University of Nebraska at Kearney

Run With It

Boots and chaps, cowboy hats, spurs and latigo
UNK Rodeo Club grabs their gear, saddles up for competition

BY SHELLY FOX
Antelope Staff

From goat tying and team roping to barrel racing and bull riding, nearly everything in between, the members of the UNK Rodeo Club know how to get down and dirty during rodeo season.

One of the club’s advisors, Human Resources Personnel Assistant Donna Posusta, said UNK Rodeo Club members know how to dress the part, no matter what the sport is as close as UNK students and graduates look for team. So it’s not surprising that scenes for a professional sport is as close as UNK students and graduates look for team. So it’s not surprising that scenes for a professional sport like the Storm are part of UNK’s sports scene.

“Most of the members don’t have their own horses with them or build insurance, but a lack of adequate hosting facilities,” Posusta said. “I like the camaraderie.”

Empting said he has always been interested in participating in rodeos, and plans to continue after college.

Unlike UNK, however, UNK does not host any rodeos for the members to participate in because of insurance reasons and a lack of adequate hosting facilities.

The members take part in local rodeos throughout the year on their own time. They also practice on their own time at the practice arena by the Safety Center.

Most of the members don’t have their own horses with them for the rodeo classic in February, Posusta added. “They help with the PBR in Nebraska,” Posusta said. “Just want to have a fun time…and maybe drink some beer.”

Empting said there are students from every class who have aren’t participating, even some grad students. Anyone who wants to learn just or loves the sport is welcome.

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**Letter to the Editor**

Amber Lewis, a senior history and English student, wrote this letter, stating: "It is the time of year again to accept financial aid awards. Many students may calculate their costs and wonder what exactly they are paying for.

"I normally do not follow much of any television show. I do, however, enjoy the program "Dancing with the Stars." Despite not being a regular viewer, I can speak from a broad spectrum of the show, especially with regard to the winners. However, this season was Marlee Matlin, an actress who I believe that through her performance on the show, she has shown great character. She overcomes the physical challenges of dancing, especially with regard to a comparison to the other stars. She is the first to "hear" the beat, and there is a chance that she may not even be able to follow the other stars. However, she is the first to make her own actions, because life isn’t fair. Some people have to live with more than others, and that’s what makes Marlee Matlin a special person.

"I personally believe that through her performance, she has shown great character and that she is someone who we can all look up to. If life hands you lemons, make lemonade."

**ABC's Dancing with the Stars airs on Monday nights at 7 p.m. with photos courtesy of abc.go.com**

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**Student fees: a financial burden to many students wonder exactly what they are paying for.**

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**Dancing with the Stars teaches a life lesson to our generation.**

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If you attended classes during the Spring 2008 semester at UNK you are eligible to use UNO Campus Recreation Facilities for a minimal charge of only $65 for the summer. Stop by the Health, Physical, Education and Recreation Building, Room 100 and show us your current student ID to purchase a pass to exercise, play sports or swim.

For More Information Call: 402.554.2539

The Nebraska Pork Producers Association is a non-profit, incorporated organization that was established in 1961. The Association is comprised of all Nebraska pork producers.

The class has designed magazine and newspaper ads, posters and signs, letterhead, business cards, radio ads, feature stories on the industry, two brochures, table tents, and billboards for the Omaha area and items for children. The Nebraska Pork Producers Association presents new campaign and wins research day.
RMAC Champions
Lady Lopers bring home first RMAC title

By Melissa Hinkley

The UNK men’s golf team is heading to the super regional in California, extending their season for the 7th year in a row. They will head into the tournament next ranked 7th after finishing 5th in the last regional tournament this past weekend.

“We knew we had to get back to back to back to back to back,” Preston Fister, a junior from Broken Bow, said. “We actually came together and played who we knew we could. We wouldn’t be going to the Super Regional if we didn’t play well the second day.”

The Northwest Regionals took place in Parker, Colo. and consisted of 6 teams, including all the RMAC schools.

The regional is one of four tournaments that determine who will go to the Super Regional. Two tournaments were played last fall and two were played in the spring. The Northwest Regional was the last of these four tournaments which determined which eight teams would progress to the Super Regional held May 5-7 in Petaluma, Calif.

The Lopers were ranked 10th in the region going into the tournament. After finishing 39th and 30th in the first two rounds on Monday, they knew they needed to make a comeback sooner. All the Lopers gave impressive individual performances, but Andy Bednar, a junior from South Dakota, led the way. Bednar finished the tournament in 2nd place, trailing the leader by only one stroke.

“Basically I just worked on my mental game a lot,” Bednar said. “This time I just told myself that I was even par on every hole. I ended up with 5 birdies and my game was strong and my swing was awesome.”

