach will now stand on the UNK football team sideline. Cesar Rivas, the defensive coordinator from Fort Lewis, has joined the UNK football team as the new defensive line coach. Rivas has also coached at, and was the recruiting coordinator at, Southwestern Community College in Chula Vista, Calif.

"We are excited to have him," Head Coach Darrel Morris said. "Cesar brings a lot of knowledge of the RMAC conference with him to UNK."

"He brings knowledge as well as some great defensive schemes to help us beat

them [Fort Lewis] the way they beat us the last two years."

Fort Lewis is the only team in the RMAC to beat UNK each of the last two years, helped considerably by Rivas' game planning to stop UNK's high-powered offense.

Rivas will replace former coach Pat Stewart, who left to become the head coach at Western State College, another RMAC school.

Morris is sure that Rivas is the man for the job.

"We have gotten a good look obviously at what Cesar

can do as far as game planning and preparing a team up close, as he beat us the last two years when he was with Fort Lewis," Morris said. "I guess if you can't beat them, go ahead and have them join you."

Rivas' playing career was at the University of California-Davis,

where he was a four-year letter winner, and helped his team continue their record of 33 straight winning seasons. Rivas was a defensive back and while he was there, UC-Davis reached four straight NCAA Division II playoffs.

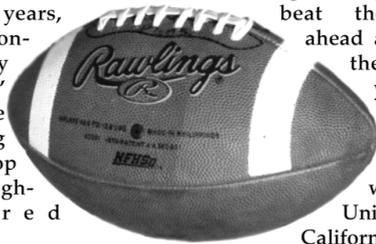


Photo by April D. Refior

The Loper football team has started practicing for next year. Battling through snowy conditions, the team found its way onto the field to run drills and start working on its game.

Tracksters practice inside for outside

Shannon J. Matthews
Staff Writer

While the snow slowly continues to melt, the UNK track and field team prepares inside for the outdoor season.

"This week's practice has been good, but the snow has forced us to go back indoors," Ben Nylander, a graduate student assistant

track coach, said.

Assistant Head Coach Luke Mosey said, "The sooner the snow melts, the sooner we get outside."

UNK was picked to finish second in the RMAC pre-season coaches' poll. Adams State was picked to finish first.

The outdoor track and field season means different events for the team, especially the distance runners.

The outdoor season adds a 10-kilometer race and a race called the steeplechase.

Nylander said the steeplechase is a 3000-meter distance run. Each lap contains five barriers - four land barriers and one water barrier. An athlete running the steeplechase will first encounter three land barriers, which are wooden blocks about 36 inches high. The next barrier is, at most,

three feet of water, and at the end of the race, there is another land barrier.

"A good steeplechaser would hit the barrier, jump off the barrier and hit the water with one foot and then continue to finish the race. The athlete should only get one foot, or even just the heel of the foot wet," Nylander said. "Although, when the athlete gets tired or does not per-

form the race correctly, the athlete can end up having both feet in the water."

The steeplechase is never performed at the UNK meets because Kearney High, where UNK performs the outdoor home meets, does not have a track designed for this race.

Along with different events, the outdoor season is something the track and field team looks forward to.

Mosey said. "The outdoor season will be a lot easier for the athletes. The grass, turf and track provide different surfaces for training. We can save some legs, and it is easier to run a curve outdoors than indoors."

The UNK track and field team will begin the outdoor season this weekend with the Alex Francis Relays in Hays, Kan.

Tennis teams lose tough matches at home

Shannon J. Matthews
Staff Writer

The UNK men and women's tennis teams experienced a tough loss last week. The Lopers played Northwest Missouri State Thursday at the Buffalo County Fairgrounds. The

team was supposed to play two other teams over the weekend, but they were cancelled due to the snow.

"I don't believe the postponed meets will affect us at this time. It was nice to get a break because we had a lot of matches over spring break, and we didn't feel like we had time off," Lina

Parrado, a sophomore from Colombia, said. "We will eventually play these teams later in the season."

