

UNK student Skylar Leatherman volunteers at Haitian orphanage.

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Back from Chicago tour, the show choir performs this weekend. *Features*

Recycled cycles roll away on Earth Day



Photo by Erik Dodge

Recycled cycles organizers Cade Craig (left) and Nate Summerfield (right) meet to discuss using reclaimed bicycles in the new bike share program. The bicycles behind them have been reclaimed by the university after students abandoned them.

BY ERIK DODGE
Antelope Staff

Recycled Cycles, a new campus bike share program, is set to kick off on Earth Day, April 22. Students will be able to ride the 12 to 20 bicycles provided by the program anywhere on campus — free.

The program is designed to give students easier and quicker access to campus while saving them the hassle of finding an open parking space or a long walk across campus. Bikes will not be locked up but available for any student to use. “It’s a new convenience created by students for students,” said Nate Summerfield, a member of Students in Free Enterprise (SIFE).

According to Summerfield, used bikes will be inspected, repaired and painted Loper blue and gold before they see the sidewalk. Cards with a number

to call for repairs will be attached to the bikes in order to facilitate upkeep. “Hopefully, the program will make parking a little bit less of an issue,” Summerfield said.

Bikes involved in Recycled Cycles are donated from the abandoned bikes held by the university facilities department or purchased from the Salvation Army, according to student body president Cade Craig.

Student government and SIFE, are organizing Recycled Cycles through an American Democracy Project grant, according to Dr. John Anderson, the ADP coordinator and a professor of political science. ADP grants are aimed at encouraging civic engagement and increasing political engagement. This grant should cover the startup and a portion of the



Earth Day

is coming to UNK

Thursday, April 22

The Green Fair

Tree Planting

Music

Speakers

Launch of Recycled Cycles



Students caught in research whirlwind

BY AMANDA HODGE
Antelope Staff

If only they knew what they were getting into.

In the fall of 2009, juniors Ben Clancy and Hayley Milam began a research project in the psychology department. Unknown to these students at the time, their research had the potential to be published, win first place awards and be selected for presentation at a regional psychology conference in Texas — all in a few short weeks.

March 26 and 27 Clancy and Milam attended the Great Plains Psychology Conference, and after two days of competition took home the first place prize for their research presentation.

Returning home less than 24 hours later the pair were inducted into the Sigma Xi honorary society. Three days later, Clancy and Milam received an invitation to be a part of a keynote address in Dallas presented by Dr. Richard Miller, the chairman of the psychology department.

Miller was recently the first Nebraska educator to be named a U.S. Professor of the Year in the nearly 30 years of this prestigious national teaching award presented by the Council for the Advancement and Support of Education (CASE).

“I am very honored and proud that our work came together, and we can see the benefits of hard work,” Clancy said. The research project on hypocrisy induction and psychological reactance began as a class requirement. The team chose their project and did not expect much more than an experience and grade. As they conducted the research in the psychology department, it was becoming clear that their findings could benefit various forms of media and education.

As December approached, Clancy and Milam began to get excited about

the antelope

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One on one:

Mr. T on life and teaching in America

BY DEANN REED
Antelope Staff**DR. FRANK
TENKORANG**

His students affectionately call him Mr. T. It is really an excuse. Stuttering over his African name means a student risks being embarrassed. African names don't exactly roll off an American tongue, and for this UNK professor his nickname indicates respect. Dr. Frank Tenkorang, associate professor in the department of economics, has been at UNK for four years. His lighthearted approach to education and to the field he has mastered helps his students learn what can be a difficult subject — economics.

Ask any of the students he has served, and they will tell you that Jeopardy day on Friday means extra credit and an opportunity to test their economics skills. But Frank's expertise is not just about teaching, it is also about navigating his education and his family in a country thousands of miles away from Ghana, Africa.

Is your wife from Africa?

Yes she is also from Ghana. But she is a Canadian citizen now.

Did you get married in Africa or did you get married here in Canada or the states?

Well we did a traditional marriage in Ghana. This was done between families.

Research from page 1

findings until two days of school were cancelled due to winter weather. "There was a lot of stress put on the project. Everything was up in the air. We did not know where the project would go," Clancy said.

After the holiday break, classes resumed and the pair was able to complete their work. Shortly after that, Miller brought the pair into his office, said he felt they really had something and encouraged Clancy and Milam to attend the Great Plains Psychology Conference.

"Going to the Great Plains Conference gave me confidence and reinforced the hard work I've been doing over the past school year," Milam said.

In the psychology field, research is the base for education. While the research was done for class, many other students outside of their class participated in the project.

We did the formal marry in Canada.

What is the marriage ceremony like in Ghana?

We have the traditional one, but these days because of Christianity, they are calling it the engagement. But it used to be the traditional marriage.

The churches are requiring you have a western marriage, you know wedding-white gown. But a traditional one is where your parents go to see the girl's parents let them know about their son's interest in your daughter. So they go for some drinks, and if accepted they will come up for dates and the other members of the family come together and celebrate.

What are the slight subtle differences between a traditional wedding in the United States where usually it is the groom that goes to the dad and says, "Dad I really like your daughter, and I would like to marry her."

That is what I am talking about where the guy's family goes to see the lady's family, and we call it knocking. You knock, and if the door is open then it means you are welcome to come to join the family.

So, even accepting the invitation is huge. Yeah.**What if they didn't even accept the invitation? How would you have felt if your wife-to-be's parent's said? "I don't think so. We don't think he is a good man." Does that happen?**

Any student enrolled in a psychology class was able to sign up and participate in their research, which created a learning environment for not only the researchers but also the volunteers.

"Being a part of our research let students be a part of the collegiate experience and gave students an opportunity to think and challenge their own beliefs," Clancy said.

The two were inducted into the Sigma Xi honorary society on Sunday, March 28. The Sigma Xi Honorary Society is a national organization comprised of undergrad researchers and doctoral level researchers who conduct research and demonstrate interest in research in all sciences. Clancy and Milam fit the bill.

Exhausted, Clancy and Milam returned back to class Monday, and on

Yeah it could. We have different tribes, and some family members want them to marry from the same tribe. So, that's a huge problem. And the other problem is if we had met here and her parents didn't know me, they would have been a bit more concerned. They knew me in Ghana so...

It was all cool.

Yeah right!

So where did the playing Jeopardy in class come into play? Because that was always fun when you did that in your class.

That came from a Purdue professor; he likes jokes. There are clean jokes and bad jokes, and he made it clear from the beginning he was not interested in bad jokes. Clean jokes — yes all the time. Games here and there.

Are there any goals you would like for your students to be able to have when they walk out of your class?