Bednar tallied a score of 66 in his final round of golf, making it his career low tournament score. Also for the Lopers, Alex Farrell, a sophomore from Kearney, and Foster finished tied for 5th with scores of 230. Devon Kastler, a sophomore from Oak, tied for 6th with a score of 230. Kearney freshman Mike Hollowfield, a sophomore from Gering came in 9th place. The Lopers shot 314 and 310 on Monday and came out strong on Tuesday to tally a score of 278 to finish with a total of 91.

“It was nice finishing well individually,” Bednar said. “We got huge bumps knowing that we shot 278 the third round. It’s kind of sweet knowing the team came together right when we needed it.

The UNK men will head to California ranked 5th in the region with high hopes of picking up further solid rounds. The top two teams from the Super Regional will go the National tournament.

“We have to play really good,” Foster said. “If we play within ourselves, we could make it to the national tournament.”

Golf team gets swing on; headed for Super Regionals in California
Today more than ever in the history of our country, young women are trading in diaper bags for barrettes and hitting the snooze on their menstrual clocks without taking into consideration what could be a ticking time bomb.

With medical research indicating that women’s fertility rates begin to decline in their late twenties, women who want to have a family should take a proactive stance on their health during their twenties to decrease infertility rates.

“Each individual Chlamydia infection increases one’s infertility rate approximately 15 percent,” Dr. David Weir, Contemporary Obstetrics.

“Everyday women are exposed to socially and sexual nature is still taboo subject. According to Dr. Aniruddha Malpani and Dr. Anjali Malpani, co-authors of ‘How to Have a Baby,’ the best time to have a baby from a biological point of view is when a woman is in her twenties. The best way to understand why women are putting off having a family is to sit down and talk with a group of women, names protected. In encouragement to them speak freely about fertility, which most like topics of a sexual nature is still somewhat of a sensitive if not taboo subject. Today more than ever in the history of our country, young women are trading in diaper bags for barrettes and hitting the snooze on their menstrual clocks without taking into consideration what could be a ticking time bomb. With medical research indicating that women’s fertility rates begin to decline in their late twenties, women who want to have a family should take a proactive stance on their health during their twenties to decrease infertility rates.

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Sanctions are not the means to moderate and control that is not as popular as the pill will prevent pregnancy with women who are on a schedule and convenient. There are three categories that help us break apart the different types of birth control: barrier methods, hormonal methods, and long-term methods. Compare the four most popular choices.

**The Pill:**

The pill is the most popular birth control method. It is a hormone contraceptive (birth control) regimen that is used by millions of women. This is a great option for women who want to avoid pregnancy. Women who will remember to take the pill at the same time every day will reduce their chances of conception by 99.9 percent. If 1 out of 200 women who take birth control pills each month get pregnant, the pill has 99.9 percent effectiveness at preventing pregnancy. Contraceptive pills work by preventing ovulation, making it less likely that a woman will be able to become pregnant.

**Quick Facts**

- **Effectiveness:** 99.9% effectiveness at preventing pregnancy.
- **Side Effects:** Weight gain, nausea, headaches, mood swings, and changes in menstrual cycle.
- **Dosage:** Typically taken daily, either in the morning or at bedtime.
- **Cost:** Varies by brand and insurance coverage.

**The Ring:**

The ring, which is a small, thin, flexible ring made of contraceptive material and inserted into the vagina, ensures that the woman is protected from pregnancy for a full month. The ring is inserted into the vagina and remains in place for up to three weeks. It is designed to release a combination of hormones that prevent ovulation and changes the cervical mucus to make it less receptive to sperm. The ring is easily inserted and removed by the woman herself, and it provides an additional layer of protection against sexually transmitted infections (STIs) and sexually transmitted diseases (STDs).

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**The Patch:**

The patch, which is a small, thin, flexible square patch that is put on the skin once a week, is another effective method of contraception. The patch releases hormones into the bloodstream through the skin, allowing for an easy and convenient method of birth control. The patch is less effective for women who are over 35 years of age, have a history of heart disease, or smoke. It is important to note that the patch is not a one-time fix and needs to be replaced regularly.

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**The Implant:**

The implant is a small, flexible rod that is placed under the skin of the upper arm, typically near the shoulder. It delivers a continuous low dose of hormones for up to three years, providing a long-term and effective method of contraception. These hormones prevent ovulation and changes the cervical mucus to make it less receptive to sperm.

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“This is proof that the Kearney community can work together for a single goal.”

Susan Puckett, Elementary nurse

Special Features

UNK Human Performance Lab involved in community project that encourages local children to stay healthy by monitoring proportionate BMI (body mass index)

Check out these Healthy Living Sites

• www.americanheart.org
• www.nypmg.org
• www.isacks.com
• www.turkcreditpublichealth.com

Looking for a miracle?

Get the skinny on a weight-loss plan that actually works

The skinny on CARBS

• The amount you need depends on your activity level.
• Typical person should aim to consume 40 to 50% of their calories from carbohydrates (about 300 grams per day).
• What to eat: whole wheat bread, pasta, rice, fruits and vegetables.
• Carbohydrates give you energy; the more active you are the more carbs you need.
• Elite athletes may need to consume nearly 70% of their calories from carbohydrates.

