

# TheHORN

## *the Antelope* SPECIAL EDITION

**VOL. 1, No. 2**  
**APRIL 1, 2005**

*College in the Heartland*

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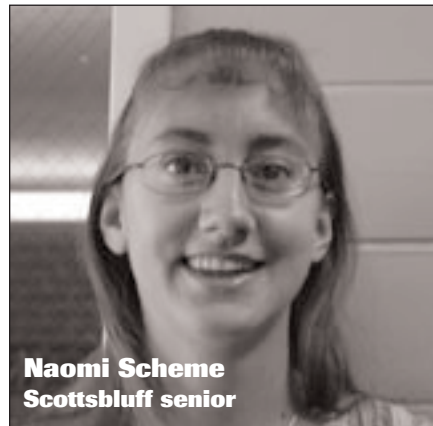
# He said... She said...

*What are your thoughts on the Terri Schiavo case?*



**Stefanie Schaefer**  
Ainsworth junior

"My thoughts go back and forth on it. I think that God makes the ultimate decision and we should not intervene with it. However, if I were paraplegic and unable to communicate like Terri, I'm not sure how long I would want to live like that."



**Naomi Scheme**  
Scottsbluff senior

"I think it's a shame that since she didn't leave a written will, and that her husband is trying to decide for her for his own personal reasons. I think that's the only reason he wants to do this. It has made me consider, though, what we all could do for our end."



**Jed Fong**  
Kearney freshman

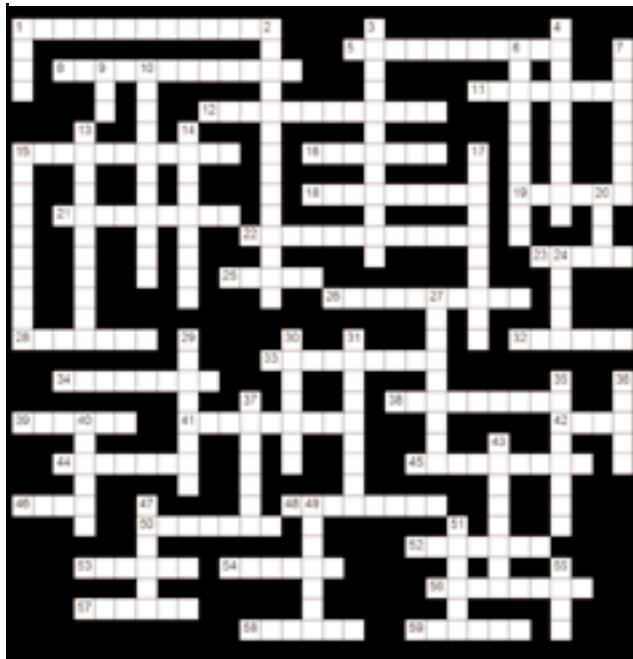
"I think it's a shame that America will sentence Terri Schiavo to death by disconnecting her food source. I think everyone deserves their right to life."



**Kevin Grate**  
Omaha sophomore

"A life without cognitive capabilities wouldn't be a life I would choose, and without a feeding tube, she would be deceased already - is it right to sustain a shell of a body?"

## *How smart are you?*



### ACROSS

1. Student with the highest GPA at college graduation.
5. To be admitted into a college or a university.
8. Education or academic accomplishment at the college of university level.
11. Some students indulge in sphere of activity, life in the \_\_\_\_\_.
12. The only thing that teachers expect from students in return for their dedication.
15. A grant of financial aid award to a students for the purpose of attending college.
16. The actual number of years one spends in school to become a college senior.
18. All the courses of

study offered by an educational institution.

19. The discoverer of the thousands of patents, including the light bulb, who dropped out of school early.
21. Who really pays for the majority of your college education?
22. Of or relating to the pursuance of advanced study after graduation from college.
23. The surname of the comedian who flunked out of college, then went on to make movies and play the saxophone in jam sessions in Manhattan.
25. A slang term to describe college fraternities.
26. A branch of knowledge or teaching
28. The typical college course earns you three of these toward graduation.
32. Balancing interests to cope with external pressures in the modern college world.
33. The surname of an American politician from Arkansas who established a distinguished teaching program for college educators and students.
34. A slang term for someone who spends much time reading or studying.
38. The collective word to express all that one has learned.
39. A, B, C, D and F.
41. The name of a professor is often one of these three on a resume.
42. A slang term for someone who graduates from a college or a university.
44. To show deferential regard or high esteem for a teacher.
45. In college, really not a boy.
46. A slang term for a residence hall.
48. A secondary lifelong "degree" earned after boy meets girl in college, and say, "I do!"
50. An educator who helps students find courses in their academic majors.
52. An English zoologist who spoke on campus this last week and who is noted for her studies of chimpanzees in the wild.
53. To miss class is to be \_\_\_\_\_.
54. This person gives you advice about career and college goals.
56. You take these assignments home, then bring them to class the next day.
57. An academic title given by a college or a university to a student who has completed a course of study.
58. The standard number of college hours.
59. A brief account of one's professional work experience of qualifications, often submitted with an employment

application.

### DOWN

1. Another name for resume.
2. Describes the older returning college student who is balancing studying, working and being there for family.
3. The student graduating with the second-highest academic ranking.
4. A financial grant made to a fellow at a college or university.
6. A task given to you by a teacher to enhance learning.
7. You reportedly gain 15 pounds during this college year.
9. The average grade earned by a student, figured out by dividing the grade points earned by the number of credits attempted.
10. The disciplines in college comprising the trivium and quadrivium.
13. An academic cap topped by a flat square.
14. What a college woman used to have to have with her at all times when a college man wae around.
15. Exhibiting great immaturity and lack of judgment.
17. A chief social organization of men students at a college or university.
20. The name of Dr. Merrick's favorite math teacher at Kearney High School when she went to school there — also "to eye."
24. A slang term that identifies a college sports person at UNK.
27. Products collected under one cover that represent a person's professional work.
29. A chiefly social organization of women students at a college or university.
30. The only thing that teachers live for through their students.
31. This person spends about a quarter of a century in school to teach students.
35. The other side of teaching.
36. The gender who has a higher percentage in American's college and universities.
37. The citizen's duty of a college student.
40. These are the aspirations that all educated persons in college hope is fulfilled for students, staff and teachers.
43. To be granted an academic degree or a diploma.
47. A chosen pursuit, profession or occupation.
49. Something you cannot have on campus.
51. A program of individual advanced study for exceptional students.
55. A way to prepare for an exam.

# Mom and dad, meet my fiancée, music

She was absolutely beautiful. The black paint that chipped off in chunks on the floor of my basement. The rusty lugs that stretched her fibrous skin. The clammy odor of it all that permeated the room. And she was all mine.

I had wanted her for as long as I could remember. After months of careful and exhausting negotiation with my mom and dad, we drove to the owners of my newfound love. Within five minutes of speaking with the older couple, who held my black paint beauty captive in a storage closet, my parents had shelled out the needed bail to free her from her prison cell.

And now she sat on the floor, free to spread out her metal and plywood limbs. Even though she wasn't much to look at, it was the complete and utter devotion that she and I promised silently to one another in our musty basement wedding chapel. That's why my lovely first drum set meant everything to me. We had promised to share a life of music together.

Although all of this might sound a bit too gushy and . . . well, odd to you, dear reader, it is all true. I fell in love with music through my first drum set, and to this day I still remember my days and nights in the basement with her. Now my set has vastly changed, with new drums and hardware, the works. Yet she still remains, possibly not in plywood form, but in the experience she helped provide for me from our time together.

It was such an exciting and emotional love to foster. Because of this, it is difficult for me to understand why someone who pays large sums of cash for a musical instrument, like my parents did for me, could abandon a possible chance at feeling the eroticism of learning how to play an instrument. Just like a normal relationship, it has its ups and downs, its joys and frustrations, and its hopefuls and sleepless nights. But in the end, you will never look back in regret, which is the case with some relationships. This bond with your musical instrument, no matter how easy or difficult it was to start, will continue to grow stronger and sexier with time.

But wait, hold on there. First things first. You're thinking about going out and buying an instrument right now, aren't you? Bad idea, my addled reader. The initial step is to listen, listen and then listen again to all of your favorite musical recordings. Purchase new albums by other artists that seem interesting. Borrow records and eight-tracks from your uncle. Whatever you can do to expand your knowledge of music right away.

Sorry to say this, but you won't even be touching an instrument for awhile, if you play your cards the right way, while developing your musical skills.

"Before I started playing electric guitar, I listened to tons of music," Eric Nyffeler, a junior graphic design major from Columbus, said. "So when I started to play [electric guitar], I already had a good amount of knowledge about music. Even though I don't like the crap music I used to listen to anymore, it still got me interested in playing music."

The reason for this overflow of rock 'n' roll is to not only expose you to other styles of music and the technical sides of some bands, but also to assist you in deciding which instrument to play. You might hear the blare of a trumpet solo on one of your uncle's Duke Ellington records and think how hip it would be produce sound like that. Or you might notice the gentle plucking of guitar strings on your brother's Soundgarden CD. In my case, I heard the tribal pulse of many artists, such as Tool, King Crimson and Isis, and couldn't resist the magnetism of the drum set. These different kinds of music have tremendous impact on your decision,

and everyone's reason for choosing an instrument is a unique one.

"I used to listen to a lot of Metallica and other metal stuff, but now my influences have changed a lot," Jonathan Zach, an undecided sophomore from Columbus, said. "I liked Deathcab for Cutie, Ben Folds, more melodic stuff like that. All of those bands had a lot of influence on the way I perform music."

The next step is to research the instrument you chose. There are many ways to do this. Probably the easiest and most accessible is to use the Internet. Musicians Friend, at [www.musiciansfriend.com](http://www.musiciansfriend.com), is a great place to find instruments and read reviews about which brands to shop for when making your purchase. The Woodwind and Brasswind, located at [www.wwbw.com](http://www.wwbw.com), is yet another storehouse of musical knowledge. You could also ask other musicians or professionals at instrument stores in your area.

Local concerts are incredibly exacting ways to do research as well. If you like the sound of a band using a certain type of bass guitar amplifier, you would probably be very pleased with a similar setup for yourself.