One thing I want to have is not just the economic concept. But whatever you do, you don't know where this will take you in the future. Look at issues. Why is that thing there? What can I do about it? If you have this mentality, you can apply this to everything wherever you go.

That is how I see things. That is one thing I want to impart: When a student leaves my class, I want not just the good grades or the economic concept, but to understand whenever you have a problem, how do you approach that problem?

Wednesday, March 31 they were invited to the Southwest Regional Psychology Conference. At this conference April 8 and 9, the two students will be a part of Miller's keynote address. The conference gives Clancy and Milam a chance to share their research and the opportunity to meet people and make connections for their future educational endeavors. Best put in the words of Milam: "I hope our research shows dedication, commitment and desire to learn."

Clancy will graduate in the spring of 2011 and plans to attend graduate school for a doctorate in psychology focusing on marriage and family counseling. Milam will graduate in the spring of 2011 and plans to continue her education in nursing school at the University of Nebraska Medical Center.

Online symposium beams collaborative research across world

College of Education connects with international partners

BY **DEBBIE EPPING**
Antelope Staff

7:30 a.m.—Black Hills State University, S.D. 8:30 a.m.—UNK. 3:30 p.m.—Poland. 4:30 p.m.—Vytautas Magnus University, Lithuania. 9:30 p.m.—Bangkok, Thailand.

On Tuesday, April 13 the sixth biannual International Online Research Symposium will convene in real time in the College of Education, Room 206.

The three-hour symposium gives students and faculty in the College of Education the opportunity to showcase collaborative research projects they have been working on with their international partners—Lithuania, Poland and Thailand as well as Black Hills State University in South Dakota.

This meeting is possible through the distance education room, where a big screen beams in presenters from around the world.

“I don’t pretend to understand it. It’s magic to me,” said Dr. Max McFarland, chair

of the department of counseling and school psychology.

The symposium, open to all students in counseling and school psychology as well as anyone interested in gaining some global perspective through live presentations across the continents has generated enthusiasm among the students. So far, relatively few problems have been encountered as the technology staff ensure things are kept running smoothly.

“We come in at 8 that morning, and we’re ready to rock and roll,” McFarland said.

The symposium is an accomplishment of the International Collaborative Research (ICR) Initiative, begun five years ago by the school psychology graduate program and department of counseling and school psychology at UNK.

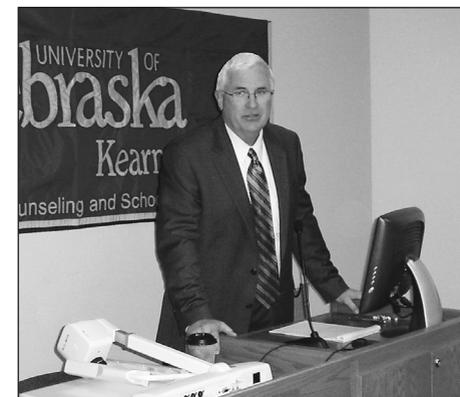
A proposal was written to fund a research graduate assistant to help coordinate the establishment of “a new, international,

collaborative research initiative, and essentially created to identify the students and faculty of UNK who were interested in doing research and linking them up with international partners,” McFarland, co-founder of the ICR, said.

Current grad assistant, Lana Renzelman, a school psychology major from Hazard who is completing her final year of coursework in the graduate program, helps coordinate the research symposium by contacting partner universities and deciding on a date that works for all, as well as making faculty and students aware of the symposium.

“It’s exciting to learn from cultures different than our own. It helps students and faculty learn what is on the minds of other professionals around the world who have the same end goal as we to—to help children succeed and promote a desire for children to know the importance of a lifetime of learning,” Renzelman said.

The ICR has grown into so much more



Courtesy photo, International Online Research Symposium 2009

The biannual International Online Research Symposium will take place in real time in the College of Education, Room 206.

than connecting faculty and students with international counterparts to do research.

The International Online Research Symposium happens every fall and spring.

SYMPOSIUM, PAGE 11

A hoax or worth the money?

Schapmann tests validity of energy drink claims in research sample

BY **SARAH MULDER**
Antelope staff

The two-ounce bottle of liquid claims to increase your endurance and concentration and put you in a better mood.

Last summer, Adam Schapmann, a senior biology major, began studying the claims of 5-Hour Energy drink, a drink blend of B-vitamins, amino acids and nutrients that claims to contain as much caffeine as a cup of coffee.



ADAM SCHAPMANN

“Since I’m a PA (physician’s assistant) student, I’m always interested in different human physiology, particularly drugs and other substances that come up,” the Tilden native and two-time 5-Hour Energy drink consumer said. “Energy drinks, I kind of wanted to see if they were a hoax or if they were something good for you. It sounds good on the label and everything, but until you really study it you don’t know what’s going to happen.”

The study is a requirement for his Bi-

ology 420 class at UNK. He will present his research to biology faculty and students. He will also present the study to the Nebraska Academy of Sciences in Lincoln in April as part of his senior study for the Honors Program.

To test the endurance, concentration and mood claims of 5-Hour Energy, Schapmann used five student test subjects.

He utilized a digit cancellation test to examine the concentration claim. The test is a page full of numbers. Schapmann then asked the subjects to cross off as many of a certain number as they could in 30 seconds. The subjects would take the test before and after drinking 5-Hour Energy to test for variation.

Schapmann used a visual analog mood scale for his subjects to rate their mood before and after drinking 5-Hour Energy. For the endurance claim, the subjects were asked to ride a stationary bike and were timed as to how long they could pedal. Then, the subjects drank 5-Hour Energy to see if their time increased.

Schapmann said the study has been fun to work on because it involves other

WHAT IS 5-HOUR ENERGY?

5-Hour Energy, with corporate headquarters in Michigan, hit the market in 2004. The 2-ounce shot claims it can help you feel “sharp and alert for hours.”

The drink is a blend of B-vitamins, amino acids and nutrients. The nutrition label boasts it contains no sugar, no herbal stimulants and four calories. The original 5-Hour Energy drink has the same amount of caffeine as a cup of coffee.

5-Hour Energy’s Web site claims the drink can “leave grogginess behind and sail through your day without feeling jittery, tense or crashing.”

The drink also claims it can help you feel more awake and alert for more hours. “What you won’t feel is ‘jacked up,’”

the Web site states. “That’s because 5-Hour Energy gives you ‘smooth energy’ that lasts. It wears off gradually, not with a sudden crash.”

The best times to drink a 5 Hour Energy drink are in the morning, after lunch, during workouts, while traveling or on the weekends or vacations, the Web site states.

For moderate energy, a person is advised to drink one half of a bottle, or only one ounce of liquid. For maximum energy, a person is suggested to drink the full two-ounce bottle.