Against Northwest Missouri State, the women lost 0-9 and the men lost 0-5.

Nate Wiegand, a senior accounting major from Grand Island, said, "They called the match at the

clench."

Calling the match at clench is an option when a team has already scored five, and the other team has no chance of winning the match. This option is usually used when time is an issue.

"This was a tough loss for us. Since I have been playing tennis here, Northwest

Missouri State has been a rival for the men's team. We were right there with them, but didn't pull out any big points," Wiegand said. "We wanted this win, but you learn more from your losses, and we play Washburn on Wednesday - we have even more of a desire to win."

The UNK tennis team is

now experiencing a transition to outdoor matches.

Parrado said, "It makes a difference if we play inside or outside. We have to adjust to the wind and different weather."

Both UNK teams will play Wednesday in Topeka, Kan.

Unlucky team loses

Joy N. Iromuanya
Staff Writer

"We couldn't pitch, we couldn't hit, we couldn't do anything you need to do to win a game," Rich Eber, a senior history major from Tampa, Fla., said.

The Regis University Rangers baseball team swept the four-game series with UNK last weekend.

Due to the snowy conditions, the series was moved to Denver, and will not be counted as conference play.

Regis won Saturday's games 8-4 and 7-5, and Sunday's 6-1 and 15-10.

"We are better than how we played last weekend," Eber said. "We can't make excuses. We got sidetracked

thinking about our rankings, we stopped working as hard as we did in the beginning of the season."

Both teams are ranked in the West Region poll. The wins improve Regis' record to 20-12, while dropping UNK to 12-10.

James Jensen, a sophomore sports administration major from Grand Island, said, "A lot of us are burnt out from being on the road. We had a lot of mishaps during spring break, like our bus breaking down. But we can't make excuses; it doesn't really matter if we play here or on the road. We know that we are going to play a lot of games. It'll be easy for us to get back into the groove of things once our confidence and defense

improve."

In the series finale, Jensen went three of five with two RBI's, while Cody Lusero, a junior third baseman from Omaha, and Travis Kerkman, a senior outfielder from Lincoln, went four for five with two RBIs.

UNK was scheduled to play Wayne State in a double header March 28 at Memorial Field, but the games were postponed due to field conditions. Both teams will try to makeup the set later this year.

UNK will play a four-game RMAC set this weekend at Metro in Denver.

Eber said, "We are going to have to get back to the fundamentals, clutch hits, we have to play as a team."

Lady Lopers recover from losses

Denton P. Cushing
Staff Writer

After last Wednesday's cancellation of the UNO double-header, the Lopers went to New Mexico

Highlands for a four-game series of conference play.

In the first game, Kristin Muehling, a sophomore pitcher from Omaha, was on the mound, and ended up with the 1-0 win. This moved

the Lopers to 12-5 on the season.

The next three games, however, were owned by Omaha sophomore pitcher, Brianna Bowers, who earned all three wins in the circle.

Basketball season ends

Joy N. Iromuanya
Staff Writer

The UNK men's basketball team lost to Minnesota State-Mankato, 82-70, in the first round of the North Central Regional March 11 in Winona, Minn.

"I'm gonna miss all of the off-court experiences. He is always making everybody laugh," Chad Burger, a junior sports administration major from Colorado Springs, Colo., said about Chris Dean.

In his final game as a Loper, Chris Dean, a senior forward from LaVerne, Calif., scored 13 points and grabbed 11 rebounds. He finished his career with 835 points and 408 rebounds.

UNK will return four of the five starters.

The Lopers end the sea-

son 23-8, and are now 9-11 in 10 all-time NCAA appearances.

Dean was joined in double figures by Burger and Dusty Jura, a junior forward from Columbus. Burger finished with 13 points.

Jura added a game-high 24 points, and set a school record for free throws in a season with 246. Jura's season rebounding total of 278 ranks seventh in UNK history, and is the highest total by a Loper in 28 years.

Jura was also named an All-American by "Basketball Times Magazine." He is only the 10th Loper to be named an All-American; others include Nick Branting in 2004, Nick Svehla in 2002 and 2003 and Eric Strand in 1998 and 1999.

