It’s official. They have been chosen.
Five seniors from various educational backgrounds took home the Outstanding Senior Award last week.
Each year, the Student Alumni Foundation chooses five elite seniors to be deemed outstanding. This year, the seniors chosen were John Blecha of Gothenburg, Krystine Hoefer of Elgin, Jessica Obermier of Aurora, Meagan Smejdir of Lincoln and Cristobal “Criss” Salinas, Jr. of Schuyler.

“The Outstanding Senior Award recognizes seniors for excellence in scholarship and leadership, as well as involvement and dedication to UNK and Kearney community,” said Michelle Widger, UNK Alumni Association assistant director.
The Student Alumni Foundation has been making these awards since the group was founded in 1981.

To be considered, seniors had to apply for and be interviewed by a committee of board members and UNK alumni. The committee looked for a grade point average of a minimum of 3.0, demonstration of leadership qualities, service to UNK and the community, excellent communication skills and other involvement in various aspects of student life.
The five recipients will be honored at the UNK Mortar Board Honors Convocation later this month. Their names will be added to a plaque in the Alumni House.

Blecha is a chemistry major and a molecular biology minor. He is a graduate of Gothenburg Junior/Senior High School.

OUTSTANDING SENIORS
• John Blecha - Gothenburg
• Krystine Hoefer - Elgin
• Jessica Obermier - Aurora
• Meagan Smejdir - Lincoln
• Cristobal “Criss” Salinas, Jr. - Schuyler

THE GREEN FAIR
Launch of Recycled Cycles
Thursday, April 22
Alpha Phi Omega presents:
The Toiletry Drive for the Nebraska AIDS Project
Collecting toiletry product donations from the Kearney community
April 17 Drop off empty bags around Kearney
April 24 Pick up filled bags around Kearney

PUT UP YOUR DUKES
Two fighters get ready to duke it out at UNK’s Fite Night sponsored by Sigma Tau Gamma on April 8. Proceeds went to raise funds for books for underprivileged children.

Photo by Lyndsey Luxford

Cheney named new women’s basketball head coach.

SENIORES, PAGE 11
Miller: 'It's OK to be different'

Group research project aims at better integrating international students

BY SAM BATES
Antelope Staff

The thought of a group project can make some students sick to their stomachs. But what if you had a group that worked perfectly together and you had fun – yes, fun – doing the project? Sounds like a dream right?

Not for one group in Rachelle Kamrath’s fall 2009 Small Group Communication class. They came up with a project they were all passionate about — and one student, senior Carrie Miller, even followed it through to this spring for an independent study research project. 

“I wanted to continue researching the project that our group did to try to see if it could be an idea that could work out,” Miller said.

Each group member was enthusiastic about improving communication as a topic. “And we actually enjoyed it, quite ironically, because a lot of Americans hate group projects, which is fair to say, because your grade depends on other people,” Miller said.

Miller, an organizational communication major from Doniphan, decided to continue the project after being contacted by Kamrath over winter break.

“I was so impressed with the final paper I recommended that the group transform their idea into a real project. Carrie took the initiative to delve further into the matter in an independent study,” Kamrath said.

The team of Miller, James Jelkin, Abigail Straka, Chebly Anderson, Yena Lee, Miae Kim and Scott Ritterbush decided on the topic by turning inward and finding a problem within the group itself. The members noticed that the Korean exchange students weren’t being included in much of the conversation because of the obvious language barrier.

“We were talking about how we could improve communication in our group, and then it turned into, ‘Well, why don’t we just try to solve this problem?’” Miller said.

“We thought this would give people an opportunity to meet an international student and likewise, for an international student to get to know an American student.”

Carrie Miller
Senior organizational communications major

Their solution? Help international students integrate into the community by teaming them up with American students for community service projects.

“We thought this would give people an opportunity to meet an international student and likewise, for an international student to get to know an American student,” Miller said.

Non-traditional students strive to fit in at UNK

BY ASHLEY LEEVER
Antelope Staff

It’s that uneasy feeling of pressure you get after coming back from winter break — it’s a struggle to physically and mentally get back into the routine of classes, homework, studying and late nights. Now imagine taking off not just a month from school but years. This is a hurdle thousands of students jump every year.

Non-traditional students, older students who have chosen to continue their education after delaying it in the past, make up a significant portion of students in the United States. In the United States, polls indicate between 37 and 60 percent of college students could be considered non-traditional students. Of these non-traditional students, 58 percent are women.