Some cautionary words from the product include, “you may experience a Niacin Flush (hot feeling, skin redness) that lasts a few minutes. This is caused by Niacin (Vitamin B3) increasing blood flow near the skin.”

Information courtesy of www.5hourenergy.com.



5-HOUR, PAGE 5

America: Linguistically malnourished

While we have been clenching down our jaw on English, the rest of the world has expanded its linguistic palate



BY ALEX MORALES
Antelope Staff

It was a bleak time for a city divided by the struggle between communism and democracy when President John F. Kennedy delivered what arguably became his best speech to a crowd of over one million West Berliners on June 26, 1963.

In the midst of the Cold War, Kennedy's address spread hope among the Germans and built unity among American Allies. However, his infamous speech would be remembered for something far sweeter than its efforts to emphasize the failures of communism.

The highlight of his speech, "Ich bin ein Ber-

Despite being the melting pot that it is, the U.S. has somehow forgotten about the diversity of ingredients in makeup and remains as a monolingual capital of the world.

liner," an attempt to say, "I am a Berliner," to most Germans translates to "I am a jelly donut." To Kennedy's credit, this almost epic language blunder was soothed by an approving roar from the crowd. He proceeded to thank his interpreter for translating his German, and light was made of his remark. But on this global stage, the spotlight caught glimpse of something other than the U.S. underlining its support for West Germany. It shined light on the malnourished condition of multilingualism in our country. Had Kennedy been a known fluent German speaker, his patriotic German rhetoric would not have been associated with a fried German dessert.

Despite being spotlighted in the 1960s, this lack of linguistic development remains an issue today. Despite being the melting pot that it is, the U.S. has somehow

forgotten about the diversity of ingredients in makeup and remains as a monolingual capital of the world.

In 2000 the U.S. Census Bureau reported data on 30 different languages that were spoken in U.S. homes. This rich and varied list includes such languages as Arabic, Russian, Chinese and Italian. All told, about half a million or more Americans speak the languages — many also present on this campus. In spite of this wide-ranging collection of languages, we hold a 9 percent bilingual rate compared with the rest of the world's 52 percent.

While we have been clenching down our jaw on English, the rest of the world has expanded its linguistic palate. In many countries, people aren't considered fully educated unless they speak two or more languages. Often, the second language learned in other countries is English. Reasonable, considering English does dominate the business world. And that's just it. While the rest of the world is making an effort to speak English, the U.S. has managed to get by with putting the linguistic melting pot on the backburner.

But we won't always be catered to. It's time for Americans to fire up the goods in the pot. They have brewed long enough, and our tongues are in dire need of nourishment.

But we won't always be catered to. It's time for Americans to fire up the goods in the pot. They have brewed long enough, and our tongues are in dire need of nourishment.



Graphic by Sam Bates

John F. Kennedy's German language attempt in 1963 remains one of his most well-known linguistic blunders. America hasn't come far since then.

LANGUAGES IN AMERICA

- English: 82 percent
- Spanish: 10.7 percent
- Other Indo-European: 3.8 percent
- Asian and Pacific Island: 2.7 percent
- Other: 0.7 percent

Source: CIA - The World Factbook
www.cia.gov

Sudoku ★★★★★

How to play:

Sudoku is a placement puzzle. The aim of the puzzle is to enter a numeral from 1 through 9 in each cell of a grid. Each row, column and region must contain only one instance of each numeral. Completing the puzzle requires patience and logical ability. The puzzle initially became popular in Japan in 1986 and attained international popularity in 2005.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 2 | 9 | | | 5 | 3 | |
| 1 | | | | | | 4 | | 2 |
| | 6 | | | 5 | | | | 7 |
| | 1 | | | | 5 | 2 | | |
| | | | 1 | | 4 | | | |
| | | 6 | 3 | | | | | 7 |
| 4 | | | | 3 | | | | 5 |
| 6 | | 9 | | | | | | 8 |
| | 2 | 8 | | | | 9 | 7 | |

Find answer on page 11

www.sudoku-puzzles.net

BLUNDERGRADS

by phil flickinger (www.blundergrads.com)



Pruss believes embryonic stem cell research kills souls

BY CHELSEA ARCHER
JMC 315

"I believe that life begins at the moment of conception, not from first heartbeat," said Lauren Pruss, a sophomore from Fremont. "[The embryo] has a soul and feelings. Creating life in a test tube and then destroying it—That's murder."

Pruss, a speech pathology major, stands very far to the right on the topic of embryonic stem cell research.

In contrast, Dr. David Crouse, a professor of genetics, cell biology and anatomy at the University of Nebraska Medical Center, stands on the opposite end of the spectrum of embryonic stem cell research.

"Embryonic stem cells have a huge potential to cure many diseases that cannot be treated by other means," Crouse said.

"I'm not a scientist," Pruss said. "I don't know all the answers. But I do know this: a sperm and an egg together creates life. God gives everybody a soul at conception. If you could make a life without a soul, then I'd be for it. But that's not how it works. It's a life. It's a person."

The source of embryonic stem cells, which were first isolated in 1998, is human eggs that have been fertilized in a laboratory for in vitro reproductive procedures. Embryonic stem cells, in the

pre-implantation embryos, are the foundation for cells for organs and tissues. They program themselves and can develop to perform any number of specialized tasks, and because of this they may have potential therapeutic value.

"I think it is a nice 'idea,'" Pruss said. "How cool would it be to make livers and cure Parkinson's? That is awesome. But I am against it because the second you fertilize an egg, it becomes a life."

Adult stem cells are found in tissues that have already developed. The primary roles of adult stem cells in a living organism are to maintain and repair the tissue in which they are found. Blood stem cells now are routinely used as replacements for bone marrow and stem cell transplants to successfully treat such cancers as leukemia and lymphoma. Scientists have worked with adult stem cells for the past 40 years to achieve this level of understanding and application, Crouse said.

"I'm OK with people who donate their bodies for scientific research and miscarriage children," Pruss said. "Those who willingly donated their bodies had the opportunity to experience life, unlike the scientifically-created embryos. I say miscarried babies because God chose to take them to heaven, so now it's just a body and no longer a life."

"It was a life, not just an egg. It was a person who would have grown up to have feelings, dreams and goals."

Lauren Pruss
Speech pathology major

According to Crouse, embryonic stem cell research has shown promise in the treatment of many diseases including diabetes, Parkinson's disease and several other devastating conditions. The practice also has come under fire from opponents who claim it destroys embryos, and thus life.

"We're very early in the process of understanding these cells and knowing how they may be used most effectively," Crouse said. "There may also be new potential therapeutic uses for adult stem cells. There is still much to learn."

