

the

Antelope

University of Nebraska at Kearney

Run With It

Conversation Partners draws crowd

Over 100 students attend weekly session to learn from each other

BY ELISSA MARTIN
Guest Writer

Over 100 students filled the room at the first semester group meeting of Conversation Partners Jan. 24.

Students came looking for the opportunity to get to know students from another country and take advantage of the opportunity to widen horizons, make new friends and learn about different cultures without even leaving campus.

UNK boasts close to 500 international students. The largest number of students come from Japan (264 students), but there are also students from China, Nepal, Colombia, Cote D'Ivoire, South Korea, Saudi Arabia, Brazil, the Bahamas, Germany and Turkey.

In order to help these students who may find it awkward to just walk up and start talking to someone that they do not know, especially someone from culture different than their own, the English Language Institute guided by Linda Martin started Conversation Partners about five years ago.

Martin had heard of similar programs at other

colleges and felt that the program would benefit the international students who would like to study at UNK. The program is similar to the Conversation Table pro-

received a certain score on the Test of English as a Foreign Language (TOEFL). This test can be taken on the computer and requires students to complete both a

tion is especially difficult since inflection patterns of speech are very different from English studied before arriving at UNK.

Many students come

come to the United States to practice their English for a time before they pass the test.

When these students come to UNK, they be-

conversation, vocabulary and idioms.

Being enrolled in these classes helps the students to develop their English skills, but they still need lots of practice in conversation and speaking.

This is where the Conversation Partners program comes in. American UNK student volunteers are paired with students at the ELI for a semester. Last semester of the 76 of the ELI 106 students participated in the Conversation Partners program.



Photo By Garrett Ritonya
Sunwei, a freshman sociology major from Japan, discusses Japanese culture with his table that consisted of students from four different cultures. These conversation tables will be held throughout the semester, giving students a chance to learn about a culture they did not know before.

gram, but it takes place on a smaller and more individualized level.

In order to enroll in classes at UNK, international students must have

written portion and a portion where they have to record their speech and be understood.

For many international students, this speaking por-

from their home countries with this requirement already met, and they enroll in classes immediately upon arrival.

However, some students

gin work at the English Language Institute where they take intensive English classes covering topics such as reading, writing, grammar, listening and speaking,

That means that there were also 74 partnering American UNK students who volunteered to work with the program last semester. Some of the UNK students do this for fun, some to make new friends and some because their professors provide them with extra credit points for their participation.

Generally, the students from the ELI have been in America for at least a semester. They are often very good at reading or writing English, but many struggle with carrying on a conversation.

See **Conversation Table** on page 3

Campus grieves tragic loss

BY GARRETT RITONYA
Antelope Photo Editor

Jan. 17 was supposed to be a day no different than others, with the sun shining and classes back in session for the fourth day. Jose Martinez was headed to Omaha to pick up Yuto Yamamoto, a foreign exchange student coming back from winter break.

Little did he know that would be the last time he would lock his dorm room or see the building that he called home. Jose Martinez lost control of his car coming back to Kearney on the interstate in an accident that killed him instantly and took Yamamoto's life four days later.

The news of the death turned the campus upside down, but no one felt the im-

pact more than the students in University Residence South Pod B building, where Martinez lived on the third floor. Those that were closest to him knew how much he loved the community and

“I will miss everything about him, but mostly his laugh”

Stacy Oblinger
Freshman

enjoyed spending time making everyone's day a little bit better.

“In the short time he was here he became a best friend to so many of us,”

Robbie Heinzen, a sophomore music education major from North Platte, said. “He had a way with people and always seemed to be making friends.”

What will be remembered about Martinez, however, will be his infectious laugh and his ability to make anyone smile. To be able to turn a bad day into a good day is what Martinez lived for and even those that did not know him that well knew that was the case.

As Chancellor Doug Kristensen said at his memorial service on Thursday, “Jose's kindness and pure heart cannot be learned in a book; those traits you are born with.”

Over 50 friends and family attended the memorial service held in the URS cafeteria on Thursday, Jan. 24.

Memorial continued on page 3. **See memorial tribute to Yuto Yamamoto next week.**



Photo By Garrett Ritonya
Freshman Nora Dennis from Omaha (left) and freshman Sally Thayer from Imperial, Neb. (right) share a hug after the conclusion of the memorial for Jose Martinez. Martinez, a UNK student, was killed in a car accident Jan. 17.

INDEX

2 Joao de Brito addresses students on Martin Luther King Day. **Read more about the event on page 2.**

4/5 Garrett Lever drives to the bucket scores on a layup Saturday afternoon in a victory over Colorado Mines. **More sports on page 4 & 5.**

Catch the Loper men's basketball game at home on Thursday against Colorado Christian.