You must be thinking, when will this preparation end? I know, it's been difficult listening to music over and over again and researching your instrument like a bland homework assignment from school. So if you're prepared to dive into the most difficult and

rewarding part of your musical journey, then read onward fearless reader.

Oh, before we go into that, I almost forgot . . . go get your instrument! Buy it somehow, save up cans for recycling money, sell your soul to your parents for a month of hard labor, pawn off your old comic books and action figures. Do whatever is necessary to grasp that conga, clarinet, or kazoo in your hands. This will sound gushy and odd again, but you need to get a feel for your instrument before you sound the first note on it or strike the first chord. Study the buttons, levers, mouthpieces, strings, heads and everything about it so you won't go into the next step completely blind.

This step is both the next in the learning progression with your instrument and the last one. The reason for this, you might ask? Because this step, practice and inner learning, is eternal in the life of a musician. If you are unable to have your instrument in hand, you think about it and dream about playing it. You constantly have music in your head, a brain stem tingling with harmonies and melodies. And you never, ever set down your instrument in defeat without picking it back up again later to try again.

There really is no wrong or right to practicing and learning your craft within yourself. The only wrong way to go about this step is to forget it and think you are prepared for performance instantly. You will fail, I promise you, sometime down the road in an unexpected music mess. You might run into a band or artist that needs you to read music or write notation

for a rhythm. Sorry buddy, you won't get the position without practicing everything that makes up music.

Some students of their instruments seek advice and services from professionals and teachers. This is an excellent way to develop, but don't stick primarily to classical training. Get out there and perform with others, create some original sounds, so you don't sound like a rehashed studio drummer for a hair metal troupe from the 1980s.

After the many shows you will likely play, after continuing the process that is love for your musical instrument, you will look back in awe at what you have accomplished. You will remember the downs, frustrations, and sleepless nights.

When I remember my first true love, with black paint chipping off, I know that my memory of her will never leave me. Along with this memory comes the rest, remembrances from times past in my basement, hammering away at what I hope will be a hobby, lifestyle, and love for the rest of my life: music. You should try it out yourself, because you might just find the guy or girl of your dreams too.

**- Kent Lutt  
the Horn**



**Photo by Kent Lutt**  
Dan Nickel, a Columbus native, has played guitar for years. His unique playing gives character to his band's sound.

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***"Before I started playing electric guitar, I listened to tons of music. So when I started to play, I already had a good amount of knowledge..."***

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**-Eric Nyffeler  
Columbus Junior**

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# How to be a successful Resident Adviser

Have you ever wondered what Resident Advisors actually do?

Or, how you could be a successful one?

Programs, bulletin boards and everyday friendliness are just a few of the important aspects of an RA's job.

Each RA has his or her own way of doing things, but these are some ideas that I find can be adapted to help every RA make his or herself more successful.

One good thing to keep in mind in your RA position is that residents keep an eye on you more than they might another resident. It is well advised to act respectfully when you are in their presence.

Also keep in mind that, even though your residents may not thank you every second for every single thing that you do, it does not mean that they do not appreciate you, they just might not know how much you do.

And, just in case you forgot, you are getting paid to do this work. When you want to be a great RA for your residents and are willing to go that extra mile to make them feel welcomed and loved, you will be a better RA.

One such idea would be the simple act of handing out valentines to each of your residents on Valentine's Day or May Day baskets wishing them good luck on their finals and a happy summer.

Junior Amber Rolf, a current RA in Stout Hall, said that two of the most important things to do are managing your time carefully and taking time for yourself to prevent burnout. Along with that plan, it is always a good idea to put your homework first because that is the reason why you are here. If you absolutely have to get something done, feel free to tell your residents that you are busy, but be willing to talk to them when you finish.

Do not ever be afraid to do something for yourself.

A great idea in itself does not make the program, though. Programs are only as good as you make them to be. First, even if you have a fabulous idea, you need to realize that your residents are also busy people, and it is illogical to assume that every one of them will be at every one of your programs.

It is helpful to learn that even if only a few residents show up and have a good time your program can still be

considered a success.

Because we are all busy people, it is also a good idea to take into account your personal schedule, your residents' schedules and campus events when planning a program. If you pick a night when there are eight events on campus, you can not logically expect all of your residents to show up.

Another good idea might be to incorporate some of the more "boring" and sensitive information into fun settings. For example, teach about alcohol and sexual awareness by presenting the information in the form of "Awareness Jeopardy."

Along with presenting your nine programs and three floor meetings a semester, you also have to complete at least three door decorations. These can be quite simple, or they can be complex; it really depends on the amount of work you want to put into them.

If you are really busy and do not want to spend too much time, look for simple, yet effective ideas that can be completed in a few easy steps. One example would be to go to a bookstore in February and buy some of that year's calendars, which are usually on sale for about \$1 and then use the pictures of the calendar as door decorations. Waldenbooks in the Hilltop Mall and Hastings Books, Music and Video store usually have an acceptable selection.

On the opposite side of the scale, if you are willing to do a little more work, make an interactive door decoration, such as a word search, where the first three residents done can receive prizes. To go that extra step, make the word search contain words describing your hall or UNK. When deciding to go above and beyond, always remember to have good time management and to avoid last minute door decorations.

One way to do this is to plan out your ideas at the beginning of the semester and work on them when you have free time. You do not have to be specific, just set goals, such as, "I would like to have one new door decoration up each month."

Remember to be flexible with that because even you get too busy. Another good thing to look at would be to adapt your specific ideas to your floor environment.

This idea can also be adapted to the three bulletin boards that you have to complete each semester. It is always a good idea to make your floor seem very welcoming at the beginning of each

semester when people might be missing home. This is especially important for mostly freshmen floors.

One very important tip to remember, no matter what the bulletin board is, is to make sure it is interesting to you. If you will not enjoy it or take the time to read it, most likely, your residents will not either. Pay special attention to not just throw some idea up on the wall to meet your requirements, make it something that you want to look at for a month and make it something that you are proud to say you made. Also, feel free to have fun with these and to try your own ideas. If you think something is cool, someone else on your floor will agree.

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*"It can be difficult to find time for yourself . . ."*

**-Sarah Wald  
Stout Hall Director, former  
Resident Advisor**

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When you want to do a little extra work, try interactive bulletin boards to ensure more readers. One idea would be to put up a piece of paper and ask "What are your thoughts" and provide some markers or make a Mad Libs board and have residents fill in the answers and then type up the stories and put them up.

Even though there are many set requirements and specific acts you have to complete each week as an RA, do not be afraid to take that extra step. One very easy way to accomplish this is to just be friendly to all of your residents, not just some of them. It is understandable that you might be better friends with one or two of them, but do not exclude the others because of that.

A few useful tips to ensure friendliness to all include simply offering at least a smile or saying hello every time you see one of your residents, especially if it is on your floor. Even if you do not want to force conversations upon your residents, appear to always be ready and willing to listen.

Another easy way to do this is to keep your door open as much as possible. If residents see your inviting room, they will be more willing to interact with you. Interaction can lead to friend-

ships, which in turn lead to program attendance and more friendly floors.

As an easy way to find conversation topics, check out what your residents have in their rooms: how they decorated, what posters they have hung, what is on their doors. Pictures of family or friends, stories they have written or things they find important or humorous are easy conversation topics. Current Stout RA, junior John Nuxoll, offers some good advice in this area. "Realize that you can't be the best RA for your residents, but make every attempt at being the best RA for them. Spend time with them, don't be a strange face in their rooms," Nuxoll said. "Don't go out of your way to be a different person for them, just be yourself. People need RAs who aren't fake and who are willing to go out of their way for their residents, not people who are just like them."

With all that you have to accomplish, it is easy to become overwhelmed in this job. Stout Hall Director and previous RA, Sarah Wald, explains this concept.

"I believe one of the most important aspects of being a successful RA is learning to set personal boundaries. It can be difficult to find time to yourself when you live, work, study and socialize in the same area every day," Wald said. "If an RA gives of [his or herself] 24 hours a day, seven days a week, they will soon find themselves running on empty, and unable to fulfill their responsibilities. Being able to establish personal boundaries, knowing when you can say yes to someone and when you can choose to say no isn't an easy lesson to learn, but [it is] an important lesson."

Another good resource is your fellow RAs. They have all done programs, bulletin boards and door decorations and they are all a good source of ideas. Another way of using your fellow RAs is by working with them. When you have a fantastic idea, but you know that it will take too much time for you to do it by yourself, ask an RA from your building if they want to do the program with you. They do have the same requirements as you.

Each RA will have his or her own system of how to be successful, but I hope that these few ideas will help you on your way. In fact, with all of these great resources and tips, there is no excuse to not be a successful RA.

**-Jamie Dusin  
the Horn**

# Dance to the rhythm of your own business

It's one thing to be a Disc Jockey, but quite another thing to operate your own disc jockey service. This is something that Russell Davis, co-owner of Pure Platinum DJ Service knows all too well. Five years ago, Davis purchased a small, stagnate disc jockey service, taught himself the trade, and has now turned that small company into one of the most successful DJ Services around. Davis hopes that through this article, other young and eager entrepreneurs will find inspiration and ideas for their own business venture.

One of the first things he did after buying the company was think of ways to advertise. "Our main goal was to get our name out there, so we immediately placed an ad in the yellow pages and got a white page listing," Davis said. Along with the phonebook advertising, Davis set up a booth at a local bridal show to let people see him and his company.

Next, came the organization of the business. Upon purchasing Pure Platinum from a friend, Davis found

there was no paperwork kept: no play lists for the customers, no CD organization, and most importantly no equipment upkeep. Davis, who began to keep records for taxes, typed up a play list so all his customers could see what songs Pure Platinum offered. He organized his CD's by a numbering system, and he repaired and replaced old equipment.

Another important task was figuring out how much to charge. Davis knew that he had to be inexpensive because he was a new business, but he also wanted to make money. Davis said, "We set our price at \$325 for weddings, and we usually did other dances for \$250. These prices were below what our competition was charging, and it gave me a lot of money."

Finally, after all the housekeeping, Davis started booking dances. He not only started booking dances, but the dances were mostly weddings. "Because we did the bridal show, we started booking weddings and I realized I had never DJed a wedding before," Davis said.