Crouse said that scientific researchers want to use embryonic stem cells because "more than 400,000 eggs remained frozen, and they were not going to be used for reproductive purposes." "Although some could be used for adoption, which I think is a very honorable thing to do, the others are thrown out on a drying pad and tossed away with medical waste. Scientifically, it is more

ethical to use cells that may benefit mankind, because it's the only way, than to discard the embryos," he said.

"It's not just extra eggs in a lab. It's someone's child that the mother, doctor and stem cell researcher killed," Pruss said. "It was a life, not just an egg. It was a person who would have grown up to have feelings, dreams and goals."

In 2009, President Barack Obama signed an executive order to free up the use of federal funds to access stem cell lines created after Aug. 9, 2001, the day former President George W. Bush signed an executive order that limited the use of federal dollars for embryonic stem cell research.

The change in federal policy complements current state laws and Board of Regents policy regarding embryonic stem cell research. Due to the change, UNMC scientists now have access to submit competitive proposals to use the new federally approved stem cell lines.

"Even though we are now approved to research new stem cell lines, we are still very limited." In contrast, "Private organizations can basically do whatever they want," Crouse said.

"I would be all for it if they could do this by other means," Pruss said. "I'm sure they could find more humane ways to help people. It might be harder and take more work, but it's worth saving souls."

5-hour from page 3

disciplines. He said he used the Human Performance Lab to complete the endurance test and had help from a psychology professor for the mood test.

Even though Schapmann is currently in the interpreting data stage of his research, the project took longer than he expected. He thought he would be done in two or three months, but he recently finished his last test – the endurance test.

Another question Schapmann

hoped to answer through his research was whether the product was cost effective.

"You pay \$2.50 for two ounces. It is really worth your money?"

He said the reaction to his study has been one of shock and excitement.

"Every college student drinks a lot of coffee for studying late at night. A lot of people actually use energy drinks or caffeine pills," he said. "Everyone's kind of interested (in the study). It's

kind of a fun subject to do. It's kind of a practical commodity. You see it everywhere."

He said the most interesting thing he learned throughout his research is that human subjects are random.

"You can't ever predict them," he said. "You can schedule a date to do something but people cancel out, people get sick, people have prior obligations. Nothing works perfectly."

Schapmann said the results of his

study showed that although some people showed improvements in certain areas after drinking 5-Hour Energy, the data is not significant because his test subject pool was too small. He hopes someone will continue with the study and use a larger group to test the same claims.

Schapmann's study, along with other studies done by students in Biology 420, will be on display in Bruner Hall a week before classes end.

THURSDAY NIGHTS JUST GOT BETTER

THERAPY THURSDAY

\$2 YOU CALL-ITS DANCE MUSIC WEEKLY EVENTS

COPPERFIELDS

DOWNTOWN KEARNEY ON 21ST ST.

Alpha Omicron Pi dodges arthritis with tournament

BY JENNIFER KARDELL
Antelope Staff

It's a simple game involving two teams, one ball, one focus and one goal. The goal is to dodge a ball being thrown at you, and be the last man standing resulting in a win for your team all while earning money for a great cause.

The ladies of the Alpha Omicron Pi sorority have brought this simple game to a new level by hosting their fourth annual dodgeball tournament last Thursday, April 1 in the Health and Sports Center.

Sara Smith a sophomore business administration major from Scottsbluff, was happy to see the event have a great outcome. "In 2009, 18 teams participated. Each team consisted of five or six players. This year we had 24 teams," Smith said.

In past tournaments, around \$1,500 has been raised for the sorority. Hopes to increase this amount became a reality Thursday when they exceeded their goal by \$300.

"The goal was \$2,000, and we exceeded this by \$300, but after expenses

for the winning team we are donating a little over \$1,900 to arthritis research," said Courtney Smejdir, a freshman communication disorders major from Lincoln.

There are many charities and causes the sorority could have chosen, but to them, the National Arthritis Foundation is the most important. "We chose arthritis research, because it is the philanthropy of our national headquarters. Many more women are affected by arthritis than men, so we felt it was our duty to help our fellow women out by raising money for research," Smejdir said.

If you did not participate in the event you missed out. Alpha Omicron Pi had a great lineup of prizes for the teams who participated. "We had a \$300 cash prize that went to the winning team. A 32" flat screen television was raffled off. Other raffle prizes included gift certificates to restaurants, salons, clothing stores and others," Smith said.

Alpha Omicron Pi has participated in many charity-related events during the school year, but this has been their biggest event. Smejdir and her sorority are very pleased with the outcome of the event, are excited for next year's festivi-

ties and hope to see the event continue to grow. However, they couldn't do it alone and would like to give praise to those who helped them achieve their goal. "I would like to thank all of our sponsors for the tournament this year: Bob's Super Store, Holiday Inn, Arby's, Shirt Shack, Copy-Cat Printing, Buckle, Urban Hair Salon, Tripe Construction, USA Steak Buffet and Mr. and Mrs. Lee Higgins. I also want to thank on behalf of AOII, all the other Greeks who participated in the event as well as those on campus who made teams. You all went out there and did your best. Thanks for making this year a great success," Smejdir said.

"Next year I would love to see more community involvement. We had two teams who were from outside the UNK campus, and they both went very far in the tournament. I think it would be good to give the team that has won for the last two years now a run for their money. The final game was close between the defending champions and a team of 'oldies' from the admissions office," Smejdir said. Alpha Omicron Pi will be hosting this event next year, so don't miss your chance to take part.

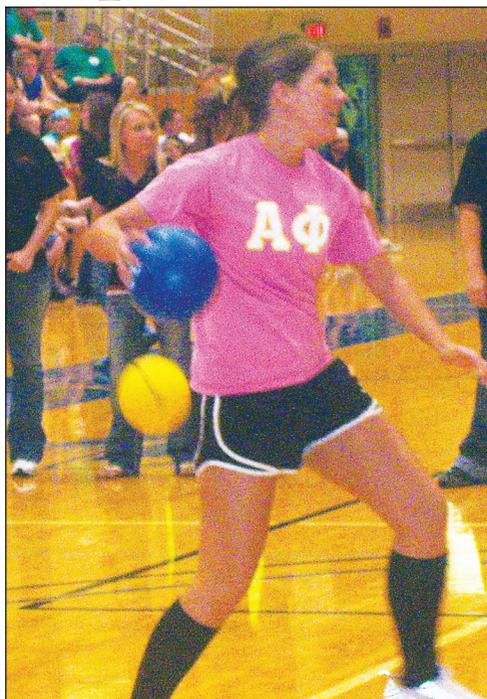


Photo by Chelsea Archer

A member of the Alpha Phi team prepares to take a swing at the opposing team. This is the fourth year of the Alpha Omicron Pi "Strike Out Arthritis" tournament.

