Experts say FACING FINALS:

Kristin Steinbeck (308) 865-

FACING FINALS:

Office provides several different presentations in the residence and get enough sleep. Tilt your ear to one shoulder and interlace your fingers and stretch upward for 20 seconds. Your fingers to give them a good ple. Of the tension the body builds simple exercises to relieve some department use is a list of very Beck and other counselors in the tasks at hand," Steinbeck said. “Many times students just need to vent, and a counselor can help with that. We can help the Health Care Department.

The over the head stretch: Raise your arms overhead, interlace your fingers and stretch, upward for 20 seconds. Other things that Steinbeck recommends to help avoid stress are:

1. Think positively
2. Avoid the trap of demanding to
3. Learn to be flexible.
4. Start a to-do list and prioritize
5. Divide the big tasks into small
7. Get plenty of sleep.
8. Make time to relax.
9. Admit you’re wrong when you
10. Avoid tobacco, drugs and
11. Eliminate clutter in your living
12. Practice the eight
13. Exercise daily to boost energy.
14. Avoid table salt. It can raise your
15. From left to right: Manami Nakai, a visual communication and design major, Tomomi Sawamura, a visual communication and design major, Rumi Sawada, an exercise science major, and in front Shoiek Honda, a speech communication major practice their dance. The groups of two and three dancers will perform 12 dances on the Roman on Dec. 6.

• The over the head stretch: Raise your arms overhead, interlace your fingers and stretch, upward for 20 seconds.
• The ear to shoulder stretch: Tilt your ear to one shoulder and hold for 10 seconds.

“Around finals week, the pressure starts to mount up as that tends to lead to anxiety and other emotional issues,” said Kristin Steinbeck, a personal counselor at the Counseling and Health Care Department.

Several signs of stress can include: always hungry or not, anxiety, irritability, lack of concentration, poor concentration and forgetfulness. Never fear though there is something that students can do to cope with all these stresses and make finals week more enjoyable.

Students who feel stressed need to vent, and a counselor can help with that. We can help the Health Care Department.

Steinbeck said that the wellness counselor at the university does presentations in the residence halls on stress management, but if you live off campus, there are many other resources that all students are welcome to Steinbeck said.

Steinbeck recommended students to come to the counseling center to vent or to vent to a friend.

Kristin Steinbeck (308) 865-8246.

BY AMANDA BAILLIE

Kristin Steinbeck said that every student dreads. Although it marks the happy end of the semester, it brings with passing the class, having to re-

BY TARA PURDIE

Reitcheck took a more in-

BY RED SAKAMOTO

The two-time winners of the campus Fencing Competition in 2006 and 2007 will dance again for a show at The Roman on 9:30 p.m. on Dec. 6.

The group of two to three dancers will perform 12 dances in the two sections at 9:30 and 11 p.m. Most of the dancers have their own costumes.

Dakota Honda, a senior majoring in speech communication, is one of the two leaders of the large dance team.

Honda started dancing when she was 12 years old. She was selected to go to a hip-hop dance studio in Japan when she was 13.

“I learned many dance movements at the studio for two years and half. I recognize all I have learned over there is the base of my dance style,” she said.

However, Honda said her experiences when she was a high school student and came to America changed her dance life. When she was junior in high school, she decided to come to the U.S. for a year.

Her host mother Charlotte Wendel was an owner of South-West College of Dance (SWCD) in Marshall, Minn. Wendel’s specialty was classic/modern ballet and jazz dance. “It was hard at first for me to accept all the jazz dance because these were very different from hip-hop. Also, I struggled often times because I had to keep up with coursework while I was learning new dance styles, and they were both in English, which was the most difficult thing to learn at the time for me,” she said.

Honda said that her dancing style has changed since she learned ballet, and her hip-hop dance got much better. From random and her host mother, she learned how to use body muscles and how to showcase her dance.

“I realized that even the dancing movement between ballet and hip-hop look completely different, they affect and interact each other,” she said.

The SWCD dancers participated in the 2007 DANCEAMERICA National Finals. Honda and her twin placed first in the ballad production and a couple in the second place in the modern dance division.

After Honda came to UNK, she started to dance hip-hop with Japanese students.

“They really love dancing and enjoy it. So, I am glad that I dance with them here,” she said.

“This show is going to be my third performance. All they work hard and have enthusiasm about dancing as much as I do. Without their help, I could not plan this performance.”

Honda said, “I think everybody involved in this show, especially Ryan O’Connor and Rumi Sawada for helping organizing the show, and Chika Buda for making awesome flyers. This show is pretty amazing to me, so I would like everyone to check this out.”

Harvey receives laughter, ovations

I believe we had audiences that were wearing laughter after laughter after laughter, and standing ovations—which are both things I’ve never seen before as a performer.”

