Campus ID cards are no longer a more 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 memory cards and one 32 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 Nebraska Student Union outside the Student Union.

The Roman expands Kearney area

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 Greely, which received the highest amount of snowfall, received 20 inches.

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

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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 entrance 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 also said some of the other businesses 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 in the downtown area, were also damaged.

The damage caused was minimal, Turner said.

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 attendance, 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," Wardel 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 (27 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-advisor, 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 added 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.

Storm impedes Kearney area

Mike W. Gruszczynski
Staff Writer

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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.
6. A person who is dependable in good times but is not there in times of trouble: fair-weather _________________.
7. This may result from lots and lots of rain.
9. A person who is dependable in good times but is not there in times of trouble: fair-weather _________________.
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 _________________.
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.
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 great days of Virginia’s ‘Yankee Snakes’

By Chelsie Flanagan

Great days of Virginia’s ‘Yankee Snakes’

The Antelope

THURSDAY, MARCH 30, 2006

As a spring break tradition, I participated in my fifth mission trip through Lutheran Disaster Services with the Holy Cross Lutheran Church/University Lutheran mission team.

I will never look at hot dogs the same again. From now on, when I bite into that tasy confection of meat and bun, I will be reminded of an experience that changed my life.

This year, I participated in my fifth mission trip through Lutheran Disaster Services with the Holy Cross Lutheran Church/University Lutheran mission team.

When we arrived there, we split into two teams. I was assigned to do work on the home of Virginia, a finely senior citizen who spoke her mind.

Virginia was gone out the 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.

Virginia was gone out the front door of her home on Virginia, a finely senior citizen who spoke her mind.

When Virginia was gone out the front door of her home, I, with the help of a couple of gentlemen from the congregation, tore out the rotting and termite-damaged 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. We served them with the ‘Pink Ladies for Jesus,’ and Jon Guest team, an example of the humor, energy and strength that would carry us through tragedy.

It was hard to say goodbye that last day. Through smiles and smilies we each took our turn giving Virginia one last hug, knowing we will never see her again. Before leaving we had a final devotional and prayer in a circle in the front lawn.

During spring break this year, I participated in my fifth mission trip through Lutheran Disaster Services with the Holy Cross Lutheran Church/University Lutheran mission team.

We soon proved our worth to her. For the rest of the week, we girls and I, with the help of a couple of gentlemen from the congregation, tore out the rotting and termite-damaged 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.

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The last day we laid a new floor in her living room and celebrated by having hot dogs. We served them with ketchup on hot dogs or ham.

She told us, they do not put ketchup on hot dogs or ham.

‘Yankee Snakes,’ when we heard them make her hot dog and ketchup joke, carry on beyond simple acts and transform into emotion and connections that prove to the world that people still care about one another, 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

Laurel McKellips, Reader’s Opinion

The Antelope

The article, “Smoking has pending,” is the 26th Issue of The Antelope, and other smokers’ organizaions have made me try to look at both sides of issue concerning smoking in restaurants and bars.

I have a hard time accepting these deaths so people can have the right to smoke.

A concern for this 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 example of the law and follow the good example that Nebraska smoke-free law.

The secondhand smoke risks are widely known, and yet the city council continues to高科技ize.

I am biased in the debate on the right to smoke. Non-smokers have the right to breathe clean air and not increase the chance of cancer and/or death because of secondhand smoke.

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The Antelope

NEWS

THURSDAY, MARCH 30, 2006

ID card

Continued from page 1

card office, open at vari-
tous times.

Winners will be an-
ounced 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 secu-
rity on campus.”

New attributes include
door access, a key for
campus residents, extra
printing, purchasing from
vending machines, laundry
payment, copying usage,
and UNK department MAC lab print-
ings; parking fines; parking
permits; parking fines; student
health services; set
department MAC lab print-
ing permits; parking fines;
student health services; set
campus parking lots
become no-parking zones
to allow for snow removal.

Campus parking lots
can become no-parking zones
to allow for snow removal.

“By next fall, we can go
much farther,” Haack said.
Ongoing endeavors of
Loper Dollars usage include
more beverage vending,
copier and laundry loca-
tions; snack vending;
student health services; set
department MAC lab print-
ing permits; parking fines;
student health services; set
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.