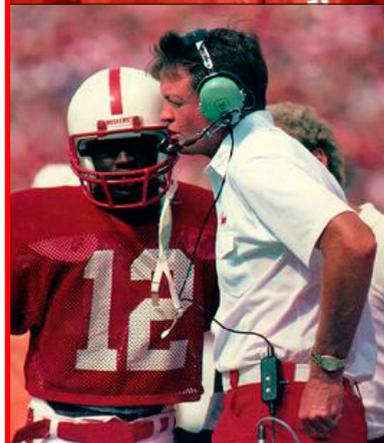
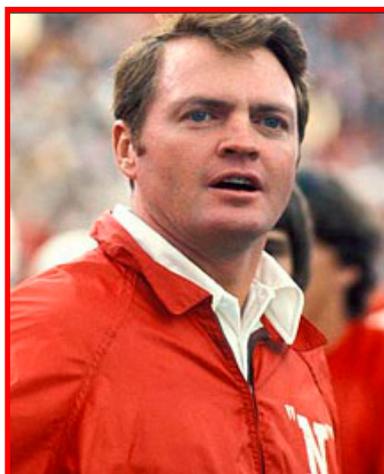
Tom Osborne: A true champion on the field, in education

BY TRAVIS BORCHARDT
Antelope Staff

Tom Osborne is one of the winningest coaches in college football history with 255 wins in 25 seasons with the Nebraska Cornhuskers. He served as a U.S. Representative and is now the University of Nebraska- Lincoln Athletic Director. So what does he say is a key to being a true champion— academics. "Performing well on the field is important, but so is performing in the classroom," Osborne says. Osborne has always viewed education as a top priority. It is obvious that his view has not changed at all now that he is head of the Cornhusker Athletic department. Osborne says that, "if a student-athlete does not graduate, we have failed."

Osborne has also brought an emphasis on making a meaningful contribution to society and to the university. Under his guidance, each athletic team is required to complete two community service projects each year. They can pick from mentoring students, speaking to kids, visiting hospitals and others. "We want to put an emphasis on sound behavior on and off the field, and our athletes have done very well at both." Osborne says that they want to create a willingness to serve and contribute to society.

So, what can we learn from arguably one of the most honorable and respected coaches in the country? While winning is important, an education and a willingness to serve are two huge parts of being a true champion.



TOM OSBORNE

UNL Head Coach (1973-1997)

- National Champions 1994, 1995, 1997
- 65 Academic All-Americans, the most in college football history. The second most is held by Notre Dame— 50 selections since 1952.
- Last five teams had the best five-year record in college football history (60-3)



Three Term U.S. Congressman (2000- 2006)



- Sponsored 29 bills between 2001-2006
- Co-sponsored 475 bills in the same period.

MORE FACTS

- All 25 teams Osborn coached went to a bowl
- All 25 teams won at least nine games
- 15 of his teams won 10 or more games
- Class of 1999 Hall of Fame inductee

Usman dreams big, takes championship



Courtesy Photo

Kamarudeen (Marty) Usman stands next to UNK head wrestling coach Marc Bauer after winning the 174 lbs. national championship against Luke Rynish of Wisconsin-Parkside. Usman was runner-up in the same weight class the previous year.

BY JILLIAN JUMPS
Antelope Staff

One Loper wrestler who started the season with high hopes and bigger goals than winning a national championship conquered one goal on Saturday, March 15.

Third times a charm for Kamarudeen 'Marty' Usman, a senior family studies major from Amarillo, Texas, because he met his first goal defeating Luke Rynish from Wisconsin-Parkside in the 174 pounds division at the National Wrestling Championships in Omaha.

Usman started off his wrestling career as a sophomore in high school after hearing of the sport just a year before. Usman said, "My first year I got beat up pretty bad. My second year I fully committed myself and did whatever it took to be the best." Usman finished his high school career by winning third at state.

Usman wrestled for two years at William Penn University in Iowa before he became a Loper. There Usman won the Regional Conference and was ranked third on his way into nationals but never got to compete because the team got snowed in at a hotel. After two years at William Penn he moved to Kearney to be part of the Lopers' wrestling team.

In the three years Usman has wres-

ted for UNK, he has been ranked No. 1 every year going into nationals, finally bringing home his national title.

Usman said, "I felt that I should have won first in nationals the two years before this one because I was ranked first, but my first year I placed third, my second year I placed second, and my last year I finally placed first." After winning the national title Usman said, "I felt a big weight lifted off my shoulders."

Now Usman is setting even bigger goals for himself: he wants to make the Olympic wrestling team. First, he will have to win one out of three tournaments to qualify for the Olympic try-outs. He will wrestle first in Cleveland at The U.S. Open. If he wins one of the qualifying tournaments, then he will qualify to try out for the USA Olympic wrestling team.

Usman wants to conquer mixed martial arts fighting (MMA) next. He has been training, and his first fight is in two weeks in Grand Island.

"I want to be the best in world," Usman said about MMA fighting.

Even though Usman is dedicated to his sports, he someday wants to be married, have kids, a career and pass on his knowledge of sports. After college Usman said, "I want to have a job on the side and get all the passion out of fighting and wrestling."

Loper of the Week

BY JENNIFER KARDELL
Antelope Staff

Chandler Klute
Baseball

Baseball has always been a part of Loper catcher Chandler Klute's life, and Klute has baseball dreams of his own. He is living them out as a part of the UNK baseball team. Klute and his teammates have posted an 18-12 record this season and hope to take that record into the RMAC championships.

Take some time to meet the man behind the mask, who wants to help take his team there.

What has been your biggest career highlight while at UNK?

My biggest career highlight so far while at UNK would have to be playing in the Metro Dome in Minneapolis. It was such a thrill to play a game on a Major League field that many baseball stars have played on.

How did you get started with baseball, how long have you played?

My dad was the one who got me started with baseball around the age of four. Growing up in Colorado, my dad and I would be outside whenever possible playing catch, teaching me how to hit. I've been playing on teams, whether it has been little league, competitive or legion, since I was old enough to play organized baseball.

What was the transition like from high school athlete to college athlete?

The biggest transition that I encountered would have to be the level of competition. Practices are harder, and the overall intensity of the games has increased.

Was there a big transition from the two levels (high school and college)?

The transition between the two levels wasn't too difficult. I'm learning new things every day. I just have to keep my focus at all times and play to my fullest potential.

What is something most people wouldn't know about you?

I love any kind of outdoor activity, especially hunting and fishing.