He immediately started practicing in his garage, where he would set up his equipment and practice announcing and playing the right music. Davis said that his first wedding was a learning experience and that it made him aware of how difficult this job proved to be. "I was stumbling over my own words, I had people coming up to me all the time requesting songs, and I had to think of the right songs to play; it was pretty hard," Davis said.

Davis first got interested in DJing during his junior year while attending Kearney High School. His youth pastor at the time owned Pure Platinum and would take Davis along. For the last two years of high school, Davis attended many dances with his youth pastor; one night he found out that the company was for sale.

Now five years and hundreds of dances later, Davis still keeps everything simple. He still has his phonebook listings, and he still participates in the bridal shows. However, Davis has found that most of his business has come from word-of-mouth. Davis said,

"It's funny, when you do a dance or a wedding; you have the bride's maid of honor call you to DJ their wedding. Or you will get recommendations from the guests."

Also, Davis has not let his success go to his head; he still offers the same competitive prices. The simple tasks of getting your name out there, being organized, and having competitive prices has given Russell Davis success.

According to information provided by the Nebraska Business Development Center, the first things one should know about starting their own business are: Marketing strategies, technical ability, and financial knowledge. Also, one must know the disadvantages as well as the advantages of being in business for yourself.

It seems that Davis knew what he was doing and took the right steps for his successful career.

Now try it yourself and see what happens.

**-Scott Barry  
the Horn**

## the Antelope

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The Horn -5-



# Manage money better, manage better lifestyle

The weekend is coming up and your wallet is empty. If you are lucky you might have some pennies or some wrappers. Your friends ask you to go out but you can't because you don't have sufficient funds to do anything. I guess you will have to stay home this weekend.

But with my helpful tips this might not happen to you. By learning how to manage your money you might be shocked at how much cash you can save.

"Even though I work hard to get money to pay for all my bills.

I still don't have enough to pay for other expenses," Lacey Strasburg, Hayes Center junior, said.

To better organize your money here is a list of six smart tips. You can

try to find ways to make them a part of your life. College may seem like a breeze, but when you wallet is empty and bills start to arrive you might get overwhelmed. Just remember to enjoy yourself and manage your money wisely.

"Money management takes planning. They [students] need to determine what their income and expenses will be for a specified period of time. Then they need to maximize their income and control their expenditures," Lyle Colsden, Associate Professor of Family Studies and Interior Design, said.

The first tip is to write it down. You can begin by doing a financial record, so a notebook will do just fine. To start off, set up the book so that you can have space to put down the money that you have spent and when you spent it. In another part of the notebook, you can write

down your necessary expenses such as food, gas, rent and other bills for each month. Another method could be putting down the precise income that you will expect every month, coming from your parents, financial aid or a job.

"They (students) need to determine their values. What is important to them? What do they want out of their life? What do they want for a career? What makes them happy? After they have determined what their goals and objectives are, they

need to develop a plan to accomplish it. Budget would then need to be developed to manage and control their financial resources," Colsden said.

My second tip is to check your options. You can check your options

by speaking to a bank representative or your parents to find out what accounts the bank has to offer college students. You also have the option to obtain a credit card but just remember that even though they may be helpful but they can also be harmful. Don't forget to write down all your transactions in your book.

Third, save your slips or receipts. Place your receipts in your financial book because you might get charged incorrectly, so you will have the receipt to prove it.

"Being in college and trying to manage my money is hard but I manage to pay my bills on time and make sure how much money I have," Debra Dolezal, Gretna junior, said.

Fourth is don't overspend. Like what your parents have said, only buy what you absolutely need. Also, you never know when an unexpected expense might come up

and you might not have sufficient funds to pay for it. If you need to, you can set up

a savings account. With your savings account you can have extra cash for emergencies.

"We spend much more then we save so they will need to become wise consumers. They will need to develop plans to maximize the return on their savings and investments and still keep the necessary cash to pay their current bills. This takes planning, budgeting and monitoring to keep track of their money," Colsden said.

Fifth is keep you wallet or purse organized. By organizing your wallet or purse you will be able to easily keep track of your expenses. Always have coupons or discount cards hand just in case you are short on some cash.

Finally, don't forget to pay your bills on time. Don't let your credit card balance get bad, because you might have to pay more than expected due to interest rates. If you don't pay your bills on time there are some consequences. You will be charged more money and your credit will become bad.

"The best way I can sum it up is an anonymous quote, 'Money talks all right. Usually it says goodbye,'" Amy Hittner, Hastings junior, said.

With these six steps you might come up with some extra cash in your pocket and a new way to manage your money right.

**-Erika Dimas  
the Horn**

**Photo by April Refior**

**Money management is essential for all college students.**

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# Words from a parking Nazi

I am a ticket writer. My job is to enforce the parking rules that are set by public safety and the university. I bestow citations to those who can't follow or choose not to follow those rules. If this is a crime, let me know.

A pressing concern for UNK students is parking. The question always pops up, "Will they catch me if I just stop in for five minutes?"

UNK students pay up to \$55 for permits that allow them to park in the applicable parking lot. The current parking system has permits for residents, commuters, faculty/staff and a perimeter permit used when resident permits run out.

The idea of a parking ticket has either worried or ruined the day of almost every student at UNK. A lot of students wonder if their meter ran out, or they second guess if the parking lot they're in is the right one.

"I never know how much to put in those meters," Eric Morosic, a freshman from Kearney, said. "I mostly end up playing it safe and put way too much in, mostly."

On the day students receive a parking ticket; they may curse themselves, the university, or the Public Safety employee that wrote the ticket. Several nicknames for the parking enforcers

surface due to these feelings of resentment. The nicknames range from profanity to "Parking Nazis."

My boss and Parking Services Coordinator Wilma Heinowski explains that people try to follow the rules for the most part. If they're run-

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*"It's nothing personal against them. If they break the rules, it's my job to give them a ticket and enforce those rules."*

**-Jonathan Crouch  
Community Service Officer**

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ning late, however, "they feel they have to break the rules," Heinowski said.

The general consensus of the UNK student body is that the rules aren't too hard to follow. A lot feel relieved they don't go to a bigger school.

"Lincoln's (UNL) parking situation is a lot worse than this," Andy Coday, a sophomore from Fremont, Neb., said. "There's never a space to park there."

Community Service Officer

Jonathan Crouch, a junior from Broken Bow, Neb., has no problem writing tickets.

"It's nothing personal against them. If they break the rules it's my job to give them a ticket and enforce those rules," he said.

He said that his job as a ticket writer is often questioned by students. Passers-by often shout and give him a hard time.

"I always take crap from friends and random people driving by," Crouch said. "It especially happens when they see me writing the ticket."

As for myself, I have also received threats from onlookers. One such threat included "burning that truck thing" that I drive around in, otherwise known as a Kawasaki Mule. Fortunately, the teasing is usually in good fun and harmless.

My job of a ticket writer is pretty simple. My duties include walking or driving from lot to lot and checking the parking permits. If the permit isn't valid for that particular lot, I'll write up a citation. The fine received depends on the type of violation. They range from \$10 for expired meter to \$55 for a stolen or forged permit. The amount is figured by the severity of the infraction.

Students can also appeal the parking ticket if they feel they have a good rea-

son to. The student government hears these appeals. That government is made up of the elected student senators.

Students can appeal these tickets simply by attending a senate meeting. Their stories are heard by the senate, and their decision is made by a vote. I am lucky enough not to have to sit in those meetings. Sometimes it's a good thing to not put a face with the ticket.

Heinowski describes the job as "customer service combined with doing something people don't like."

"I try to make everybody happy and can't make everybody happy," she said.

Heinowski's ticket writing staff has five employees. My reason for being apart of this is to have a job. I'm not out there to get people or ruin their days. It's a job for me. If I see an illegally parked car, I'll do my job and write the ticket.

This is a warning to any students who think they can get away with illegal parking. We are out there, and we're not afraid to give you a ticket. It's never anything personal against the rule breaker. We just do our job, and that's all there is to it.

**-John Schilling  
the Horn**

# Weather in Nebraska: How it effects us

When weather changes, does it often affect our attitude in means of change?

One might think that, and guess what, he or she is right.

Nebraska weather is so unpredictable. One day it will snow and the next it will be sunny and in the 50's. In fact, a popular local saying is that if you don't like the weather in Nebraska, wait five minutes and it will change.

Someone will always say, "It must be a full moon this week" or "There's going to be a change in weather!"

I know that when I'm in a bad mood, I always blame it on the weather. The weather in Nebraska is not very seasonal.

Marilyn Arrants, mother of five from

Grand Island said, "I remember my first communion. It was sunny and clear outside the GI Catholic Church and by the time communion was over we were having a blizzard."

Apparently, there exists some substantiation for weather and effects on attitudes. Do you feel tired or exhausted? Do you suffer from a headache? Why not blame the weather?

Millions claim that the weather literally gets on their nerves. The skin, nose, eyes, nervous system and muscles are affected by temperature, humidity, wind and air pressure. If these signs sound familiar you may be suffering from SAD (seasonal affective disorder), according to sada.org. It basically means that you are a weather-sensitive person.

Symptoms may vary from person to person and their intensity generally

increases with age, low-level fitness and body weakness due to illness. Sufferers may become depressed, with low energy, and changes in appetite, sleep, motivation, and may cause impairment in ability to function. There is a milder version, one that you might

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*"I remember my first communion . . . by the time communion was over we were having a blizzard."*

**- Marilyn Arrants  
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have heard "winter blues," which includes all the symptoms except impairment. (sada.org)

Carol E. Watkins, MD., Lutherville, MD said, about 70-80% of those with SAD are women. The most common

age of onset is in one's thirties, but cases of childhood SAD have been reported and successfully treated. For every individual with full blown SAD, there are many more with milder "Winter Blues."

What can you do about weather sensitivity? The best advice is to harden your senses by exposing them to the elements. Spend more time outdoors, in all kinds of weather. You have to learn how to work out of the blues. When we feel down or depressed, we look for things that make us feel good. There is nothing wrong with a little indulgence . . . as long as it is something that will genuinely make you feel better (sada.org).

Don't let the weather get you down and blue.

**-Jill Woolsey  
the Horn**



# Excess weight is tough to shed

It may be a well-circulated myth or a true phenomenon, but either way—college students are on both sides of the fence when it comes to the “Freshman 15” controversy.