Jura led the Lopers in

points at 18.5, rebounds at 9.0, assists at 3.0, steals at 1.8 and blocks at 0.8. He also led in minutes played and field-goal percentage.

The four returning starters for next season are Ryan Moore, a freshman guard from Beatrice, James Lane, a junior guard from Colorado Springs, Colo., Jura and Burger.

Burger said, "You never really know who is going to start. We have to earn our starting position."

The fourth-seeded Mavs advanced to the second round where they were defeated, 74-71, by top-seed Winona State, March 12.

Winona State went on to win, 73-61, the NCAA Division II National Championship over defending champion Virginia Union Saturday.

With wins of 9-5, 8-4 and 8-3, UNK climbed to a 15-5 mark on the season, and 12-2 in the RMAC.

Sophomore Melissa Hinkley worked hard for the Lopers in this series. She had eight RBIs. Hinkley also

smashed a couple home-runs, which added to her dominating performance.

Anne Manning, a senior from North Platte, also pounded a homerun in the series in game two. Also in that game, a save, a rare

occurrence, was awarded to pitcher Ashley Guyle, a freshman from Mead.

UNK is scheduled to play a double-header Wednesday if the field is ready. If not, the Lopers will face Regis in Denver next.

THURSDAY, MARCH 30, 2006

Looking back . . .

Spring break road trips and national competitions

Tracksters win medals in Boston

Shannon J. Matthews
Staff Writer

UNK students spent spring break relaxing, working, traveling or maybe even catching up on homework; but the track and field athletes participating in nationals spent some of their spring break recuperating.

"We only have a week between nationals and the start of the outdoor season, so I spent my break relaxing," Lesley Crutcher, a

senior public relations major from Elkhorn, said.

Shauna Birchard, a senior accounting major from Grand Island, said, "I spent most of Monday and Tuesday sleeping."

The track and field athletes had a reason to relax after the team's performance at nationals.

The UNK team came home with four All-Americans; Lance Pfeiffer finished national runner-up in the shot put event. The other All-American athletes are Kelli Dring, Crutcher

and Birchard.

Dring, a freshman sports administration major from Kearney, said, "I placed fourth, but I was a little upset because I had set a personal record at the meet before. At nationals, I jumped eight inches less."

Birchard said, "Even though I placed third, I was disappointed because I didn't throw my best. My personal record overall is 49-10, and the throw that won the meet was 48-4."

Crutcher said, "I got fifth place, but I wasn't sure what to expect before the meet. I was ranked 14th before competing. It was probably a good thing to not have too many expectations."

Even though the athletes had mixed feelings about

their performance, they all agree the national meet was a fun experience.

Dring said, "We got to attend a banquet where we were dressed up, and do a little shopping."

Crutcher said, "A couple of us went and saw Fenway Park [where the Red Sox play], and we also relaxed in the hot tub after competing."

Birchard said, "This year was the most fun I have had at a nationals meet with my teammates. We stayed at the Marriott in downtown

Boston, which was hooked on to a huge mall with stores such as Gucci and Louis Vuitton."

The Division II championships also gave some of the athletes bonding time.

"The national meet gives me a chance to hang out with people involved in other events," Birchard said. "Usually, because of work-out and practice schedules, you just get to hang out with the athletes in your own event. Nationals gave us a chance to hang out all together."

Tennis falls on the road

Brandon E. Siebenneicher
Staff Writer

Instead of having time to relax, the UNK tennis teams spent some of spring break competing in Texas.

"We had an awesome trip, but the competition was tough," Nicole Ruybalid, a senior exercise science major from Holdrege, said. "We ended up losing all of the games, but they weren't teams we would normally play."

The men's team came back to Kearney with one victory.

Jorge Ramos, an industrial technology major from Colombia, said, "We won against Southwest Baptist, who went to the national tournament last year."

"We also played the number one team in the nation, but we lost 8-1," he said. "It is always good to play nationally-ranked teams because we know where we stand compared to those schools."