If you could trade places with any other person for a week, famous or not famous, living or dead, real or fictional, with whom would it be?

If I could trade places with any person for a day it would be Colorado Rockies shortstop Troy Tulowitzki. I've always been a Rockies fan, and it's every baseball player's dream to play pro ball. And playing at Coors would be amazing.

If you were written about in the newspaper, on the front page, what would the headline say?

"Klute helps the Lopers win the RMAC Championship" because that is one of our team goals, and I will do anything to contribute to that.

What is your greatest strength/weakness that you provide your team?

My greatest strength would have to be my dedication and hard work that I put forward to every game. If I were to choose a weakness it would have to be my lack of experience. Even though I'm only a freshman I will always give it my best and help contribute to my team in any way possible.



HOMETOWN: Kearney
GRADE: Freshman
MAJOR: Business administration

Cycles from page 1

maintenance for the program.

The student government began organizing recycled cycles after seeing a similar bike share program at the University of Nebraska Omaha according to Craig. SIFE was drawn to this program by the group's interest in "environmental sustainability" and will be responsible for maintenance and improvements once recycled cycles gets rolling.

ADP grants are aimed at encouraging civic engagement and increasing political engagement. This grant should cover the startup and a portion of the maintenance for the program.

UNO's bike share program began in the fall semester of 2009 with 10 donated bikes. said UNO student body president Michael Crabb, a junior architectural engineering major from Omaha. Though not an uncommon idea, according to UNO bike share organizer and professor of health Dr. David Corbin, UNO has the only bike share program in Omaha that uses "re-

paired older bikes that we do not lock or check out."

Theft is one of the main concerns for such an open program but UNO has avoided such problems. The UNO bike share program has only had one bike totaled and avoided theft— because as Crabb points out, "the bikes used are old and repaired so they aren't worth much." Repairs for UNO's bikes are discounted to half price on labor by program sponsor TREK.

Winter weather put a halt to the bike rides at UNO in the fall and slowed the launch of the UNK program. However, UNO experienced great success before winter weather began tormenting Omaha. "We conservatively estimate that over 2500 trips were taken until the weather turned bad," Dr. Corbin said.

Crabb is optimistic about the future of the program at UNO. "I think the program will definitely continue to grow, the question is how quickly."

Kearney students and faculty who are familiar with recycled cycles are excited. "I received positive responses from classmates I've talked to," Craig said.

According to Dr. Anderson, "Recycled cycles is a great project."

"I think people will use it. I'll use it," Summerfield said, "Plus, isn't it just a cool idea?"

Dating Doctor dishes out advice to students

BY KAITLIN DOTY
Antelope Staff

We all remember the movie "Hitch" starring Will Smith, the story of a legendary and anonymous date doctor who advises not so dating-savvy male clients to get the woman of their dreams.

Well, America's real-life Hitch, David Coleman, is coming to UNK. This is the real-life dating doctor. He has won the Campus Activities Magazine National Speaker of the Year nine times. His advice and comedic style has entertained millions of people leading him to be featured in publications such as Cosmopolitan, The New York Times, Us Magazine, USA Today and The Washington Post. He has also been featured on CNN and all major television networks.

During his presentation, Coleman promises his audience will walk out challenged to change as individuals, be encouraged to make every day matter, learn to appreciate and practice the characteristics found in healthy relationships and learn to manage their fears and obstacles and turn them into opportunities and more.

This real-life Hitch focuses his curriculum on his prescriptions for life offering advice about how to make long-distance relationships work and help for the romantically challenged.

Want to know why "nice guys" fail to win a woman's heart? Have questions about breakups, whether someone is Mr. Right, Mr. Right Now or Mr. Next? Coleman will tell the truth about Facebook, go over the "rules" of dating, offer tips for men and women on being a good date and so much more.

SNEAK PEAK

A look at "The Truth About Facebook" by The Dating Doctor:

1. Evaluate your Facebook account and postings—how do you feel about your employers seeing what you have posted?
2. Do not post private information such as address, class schedule, social plans, etc. unless you are prepared for anyone to find you any time.
3. Utilize privacy settings on Facebook so you can control who has access to your page.
4. Google yourself to see how your name and identity is being used.

UNK Residential and Greek Life got the idea to get David Coleman: The Dating Doctor to campus after UNK's Panhellenic Council and Interfraternity Council attended the AFLV Central Fraternal Leadership Conference in St. Louis two years ago. Allie Nightingale, a junior elementary education major from Kearney said, "When I got to see David Coleman at the conference, I walked out thinking how hilarious he was, and he really makes you think about relationships in a different way. He knows how relationships work. I love that I am getting another opportunity to see him again."

The event will be held on Tuesday, April 13 at 7 p.m. in the Ponderosa Room of the student union. It is open to all UNK students and is free with a student ID.

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FANATICS Downtown Kearney on the Bricks

After touring Chicago, Nebraskats return to UNK stage

BY ASHLEY LEEVER
Antelope Staff

In the dead quiet of the morning their clear melodies can be heard drifting through the halls. While most college students are fast asleep at 6 a.m., UNK's show choir the Nebraskats, are gearing up for their final performance of the year.

With a busy year under their belts including a tour in Chicago, the 14-member show choir will be ending their run on their home stage at UNK on April 11 at 3 p.m. "I can honestly say that I expect our home concert to be amazing! Chicago helped us as a group raise our performance level higher at every performance, and we hope the audience will see that," said Dillon Nelson, a sophomore musical theatre and music education major from Burwell.

With a 40-plus year history at UNK, the Nebraskats started out as a student organization but has evolved into a class. The group nearly became extinct four years ago with no director to take them in. Dr. Andrew White stepped up to the plate when he saw how his students were able to grow in both their singing and dancing through the experience they gained with the Nebraskats.

"Everyone in our group contributes greatly both in terms of dance and singing. It is a very challenging pursuit. Every person in the group has an equal amount of stage time, and they all receive solos. With up to 20 performances in a year, that level of stage time gives them a level of experi-

ence that is way beyond anything else we offer them in that capacity," White said.

The show choir gives each member a unique opportunity to expand upon their singing and dancing. "I really enjoy having the opportunity to work with such talented people. We all have something unique that we bring to rehearsals and to performances that adds that much more to the group," said Codie Milford, a freshman musical theatre major from Burlington, Colo.

The Kats were given the opportunity of a lifetime to perform in sites throughout Chicago. The group hit the road on March 26 to complete the five-day tour that ended in Chicago. The Kats started the tour in Nebraska at the Lincoln Community Playhouse and Wahoo High School. There was no rest for the weary when the group hit Chicago. Within three days, the group performed at Union Station, Navy Pier, Willis Tower (formerly known as Sears Tower), the Chicago Zoo and a retirement community.