Some feel that there is no such thing as the “Freshman 15,” while others deeply believe in the weight gain their first year of college and have actually witnessed or experienced the excess 15 or more pounds themselves.

Stress, boredom and numerous junk food options are all reasons for excessive eating. Whether the “Freshman 15” is a myth or not doesn’t matter, but weight gain is a reality for many. The real concern isn’t the weight gain, rather how to lose the weight.

There are hundreds of weight loss methods available, but one should ask what are the most popular weight loss methods for college students?

harm than good. Research has been done that proves that low-carb diets cause cholesterol to increase and may cause long-term heart problems.” Results will be seen if a low-carb diet is followed correctly, but Smith feels the negatives outweigh the positives in this diet plan.

As for supplements, Smith discussed creatine, which is a supplement used by athletes to increase muscle mass. “Although many athletes use creatine on a regular basis and see results, research has found that creatine only injects water into the muscle, causing the effect of muscle growth. Creatine can also cause cramping because of the water increase and is also damaging to the kidneys because of the difficult filtration the creatine requires,” Smith said.

Another weight-loss method that is rarely found in the Midwest is eliminating red meat from your diet. Pat Campbell, junior, Kearney Neb, said “I have cut red meat out of my diet and feel that it has helped enormously with staying healthy and fit. I have a lower fat diet than most and I am able to consume more fruits and vegetables throughout the day, which provide me with needed vitamins and antioxidants. I also work out 4 times a week, which includes; jogging and lifting weights. Obviously, the amount of iron in my diet may be concerning to some, but I have found no negative implications from my diet, as of yet.”

The weight loss method that most doctors and researchers have found the most effective would be diet and exercise. It is recommended that the average person should consume approximately 2000 calories a day, which is low for a male and high for a female. Smith stressed including an exercise regime into your daily schedule, but was unsure about counting calories. “I feel that weight loss can be seen without counting your calorie intake daily. By eating healthy foods and following the food period, which we all learned in grade school, weight loss can occur. People may become obsessed with counting calories,

as with exercising. All weight loss methods should be done in moderation,” Smith said.

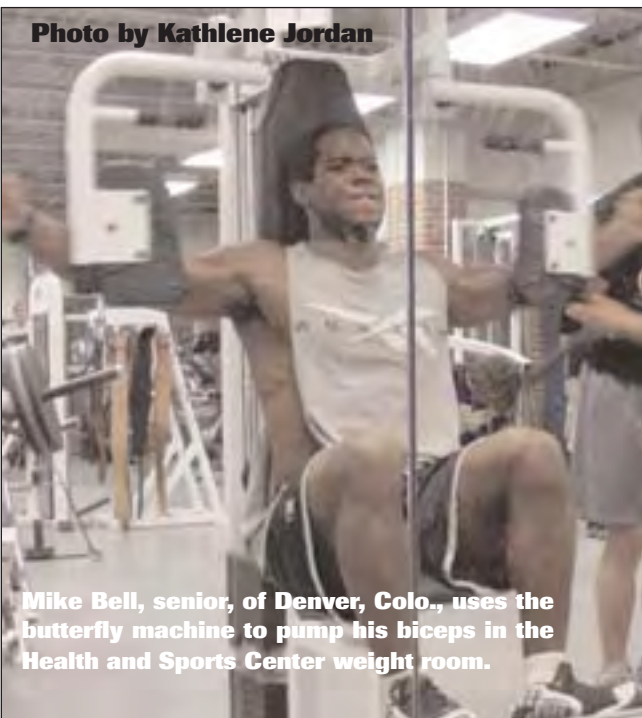
Scott Barry, a Kearney senior, said, “The weight loss method that I choose to participate in would be going to the gym. I like to spend a lot of time working my upper body. However, I start each workout by running 1 mile on the treadmill. I increase the speed each time so I can run a quick mile as fast as I can. Next I do dumbbell bench press. I alternate each upper-body lift with an abdominal exercise. Other things I do are play racquetball, basketball, football and volleyball on a regular basis.”

Barry’s workout routine is a healthy way to lose weight, but also to stay in shape and tone his muscles. Although working out is Barry’s weight loss methods, others may not have the time or motivation to head to the gym. Those who lack time or motivation, tend to turn to different dieting techniques and calorie counting. Weight loss supplements are also a method chosen by students, but should be used in conjunction with a healthy diet and routine exercise.

Although lifting weights is usually an activity that should be done in a gym or with weights outside of the gym, students can lose weight by implementing a walking or running routine around their neighborhood. “Losing weight or maintaining a healthy weight doesn’t have to include going to the gym or eating fruits and vegetables the entire day. People can participate in activities that they enjoy, such as; walking, running, playing tennis, or even shopping. Exercise doesn’t have to be boring or unenjoyable,” Smith said.

There are hundreds of methods for losing weight. Students need to evaluate their abilities with the goals that they hope to obtain and then choose a weight loss method that they will stay committed to — not one that has been successful for someone else.

**-Jenni Epley  
the Horn**



**Photo by Kathlene Jordan**

**Mike Bell, senior, of Denver, Colo., uses the butterfly machine to pump his biceps in the Health and Sports Center weight room.**

These methods range from healthy diets, like counting calories and exercise, to not so healthy methods like bulimia and anorexia.

Choosing the weight loss method that’s right for you is the most important part of the process. By choosing a method that is not compatible with your goals and abilities, you’re sabotaging and refusing the intended results.

Some of the most popular weight loss methods are the Atkins Diet (low-carbohydrate diets), weight loss supplements and diet and exercise. All methods have positive and negative aspects, and people who choose to engage in certain weight loss methods need to be aware of these.

Tonya Smith, a registered nurse at Good Samaritan Hospital knows all about the positives and negatives of the low-carb diets, supplements, counting calories and exercise. “Although low-carb diets like the Atkins diet can be effective, they may cause more



**Ryan Watts, freshman, of Omaha, Neb., builds arm and chest bulk on the bench press in the Health and Sports Center weight room.**

**Photo by Kathlene Jordan**



# Freshman 15 or college 15?



The legend of the “Freshman 15” has been passed down through many generations of college students. It goes back a long way, originating before many of us were even born.

The legend claims that the average college freshman will gain about fifteen pounds during their first year on campus, claiming their youthful figures along the way. But how accurate is this myth?

Is weight gain a truly inevitable reality for the college freshman?

Some students heed the warnings and take precautions during their first year of college in order to prevent weight gain from starting. Afraid of not being able to take it off after they put it on, they avoid the weight gain all together using a variety of methods.

“I take bike rides, walk, and run a little, I don’t eat very much of the cafeteria food, and of course, I don’t drink,” said Chelsea Schultz, a freshman from Ruskin. “I think that’s why a lot of my high school friends gained weight, because they drink a lot.”

In fact, many people believe that the consumption of alcohol has a direct relationship to weight gain. Many describe their brew-friendly peers as having “beer bellies” or “beer guts,” nicknames given to the bulges that form around many college students’ waists.

However, according to a Web page posted by Professor David J. Hanson, Ph.D., alcohol does not always directly contribute to weight gain. As posted on his Web page for the State University of New York in Potsdam, many of the studies found that there is actually some weight loss in women who drink because of alcohol’s ability to increase metabolic rate.

His studies do not endorse the excessive consumption of alcohol, but rather, that moderation is key.

“Moderate drinkers tend to have better health and live longer than those who are either abstainers or heavy drinkers,” the Web site states. “In addition to having fewer heart attacks and strokes, moderate consumers of alcoholic beverages are generally less likely to suffer hypertension or high blood pressure, peripheral artery disease, Alzheimer’s disease and the common cold.”

An over-consumption of alcohol can ultimately lead to serious medical conditions such as cirrhosis of the liver, breast cancer, ulcers and many other health problems in the future. Hanson provides other useful information about alcohol on his web page at [www2.potsdam.edu/alcohol-info/FAS/FAS.html](http://www2.potsdam.edu/alcohol-info/FAS/FAS.html).

One reason that drinking a lot of alcohol contributes to weight gain is not necessarily in the alcohol itself, but rather because it causes the person who consumes the alcohol to become hungry. Friday night binges often lead to an excessive amount of food intake, the so-called “beer munchies,” which contributes to a student’s weight gain.

Visit your nearby Daylight Donuts or Amigos on a weekend at about one in the morning, and you’ll understand – most of the people who are getting food at this time are doing so in order to soak up all that they have had to drink that night.

This isn’t to say that alcohol has no contribution to gaining weight because it does. Remember, alcoholic beverages contain a lot of calories. If one isn’t careful, these calories can evolve into fat faster than a lap around a NASCAR race track. A suggestion from Student Health: Drink a glass of water in between alcoholic drinks. This will not only help you to slow down your drinking but will also help to re-hydrate your body in order use your calories

more efficiently. It may even help to lessen the next day’s torture– that dreaded hangover.

So what is the answer for keeping those pounds off? For many the simple solutions of diet and exercise produce the best results. Elizabeth Killip, a sophomore from Omaha, believes they are the most logical solutions, especially living at UNK.

“My advice: walk everywhere, don’t use your car, besides the parking here sucks anyway, avoid the mochass from Starbucks, even though they’re really good, and be sure to utilize the campus gym because you’re paying for it anyway, so you might as well use it,” Killip said.

Studies show that an adequate exercise program – about twenty minutes of aerobic activity three to five times a week and weight training two to three times a week – and a modest diet will result in the best weight results.

Don’t feel, however, that once your sophomore year comes around that you are free and clear from the impact of the “Freshman 15.” In fact, many students feel

that weight gain in college is not necessarily experienced solely in the freshman year.

Tom Schlund, a junior from Ravenna, feels that the so-called “Freshman 15” can happen any year in college.

“For me it didn’t happen until later,” Schlund said, “My friends and I were all very active our freshman year because we had more free time. We played a lot of basketball. It [gaining weight] happened later as I became more involved in activities and had less time to eat a decent meal.”

In fact, many students experience weight gain after their first year of college. As people get involved in more activities, like work, school, or other clubs, they have less time and energy to put into making a plan to stay active and eat healthy. Also, age is a factor. As people get older their metabolic rate for consuming food slows down, resulting in more weight gain.