For many non-traditional students, continuing their education not only gives them better opportunities for careers but a chance to accomplish their dreams.

Susan Potter, a post-graduate student from Wilcox, went back to school to find her true vocation. “I currently have my endorsement for high school education in social studies. In order to make myself more marketable, I chose to complete an endorsement in English. I have had so many non-teaching jobs that I know teaching is where I belong.”

Non-traditional students at UNK say they find both challenges and rewards continuing their education at this point in life. “I thought when I was in college the first time that it was difficult finding time to do homework and other class-related activities. Looking back, I can’t believe how much time I had then. Now, trying to balance classes with a husband, kids, work and other responsibilities, I find it more challenging,” said Amy Hadley, junior language arts major from Mitchell.

Non-traditional students may feel like a fish out of water when they find them-
Runnin' with the big dogs
INBRE grant allows undergrads research experience

BY BRIE MAASKE
Antelope Staff

Since 2002, UNK has been able to do research alongside larger universities in the state including the University of Nebraska Medical Center, University of Nebraska-Lincoln and Creighton University Medical Center.

This work is possible through the INBRE grant, a grant awarded by the National Institutes of Health (NIH), to UNK and nine other colleges and universities across Nebraska.

The grant allows recipients to purchase equipment and other necessities needed to perform biomedical research and create facilities for the research.

Biomedical research looks at problems in biology that have some kind of medical connection. “This can be actually pretty broad. So you’re going to use your biological tools to study medically relevant questions,” said Dr. Kim Carlson, associate professor in the biology department and UNK INBRE grant coordinator.

Senior Vice Chancellor for Academic and Student Affairs, Dr. Charles Bicak, was a part of the formation of the INBRE grant in 2000. Bicak says it was clear to him and to others in natural sciences in Bruner Hall, particularly in biology, that the significant costs for molecular research needed outside funding. “We would have to look outside or beyond the so called state-aided budget. We would need other resources that could be provided by the NU system budget, which of course comes from the Nebraska Legislature,” Bicak said.

The INBRE grant is awarded every five years, and UNK was just approved for refunding and will have the grant until at least 2014. The NIH puts out a call for INBRE applications with a very specific set of instructions. The faculty writes a research project, including background information, current results, specific aims or goals for the project and a budget.

The INBRE grant actually comes from the NIH in Washington, D.C. to the University of Nebraska Medical Center (UNMC), the NIH in Washington, D.C. to the University of Nebraska-Lincoln and Creighton University Medical Center.

The INBRE grant’s impact on undergraduate students can be seen on campus every year, especially around this time. “My current senior INBRE student is going on graduate school interviews, and she has interviewed all over the United States,” Carlson said.

“UNK has a huge undergraduate research focus—which is truly unique. We have all of these programs for undergraduates to do research, and INBRE really plays right into the mission that UNK has,” Carlson said.

The INBRE grant allows a great deal of in-depth research to be done at UNK, but it also helps attract and keep students here. One of the focuses, in addition to the experiences for UNK students, was also to give them opportunities to stay in Nebraska. “When you think of UNMC, typically students on UNK’s campus think pre-med,” but Bicak says they want to encourage Ph.D. medical researchers as well. “By way of the NIH, the idea was to have our undergraduate students recognize that indeed yes, you can become a physician, but there is a significant amount of research that goes on at UNMC.”

“Although it is very nice for our students to go to Johns Hopkins in Baltimore or Stanford in California, if there is indeed the recognition of that kind of opportunity here in Nebraska, as well as some undergraduate experience in research, students know that they can in fact, stay here,” Bicak said.

With the money from the INBRE grant, UNK is able to have the equipment and abilities to compete with larger schools and offer undergraduate students opportunities that normally aren’t available to them. “We have facilities in some ways that the big research institutes have, and we’re able to allow our students to learn how to be trained to do research on that level before they go to the next level,” Carlson said.

Carlson mentions a former INBRE student, who attended a national seminar, and how impressed the ‘big names’ in the field were with her research experience. “And they said, ‘What year are you in your graduate program?’ And she says, ‘Oh, I am a senior in college. I’m an undergrad student. I’ve been working on this for two years,’” Carlson said.

“It’s not about students doing a project just to fulfill a requirement. They can actually do research that’s part of a bigger picture of something else that makes an impact.”

Becky Fusby, a senior chemistry major from Kearney, applied for the INBRE scholar program to gain experience in the lab and make networking connections. She is working on a baculovirus expression system using insect cells to express full-length protein in a newly revamped tissue culture lab in Bruner Hall.