The women's team knew the competition would be

tough because only five girls were able to participate throughout the trip.

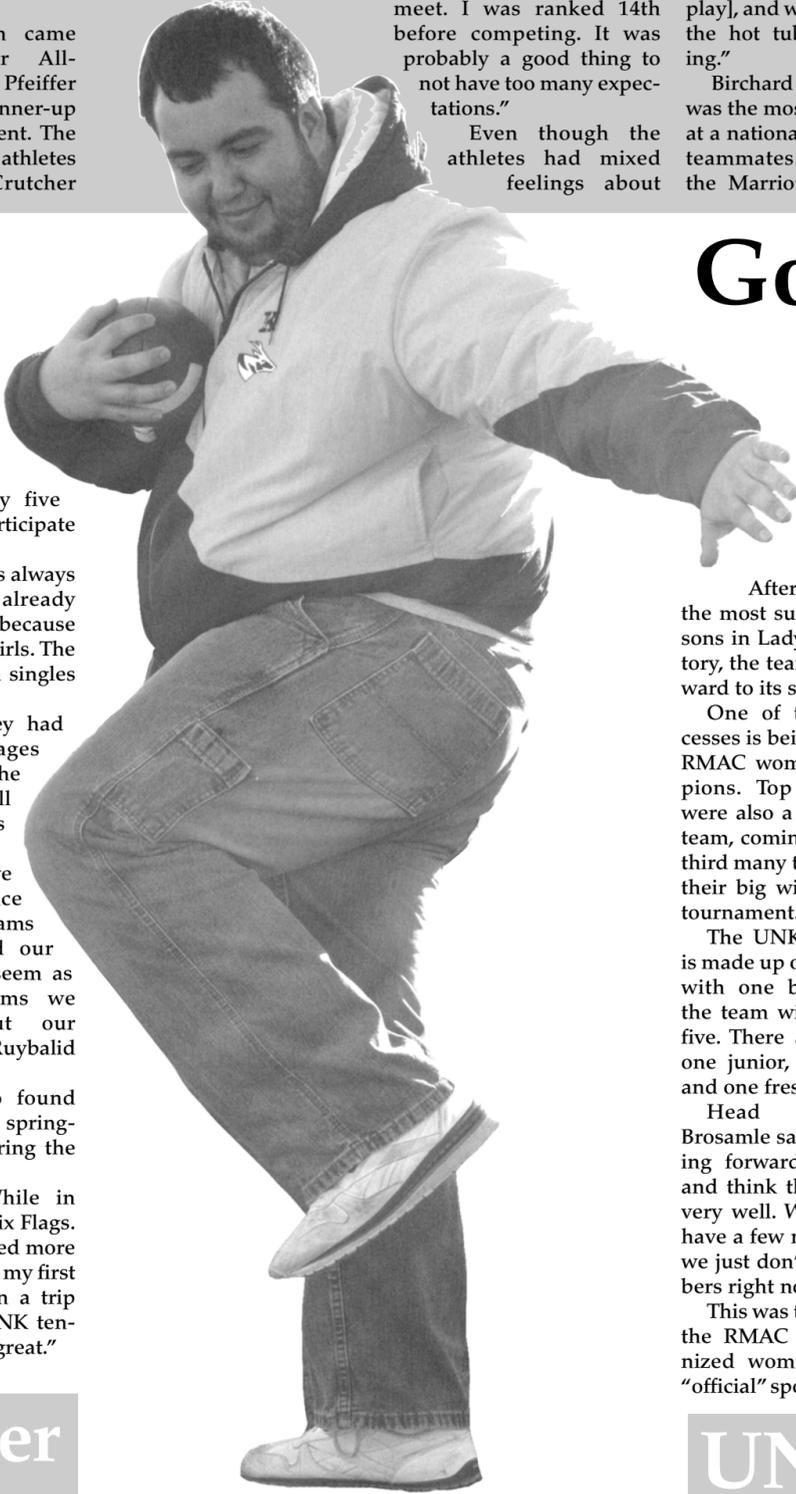
Ruybalid said, "It's always tough when you already start the game 0-2 because you only have five girls. The team has to forfeit a singles and doubles match."