Being bored can have the same adverse affect on that flat stomach as being over-committed. Faced with no other active alternative, many students turn to their refrigerators for something to do. What some do not realize is that eating when you are not hungry is a surefire way to pack on the pounds. When that urge hits to down a bag of chips before supper, students should ask themselves if they’re really hungry.

Making time to eat healthy is essential for the prevention of weight gain. Although it’s easier for UNK students to grab a burger from Coyote Jack’s or a quesadilla from Taco Bell, maybe it’s time to consider taking the initiative to walk the extra steps and climb the stairs to the more healthy options provided by your local Chartwell’s cafeteria.

The moral of the story is students who gain weight in college do so for two main reasons: 1) they become less active due to the academic, social, and financial demands that come with going to college and 2) they eat more and eat less healthy.

Avoid these two weight- gain hazards, and you should come out of college just as healthy as you came in, winning the weight war and defeating that all-too-well-known enemy, the “Freshman 15.”



Photo by Kathlene Jordan

Alisha Nabity, junior, of Lincoln, Neb., tones her abdominals in the Health and Sports Center weight room.



All food photos by Kathlene Jordan

-Chelsie Flanagan  
the Horn

The Horn -9-



# Fear strikes UNK: Fear Factor comes to campus



“It wasn’t bad until it was over and the taste settled in your mouth.”

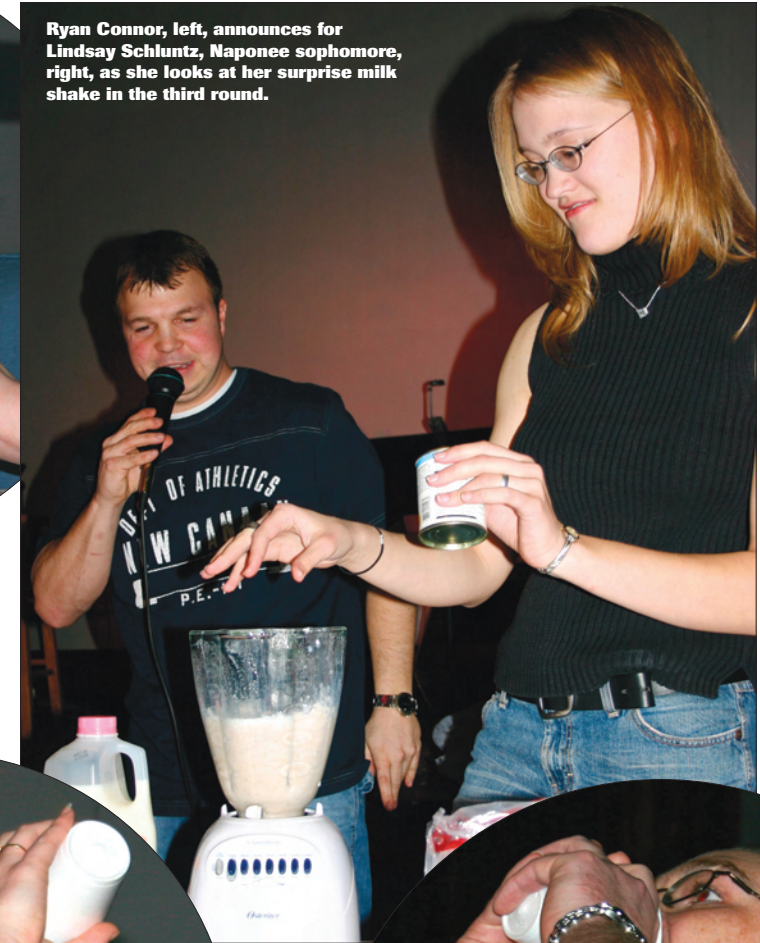
**Christine Frink  
Junior,  
2nd place**



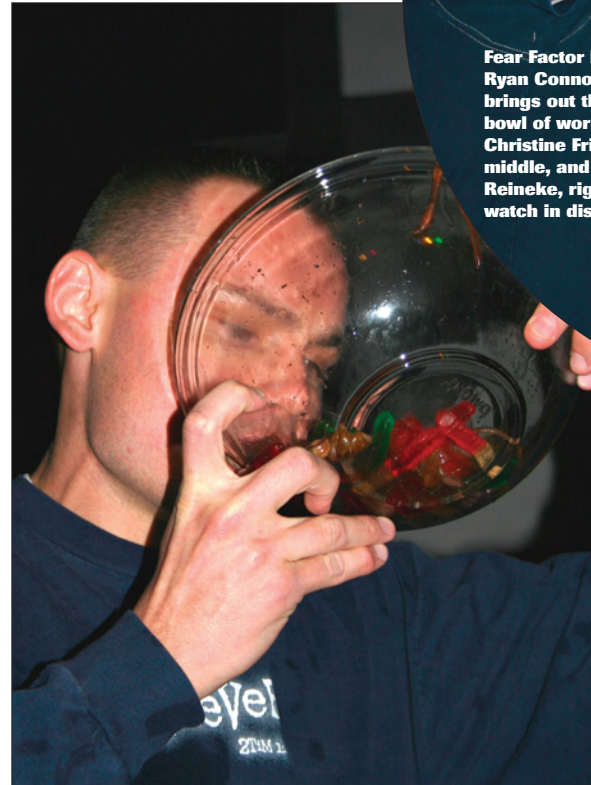
Fear Factor host, Ryan Connor, left, brings out the bowl of worms as Christine Frink, middle, and Scott Reineke, right, watch in disgust.



Valerie Aspen, Kearney junior, feels the pain while eyeing some of the “food” she just consumed.



Ryan Connor, left, announces for Lindsay Schluntz, Naponee sophomore, right, as she looks at her surprise milk shake in the third round.



Chad Lester, Kearney resident at left, awaits more worms from partner Christine Frink, Kearney junior at right. Lester and Frink advanced to the final round where they were competing against each other.



Christine Frink drinks the contents of her surprise milk shake.



Chad Lester stares skyward



# March bracketology can be madness

It's that time of year again. March Madness is alive and well. Being that I watch more college basketball than anyone else on the planet, I consider myself an expert. Advice on how to fill out your NCAA tournament brackets is kind of like getting tips on how to win in the stock market.

We all think that we know what were talking about, but nobody really does. Everybody's an expert. In reality, to be successful in your pool, you need to combine a little analysis with a lot of luck.

Today, I'm going to give you a few tips on how to fill out your bracket, and surprise everyone and win that office pool. The information that I am about to provide to you has been thoroughly researched and proven to be true.

First, be wary of picking too many upsets. You're better off having a few upsets early (No. 12 over No. 5 is always good) or maybe picking a sleeper team that falls in the No. 6 to No. 9 range to make it to the Sweet 16, but nothing more than that. You don't want to get carried away.

In the later rounds ignore the seeding. Let's use last year as an example. St. Joseph's #1 seed was a good team, no matter what Billy Packer said. But in a game against Oklahoma State (No. 2), Wake Forest (No. 2) or Pittsburgh (No. 3) on a neutral floor, the Hawks would have probably been the underdog. It's not an upset if you predict a No. 3 seed over a No. 2 seed, since there is so little difference between them.

Pick three out of the four No. 1 seeds to make it to at least the Elite Eight. Last year all four No. 1 seeds made it that far, compared to three in 2002, four in 2001, one in 2000, three in 1999 and three in 1998. From there, use your best judgment.

Put at least one sleeper into the Final Four. Syracuse and Marquette (both #3 seeds) in 2003, Indiana (No. 5) in 2002, Maryland (No. 3) in 2001 and North Carolina and Wisconsin (both No. 8 seeds) in 2000 are recent examples. This year, Villanova, Georgia Tech, Washington, and Syracuse are all solid teams that could put together a good run.

Pick a No. 1 seed to win the whole thing. In nine of the last 12 years, a No. 1 seed has hoisted the Championship trophy on the first Monday in April. Uconn won last year as a No. 1 seed, Syracuse the year before with a No. 3 seed, but before that Connecticut, Michigan State, Duke and Maryland made it four straight years that a No. 1 seed went all the way. And if you don't pick a No. 1 seed to win it, at least have one No. 1 in the final game.

Finally, take a look at how your pool is being scored. Everybody has a different method for scoring. Some pools emphasize the Final Four so much that first round games are left relatively meaningless. In these pools, try to have as much of a chalk bracket as you can.

In other pools, the points aren't staggered nearly as much between the 1st Round and Final Four, so every game counts. In these, pick a few upsets and take a risk by advancing one of your sleeper teams to the Sweet 16.

Some pools greatly emphasize upsets. When filling out brackets for this kind of pool, work backwards from the Sweet 16.

This is truly my favorite time of the year. March madness is full of upsets, buzzer beaters, and heroic performances. With these bracket tips, you will be hoisting that championship trophy and making everyone at the office jealous.

Oh yeah, and lastly, root for the Kansas Jay Hawks. Why? Because they are my favorite team, and I said so.

-Derek Miller  
the Horn





# The search for self-actualization continues

It's inevitable; everyone experiences it; yet, no one knows its meaning.

Life.

It is the ambiguity that we all contend. If successful, we reach a deeper understanding of its meaning and fulfill some sense of purpose.

Self-actualization is defined by psychologist Abraham Maslow as "the need for fulfillment, for realizing one's own potential, for using one's talents and capabilities." It is our essential need; Maslow placed self-actualization at the top rung of his "Hierarchy of Needs."

The need to actualize ourselves is rarely, if ever, achieved by many. Obstacles impede our course, creating challenges. We seek to overcome the challenges, to succeed.

Success is a hierarchy in itself. We gradually attempt to reach its peak. What does its achievement require?

"I think that success is a relative term," said Kim Bridgmon, Counseling Center intern at the University of Nebraska at Kearney.

Bridgmon suggests that we define goals to attain success. She counsels students to introspect upon problematic life areas and develop healthy unwinding patterns. Clients focus on their self-esteem, self-confidence and self-acceptance.

"Don't be afraid to look at yourself. . . . Don't be afraid to ask for help," Bridgmon said.

In May 2005, Bridgmon will complete her master's degree in counseling, which she has been working toward for the past three years. Her experience in achieving success helps her to assist others along their own paths of self-fulfillment.