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

Photo by Julia Stumkat
A Loper Dollars terminal, located in the Nebraska Student Union, next to the Antelope Bookstore.

Connections.

Loper Dollar accounts
will remain active, provid-
ing 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
account 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 rem-

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 bal-
ance is $10 or less at the
time of closure.

If a card is lost or stolen,
the cardholder is responsi-
ble for immediately report-
ing it. Once reported, the
card may take up to eight
hours to deactivate.
Jacqueline A. Stoltenberg  Staff Writer

Assistant Professor of Music and Performing Arts Paul Brodene Smith pre- sented 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, and Working in Europe” on March 23.

Smith said he worked in England for seven months in 1999. “I worked with a few British singers and songers in the Hamburg production of the ‘Phantom of the Opera,’ which is how I think I found out about the job opening in London.”

“They were British dancers to do in England,” he said. “The rehearsals style were different for every stage director or conductor, so even within a theater the working atmosphere was different with every set of people that ran the rehearsals,” he said.

“I was in Austria for five weeks once, in Denmark for three weeks once, 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 London,” Smith said. Smith remembered a say- ing from his mother: “If you’re well mannered, you can survive in any situa- tion.”

“Learning the customs of where I was allowed me not to make an idiot of myself.”

Paul B. Smith
UNK Associate Professor of Music and Performing Arts

Nzal Schnoor said, he took his band to Italy to Christmas break because he wanted the whole band to go somewhere special to perform during the holiday season. 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 per- formed, they would gather in around us,” he said. “They were almost a novelty to them. They wanted to talk to us in English, wherever we were from.”

At the parade, they played Italy’s national anthem and “La Donna e mobile” or choral of the Hebrew slaves from the opera Nabucco”, by Giuseppe Verdi.

“It’s a song Verdi wrote for his Opera and it’s about the Hebrew slaves are returning home,” said Schnoor.

“This song the people would cry, older people especially would cry. They really loved that we played some of their music. The sec- ond 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 those type of experience provided to them as part of their undergraduate experi- ence. Hopefully it will lead them to study abroad.”

News

Faculty encourages study abroad

International Fighting Championships, Combat, Ltd. recently host- ed “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.

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 oth- ers in Kearney.

“The biggest help to me has been training with the UNK wrestling team,” said Stratton. “There’s a bunch of very, very accomplished people, Kieran McCurdy and Joe Ellender.”

“They’ve really helped me with my wrestling because I never wrestled in high school, let alone col- lege,” Stratton added. “I also do Muay Thai 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 interesting happenings the Saturday night Luke Cauldwell, from North Platte, won the Welterweight Class at 155 pounds.

He defeated this opponent Nick Boweau from Fort Dodge, Iowa in the first round. Boutout tipped out of the submission move Cauldwell used on him.

After the second inter- mission, Heavyweight Chen Murphy from Fresno, Calif. The contender, Carter, proved he was victorious that night by making Carter tap out in the first round.

The crowd was stunned at the loss and went home with their new Lightweight and Heavyweight champions.

Clarek, clearly the crowd’s favorite, and bell-hold er, 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 Strzelecki.

The contender, Carter, proved he was victorious that night by making Carter tap out in the first round.

The crowd was stunned at the outcome of the IFC as new Welterweight and Heavyweight champions.
Food for thought

Prevent colorectal cancer
Maintain a healthy lifestyle

Ryan J. Downing
Guest Writer

For most university students, one of the biggest health concerns is weight. Just like many other diseases, colorectal cancer is a weight concern. For young adults, the statistical information is alarming. Although maintaining a healthy diet is not always a priority for students, there are ways to help prevent cancer and other diseases in general.

Among the most important for young adults to understand is how to reduce the risk for colorectal cancer. Young adults are placed at risk for colorectal cancer primarily because of lifestyle factors such as smoking, alcohol consumption, and obesity. These factors can 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.

Young 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 cancer-free young adults.

Regular exercise and maintaining a healthy weight are ways 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 also 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.


•As legend has it, 13th century German bakers who fashioned dough into symmetrical shapes such as birds, stars and flower petals were miscredited. The actual cap was called “macaroni.” In fact, the word “macaroni” was misused to mean miserly or stingy. That’s why, for example, the feather in Yankee Doodle’s cap was called “macaroni.”