Eric Reitcheck

Harvey has come to life, and the cast members witnessed the audience’s appreciation through generous laughter and applause and enjoyed memorizing standing ovations after each performance Nov. 19-23.

Sophomore theatre major Brittany Grenade (308) 865-Ch 814) from Walt Disney’s “The Lion King,” a junior broadcasting major from Red Cloud, Neb.

The important messages in the play were director Dr. Sam Reitcheck, a tenor Ryan O’Connor and Ikumi Sawada.

Eric Reitcheck said.

Gravette said that she pre-

Reitcheck took a more in-

Eric Reitcheck said. Reitcheck took a more in-
“Generation Y” deemed selfish by some

PHI ALPHA THETA food drive helps good cause

BY JAYNE PERRY

Want to do something good this holiday season but don’t know where to start? The students of Phi Alpha Theta, a national honor society, are sponsoring a food drive to benefit the UNK Campus Soup Kitchen.

Food drive started on Nov. 17 and will be ending on Nov. 30. Donated food boxes to donate to both the Food pantry on the main level of the Copeland Hall and the Campus Soup Kitchen.

The students of Phi Alpha Theta in UNK are donating to this food drive to help them contribute to this effort to assist the local community.

“I think our generation is a ‘wannabe’ generation,” said Mark Weissert, senior construction management major from Elwood.

Dana Robinson, freshman athletic training major from Omaha said, “I do agree that our generation is more selfish because people who are older than us in our same generation do have wealth that they could be donating to these food banks and jobless.

Ask yourself this: does my major reflect something that I truly want to do, or am I studying something that may not be heart-healthy enough? If you are reading this issue in a non-traditional student perspective, a dream course is the perfect situation...

People are usually so giving during the holidays, donation. But for some international students, the semester break is the first time they can be home since school began in the fall, for some even longer.

Now Ghamedi, a senior majoring in psychology from Saudi Arabia will be going home during this semester break this year. She has been homesick and wants to go home during this semester break to challenge each other to contribute to this cause to assist those organizations with food donations.

December is upon us and, UNK students are dreaming of vacations full of fun, games. So if no parents are happy with that why are they giving people who live their life through a camera lens, giving the world a bad view of Gen Y’s? Weissert said.

“Generation Y” deemed selfish by some

Generation Y grew up in a generation that was more comfortable with technology, especially the Internet, whereas previous generations had to grow accustomed to it. This makes a tremendous difference in the power of Gen Yers.

“Generation Y grew up in a generation that was more comfortable with technology, especially the Internet, whereas previous generations had to grow accustomed to it. This makes a tremendous difference in the power of Gen Yers.”

“I have seen my parents or friends,” she said. The last time Ghamedi was home was over a year ago. With fast prices being so high and the light almost impossible for Ghamedi to make the long trip, it was really hard to know that she wouldn’t want her parents for over a year. Gas prices made the airline ticket so expensive it would have been over $4,000 just to fly home for winter or summer breaks, Ghamedi said.

So Ghamedi had to wait. She had to be a part of something meaningful and worthwhile. This is the reason why she came to UNK.

Weissert pointed out that this generation is closest in attitude than generation X and the baby boomers. “This generation is closest in attitudes materialism for Gen Y-ers. Especially with reality television and ads being so appealing, it makes it hard for Gen Y-ers to be a part of something meaningful and worthwhile.

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Ask yourself this: does my major reflect something that I truly want to do, or am I studying something that may not be heart-healthy enough? If you are reading this issue in a non-traditional student perspective, a dream course is the perfect situation...
Volleyball pushes St. Paul to five sets

BY GARETT BITONZA

The University of Nebraska-Kearney Volleyball Team's magical season ended last week with a five-set loss to the number one team in the nation, the University of Nebraska Omaha in Division II, over the weekend. The Lopers didn't go down without a fight though.

There was concern for the Lopers going into the NCAA Tournament Central Region in Kearney, Nebraska after dropping their first five sets against the University of Nebraska- Omaha in the Daktronics Central Region Tournament in Waverly. But UNK held its own in the match and recorded the upset of the year.

UNK trailed Augie two sets to one in their first meeting before UNK pulled off the upset. Augie went on to win in five sets and then lose to the University of Nebraska Omaha in the Daktronics Central Region Tournament last year. Everything was the same except for the end result.

Loper fans should be thanking them for that as well. Anyways, what we can all learn from the SEC, besides the incorporation of the "spread" offense into college football culture (I guess we should be thanking them for that as well). What we can all learn from them is the proper way to handle a three-way tiebreaker for a conference championship.