The Counseling Center offers four active support groups available to students upon screening. Each group caters support to specific needs areas of selective students. "Healthy Choices" is a group allowing students to begin their journey in making healthy eating and behavior choices. Others include

the following:

- Living Well
- PRIDE
- Transitions

Bridgmon encourages students to pursue a healthy diet with progressive exercise. She helps them schedule and prioritize, as well as achieve and release structure. The counselors aid the many students who have become overwhelmed with college life.

"We try to help them find their sense of peace; what works for them," Bridgmon said.

Another campus resource for stu-

improve their learning techniques and enhance their study and test taking skills. Some of the topics include study skills, test anxiety, vocabulary expansion and spelling improvement.

Brandt often uses the work of author Bill Coplin, director and professor of public affairs at Syracuse University, to advise his students. Coplin's book, "10 Things Employers Want You to Learn in College: The Know-How You Need to Succeed," outlines rudimentary concepts for achieving success. The 10 know-how groups consist of the following:

- establishing a work ethic
- developing physical skills
- communicating verbally
- communicating in writing
- working directly with people
- influencing people
- gathering information
- using quantitative tools
- asking and answering the right questions
- solving problems

In addition to Coplin's work, Brandt also refers to Steven Covey, author of "7 Habits of Highly Effective People," as well as Dr. John Maxwell, author of "12 Daily Practices to Guarantee Tomorrow's Success."

"When something negative happens, make it into a positive. . . . That's the best way that we can learn through our mistakes," Brandt said.

While working at Curtis & Associates as a national sales manager for about nine years, Brandt directed a staff of about 35 sales representatives. He developed leadership training for the employees. While doing so, he learned a great deal about achieving success.

"I go to play; I don't go to work; if you can do that, you'll lead a pretty happy life," Brandt said.

The Office of Residential and Greek Life is currently developing an Advanced Leadership Class, available to sophomores and juniors; a Greek Leadership Class, available to sophomores and juniors involved in Greek leadership; and a Chancellor's Leadership Class, available to incoming freshman, in addition to its Leadership Workshop Series.

The workshop series is open to all students free of charge, and sessions will commence in the fall of 2005. Topics include the following:

- program planning and implementation
- transitioning from outgoing to



David Brandt

incoming e-board

- how to conduct team-building sessions
- how to maintain motivation
- running effective meetings/organizational time management
- effective confrontation skills
- goal setting
- building membership in your organization

Molly Lungrin, student leadership, development and assessment graduate assistant to the office of Residential and Greek Life, is compiling research to assist students in the leadership courses. She uses Mark Samuel and Sophie Chiche's book, "The Power of Personal Accountability: Achieve What Matters to You." She said that the book offers instruction on how to manage organizations and personal lives.

After graduating from UNK in May 2003, Lungrin traveled as an educational leadership consultant for Alpha Phi women's fraternity. She uses her experience in implementing leadership programs for students.

Lungrin works under the direction of Residential and Greek Life Associate Director Cami Wacker, who has been working at UNK for about eight years. She manages student development and retention programs.

"In terms of accountability, do what you say you are going to do. . . . It's aligning your actions with your words," Wacker said.

The UNK campus provides many resources for students seeking to achieve success and develop a sense of self-actualization. These resources offer a foundation for students to begin assessing their purpose in life.

**-Kathlene Jordan  
the Horn**



**Photo by Kathlene Jordan**  
**Office of Residential and Greek Life Associate Director Cami Wacker, at left, and Student Leadership, Development and Assessment Graduate Assistant Molly Lungrin, at right, with Mark Samuel and Sophie Chiche's book.**

dents is the Learning Strategies Office (LSO), in the Center for Academic Success. It is designed to "provide programs and services for academic enhancement and student success."

David Brandt, assistant director of the LSO, is a coordinator for all students with disabilities. He said that the majority of more than 100 students who regularly visit the office have either physical or learning disabilities.

"Their primary goal at UNK is self-sufficiency; this is just a training ground to go to work," Brandt said.

He focuses on teaching students "transferable skills" that can be utilized on-campus as well as in their professional careers, some of which include voicing opinions, dressing appropriately and learning to think independently.

The LSO provides special topics classes, a variety of short courses of one credit hour for students who wish to



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"When something negative happens, make it into a positive. . . . That's the best way that we can learn through our mistakes," Brandt said.

While working at Curtis & Associates as a national sales manager for about nine years, Brandt directed a staff of about 35 sales representatives. He developed leadership training for the employees. While doing so, he learned a great deal about achieving success.

"I go to play; I don't go to work; if you can do that, you'll lead a pretty happy life," Brandt said.

The Office of Residential and Greek Life is currently developing an Advanced Leadership Class, available to sophomores and juniors; a Greek Leadership Class, available to sophomores and juniors involved in Greek leadership; and a Chancellor's Leadership Class, available to incoming freshman, in addition to its Leadership Workshop Series.

The workshop series is open to all students free of charge, and sessions will commence in the fall of 2005. Topics include the following:

- program planning and implementation
- transitioning from outgoing to



David Brandt

incoming e-board

- how to conduct team-building sessions
- how to maintain motivation
- running effective meetings/organizational time management
- effective confrontation skills
- goal setting
- building membership in your organization

Molly Lungrin, student leadership, development and assessment graduate assistant to the office of Residential and Greek Life, is compiling research to assist students in the leadership courses. She uses Mark Samuel and Sophie Chiche's book, "The Power of Personal Accountability: Achieve What Matters to You." She said that the book offers instruction on how to manage organizations and personal lives.

After graduating from UNK in May 2003, Lungrin traveled as an educational leadership consultant for Alpha Phi women's fraternity. She uses her experience in implementing leadership programs for students.

Lungrin works under the direction of Residential and Greek Life Associate Director Cami Wacker, who has been working at UNK for about eight years. She manages student development and retention programs.

"In terms of accountability, do what you say you are going to do. . . . It's aligning your actions with your words," Wacker said.

The UNK campus provides many resources for students seeking to achieve success and develop a sense of self-actualization. These resources offer a foundation for students to begin assessing their purpose in life.

**-Kathlene Jordan  
the Horn**



**Photo by Kathlene Jordan**  
**Office of Residential and Greek Life Associate Director Cami Wacker, at left, and Student Leadership, Development and Assessment Graduate Assistant Molly Lungrin, at right, with Mark Samuel and Sophie Chiche's book.**

dents is the Learning Strategies Office (LSO), in the Center for Academic Success. It is designed to "provide programs and services for academic enhancement and student success."

David Brandt, assistant director of the LSO, is a coordinator for all students with disabilities. He said that the majority of more than 100 students who regularly visit the office have either physical or learning disabilities.

"Their primary goal at UNK is self-sufficiency; this is just a training ground to go to work," Brandt said.

He focuses on teaching students "transferable skills" that can be utilized on-campus as well as in their professional careers, some of which include voicing opinions, dressing appropriately and learning to think independently.

The LSO provides special topics classes, a variety of short courses of one credit hour for students who wish to



# Ring! Ring! Give me a call!

## Women discuss the freedom in not waiting for HIM to call

It's a classic single-woman scenario: you really like a particular guy, but he's giving you a bunch of mixed messages; he calls you all the time but never suggests seeing each other in person, when alone he showers you with affection.

But in a crowded room he barely acknowledges you, he asks for your number but never calls.

You make excuses for this behavior; he must be scared you might reject him, he's deathly afraid of commitment or maybe he's just got out of a serious relationship and wants to take it slow.

Greg Behrendt, a former executive story editor for Sex and the City and author of "He's Just Not Into You" provides a simple and blunt explanation. "He's just not that into you."

The hot new dating guide was No. 1 on Amazon's bestseller list in September 2004, featured on both Oprah and 20/20, and sorority girls around the country are gushing about it at the dinner table.

"I enjoy it because it opened my eyes and made me reflect on past experiences," Jenna Hull, Crete sophomore, said. "I realized the author was correct. Many of the situations he wrote about have happened to me. I wish I read this book two years ago."



**Photo Illustration by Kathlene Jordan**  
**Melanie A. Spilinek , right, shows Matthew E. Rauert, left, that she's not wating for him to call her.**

Lindsey Adams, and if you want to call me, find my phone number.' Which I did – the very next day. Do you know how many Lindsey Adams there are in the phone book of a major city? Let's just say I talked to about eight or nine before I found mine."

After seeing Behrendt and co-author Liz Tuccillo on Oprah, I thought Behrendt is basically telling me that I have to sit around and wait for a guy. That isn't right. I was brought up with the protestant ethic; work hard and you will be rewarded.

I am aggressive about everything in my life; school, work and play.

If I want something I have to take action. I can't sit idle. If I sit at the bar and only initiate conversations with female friends, he will never approach me?

However, curiosity got the best of me.

So, I did an incredibly unscientific poll; I called all 79 males in my cellular phone directory. And asked them how many have started a relationship with the woman asking them out first. Not one answered, "yes." None of their relationships started out with the women asking them out first.

My 18- year- old brother, Junior, added, "We don't like it when girls call us. We like the chase."

I couldn't believe what I was hearing. "But, Junior," I asked, "What if I am surrounded by all of my friends and engaged in our conversation, how will the guy even know that I am interested."

He replied, "Eye contact and a smile is

enough."

After the talk, I went back to my room and reflected on the things I just heard. Suddenly, I had an epiphany. Implementing Behrendt's philosophy makes sense. All this time I believed I had the control. But it was really the guys that I was approaching who controlled my destiny. He got to decide if he wanted to go out – or even return my phone call.

When men are asking you out and trying to get your attention, you are the one in control. There is no torture: longing, hoping, waiting or making excuses. If he makes the effort you know, he is sincerely interested in YOU. And there is something freeing and liberating about knowing that. Your only job is to live your life, focusing on friends, family, work and school.

The next time you are feeling that urge to call that guy, set down your pen and refer to Behrendt and Tuccillo's, "He's Just Not That Into You" workbook exercise:

Grab a pen and list five reasons why you think you have every right or good reason to call him.

Put the book aside and wait an hour.

Or at least ten minutes.

Then ask yourself: Do I seem pathetic? Do I sound like someone who doesn't trust my own innate hotness?

Yes, you do!

Now put your dialing finger away get out of the house, and go find some fun.

**-Joy Iromuanya  
the Horn**

*"If a (sane) guy really likes you, there ain't nothing that's going to get in his way."*

**-Greg Behrendt  
Author of "He's Just Not into You"**

The relationship advice book puts stories we have heard and questions we've been asked in a simple question-and-answer format.