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

•In 18th century England, the term pasta was used as their favorite form of bread. Italian. The term pasta has always been used on Italian restaurant menus to encompass all the various pasta offerings.

•Pasta existed for thou- sands of years before any- one 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.

Pasta pleases plenty of people

Why People Buy Pasta
How important are the following reasons for buying pasta?

Reasons

It is tasty (72%)

It is easy to prepare (64%)

It is healthy or nutritious (58%)

It can be used in many different kinds of dishes (53%)

It is economical or inexpensive (48%)

Kids love it (44%)

It is fun to eat (32%)

Source: American Pasta Report, 1997

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

Pasta has been a staple of the Italian diet since the Roman era. The term pasta comes from the Italian word pasto, which means “meal.”

Pasta comes in many shapes, such as words, birds and stars first made for the feasts of Lent. These “nudels” were then baked and served as bread.

•Tripolini or “little bows” were named to honor the Italian conquest of Tripoli in Italy.

•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 mix up in front of the TV with a box of chicken or en noodle soup. If those celebrating Lent are fasting from eating meat, pasta is an excellent substitute. In fact, according to the NPA, sales of noodles and pasta increase during Lent.

The NPA provides leadership to the pasta industry, acts as a voice in the pork industry, and represents the entire month of March as National Noodle Month. The NPA contains representatives of every aspect of pasta creation from manufacturing, retailing, wholesaling, and restaurants, to those who craft and use pasta in their favorite Italian dishes.

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The NPA maintains a Web Site at http://www.ilovepasta.org.

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Noodles can be soothing when we have a cold, a broken heart, burst bubble or winter-time blues,” reports John C. Ludwig, Staff Writer. "Noodles are comfort food. In fact, according to the NPA’s Web Site at http://www.ilovepasta.org, noodles can be soothing when we have a cold, a broken heart, burst bubble or winter-time blues,” reports John C. Ludwig, Staff Writer. "Noodles are comfort food. In fact, according to the NPA’s Web Site at http://www.ilovepasta.org, noodles can be soothing when we have a cold, a broken heart, burst bubble or winter-time blues.”

According to the NPA’s Web site, “noodles are considered one of the ultimate comfort foods.”

Noodles come in several varieties based on the thickness of the individual noodle. These include fine, medium, wide and wide-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 mix up in front of the TV with a box of chicken or en noodle soup. If those celebrating Lent are fasting from eating meat, pasta is 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.

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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.

Thru e x p a n s i o n

However, The Roman hopes to change the image and attract more college students.

According to William S h e l d o n , 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. Hopefully with the expansion, we will be able to compete more.”

William Sheldon

Owner

“Other bars have the capability to hold 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.”

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

“We are hoping to get a pool table,” 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 classy restaurant,” said junior Kristen Thalken. “The lights and the house 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 drink and food.”

“Hopefully with the current section of the restaurant, Sheldon said “we still want people to be able to come in and sit.”

“The bar will be able to go in the other section, Sheldon doesn’t feel it will affect the current restaurant.

“We are hoping to add a pool table and possibly a dart board, and possibly also adding a light and sound system for dancing. Hopefully, the sound coming 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 true, Jeff Ross, T&D, and Thater, Isidell & Zahlens.

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 $5.00. Sheldon plans to continue the current food and drink menu.

The Roman offers a variety of choices: from steak balls to ravioli, Italian sausage and shrimp cocktails, and a selection of appetizers. The bands scheduled every Saturday and for them.

“The bar is open Tuesday through Thursday, from 5:00 p.m. to 1:00 a.m. and p.m. to 1:00 a.m.”

Photo by You M. Laguna

The Roman restaurant in downtown Kearney hopes to draw in a larger college crowd with its future expansion.

Roman Drink Specials

Sun.: Vodka Tonic

Mon.: Whisky & Coke

Tues .: V oodka T onic

Wed.: Whisky & Coke

Thurs.: Vodka & Sprite

Fri . & Sat.: Rum & Coke

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

Optimism keeps students happy

According to the Psychology Center, provides assessments by taking situations as

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.

“Just mind controls how things go,” Chassak said. “Whatever you focus on and give your attention to, that is what will happen. Mueller said his secret is to just focus on the positive things.

“We do not want to worry, because of all the bad things one could do for their outlook, you just would not be able to worry. Worry causes the pessimist to come out in a person, he said.