Tip-off at 8 p.m.

Read about the Smart car on page 7

UNK community remembers ‘the dream’

Office of Multicultural Affairs sponsors on-campus celebration of Martin Luther King Day

BY KRISTEN BROCKMAN
Antelope Staff

The University of Nebraska at Kearney observed Martin Luther King Jr. Day with solemn remembrance. The Office of Multicultural Affairs sponsored the annual Martin Luther King Jr. celebration with the presentation “March Today, March” in the Ponderosa Room on Jan. 17. A group of ten students were responsible for coordinating the event. Senior Astrid Garcia, an elementary education major from Grand Island, was head of the planning committee. “It’s important to commemorate Dr. King because he was a man of virtue who took a stand for

his people,” Garcia said. Freshman Wesley Okwumuo, a Business major from Lincoln, served as emcee for the evening. Follow-

ing a brief welcome from Juan Guzman, director of the Office of Multicultural Affairs, keynote speaker Joao de Brito began his presenta-



Photo By Kristen Brockman
Keynote speaker Joao de Brito addresses the crowd during the Martin Luther King Jr. celebration in the Ponderosa Room. De Brito’s message was one of racial acceptance and equality, much like that of Dr. King.

tion. De Brito graduated from UNK with his master of education degree in 2002. He works as a Career Counselor at Vocational Rehabilitation with the Department of Education in Omaha. De Brito gave an impassioned speech about the importance of racial equality and acceptance. He feels that the most important lesson we can learn from Dr. King is to “respect differences and join hands.” “One person alone cannot make change. We have to teach people, not divide them,” de Brito said. De Brito is optimistic for the future. He noted that we are already seeing examples of racial change, the biggest being the diversity

in the current presidential election. “We need to learn how to live together being different in order to stop the hate.” Joao de Brito
Career Counselor
UNK 2002 Graduate “The dream will never end, that all men are created equal. We need to learn how to live together being differ-

ent in order to stop the hate,” de Brito said. Freshman Treldon Jones, a Communications major from Omaha, closed the evening with a brief presentation on the history of Martin Luther King Day. The student planning committee followed the evening’s events with a planned Week of Service. During the week of Jan. 22-25, interested students could volunteer to visit shut-ins and nursing homes. During these visits, the students would have the opportunity to assist these people and visit with them. The intention of the week of service is to “follow in King’s footsteps, serving others.”

Cha-Ching

\$hrinking wallet a sign of soaring textbook prices

BY SHELLY FOX
Antelope Staff

The beginning of the semester is a cringe-worthy time; not only for students’ sleeping habits, but also for their checkbooks.

Back to classes means time to shell out hundreds of dollars for textbooks. There are several tricks, however, students can use to save some green.

Math and history secondary education major, Amber Vlasnik of Lincoln usually averages spending between \$300 and \$400 on books per semester. This semester she got away with spending only \$100 on books by buying them online.

“It’s usually cheaper,” Vlasnik said. Josh Dethlefsen from Sutherland, Neb. has also found a way to save some money.

The senior political science major says he spent around \$200 for books this semester and usually averages between \$300 and \$350.

He suggests finding someone who has taken the class already and buying the books directly from them.

Also, don’t be afraid to compare prices between the Antelope Bookstore in the Nebraskan Student Union and Follett’s Campus Bookstore on Ninth avenue, as well as online sources.

Some students, however, are die-hard customers of one particular store.

Senior speech communications major, Kristin Nielson from Omaha says she almost always buys her books from Follett’s.

Nielson still averages around \$150 on books each semester, but she also shares.

“If I have friends in the class, we go half and half [on books],” said Nielson.

She thinks that students could save even more money if they were to get together and start a website where students could share and swap books with each other.

Junior Spanish education major, Criss Salinas of Schuyler, Neb. saves money on his books by waiting until at least the first week of classes to see if he really needs them.

“I ask the professor and check the syllabus,” Salinas said.

Dethlefsen said he waits to buy books for a couple classes as well.

Nielson said she always waits, and hasn’t bought all of her books ahead of time since she was a freshman.

It may take a little extra time, but with these students’ helpful hints, almost every student can find a way to save some money on textbooks in the future.

Don’t let the blues get you down, UNK Counseling Center

BY RACHEAL SMITH
Antelope Staff

For college students across the nation, depression is one of the leading struggles and it is no different for UNK students. Though considered by most a stigma in our society, more students are reaching out for help. According to Roz Sheldon from the Counseling Center on campus, more students at UNK struggling with depression are seeking care. From fall 2004 to summer 2006 there were 220 students regularly receiving care through the center. As of last fall, there have been 135 new clients which totals 1,059 sessions, stated Sheldon.