Behrendt urges interested women to stop kidding themselves, let go and look for someone else who will be. Behrendt claims, "If a (sane) guy really likes you, there ain't nothing that's going to get in his way."

This is the way Behrendt believes it should look like:

"One night I was drinking in a bar and flirting with the bartender. I asked for her number. She said, 'I don't give out my number because guys rarely call me when they say they're going to. My name is



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# Roomies keep mixed company

What comprises the typical household?

Most people would regard a husband, a wife and their children as the usual household components.

But what about from a collegiate standpoint? Two guys living as roommates seems normal. Two gals living as roommates won't raise any eyebrows, either. . . . Well, except from a few guys.

Basically, any arrangement in which the genders remain the same is consensually acceptable. But add a single variant into the already complex complexion of an apartment complex, and the compound becomes . . . well . . . more compound.

Let's consider the unlikely combination of three ladies and one fella. The odds are stacked against such an unthinkable group forming, but the mixture is plausible just the same. I believe the key ingredient is one desperate guy willing to live anywhere due to extenuating circumstances that have rendered him roommate-less, and three ladies who can't say no to such a charming young fella.

I don't know. I'll have to get back to you with that recipe.

Did I mention this guy is rather handsome?

Toss in a rent division that puts a smile on everyone's face every first of the month, and you have yourself a certified, genuine, 100-percent whole-sane living establishment. The seemingly un-brewable concoction has taken form. As it simmers and settles, everyone waits with bated breath to see what the outcome will be.

Most will predict an explosion that would put the mightiest of volcanic eruptions to shame. If the four roomies enter the relationship ill-prepared, those grim prognostications will certainly hold true.

However, there are a few tactics employable to increase the likelihood of them being wrong.

With five simple guidelines, this doomed-from-the-start quartet may actually avoid the irreparable fissure wrought from roommate disdain. Keep in mind that these principles are not strictly for this particular grouping only. These steps are easily interchangeable and applicable to any grouping or arrangement.

The first step is coming to terms with the fact that four people are included in the newly-generated, pet-peeve pool. Someone is bound to have

a problem with something, so try to include that factor when you make a decision. Remember, a heaping chunk of liberty was wrenched from those hands of self-absorbed inconsideration. You may have to stop and deliberate on some of the choices you make to prevent aspirin popping.

For example, coming home at three in the morning with a full entourage of people who are equally as inebriated as you are — singing in general slurred unison and relieving themselves all over the house — is one choice that deserves further evaluation.

The overwhelming alcohol content in your system should help immensely with that choice.

Spawned from the somewhat broad introductory contention is the second more specific guideline. Don't buy

Also, allot the space available for the countless condiments bombarding the bathroom beforehand. Don't just assume everyone can toss their stuff together and everything will work out fine. From shower racks to towel hanging, charting out bathroom territory is essential. Everything will be somewhat organized, everyone can find what they need instantly, and all that stuff just might stay out of everyone's way.

Ladies, try to throw out anything excess that you probably won't use but keep around just in case. Don't leave mystery irons and blow-dryers lying around the sink in general disarray, either.

The same concept applies to the fel-las. When one of your few toiletries is out, do not leave it there collecting mildew.

ensure quality relationships comes before the roommates actually move in together. All parties must participate in the housing selection process. It is not advisable to go on one of the roommates' word that the house or apartment is fine. Everyone has his or her own definition of fine. Each individual must examine the premises together with an overly scrupulous eye and concur that one particular place is ideal for everyone.

Be certain that all rooms are spacious enough where needed. Check all facilities, appliances, air conditioners, sinks, showers, carpets, outlets, cable jacks — and so forth — to ensure that everyone is satisfied.

Do not try to make things work. Converting a dining room into a bedroom by installing a makeshift fourth wall with closet doors is not advisable. Blankets do not constitute as walls, either. Diving into a place that you try to make work is doomed from the beginning. Living in a dumpy rat hole with insufficient accommodations makes everyone irate and less cooperative.

Settling into a home that everyone agrees on and enjoys will generate pleasant times over chess and cold glasses of lemonade.

In closing, I want to emphasize that these guidelines obviously don't cover every obstacle you may face, but they are the ones I feel may save the most grief. You'll have to work out some other issues on your own. For example, writing an advice column drawing from the specific problems you have with your roommates is probably not the best idea. I don't know. I'll have to get back to you on that one.

Furthermore, I want to point out that these guidelines are not rules — they're guidelines. You do not necessarily need to follow them exactly. It is all relative to your own situation. However, do keep them in mind and use them to your advantage when the opportunity presents itself. After all, roommates don't strangle throats: Roommates got to hug!

**-Brandon Carlson  
the Horn**

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## *Five simple rules for living (together)*

---

- 1. Everyone living in the quarters has an opinion.**
  - 2. No pets!**
  - 3. Make bathroom rules.**
  - 4. Share cleaning duties.**
  - 5. Each person must have a say in choosing the living facilities.**
- 

pets! I cannot stress this more. Again, the four humans put together is sketchy enough, but throw in a furry feline, or a faithful canine, or any type of -ine, and someone is bound to snap.

Animals smell, shed, tear around the house, destroy things, and generally create havoc, and therefore they should not be included in a house full of ticking collegiate time bombs.

Next on the cautionary hierarchy to college living bliss is the bathroom.

This revered land of fine gloss porcelain and scented oils is coveted by virtually every female far and wide. The squaws — and I mean that in the nicest way possible — spend many moons within the bathroom walls for daily preparation; therefore, it is imperative to establish designated times which are suitable and sufficient for everyone.

This may require minor adjustments in your schedule, but sacrifices must be made, and you don't want to be on the wrong end of a sacrifice — if you know what I mean.

Lastly, can we drop the toilet seat issue, already? Yes, guys are lazy, but if you ladies can't even bring yourself to move a lid 90 degrees, then there is a reason why you're not happy with your weight.

Sorry. I had to say it.

On to cleanliness!

The duties of cleaning must be shared among the four, and that can pose as a problem. Once this has been worked out, though, a more painstaking discrepancy awaits in the murky shadows of dispute. Of course, I'm referring to the time in which the cleaning duties are fulfilled.

Simply put, there must be a compromise in this matter. Those who lie on the opposing ends of the cleanliness spectrum must meet in the middle. It cannot be absolutely one way or the other. No extremists can reside in a house of peace. If you're too stubborn to give in a little, then expect turmoil and unrest.

The last recommendation to

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# Prepare to graduate from UNK

With only a couple of months to go, it's panic time for many seniors on the UNK campus.

There seems to be an overwhelming amount of loose ends to be tied up and requirements to complete before graduating.

Fortunately, for those planning on graduating in May, or even those preparing for graduation sometime in the near future, the following are some helpful tips to ensure a smooth senior year and/or graduation.

First of all, one of the most important things seniors must do is to satisfy the university requirements in order to graduate. A minimum of 125 credit hours must be completed, along with 45 hours of general studies, 40 hours of 300/400 level courses, 12 hours of writing intensive courses, 6 hours of culturally diverse classes and completing individual degree programs.

Sometimes overlooked by many is ensuring that all parking tickets, health fees and library fines have been paid.

To apply for graduation, one can either apply on-line (the application can be found on Web-EASI) or by paper form, which can be found in the Registrar's Office located in Founder's Hall. Many of the basic questions seniors have concerning graduation can be found on the UNK website, [www.unk.edu](http://www.unk.edu).

You can find the answers to such questions as "What are the application deadlines?", "How do I qualify for University Honors?" and "When will I get my diploma?"

Amy German, academic advisor for the university, recommends that seniors do a Senior Check after registering for what they believe to be their last semester of classes.

Academic Advising is able to do a check for you, but the official Senior Check must be done at the Registrar's office.

German also recommends that from the time you enter UNK as a freshman, you get to know your advisor, pay attention to minimum and maximum requirements for general studies

courses, learn to check your degree audit on-line and, most importantly, form a personal relationship with someone in your department.

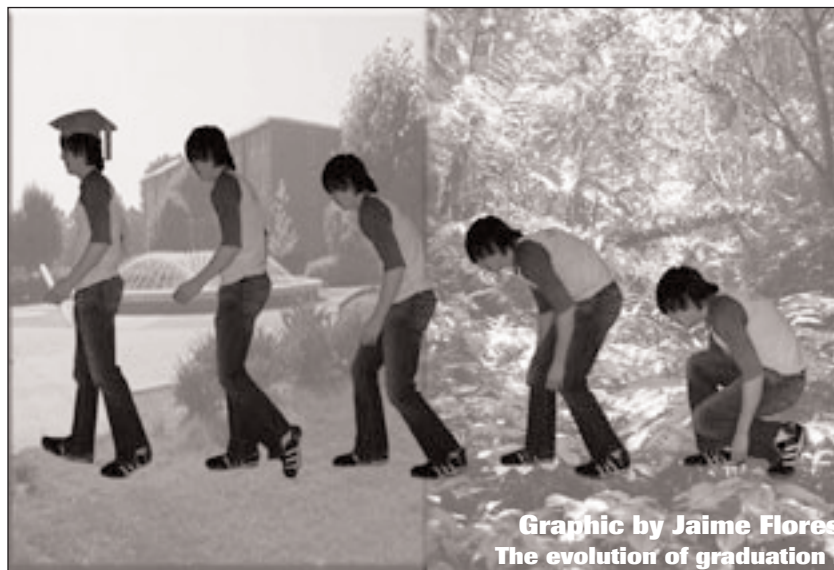
The greatest problem seniors planning to graduate run into, according to German, is "The fear of graduating and having to get a fulltime job."

While at UNK, not only are you learning a particular field and are training to be competent in that field but, "You learn how to learn and you should be able to sell yourself for any position," German says.

Although many students are afraid of entering "the real world," they are also afraid of having to start payments on the thousands of dollars borrowed while attending school. This is why "Exit Loan Counseling" is something that all seniors who have taken out a student loan are required to do. In fact, until this requirement is completed, your diploma will not reach your hand.

It is important to be thinking about how to manage debt ounce out of school. Mary Sommers, the Director of the Office of Financial Aid, says, "The intent of the Exit Loan Counseling is to prepare the student for loan payment and inform them of both their rights and responsibilities when they enter repayment."