“Dr. Kim Carlson

“I’d say that they would have to look outside of the NU system budget, which of course comes from the Nebraska Legislature,” Bicak said. The INBRE grant actually comes from the NIH in Washington, D.C. to the University of Nebraska Medical Center (UNMC), the NIH in Washington, D.C. to the University of Nebraska-Lincoln and Creighton University Medical Center.
Collective effort brings forth successful newscast

When I was hired at NTV back in September of 2007, one my bosses at the time told me that passion is a key component to success in the news business. The passion to help make the product the best it can be, through determination, creativity and teamwork. I wouldn’t say that all seven of the UNK students who currently work at NTV have “passion.” While many of those who work there do so for experience and possible futures in news, they may not all have an intense zeal for the business. It can be difficult to have enthusiasm when a day at work usually involves dealing with malfunctioning equipment and constant stress, all while trying to balance life as a student. But there is something, not passion, but something that makes work enjoyable for the part-time production assistants at NTV.

For those that don’t know, NTV is a television news station that covers stories in central Nebraska. If you tune into channel 13 you will find NTV programming throughout the day, including morning and noon newscasts, and the “Good Life” talk show. But it’s during the nightly news where UNK students can be found at work behind-the-scenes.

UNK students find fulfillment working at NTV

NTV is a place where anyone interested in the field of broadcasting can find a wealth of opportunities for experience. From directing to producing, shooting video to editing tapes, the range of work available is unparalleled in Kearney. Part-time production assistants have the option of interchanging their roles in the newsroom. While each has a primary job, you may often find a tape editor posting video on the Web, or a camera operator making graphics that go on-air. Those involved in the operation are always learning new things.

While you can put your tape editing or graphic-making skills to the test at NTV, you’ll have to do so with a considerable amount of patience. Equipment is constantly breaking, malfunctioning or out of commission due to repair. A primary reason for this is due to the age of the equipment, much of which is generations behind modern standards. It’s a problem that frustrates many. Making jobs more tedious in the newsroom and “technical difficulties” happen too often during live broadcasts.

It’s also something about working in a small market, low-budget news station that just brings people together. Much of it is a result of facing the same challenges and struggles and complaining to each other about them.

Stress can also be an issue for those working at the station. Not only is it a result of dealing with ancient equipment, but also from having to meet constant deadlines. The students who work nights have to assist with the 5, 6 and 10 o’clock news, without much room for down time. There is always work to be done. Some days can be downright overbearing and often involve accomplishing multiple tasks at once.

The effort put in, especially from part-time workers, can go overlooked by others. Production assistants in more ways than one are the unsung heroes of the newsroom. They help with nearly every facet of live newscasts. They compile the video, operate the cameras, run the audio board, insert the graphics and direct the shows. But while it may just be the nature of the business, the accomplishments of behind-the-scenes workers can seem unappreciated. Instead, it’s the failures that stand out and get noticed.

While factors such as stress can deflate one’s motivation, there are some things that make the job at NTV worthwhile—teamwork, camaraderie and friendship.

Television news is a business that thrives on competition. Stations battle it out to see who can achieve the highest ratings. Higher ratings equal more advertising dollars, which equals more money for the station. While NTV is at a disadvantage in terms of equipment, the people there make up for it by putting forth a collective effort. They understand each person has a role in creating a successful live newscast. They push for each other to achieve. If one of them looks bad, the rest of them look bad. Each person carries a share of the load.

It’s also something about working in a small market, low-budget news station that just brings people together. Much of it is a result of facing the same challenges and struggles and complaining to each other about them. It almost seems therapeutic for some to vent their frustration over a broken edit bay, because everyone else in the newsroom has already dealt with the same problem.

In the meantime we do find an escape. It’s not always a stressful environment at the station. We find time to laugh, joke and have fun in light of everything. When we’re not at the station we do stuff together. Even though we share the common bond of work, many of us have similar interests beyond that. It’s not hard to find NTV crew members out and about.

So it’s safe to say, despite the challenges and stresses that come with the territory at NTV, there is still a sense of enjoyment and fulfillment for those who work there. It’s a place where successful media students first learn the ropes and get real world experience, while building friendships along the way. I can tell you firsthand that it is a one-of-a-kind place, and while I intend to move on to bigger and better things, I wouldn’t trade my time there for anything.
Legal battle over language could impact Roe v. Wade decision

BY DEANN REED
Antelope Staff

The issues surrounding the adoption and or donation of unused embryos has created several legal hurdles — the foremost is the definition of the term “embryo”.