Even though they had some disadvantages with their matches, the women's team still thought the trip was a good one.

"It is good to have this experience because now the teams in the RMAC and our region should not seem as tough as the teams we played throughout our spring break trip," Ruybalid said.

Both teams also found time for some real spring-break relaxation during the trip.

Ramos said, "While in Dallas, we went to Six Flags. This trip also provided more bonding time. This is my first time participating in a trip like this with the UNK tennis team and it was great."



Golfers tee off season

Brandon N. Siebenneicher
Staff Writer

After having one of the most successful fall seasons in Lady Loper golf history, the team is looking forward to its spring season.

One of the team's successes is being the inaugural RMAC women's golf champions. Top three finishes were also a constant for the team, coming in second and third many times, along with their big win in the RMAC tournament.

The UNK women's team is made up of six women, but with one being ineligible, the team will compete with five. There are two seniors, one junior, one sophomore and one freshman.

Head Coach Mark Brosamle said, "We are looking forward to the season and think that we could do very well. We would like to have a few more golfers, but we just don't have the numbers right now."

This was the first year that the RMAC officially recognized women's golf as an "official" sport sponsored by

the league. To be recognized, six schools in the league have to have a golf program.

In the RMAC tournament, the Lady Lopers fired a total of 343 to trail Mesa State by a single stroke after the first day of play. UNK then shot a final round of 333 to overtake everyone and win their first ever RMAC championship by seven strokes.

Leading the charge, sophomore Kami Hehn shot a tourney low 75 to launch her into a tie for second place, and earn herself All-RMAC honors.

Senior Lindsay Vivian and junior Carly Hill also had good performances, placing eighth and ninth, respectively.

The Lady Lopers were scheduled to start their spring schedule March 20-21 in Texas, but did not attend.

Their next meet will be in Amarillo, Texas, at the Buffalo Women's Invite.

The Lopers will have their only home meet of the spring season April 17-18 at Meadowlark Hills Golf Course, and all women's golf teams will conclude the season May 10-13 at the NCAA Championships.

Lone AquaLoper competes in final meet in Florida

Denton P. Cushing
Staff Writer

Jennifer Atterbury, a junior from Haysville, Kan., spent her spring break in Orlando, Fla., competing in the National Swimming and Diving Championships March 9-12.

"I kept the same routine and didn't do hardly anything different," Atterbury said. "I wanted to make the top 16, and was very excited going into the competition."

In the event, 32 divers started on day one with six

dives each. After the six dives, the field was cut down to 16 divers. On day two, the remaining 16 divers performed 11 more dives.

Sadly, this is where the AquaLoper pride ended for Atterbury. She earned herself 15th place and two team points overall.

"I kept the same routine and didn't do hardly anything different."

Jennifer Atterbury
National competitor

"It was a wonderful experience, and an awesome facility. I hope more swimmers and divers can make it to nationals in the future so they can have the experience that I had," she said.

Lady Lopers lose

Denton P. Cushing
Staff Writer

The UNK Loper Softballers started their spring break on March 8, when they traveled to Fort Hays State to start the first of their spring break games. At the double-header, the Lady Lopers were handed their first season losses.

In game one, the Lopers fell 9-1 after seven runs were scored in the third inning alone. Kristin Muehling, a sophomore pitcher from Omaha, was on the mound, and ended up with her first loss of the season, in a game that ended in five innings.

In the second game, UNK had the lead, but gave it up in the end losing 5-4. Breanna Bowers, a sophomore pitcher from Norfolk, pitched the game and was handed the loss. After this double-header, the Lopers

fell to 8-2 on the season.

At the beginning of spring break, the softball team traveled to Texas for the Hilltopper Classic. Things didn't start off well, when UNK lost its first three games.