The group also managed to squeeze in some learning time as well. As White said, "We had a master class with Terry Hudson, a show choir expert in the Chicago area. He has choreographed and worked with many show choirs including college show choirs such as Ball State. We also attended a performance of 'Billy Elliot' in Chicago."

"Chicago was amazing! Although we were all exhausted by the end of the

tour, I felt like it was a great experience. We had so much fun," Milford said.

After a successful tour through Chicago, the group is ready to end their year with a bang at UNK. "We sing an amazing variety of songs like a Michael Buble melody, a Maroon 5 melody, a Michael Jackson melody and a ton more. We enjoy performing our songs, and you'll see that these songs work and sound great for the group. I don't think we will let anyone down," Nelson said.

The Nebraskats will be performing the same show they performed on their Chicago tour with a few special treats thrown in. With no charge for admission, the Kats guarantee a fun and uplifting afternoon for one and all.

COME SEE THE KATS

**Sunday, April 11
at 3 p.m.**

Fine Arts Recital Hall

See the show that toured Chicago, featuring songs by Michael Jackson, Maroon 5, Michael Buble and much more!

Student Research Day 2010

Date: April 8
Time: 11:00 a.m.-noon and 1:30-4:30 p.m.
Location: Student Union

See what's the topic of discussion as researchers from different majors, minors and emphasis showcase their talent both through oral and poster presentations.

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Crocker: J.S. Bach of UNK

Dr. Ron Crocker fulfills his passion with music and directing

BY AMANDA SCHIPPOREIT
JMC 215

Dr. Ron Crocker is many things: associate dean in the College of Fine Arts and Humanities, interim chair of the department of art and art history AND interim director of the theatre program at UNK.



RON CROCKER

But, Crocker is also the director of the Kearney Symphony Orchestra, otherwise known as KSO. Present in Kearney for over 100 years, open for any Kearney area member and under the direction of many different conductors, the community/university orchestra includes string, wind, brass and percussion musicians.

It's difficult to say which job is most significant because of the passion that Crocker shows in all areas of his life. But as director of the orchestra, audiences are able to see and hear all of his hard work come together.

Crocker began his teaching career at then Kearney State College in 1966 as assistant director of bands and percussion specialist. After three years, he became director of bands for 20 years and is now in his 43rd year at UNK.

As for KSO, Crocker directed for three years during the middle 1990s and has been directing a second time since 2001.

Being in the audience at a KSO concert is unlike anything else in the world, but doesn't even compare to being onstage.

KEARNEY SYMPHONY ORCHESTRA CONCERT

UNK Fine Arts Recital Hall
April 27 at 7:30 p.m.

"My favorite part of directing an orchestra is during the concert performance when every element of the music falls into place."

Crocker said, "My favorite part of directing an orchestra is during the concert performance when every element of the music falls into place. The emotional impact on the performers and audience can be very exciting and profound."

Crocker's success as a director is apparent to the audience, but also to the orchestra members who he is passionate about. Dr. William Jurma, Dean of Fine Arts and Humanities, said, "The Kearney Symphony Orchestra has had increasing momentum and quality of performance since Crocker became director in 2001. There is a strong link between UNK and Kearney both in the mix of musicians in KSO and in the positive relationship between the orchestra and people who come to concerts from the surrounding area. People look forward to KSO performances."

David Kelley, a KSO member and one of Crocker's present students, feels he



Photo graphic by Amanda Schipporeit

has been privileged with the chance to get to know Crocker. "Dr. Crocker is such an amazing conductor and gives people that little boost of confidence that helps you when you're in doubt." Kelley, a music education major from Gering said. "With the amount of time and effort he puts into everything he does, I just don't know how he finds time to sleep. Dr. Crocker is basically the J.S. Bach of UNK."

Crocker, on the other hand, knows the music adds joy to his own life. "The interesting thing about orchestra music is— as is true of all the arts— when a person becomes in-

involved, interest continues to grow to a point that the art becomes a part of one's identity. It becomes a fulfilling passion in a person's life," Crocker said.

Two to three KSO concerts take place every semester, each with a different theme. The last concert of the season, American II, will be held Tuesday, April 27, at the UNK Fine Arts Recital Hall at 7:30 pm. And, "as the title implies," Crocker said, "the concert will feature American composers or music about America."

If interested in auditioning, contact Dr. Ron Crocker at 865-8386.

Art ed major enjoys pushing her limits and imitating reality



Photo by Jessica Kenyon

Senior art education major Rivkah Addy with a piece of her artwork.

BY JESSICA KENYON
Antelope Staff

Senior art education major Rivkah Addy says art has changed her life, and she believes it can change the lives of others. She says the best part about art is that it is a forever, living life form. "It will always exist and will continue to change lives and motivate people for the best. I think the best thing about my art is the stark contrast and hopefully close replication of reality."

Addy is ready for the changes her graduation will bring. She wants to relax a little bit and spend time with her family. Along with school and married life, Addy works part time and is involved in a public

STUDENT PROFILE:

Name: Rivkah Elspeth Addy-Raffaeli
Age: 23
Hometown: Kearney
Year: Senior
Major: Art Education

Bible ministry. She lives a very busy life. "Most people wouldn't expect that I want to finish school as soon as possible, so that I can spend more time enjoying things like running to the store for milk with a moment's notice or enjoying a cup of coffee in the morning with no major stresses to

overpower the moment," Addy said.

When did you get into art?

Probably a few months after I was born. Really though I have always had an interest in art and focused on it throughout my life.

Is there someone or something that inspired you?

My dreams—the things I wished to do throughout life and all the things I saw around me in nature. My mom and dad always encouraged me to create so, in many ways they were my inspiration also.

Symposium from page 3

In addition, UNK and Vytautas Magnus University in Lithuania have co-created an international, professional journal—"The International Journal of Psychology," as well as continue do faculty and student exchanges.

"We took faculty and students last year and taught two courses while we were there. We had two doctoral students come over here last fall and present their doctoral research," McFarland said.

"It's exciting that I will have the opportunity to travel to Lithuania to meet the Vytautas Magnus University faculty, learn about VMU's accreditation process and experience the education system of another culture," Renzelman said.

Due to budget restraints, it is clear this exchange is not plausible on a regular basis, so the possibilities of again using Distance Education—Web based courses, are being explored.

"Our faculty could teach one or two, and their faculty could teach one or two that our students could take. It would provide a tremendous specialization for students on both campuses," McFarland said.

Part of the engine that drives the whole process and keeps it growing is the commitment and passion of the faculty.