Should 400,000 embryos frozen in cryopreservation banks across the country most ethically be disposed of on a paper towel or adopted out to families seeking a child or should the embryos be donated? It is the language surrounding the legal terms currently given to the processes that could affect the future of Roe v. Wade.

Pro-life advocates argue that the adoption model is the ethical avenue for the cryopreserved embryos. To protect the embryos, potential “adoptive legal parents” would be required to go through all the same legal hoops afforded in adopting children. 

Lining up on the other side — scientists, who term embryos as “cellular matter,” argue embryos are the “legal property” of the genetic parents. The proper disposition of the embryo according to them — donation.

Researchers argue the embryo is not any different than a donated liver.

Caught somewhere in the middle, is a third group arguing that embryos should be afforded a “special status and interim protection because of their unique capability to give rise to new human life.”

The definition over how the law defines an “embryo” continues to fuel the debate over adoption vs. donation.

According to Falker, there are around 400,000 cryopreserved embryos in the United States. Falker writes, “What an embryo is and how it should be treated are hotly debated issues at the forefront of reproductive science and the law.”

The legal issues concerning adoption must be defined by the terms the legal system gives embryos. Falker writes, “First and perhaps foremost, the issue of whether these embryos can or should be donated to or adopted by the prospective parents involves overarching notions of when life begins.”

If life begins at fertilization, some commentators argue that an adoption model must be used to process these embryos to create a new family. Significant practical roadblocks exist, however, to the application of an adoption model, as the vast majority of states do not permit the pre-birth termination of parental rights. This means that states cannot terminate the rights of parents for children that are yet to be born.

If, instead, these frozen embryos are not to be afforded protection either as ‘potential life’ or as ‘juridical persons,’ other commentators argue that the donation model becomes more persuasive and practical, enabling frozen embryos to be donated to third parties without concerns regarding the pre-birth termination of parental rights.

So, the first and most critical question presented is, “What legal status can or should be attributed to a fertilized human ovum that has been cryogenically preserved?” It is this legal battle over the terms to give embryos that state legislatures across the nation face.

The debate according to legal scholars like Falker is the misapplication of terms given to embryos. One term considers the embryo a living human, while the other term eliminates the distinction and sterilizes the cell as property.

It is unclear whether legal headway has been made to define “embryo.” Until it does, the debate between pro-life advocates and researchers will remain. Falker believes that until this distinction is given, “clarification of the terms and the laws as they apply to this process is necessary in order to make embryo donation/adoption a continued means of family building, and in order to preserve the pro-creational autonomy as outlined in Roe — which may well be at risk.”

Other legal commentators like Charles P. Kindregan, professor of law at Suffolk University and Maureen McBrien, adjunct professor of law at Suffolk University who specialize in reproductive law agree when they write: “The longer the process is called embryo adoption, and the more common the phrase becomes, the more society may view embryos as persons entitled to legal protection. This view would challenge the basic premise of the right to choose abortion without state interference.”

### Easter is over, but we shouldn’t be living like it is.

Questions over the real meaning behind Easter?
Contact Pastor Tom at Campus Lutheran Ministries
2715 9th Ave, Kearney (308) 234-1828
Just east of UNK campus
Worship Times: Sun. 5:03pm & Wed. 9:33pm

### Platte Valley Brewery

**Big @$$ Beers**

$4.50 32oz Draws

**Thursday (all day)**
**Saturday (after 10 pm)**

**17 Craft Brewed Beers on Tap!**

Monday-Friday 3pm-1am  
Saturday 2pm-1am

### Need to Quit Smoking Before You Start Your New Job?

Call or visit, 24/7:

**1-800-QUIT-NOW**

[dhhs.ne.gov/tfn/ces](http://dhhs.ne.gov/tfn/ces)

Tobacco Free Nebraska

**Nebraska Department of Health & Human Services**

**Division of Public Health**
Haake prepares for prestigious league

BY RYAN SEEFUS
Antelope Staff

Most college students spend their summer relaxing or making money, but Loper first baseman Andrew Haake will be getting experience that money can’t buy.

This summer Haake will be playing for the Willmar Stingers of Minnesota. The Stingers play in the Northwoods League, a summer collegiate baseball league that is known for drawing big crowds and signing countless major league prospects to play each summer.

Head baseball coach Damon Day said, “The level of play that you will find in the Northwoods League is as good as you will find in any collegiate league in the country.”