The skinny on FATS

• Consume less than 60 grams of fat a day.
• Avoid trans fat and saturated fats such as butter, animal fats and some oils.
• You need to eat unsaturated fats and should be consumed in the form of vegetable oils (such as olive oil), nuts and seeds.
• Sweets, candies, cookies, and desserts are empty calories, meaning they contain few nutrients.

R

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UKN Human Performance Lab

involved in community project that

encourages local children to stay healthy by

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by SHANNON MATTHEWS

Interpreting Reporter

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What's happening on campus?

Noon

Photos by Kara Flaherty
RIGHT: Kate Flaherty, sophomore art history major from Gering, walks through campus with her umbrella. After a week of sunshine and temperatures in the 70s, the weather turned cold and rainy again.
BELOW: Angela Ehrenberg, senior technical theatre major from Funk, begins painting a theatre mask. The masks were used in the production of "Ionesco" in the Miriam Drake Theatre April 16 - 20. She said, "I love seeing the piece come to life."

2 p.m.

Photo by Shelly Fox
Junior social work major Angi Mack of Wayneville often uses the pedestrian walkway between Founders and Copeland, but on a cold day, everyone loves a short cut. "I only use it when I have to," Mack said. "It makes me feel like I'm in prison, but it's too cold to walk around."

3 a.m.

Photo by Cathy Clinard
BELOW: Junior Kayla Rohmiller and Sophomore Heather Sallman open up the registers for the Elementary Ed. Club's book fair Friday morning, April 18, at 9am. The fair took place April 14 to April 18 in the Health and Sports Center.

9 p.m.

Photos by Handbing Song
RIGHT: Junior Rich Mourer of Colorado Springs, Colo. practices the hammer throw for the Fort Hays State meet the next day. CENTER: Freshman Brian Flessner, North Alabama, exercises in the swimming pool.

Midnight

Photos by Grant Campbell
ABOVE: Some students crave the freshness of Jimmy Johns, a local sandwich shop in Kearney. With their flexible hours (open until 2 a.m.), Jimmy Johns is often a late night choice for students who need a study break or a quick meal. Nate White, freshman math education major from Pierre, S.D., pays the cashier for his sandwich.
BELOW: Scott Carlin, sophomore science education major from Hastings and Matt Wieseler, freshman parks and recreation major from Wynot, bowl during Quarter Mania at the Big Apple. Kearney's only bowling alley is frequented by UNK students as it provides an oasis from the daily grind of college.
There are a few good spots that call Omaha, Neb. their home. They have recently put out a new record on the infamous underground label, Saddle Creek Records. It might have a little more of a Western feel to it than Omaha, but Neva Dinova didn’t need a horse and saddle to make their way to Kearney. Neb. on April 23.

Music lovers and fans of Saddle Creek records packed into the cozy venue, The Roman to witness Neva Dinova perform tunes from their latest album titled, You May Already Be Dreaming.

Some of the audience showed up for the show because of their good experience of seeing Neva Dinova open for Sadie Creek legends, Bright Eyes on April 23. Lead singer, Jake Bellows showed up to the show because they had an opportunity to see their friends show the origin is from unlikely creatures. The group was here for a particular excursion.

Despite being poured on at the outside show, Bright Eyes was a big hit for us. It exposed us to about 30,000 more people that had never heard our music before, Bellows said.

It must have had an effect on the fans, because Ben Den- nois, a senior from Ord explained to me how he enjoyed their performance a couple of years ago at the annual summer show at Memorial Park in Ord.

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Congratulations Grads!
Veterans transition to student life

They look just like ordinary students. They wear ordinary clothes and attend ordinary classes. At first glance, they’re no different from anyone else. But these UNK students are student veterans.

A great source of frustration for the veterans is the attitude of those who stay behind. Katrina Fisher, a senior criminal justice major from Tryon, returned from a year-long deployment in Iraq with the National Guard as an infantryman and infantryman.

“My military experience definitely made college possible for me in a couple different ways. After that, I basically told myself, ‘There’s nothing I can’t do as long as I put my mind to it and give it my best effort.’”

Kevin M. Rose, originally from St. Paul, served five years in the active army and three years in the National Guard as an Airborne Ranger and infantryman. He is currently working toward a graduate degree in history and also serves the UNK community as a Public Safety Officer.

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Graduate student

“This semester, I’ve had a really good positive reaction. I don’t think I’ve ever had a problem coming back,” he said.

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Rose said that his military background made school possible for him financially, but the confidence the military gave him had a more important impact on his college experience.

“My military experience gave me the disciplined work ethic and, mainly, the confidence, especially volunteering for Ranger school and making it through there,” he said.

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