Last week's debacle between Oklahoma, Texas and Texas Tech has turned the SEC into a three-way conference, thus causing a three-way tie. The problem was that Texas beat Oklahoma, but lost to Texas Tech. And finally, Oklahoma lost to Texas, but beat Texas Tech; therefore, no clear winner was present. The Big 12's tiebreaker in this scenario is whoever has the highest BCS ranking wins. Well, Oklahoma passed Texas by 0.13 in the BCS rankings, even though the Sooners lost to Texas earlier in the season.

So back to the SEC, in the event of a three-way tie in conference, the team with the highest BCS rankings will win. But if the top two teams in that tiebreaker are within five spots of each other in the BCS rankings, the team that won the head to head is the victor.

I think we would be for the benefit of the Big 12 to retrieve their tiebreaker format to something similar to the SEC's because with the ever-growing talent in the Big 12, we can expect that we will see this problem again.

Not so fast BCS…

I said it appears that the BCS might escape receiving the blame for the biggest controversy; they aren't off the hook just yet. When it comes to assigning teams in at-large bids for the remaining teams, that is where the SEC and BCS show a difference. The BCS chooses the top 12 teams and places them in a bowl, whereas the SEC is the only conference to select the remaining teams.

The rest of the starting lineup for the Lopers will remain the same. Three losses came at the hands of Oklahoma and Utah. Loper head coach Tana Nelsen said, “This will give us a chance to play hard throughout both games but unfortunately just came up short against Mankato,” Nelsen said. “We hold four of them, and I would have to say it’s all about teamwork for us, but we will take what we did and look forward to the A-VCA tournament.”

The Lopers are focused on winning the Daktronics Central Region Athletic Conference (RMAC) and have their goals set for the A-VCA Tournament. "The goal is to win the RMAC Tournament and then make it to the NCAA Tournament," Nelsen said. "These goals are more than reachable for us, and we are excited to see how good we can play, one of our main focuses is on defense."

As the Lady Lopers continue to work hard at practice and on the field, with the new season, the Lopers are looking to improve. "When our defense is great, it's really fun out there," Nelsen said. "I think we will keep trying to improve to become the best team we possibly can be.

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It will be interesting to see which of these four teams will be selected. In my opinion, Boise State should be selected because of the hope they brought to Idaho and to the BCS. It will be interesting to see which of the four teams will be selected because of the hope they brought.

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It will be interesting to see which of these four teams will be selected. In my opinion, Boise State should be selected because of the hope they brought to Idaho and to the BCS. It will be interesting to see which of the four teams will be selected because of the hope they brought. It might be more of a shock to the SEC than the Big 12 to see Utah go to the BCS. Utah has the same conference as Texas Tech and Oklahoma.

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Earlier in November the Red Barn Elite (RBE) won the UNK intramural flag football championship. With that victory, they were sponsored by UNK to attend the regional flag football tournament in Lincoln. Several other Kearney businesses, such as Hogan’s Sporting Goods, Fanatics and Business Office Systems, also helped sponsor.

Teams from every state west of the Missouri were invited to Lincoln and only the top two would advance to the National Championship held in New Orleans at the end of December.

The Red Barn Elite began the tournament experience with high hopes. Quarterback Matt Dingledine, Luke Luxford and Captain Brad Nave said they were so excited for the first game they couldn’t even sleep the night before.

“It was like the night before Christmas,” Nave said.

RBE’s first game was against the UNL Centaurs. It was a chilly morning but the adrenaline was pumping through the RBE team. After a quick huddle to reiterate strategy, the game was under way.

The RBE started out full of energy, but it was hard to maintain against the well-constructed Centaur team. After a few mistakes, victory was soon put on the back burner. Final score of the first game was 25-7 with the UNL Centaurs winning.

With the first game jitters out of the way, the team had high spirits and good strategy plans for the second game. Several of the RBE players stuck around to watch the UNL Centaurs play the Dakota State Monassato’s. The Monassato’s were the next team the RBE faced at 2:30 p.m.

After watching the competition play, RBE realized that their only chance of advancing was to play zone defense on the Monassato’s.

“They are playing man-to-man defense, and if we play zone, we have a chance,” said receiver Kevin Robinson.

The RBE replenished themselves with a large lunch, and were then ready to take on the Dakota State Monassato’s at the Vine Street fields.

With a better sense of strategy and a couple more players, the RBE were ready to win.

Using the zone defense was to RBE’s advantage, and they scored early in the game to answer back to the Monassato’s first touchdown.

As the game progressed, it seemed to be tight, with one team scoring and the other answering back.

The game was so close, the RBE could taste victory. Tension mounted and the race was on.

Victory soon became an after thought, though, with the Monassato’s scoring the next two touchdowns to put them into the next round of play. Dakota State Monassato won with a final score of 25-13.

WHAT A RUN
Red Barn Elite, together for three years, has won the UNK championship two times. Many of the players are graduating this semester, and the RBE team name will be retired with them.

NEVER LET THEM FORGET THAT TIME.

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