Coach Day prefers that his players continue improving their game in the offseason by playing summer ball. The summer is an opportunity for college baseball players to work on the weak points of their game while the competition is taking it easy.

Haake will be playing with and against an elite group of athletes and plans to soak in everything he can. “I will be playing with a lot of talented teammates so I plan to learn from them so that I can become a better baseball player,” Haake said.

On the mound, pitchers with talent for days who holster cannons for arms will be doing everything they can to keep the left-handed hitting Loper off the bases. Haake will be challenged on a nightly basis by elite competition.

“The pitchers will expose Haake’s weaknesses early and force him to make adjustments to be successful,” Day said.

The coaching staff is eager to see the success Haake has during the summer carry over to the 2011 baseball season. “The adjustments he makes hopefully will translate HAAKE, PAGE 11

Bobby Bowden tells tale of true champion

BY TRAVIS BORCHARDT
Antelope Staff

Former Florida State University head football coach Bobby Bowden, the second “winningest” coach in college football history (with a career record of 389-129-4) began his head coaching career at Howard College, now Samford University, in 1959.

So, what is the definition of a champion to Bowden? “A true champion gives everything,” Bowden said, “gives it his all and does it with honor and integrity.”

One of Bowden’s favorite stories comes from his 1982 season, while playing Miami. On fourth and goal, Miami football on the one-yard line going in:
• On the Miami side is legendary quarterback Jim Kelly and future pro football running back Mark Rush.
• On the Florida State side of the ball, ready to meet them and stop the Miami drive, is undersized linebacker Tommy Young.

“Everyone knew Rush would run the ball,” Bowden recalls. “We just didn’t know if he would run left or if he would run right.”

The ball is snapped and Rush went barreling toward the end zone. The defense held strong, so Rush jumped over the top. Seeing this, little Tommy Young ran to meet him.

“This was one of the best hits I have ever seen,” Bowden said. “Young jumped from our side, Rush jumped from theirs, but Young caught him right under the chin and knocked him backwards.”

According to Bowden, “It is not ability, it’s reliability.”

A true champion realizes that he/she has got to put the team first to be successful. Tommy Young did not necessarily have the most talent, but he was reliable. And he proved that when it all came to a head on that fourth down in Miami. “Nothing can take the place of persistence,” Bowden said. “There is nothing more common than unsuccessful men with talent.”

Talent alone is nothing; a true champion must also be able to tap into the “it” factor. What is the “it” factor? Perhaps Bowden describes it best when he simply points to his heart. A true champion will give it their all with honor and integrity, always strive to put the team first, but they need to do it with heart.

Seniors lead on diamond

BY JENNIFER KARDELL
Antelope Staff

A simple game involving a bat and a ball has been a part of her life for the last 14 years. However, this year is little different for the 5’3” softball player. She is one of four seniors on the team and is serving a role as a leader to her teammates. “As a senior, I take my role very seriously. Being a role model to my teammates means giving 100 percent at every practice and game.”

According to Bowden, “It is not ability, but they rely on help from the other three seniors on the team, Kelsey Smith, Laura Gormley and Sara Dunn. “Being a part of the group of seniors, we all want the best for our team. We strive to lead the team, and we all want to end the season on a high note. No matter what the rest of the season brings, I would not change it for the world because of the other seniors on the team. We joined this team together, and now we will be leaving together. I can truly say I have made lifetime friends,” Larsen said.

The season may not be going exactly like the Lopers hoped with an overall record of 8-20, but they won’t let that get to them. Playing every game like it’s their last with heart and intensity, the goal is to finish out the season as a team. Dealing with a subpar record is just one of the challenges the team has faced, in addition to one of their biggest competitor’s, Regis, at least for Larsen. “We went into
Chaney named new head coach

New UNK Coach Kevin Chaney has spent 16 years as an assistant coach before stepping into his new head coaching position.

BY CRAIG HALL
Antelope Staff

UNK finished a week ahead of its deadline to hire a new women’s basketball coach after former coach Carol Russell’s resignation. Kevin Chaney was announced on Thursday as the new Loper’s coach. Chaney comes from Southern Illinois Edwardsville, which in his two-year tenure made the transition from Division II to Division I. This will be Chaney’s first head coaching position.

“Bottom line, Kevin is ready to run his own program. He brings outstanding professional and personal attributes to UNK. He will be a strong addition to the Loper athletic program,” UNK Athletic Director Jon McBride said.