Dr. Teara Archwamety, professor of educational psychology and research methodology and co-founder of the ICR, is committed to international relationships.

"He has helped us realize how critically important global perspective and awareness is in our students," McFarland said.

Vytautas Magnus University in Lithuania has master's levels and doctoral levels in programs such as theoretical and health psychology that aren't as developed in the United States.

"The opportunity for students to have connections and to collaborate with other researchers overseas is a great accomplishment of the ICR," Archwamety said.

The value of this opportunity is immeasurable in terms of broadening student awareness and perspective.

"The purpose of the ICR is not to do or fund research, but to make the connection to enable students and faculty to connect and do collaborative research," McFarland said.

Students seek funding through the research services council at UNK.

The department of counseling and school psychology at UNK is strictly graduate—graduate degrees, master's degrees and education specialists.

Therefore, an extensive number of students and faculty partake in the research. Students have to complete and disseminate a research project in order to graduate, and the symposium is a great way to meet this requirement.

"We choose about four to six each semester to fill in the symposium. Finding a variety of people to present has not been a problem," Archwamety said.

"The students are very motivated. It's exciting for them to stand up and make their presentations at the symposium and be a part of their international colleagues doing that," McFarland said.

Mastery of the English language is required in Lithuania as well as other partnering universities. Handouts of the presenting students' PowerPoint presentations close any language gap there might be due to different dialects and accents.

"It's just amazing. We can converse with them live time as we are looking at each other, and the students are doing the same," McFarland said.

Archwamety and McFarland have been teaching at UNK for 33 years and 25 years, respectively.

When they began teaching, neither of them could have ever imagined such a revolutionary and innovative means of communicating with universities worldwide. However, to them, the International Online Research Symposium is simply a puzzle piece that fell into place through hard work and dedication.

"I was trying to think when we had an actual 'aha' moment, and I don't remember that moment. I think it was just a natural progression," McFarland said.

The ICR is able to sustain itself on almost no budget.

"Everybody involved has been incredible with being creative and thinking out of the box and doing some unbelievable things for very little budget," McFarland said.

Both McFarland and Archwamety agree they would like to see more funding in the future to expand the ICR in terms of the scope and magnitude of the kind of research they do.

However, their overall goal is sustainability—not just money or funding, but also the interest, passion and commitment on the faculty part.

"I'm encouraged and excited. I think we'll have the commitment and the people power to make this thing sustainable," McFarland said.

Sudoku answer:

Upside down, from page 4

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 1 | 7 | 6 | 9 | 5 | 8 | 2 | 3 |
| 8 | 2 | 3 | 7 | 1 | 4 | 9 | 5 | 6 |
| 6 | 5 | 9 | 2 | 3 | 8 | 1 | 7 | 4 |
| 1 | 7 | 6 | 8 | 2 | 3 | 9 | 4 | 5 |
| 5 | 9 | 8 | 4 | 7 | 1 | 3 | 6 | 2 |
| 3 | 4 | 2 | 5 | 6 | 9 | 7 | 1 | 8 |
| 7 | 8 | 1 | 3 | 5 | 2 | 4 | 9 | 6 |
| 2 | 6 | 4 | 9 | 8 | 7 | 5 | 3 | 1 |
| 9 | 3 | 5 | 1 | 4 | 6 | 2 | 8 | 7 |

Addy from page 10

What kind of artwork have you completed?

Throughout my college career I have focused on drawing, painting, ceramics, sculpture and most of all—printmaking. I have also recently become involved in graphic design type work, which I think is really fun.

Why do you enjoy art?

I enjoy art because it expresses something that my mouth and words cannot. It is fun to do, exciting to watch others do and awesome to see how people react to it. Art can take one to places that he or she may never be able to go in reality. It also allows us to make our history remembered forever. It is a means to create wonder!

What do you do it for?

I like to focus on reality. I enjoy pushing myself to the limit and seeing how closely I can imitate reality and nature in my art work.

Is this something you want to pursue after school?

Definitely! I will continue to do many forms of art for myself personally and hopefully for others. I am also going to be a teacher, so hopefully I can persuade others to see the importance of art and the joy that it can bring to life.

What are some goals you are working toward?

One goal that I am working toward is showing my art in more galleries. I think that if I develop a large enough collection I may be able to do this. I enjoy seeing how others react to my work.

What is the best part about art in general and about your art specifically?

The best part about art is that it is a forever living life form. It will always exist and will continue to change lives and motivate people for the best. I think the best

thing about my art is the stark contrast and hopefully close replication of reality.

Do you believe there is art in everything?

I believe that there are principles and elements of art in everything, but I do not believe that everything is art. Art is beautiful, but to me not all things are beautiful. It reminds me of the saying, "If all things are beautiful then nothing is."

Do you have a favorite piece of art?

One of my favorite works of art is the "David" by Michelangelo. The story is biblical, but the reason I love it is because of his perfect replication of a man's body. His use of line and his skill in sculpture makes my jaw drop. I love to be awestruck by art and that piece fulfills that desire.

What else are you interested in?

I am interested in nature a great deal. I love hiking and pushing myself to the limit through long hikes and backpacking trips. I enjoy visiting big cities like London, New York and Paris. I have visited all these places and hope to see more and learn more about the cultures of different nations. I am also interested in the art form of glassblowing. I hope that one day I will have some free time to learn that skill.

Is there anything that helps you decide what you want to create?

Nature, my friends and especially my family members help me get thinking about what my next project will entail. I am visual, so I usually look through pictures or walk around outside for a while.

Need a quiet place to study?



Come to **Campus Lutheran Ministries**

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Not your typical winter break

Team of UNK students volunteer in Haiti before quake



Photos by Skylar Leatherman

ABOVE: A team of eight UNK students traveled to Haiti from Dec. 31 to Jan. 6 to help those in need. The students, Mark Rauert, Josh Johnson, Brock Blankenship, Liz Petto, Maiko Oku, Chloe Burroughs and Skylar Leatherman hiked up a mountain to take supplies to a village at the top. The strenuous four-hour hike, takes Haitians two hours, many without shoes.

TOP RIGHT: The team put on Vacation Bible School for children from the Orphanage and from the local community. They sang songs, played games and made beaded cross necklaces. The language barrier made it hard to explain things, especially because they speak Haitian-Creole, a mixture of several different languages.

MIDDLE RIGHT: The children from the House of Hope orphanage received new Bibles and matching shirts from the team. There are 17 children at the orphanage, ranging from ages one to fifteen.

BELOW RIGHT: During the trip, the students took children from the House of Hope orphanage to the public beach to swim. Many of the kids enjoyed the swimming, even though the water was cold. No damage was done to the House of Haiti during the Jan. 12 earthquake.