Log onto the UNK website at [www.unk.edu](http://www.unk.edu) to complete the Exit Loan Counseling on-line. The student is walked through a series of information and then given mini-tests to see if they understand and retain it. Once the



Graphic by Jaime Flores  
The evolution of graduation.

on-line session is completed, the Financial Aid office is notified.

For seniors applying for jobs, always keep an eye out for the numerous resume workshops always taking place on campus. Be sure to read the student bulletin because it is filled with information concerning graduation and workshops that may help.

Students are always welcome to stop by Career Services located in the Memorial Student Affairs building. The office can help with resumes, mock interviews, job searches, etiquette and much more. Dawn Lenz, a career counselor, says, "Students need to be prepared, and they need to start preparing early. Students should start planning ahead as soon as their junior year."

A calendar of events for Career Services can be found either in their office, on-line, and most of the upcoming workshops and/or seminars are also posted in the bulletin. Walk-ins are always welcome; in fact, Wednesdays are set aside specifically for walk-ins and counselors are on-hand.

Although graduation is a scary time and a little overwhelming, there are people here at UNK that are available for help. Students can always stop by the Academic Advising office, the Registrar, Financial Aid, and of course, their own advisors. If the stress is still too much to handle, the Counseling Center is always willing to help. So have no fear, get on the ball and start looking forward to taking the next step.

**-Katharine Bourque  
the Horn**

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Lunch 11.30am-1pm  
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dinner • coyote jack's, taco bell express 5pm-9pm

# Experience, internships lead to success

Two University of Nebraska at Kearney graduates and a career counselor at UNK all agree – if you want a job after college, begin the groundwork now. Megan Beckman, a 25-year-old store manager in Kearney, learned the hard way the importance of getting work experience in college.

The psychology major, who needed the cash waiting tables afforded her while going to school full time, didn't have any spare time to work in her field, and she wasn't required to intern with her program.

She had a short-term goal – to graduate in four years, without taking summer classes, and to be debt-free.

She did graduate in four years – magna cum laude – with no student loan debt. But she found herself with no professional contacts, and clueless as to what she'd do with the rest of her life.

According to Beckman, she had a degree, but nothing to back it up.

She considered graduate school – which is almost a must for psychology majors – but, like before, she needed to make rent . . . and car payments, insurance, et cetera.

So she took a job clerking at a store in the mall, which led her to landing a management position at another retail store.

While she enjoys the challenges of the job, she doesn't like the 50-hour work weeks, not being able to take time off during the holidays, and her varied schedule.

So, she's going back to school this fall to become a physical therapist assistant. This time, she's going to do things differently.

"I'm going to make sure whenever I have spare time, I'm going to use it towards anything applicable to my career, to a physical therapist assistant," Beckman said. "If I have to volunteer to learn more, I will do it."

According to Dawn Lenz, a career counselor at UNK's Office of Career Services, Beckman's story is all-to-common among college students. "The biggest mistake most students make is waiting until their senior year to start thinking about work experience," she said. "They come in to put together a resume, and they don't have any job experience."

According to Lenz, most employers want graduates who have had some work experience in their field. The best thing students should be doing while in school is planning ahead and gaining experience in their field, she said.

"A lot of students wait until the last minute to gain experience in their field," Lenz said. According to her, students should be doing internships or working at a

job in their field while in college, and attending career fairs in their junior year.

Besides taking away the pressure of going in to a job fair during one's senior year of college cold-turkey, attending as a junior is important for networking with employers in the field.

If students can't find a paying job in their field, interning, volunteering, or even job shadowing is not only beneficial for a job after college, but these experiences also show students the realistic, day-to-day duties of a job.

According to Lenz, about a quarter of the students who intern wind up working for that employer after graduation. "It's a great way to get your foot in the door," she said.

Academics can also be counted toward work experience, Lenz said. For example, if a student conducted research for a class, that is something that should be listed on a resume. Involvement in student organizations is something else that may be listed on a resume as work experience.

Brian Krueger, author of the book *College Grad Job Hunter*, writes in his book students need to be like sponges, soaking up every bit of information that comes their way – full-time, part-time, paid or unpaid. Worker or observer. While these experiences make a college graduate more marketable, students will also find out in advance the good and bad aspects of an industry, and they can enter the field with their eyes wide open.

Like Lenz, Krueger thinks job shadowing is great for students who may not have time to volunteer or work outside of college. Friends, relatives, or friends-of-friends

are the best to work with, he writes. Students should contact someone in the field they are interested in studying. For example, if a student is interested in medicine, he should contact a doctor. Following – or shadowing – the professional in their daily routine gives the student a feel for what the job is like.

Job shadowing can virtually be done for any length of time – a day, a week, a semester. The Office of Career Service can put students in contact with a professional to job shadow. Amity Linden, the lead graphic artist at FRN Media, is glad she utilized what the Office of Career Services offers, as she found a few summer temp jobs in graphic arts. The work experience helped her find a job in her field, because most places she applied required at least three years of experience. Jobs in graphic arts were few and far between, she said – especially the ones that paid well. So she had a lot of competition.

"I was a little ahead of the game," she said. "I got the job over other graduates because I had the experience."



# Career counselor shares key points to successful interviewing

Put on that two-piece suit, look the interviewer directly in the eye and give him a firm handshake.

These are among the tips Dawn Lenz, a career counselor at UNK's Office of Career Services, hopes students master when they interview for their first post-college job.

"Dressing appropriately is really important for an interview," Lenz said. "Students need to research what is appropriate attire for the job they're interviewing for."

According to her, most employers want to see conservative dress and a two-piece suit. What you wear and how you present yourself is probably the first thing a potential employer notices, and could be the difference between landing the job and hitting the pavement.

"Statistics show that first impressions are so important," Lenz said. "In that first few seconds, we instantly judge people."

Watch your body language, Lenz said, because confidence is key in an interview.

Direct eye contact, an upright posture and a firm

handshake should be among the body language interviewees fine tune beforehand.

The ability to sell oneself is an interviewing skill most students have problems with, but is also an important mastery, she said.

"Before you go into an interview, you should know your specific skills, strengths and weaknesses," Lenz said. "The most common complaint we get by employers is candidates aren't specific enough in explaining their skills."

In an interview, a potential job candidate needs to be able to verbally show, in a professional manner, what he or she can do. One needs to explain his or her work experience and how he or she has honed the skills to be successful in the job he or she is applying for, she said.

Interpersonal and communication skills are top assets employers like in potential employees, Lenz said. "Employers want to know they can depend on you verbally and in writing, and that you relate to others well." She also said having a teamwork-type attitude is desirable to employers.

According to Sharon Voros, a consultant at

www.careerjournal.com, the top 10 things you should not do in a job interview include the following:

Act disinterested. Don't bother to interview unless you have some interest in the position.

Go unprepared. Research the employer's industry. At least check their web site. You can't ask intelligent questions about the job if you don't know the business. Talk too much. Get to the point when responding to a question or making a comment.

Talk too little. One-word answers show you are uninterested, scared or uppity.

Display bad manners. Be polite.

Knock your current or past employer. This, according to Voros, is the ultimate offense. It shows you may be unhappy with your new position as well.

Take credit for things you didn't do. Don't overstate your authority, and avoid saying "I" as much as possible. They may check with your former colleagues.

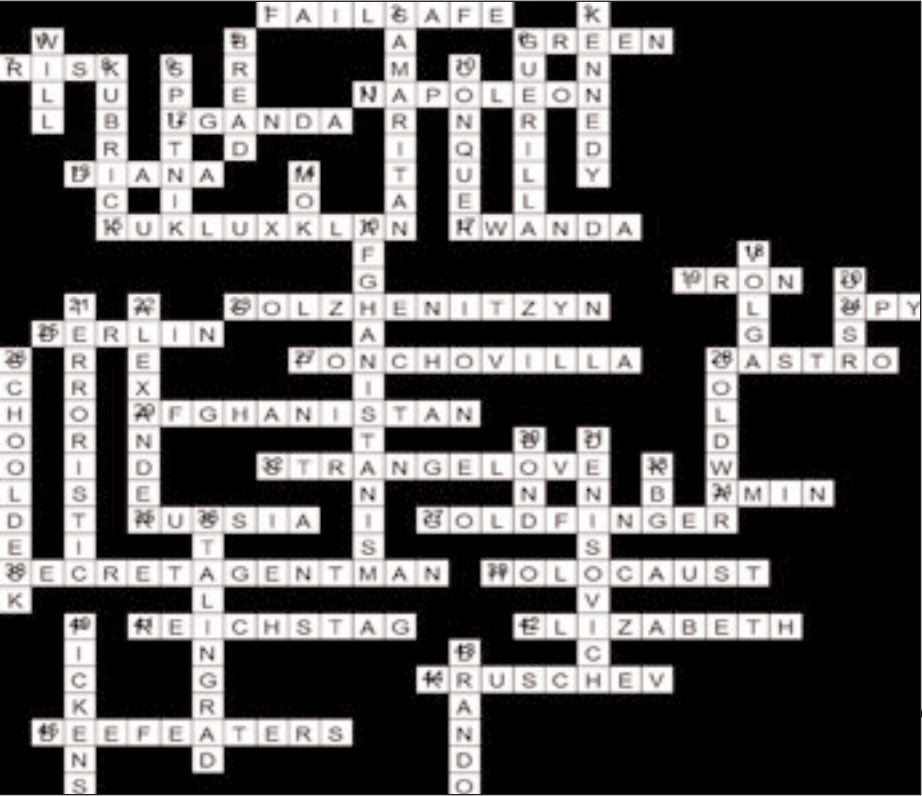
Hide holes in your resumes. Periods of unemployment and degrees are simple to detect. Address these directly and say what you have learned from them.

Show your lack of confidence in the prospective employer. Don't let the interview become a critique session.

Negotiate too early. Wait until they bring up the topic; take a day to formulate your response.

The Office of Career Services offers a plethora of services, including mock interviews and help writing resumes. Call 865-8501 or go online to [www.unk.edu/offices/careerserv/home.html](http://www.unk.edu/offices/careerserv/home.html).

**-Kerri Long  
the Horn**



*Crossword  
answers  
from  
last  
week's  
puzzle.*

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