Chaney is a graduate of the College of San Mateo and San Diego State University. He has already received a bachelor’s degree in recreation administration from San Diego State University and at the end of the 2010 spring semester he will earn a master’s in kinesiology with an emphasis in sports management from SIUE. Chaney has a 21-year-old daughter, Krystal, who lives in California and is studying to be an X-ray technician.

He has 16 years of assistant coaching experience and has worked at two Division I programs including SIUE. From 2003 to 2006, Chaney was a member of the Nevada Wolfpack where he served as their recruiting and traveling coordinator, fundraising coordinator, liaison for compliance, strength and conditioning coach and athletic trainer. All this work under different coaches and styles has allowed Chaney to form his own style.

“I love a transition offense and pushing the ball. Of course it depends on the team. If I don’t have the right team we might have to slow it down and play a half court offense,” Chaney said.

Along with that Division I experience Chaney also brings 10 years of serving as the first assistant coach for Solano Community College in Fairfield. While at Fairfield he helped the program win five Bay Valley East conference championships and make it to three California state Elite Eight appearances. From there Chaney spent 2003 to 2006 at University of Nevada at Reno where he worked with current SIUE head coach Amanda Levens. He followed his time at Nevada by spending a year at Lincoln University of Missouri and then a year at the University of Minnesota Duluth where he served as recruiting coordinator and team camp director before reuniting with Levens at Southern Illinois Edwardsville. Levens said that Chaney’s experience at almost every level will be critical to him in his new position.

“He has handled most every responsibility that an assistant can handle, and that’s important because he will have an understanding of how he wants his program run,” Levens said. Chaney will inherit a team that returns 11 of its 12 players from the 2009 to 2010 season.

Loper of the Week

BY JORDAN HOFF
Antelope Staff

Dane Tobey is one of greatest throwers in Loper history. He is a 5-time All-American and has already qualified for the 2010 NCAA Outdoor Championships in May. Tobey is the school record holder in the discus, ranked second in the shot for outdoors and ranked third in the shot indoors. He has battled injuries during his career but is healthy and ready to take on tough challenges this season. Right now Tobey is preparing to compete for a national championship in shot put.

What does being a 5-time All-American mean to you?
I think it shows that I have been surrounded by a good group of people throughout my athletic career. I have three older brothers who all went to college to play baseball, so coming from an athletic household I learned how to compete at a young age. I was lucky enough to have a high school coach in the throwing events who had done it before and was successful. Coach Meyer has been an absolute key to my success here in the shot and discus. So it means a lot to me because I’ve taken bits and pieces of my athletic life and used them to be successful in track and field. It’s not just me who can take credit for that. The people who helped me also get credit.

What are your personal goals for the spring?
My goals for the spring are to continue to get better each and every week in the weight room and in the ring. To be a teammate that pushes the people around me to get better. Also, I want to add two more All-American trophies to the list, and I want to be in the hunt to compete for a national championship in both the shot put and discus.

What do you have to do to win the discus and shot put national championships in May?
I have to get better every week, both in the weight room and in the ring. It’s not going to be easy. I have to beat the best guy to ever throw the indoor shot put in Division II track and field. I’d say that’s a tough challenge but one I look forward to taking on. In the discus I have to face off against strong competition and a two-time Division II national champion. So again, a tough challenge that I want to take on.

How have you been able to battle back and still be so successful despite injuries last year?
Injuries have played a big part in two of my years here at UNK. My body is fixed up now, and I’m getting stronger. The reason I’ve been successful is because I hate losing more than anything. I’m determined to work to be the best I can be, and I’ve had success because of the people around me, like the training staff, coach Meyer, my teammates and my family, who all push me to get better. I think to be successful you can’t be satisfied with getting beat. You prevent that through hard work, dedication and a desire to be the best.

What was the biggest highlight of your career at UNK?
Hopefully it hasn’t happened yet. I want to win a national championship so bad. To this point in my career I would say becoming an All-American for the first time, when I did it as a freshman in the discus. The other great moment was this indoor season when I broke the shot put record held by Lance Pfeiffer, a great friend and teammate of mine for my first two years at UNK, with him in attendance. That was special to me because I look up to Lance and he pushed me to dedicate time and effort to track.
What are your plans for the summer?

“I will be staying around campus, working and taking classes. Hopefully I can save enough money to pay for the fall semester. At the end of the summer, I always go to a church camp. Then RA training.”