In the first game, UNK fell to Incarnate Word of Texas, 7-3. In the second game, the loss was to St. Mary's University of Texas, 16-4. In the final game, UNK gave up an 8-7 loss in extra innings.

At this point, UNK was on a five-game losing streak after starting a perfect 8-0.

Later on in the tourney, things brightened up for the Lopers. With a 6-0 win over Concordia University, an 8-0 win against Texas Women's University and a 16-4 win over the Hilltoppers, UNK rallied back to go .500 in Texas.

At the end of the spring break trip, the Lady Lopers were 11-5.

UNK wrestlers go to nationals

Lopers bring back titles

Denton P. Cushing
Staff Writer

The UNK Loper wrestlers wrap up their season by earning the National Runner-Up title. UNK came up short and lost the No. 1 spot to UNO, 117-98.5.

Even though the team has never won a national championship, two Lopers gained national titles.

Brett Allgood, a sophomore from Bennington, won his weight class at 133 pounds, and ended up 39-4 for the season. Tanner Linsacum, a senior from Phoenix, won the 184 pound division, and extended his amazing win streak to 26 matches in a row to end with an impressive 31-3 overall.

Also in a finals match, Tervel Dlagnev, a sophomore from Arlington, Texas, lost 1-0 to a UNO wrestler, who is now a four-time champion. Dlagnev finished 42-10 on the year, which set a school record for the most wins in a season.

More wrestlers also managed to bring home hardware. Jeff Sylvester, a senior from Lyman, won third place at 197 pounds; Trevor Charbonneau, a junior from Green, Kan., took a fifth-place medal at 125 pounds along with Jeff Rutledge, a sophomore from Lincoln, at 141 pounds.

Sylvester ended his career with 118 wins, joining the elite club of four-time All-Americans.

Senior sheds spring break memories

Lucas E. Froeschl
Guest Writer

One last hoorah, six Benjamin's for the Middle East in gas, and multi-keg-stands by the fellas, and I am out of spring breaks. I guess the real reason I go on Spring Break is to be a part of the MTV madness we all see on channel 31. I told myself in high school, sitting on the couch after track practice, that I would do the one-week hiatus every March.

I endorse a Spring Break trip for everyone. Whether you get the 44 ounce Froggy at Tequila Frogs in South Padre Island, Texas, tan on the white sands of South Beach in

Miami, Fla., or rent a pontoon boat in Lake Havasu City, Ariz, there is one thing in common - one heck of a vacation.

I have been a spring breaker four years in a row. I started with your average freshman year "I don't have an ID" trip to Colorado to ski. I stepped it up a notch freshman and sophomore year going to South Padre in 2004 and Daytona Beach in 2005. I recommend those beautiful destinations to anyone.

This year was a road trip to Phoenix, Lake Havasu City and Las Vegas. The seven of us drove overnight to party at Dos Gringos, the Arizona State hangout right by campus. The next afternoon and

three and a half hours later, we arrived at the Mecca of Arizona spring break. Lake Havasu City was chock-full of California spring breakers.

We sailed our Husker flag a bit higher than that of Southern Cal's. We know who plays in L.A. next Sept. 16th. Our pontoon boat was full of people just wanting to do a keg stand. One can only drink from 10-2 so long. We rented the boat at 10 a.m. The Las Vegas two-day vacation cashed me out, and losing less than what I expected was a win.

Load the UHaul, pack all in, the five UNK and two UNL students are coming home. For me, it's my last spring break. It's been a great run

and lots of fun. I am pretty sure I got my money's worth with those beads I purchased from Party America.

Graduating in December gives me the benefit of one more college Halloween, but the REAL spring breaks are a memory. A memory captured in 200 pictures, 200 minutes of video footage, and 20 years down the road when I ask my buddy, "Hey remember when I did that backflip off the 40 foot cliff in Havasu?" So, everyone, go on spring break. There's not that many St. Patrick Day's left, and you have the rest of your life to work and make money.



All photos by Ryota Hayama
Spring break in Key West offered students exotic sites, including wild life, night life and adventure.

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