Chassak recommends college students to check out a website called optimism.trichappiness.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 circumstances may be, it is possible for someone to feel more laugh and smile more often.

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

Chassak 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 if he is optimism, 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 of my friends, family and not to mention my supporter, beautiful fiancé Monica,” he said.

The Web site tells all the proper ways to feed the mind so that it takes on the positive mindset.

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

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Graphic by Jared Rawlings

Art Director

Jael J. Johnson

Staff Writer

As children growing up, many heard and sang the song “If You’re Happy and You Know It!” and they were happy and they knew it. They were happy that they were alive, and they were happy that their friends and family were happy. So, all these years later after growing up, all the college students today clapping their hands and stomp their feet.

“So, all these years later after growing up, all the college students today clapping their hands and stomping their feet.”

“People just like to be around positive people,” said Tina Chassak, 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 optimist 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.

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UNK junior

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Add some excitement to your life, join America’s largest DJ Service. We provide the equipment, music, and training. If you are friendly, energetic, and own a vehicle, this well paying job as a mobile DJ is for you.

One must practice mind fitness, Chassak said. The Web site tells all the proper ways to feed the mind so that it takes on the positive mindset.

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“I would not be able to do it without the support of my friends, family and not to mention my supporter, beautiful fiancé Monica,” he said.
A rival coach now will call the shots on the UNK football team. Morris said he has chosen Rivas, the defensive coordinator from Fort Lewis, has joined the UNK football team as the new defensive line coach. Rivas has also coached at Western State College, the University of Colorado-Denver, where he was a four-year letter winner, and helped the Buffs to win a share of the Western Athletic Conference crown.

Rivas said. "Cesar brings a lot of experience to UNK. He is a wise football person. He is sure that Rivas is the man for the job. He is the man for the job. He is the man for the job."

"This week's practice has been excellent," Morris said. "Rivas has also coached the UNK football team as the defensive coordinator.

"We have got a good look obviously at what Cesar can do as far as game plan. He has got a team up close, as he has us the last two years when he was at Fort Lewis."

"I guess if you can't take them on head on and ahead you just join them."

Rivas\' career started at Chula Vista, Calif., College in Chula Vista, Calif. Rivas has also coached at Western State College, Fort Lewis, Colorado, the University of Colorado-Denver, where he was a four-year letter winner, and helped the Buffs to win a share of the Western Athletic Conference crown.

"We are excited to have him," Head Coach Darrell Morris said. "Cesar brings a lot of experience to the UNK.
Looking back . . .

Tennis falls on the road

Brandon E. Siebenneicher  Staff Writer

UNT students spent spring break relaxing, working, traveling or maybe even studying. But for the tennis and field track and field athletes, participating in nationals spent some of their spring break recuperating.

"We only have a week off during the season and we have four tournaments last year," said.

"It is good to have all of the competition would be tough because only five girls were able to participate throughout the year."

"It's always tough when you already start the game 0-2 because you only have five girls. The game has to forget 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 because now the team can really get the RMAC and the region should not seem as tough as the teams we played throughout our spring break trip," Roybal said.

Both teams also found time for some 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."

Birchard said, "Even though I placed third, I was disappointed because I did not win my heat. My personal record was 48-4."

"Without looking to expect the meet, I was ranked 1st before competing. It was great to not have too many expectations."

Spring break road trips and national competitions

Tracksters win medals in Boston

Shannon J. Matthews   Staff Writer

The UNK tennis teams traveled to Boston, Massachusetts, for a week-long trip, but the competition was tough.

"I wanted to make it to nationals in the future so they can have the experience that I had," she said.

At the end of the spring break trip, the Lady Lopers were 11-3.}

Golfers tee off season

Brandon N. Siebenneicher   Staff Writer

After having one of the most successful fall seasons in the women’s tennis history, the Lady Lopers found themselves in a familiar place.

"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 leg win in the RMAC tournament."

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

Head Coach Mark Bresnade 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."

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 348 to trio Mesa State by single stroke after the first. A UNO shot final round of 333 to over- take UNK. UNK then finished first every RMAC championship by seven strokes.

"The team will compete with five. There are two seniors, one junior, one sophomore and freshmen."
Senior sheds spring break memories

Lucas E. Frensch
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.