Emily Moore
Sophomore from Alliance
Interior design major

“I plan to go home, work at the YMCA and O’Reilly Auto Parts, go to camp, visit Florida and lastly, go to Colorado for the Gay Pride Festival”

Desiree Maar
Sophomore from Hastings
Criminal justice major

“My plans for the summer are going back home and working. I also plan on going to church camps and to San Diego.”

Pierrie Jefferson
Freshman from Lincoln
Radiology major

“I plan to go back home, work, visit a lake and stay proudful.”

Jessica Ferguson
Freshman from North Platte
Biology, Pre-med major

TOP 10 SUMMER JOBS FOR COLLEGE STUDENTS

1. City, County, State and other government Summer Youth Programs
2. Vacation spots and seasonal tourist attractions
3. Airport concession stands and shops
4. Fast food, pizza shops, and casual dining
5. Movie theaters
6. Childcare and eldercare
7. Health care facilities
8. Other services (Moving and packing, pool cleaning, lawn care and landscaping).
9. Construction
10. Clothing and accessory stores at the mall

Be careful not to be drawn in by job ads that are really sales pitches to buy a book for $19.95 or $29.95 that lists work at home schemes or secret shopping opportunities. Don’t pay to get a job.

Source: hubpages.com
You know that fuzzy feeling you get inside when you’re watching a romantic movie that accurately depicts a situation you’ve been through? This is not that movie. “Date Night” revolves around a couple trying to revamp their marriage by going on dates together. Phil (Steve Carell) and Claire Foster (Tina Fey) are your average couple with two kids and separate careers, but the Fosters are stuck in a romantic slump. They try to vitalize their relationship and take another couple’s reservation at a very high-end restaurant. A case of mistaken identity ensues along with car chases, explosions and— in a twist— pole dancing.

At this point, you might be able to guess the end result of the Fosters’ relationship status, but I’m pretty certain you won’t be able to guess how they get there. “Date Night” has its share of plot twists which, predictable or not, give the film its most comical material.

In current television comedy, Carell and Fey are two of the biggest stars in the business, and their comedic experience is evident in the movie. When making fun of another couple, Fey improvises the line, “That’s amazing, Jeremy, but I’m gonna go home now and fart in a shoebox.”

That may be typical bathroom humor, but Fey’s delivery is what makes this movie work. Fey and Carell blend comedy together perfectly and create a lighthearted mood with a message that many matured couples will be able to relate to.

If the jokes aren’t enough to keep the ladies interested in this film, a shirtless Mark Wahlberg makes frequent appearances to aid the Fosters in their quest to avoid being murdered. The men can look forward to plenty of guns and a pole dancing scene— though it’s quite awkward since Carell and Fey are doing the dancing.

With recent movies like “Avatar” and “Inglorious Basterds” that evoke such significant global messages, it’s nice to see movies like “Date Night.” It doesn’t try to be more than a fun-loving comedy with hilarious characters, which fans will appreciate.

Oh and about that fuzzy feeling, you’ll just have to go and see for yourself.
Second Annual Child Welfare Conference free to UNK students

By Kelli Walters
Antelope Staff

The Second Annual Child Welfare Conference on culturally sensitive child welfare practices will be held on April 16.

The conference registration will begin at 8 a.m., with the conference kicking off at 8:30 a.m. The conference will be held in the student union in Room 238 A-E.

The conference will have many presenters from organizations such as Child Protective Services, Child Welfare System Accountability Program and speakers from social work departments from other states.

Presenters will talk about cases of child welfare they have experienced in their professions and how to help make a brighter tomorrow for less fortunate children.

Many aspects of the conference will concentrate on being more culturally friendly in our society.

Some topics that will fall under cultural acceptance are the Indian Child Welfare Act and the teachings of best practices for immigrant children.

The UNK Social Work Department is striving to enhance its scholarship funds to assist deserving students in the pursuit of their social work degree, so donations will be accepted.

To find out more about these important components in life come check out the conference or contact sponsors, UNK Phi Alpha Student Social Work and the UNK Social Work Department located in Founder Hall, Room 2001.

Rape Aggression Defense

Self-defense techniques empower women to escape an attack

By Kaitlin Doty
Antelope Staff

One of every six American women has been the victim of an attempted or completed rape in her lifetime, and eight out of 10 of these rape victims had no weapon used on them other than physical force. UNK Police and Parking Services self-defense techniques may help a victim escape an attack rather than becoming just another statistic.

Sunday, April 18 from 5 to 10 p.m. and Monday, April 19 from 5 to 10 p.m. in the Ockinga Conference Room, UNK Police and Parking Services will hold a free Rape Aggression Defense (R.A.D.) class open to any woman associated with UNK.

The class focuses on rape aggression defense, which is supposed to develop and enhance the options of self-defense for a woman who is attacked.

In the class you will learn the basic principles of defense: increasing reaction time, obtaining good balance, developing a plan of action, using distraction techniques, identifying attacker’s vulnerable locations, using your personal weapons, avoiding confronting force with force, avoiding panic and learning to disengage and run.

These classes will be taught by certified rape aggression defense instructors who will not only teach the basic principles of defense but also safety in your vehicle, safety awareness in your home and making safe choices.

Any woman of any physical condition or age can successfully complete this class. To register or get more information, contact unkpd@unk.edu or call 308-865-8517.

---

Sudoku answer:

Upside down, from page 4

<table>
<thead>
<tr>
<th>3</th>
<th>5</th>
<th>1</th>
<th>7</th>
<th>6</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>4</td>
<td>9</td>
<td>6</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>1</td>
<td>9</td>
<td>2</td>
<td>5</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>7</td>
<td>2</td>
<td>3</td>
<td>1</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>6</td>
<td>4</td>
<td>8</td>
<td>9</td>
<td>5</td>
<td>1</td>
</tr>
<tr>
<td>9</td>
<td>3</td>
<td>2</td>
<td>6</td>
<td>7</td>
<td>5</td>
</tr>
</tbody>
</table>

Prices

- Community Professional: $75
- Group Rate: $65 per person
- UNK Student: Free
- UNK Field Supervisor or Social Work Department Advisory Committee Member: Free

By the numbers

- If a rape is reported, there is a 50.8 percent chance of an arrest.
- If an arrest is made, there is an 80 percent chance of prosecution.
- If there is a prosecution, there is a 50 percent chance of a conviction.
- If there is a felony conviction, there is a 69 percent chance the convict will spend time in jail.
- So even if the 39 percent of attacks that are reported to the police, there is only a 16.3 percent chance the rapist will end up in prison.
- Factoring unreported rapes, about 6 percent of rapists will ever spend a day in jail.
- That means…15 of 16 rapists walk free.

All statistics from the Rape, Abuse and Incest National Network—the nation’s largest anti-teen assault organization. www.rainn.org
Non-traditional from page 4

Center and Brown University. There is a whole host of them. She’s already been accepted at many of these schools. A lot of it is because of her grades, yes, but also her research experience and what she has done and what she has been able to accomplish,” Carlson said.

That student is Becky Fusby, a senior chemistry major with an emphasis in molecular biology from Kearney. “INBRE has provided me with invaluable experience that has made me a top applicant for graduate school. I have developed personal relationships with my professors from working on my research project that has allowed them to write outstanding letters of recommendation,” Fusby said.

Fusby spent 10 weeks researching structural biology, specializing in X-ray crystallography and protein purification at UNMC, and has worked in Carlson’s lab using her knowledge of protein purification.

Fusby plans to go to graduate school and receive her Ph.D. in a biomedical related field of research. After receiving her Ph.D. she hopes to become a professor and run her own lab.

Season from page 6

went into the weekend over looking their record. That weekend was a major opener on how the season had been going.”

When all is said and done, Larsen has high hopes for her future and looks forward to what will come her way. She plans to work in the elementary school systems and will always look at the city of Kearney as home, no matter where her life takes her. “After softball, I plan to focus on my last year of school and also spend more time with my family and friends. Once I have graduated, I really would like to find a job teaching first grade, but I will take whatever offer I can get. Kearney has been my home for the past four years and will always be home to me, but it’s almost time to start a new chapter in my life.”

Haake from page 6

to him having a huge senior year for the Lopers next year,” Day said.

Haake has only one goal for this coming summer and it appears attainable given the once in a lifetime opportunity that awaits him. “My personal goal for this summer is to return a better all-around baseball player than when I left,” Haake said.

If Haake can use this summer to improve in the few weak areas of his game, next year he could be the guy that leads the Lopers to another successful season.
Do the math...

Check it out at bcbsne.com/dothemath and get a $10 gift card

$26 per month* \leq \ $7,400

Some flip flops and basic health insurance

A broken ankle without insurance

Limited time offer. Must be at least 18, single and a Nebraska resident to be eligible for gift card. Check website for more details. Statistics from Blue Cross and Blue Shield of Nebraska. * 30-year-old male and female, non-tobacco user rate.