The exact cause for depression is not understood but it is believed that biological, psychological and environmental factors all play a part. “It is even thought that there are certain people who may be genetically predisposed to depression,” said Sheldon. According to helpguide.org, any of the contributing risk factors for triggering depression are a lack of social support, relationship problems, financial strain or just recent stressful life experiences.

Sheldon stated that from her experience at UNK, she found that the

change to college and feeling the pressure to perform at a higher level caused many students a lot of stress. “The lack of support plays a big part in a student coming in to our office,” said Sheldon. “They need someone neutral to talk to.” She also stated that with the increase of people making the choice to attend college, naturally there would be an increase of people needing support with depression.

“The lack of support plays a big part in a student coming in to our office... they need someone neutral to talk to” Roz Sheldon
UNK Counseling Center

Though it is very beneficial for someone who is struggling with depression to seek help and support from a health professional, there are some ways they can help a person deal with depression according to Mental-HealthAmerica.net.

- Carefully plan your day. Make time every day to prioritize your work. Prioritizing can give you a sense

of control over what you must do and a sense that you can do it.

- Plan your work and sleep schedules. Too many students defer doing important class work until nighttime, work through much of the night and start every day feeling exhausted.
- Participate in an extra-curricular activity. Sports, theater, fraternities and sororities, the student newspaper – whatever interests you – can bring opportunities to meet people interested in the same things you are, and these activities provide welcome change from class work.
- Seek support from other people. This may be a roommate or a friend from class. Friendships can help make a strange place feel more friendly and comfortable.
- Try relaxation methods. These include meditation, deep breathing, warm baths, long walks, exercise – whatever you enjoy that lessens your feelings of stress and discomfort.
- Take time for yourself every day. Make special time for yourself – even if it’s only for 15 minutes a day.
- Work towards recovery. The most important step in combating depression and reclaiming your college experience is to seek treatment.

The Counseling Center is open 8 a.m.-5 p.m. Monday through Friday, and takes appointments or walk-ins. To reach a counselor after hours contact Public Safety at 627-4811.

They will connect you with a counselor on call. To contact the the Counseling Center call 865-8248. The Counseling Center is located in the Student Affairs Building Room 144. They do

presentations, screenings for depression, alcohol, eating disorders and general one-on-one counseling. Some group sessions are offered each semester based on interest/need.

THE FIJI GENTLEMEN

HAVE ARRIVED!

January 30, 2008

Are you interested in leading UNK’s newest fraternity?

Would you like a chance to earn \$1,250 in scholarships?

Contact Expansion Leader Jesse Hitt at 937-216-6830 or jhitt@phigam.org, and check us out on the web at www.phigam.org and Facebook: Fiji Unk

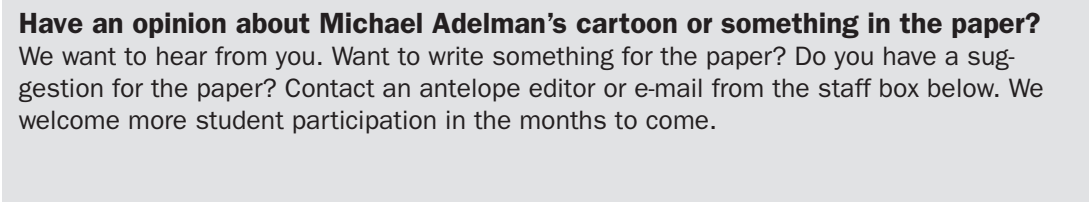


Photo by Sarah Ahlers

The participants of Yamamoto's memorial had the chance to view a scrapbook of Yamamoto's life at UNK. The book included photos of Yamamoto carving pumpkins and turkey hanging along with a collage of the activities her participated in on campus.

<p>ESTABLISHED IN CHARLESTON, IL IN 1983 TO ADD TO STUDENTS GPA AND GENERAL DATING ABILITY.</p>	<p>JIMMY JOHN'S® JJ Since 1983</p> <p>WORLD'S GREATEST GOURMET SANDWICHES</p> <p>Corporate Headquarters Champaign, IL</p>	<p>OK, SO MY SUBS REALLY AREN'T GOURMET AND WE'RE NOT FRENCH EITHER. MY SUBS JUST TASTE A LITTLE BETTER, THAT'S ALL! I WANTED TO CALL IT JIMMY JOHN'S TASTY SANDWICHES, BUT MY MOM TOLD ME TO STICK WITH GOURMET. SHE THINKS WHATEVER I DO IS GOURMET, BUT I DON'T THINK EITHER OF US KNOWS WHAT IT MEANS. SO LET'S STICK WITH TASTY!</p> <p align="right"><i>Jimmy John</i></p>
<p>\$3.75</p> <p>8" SUB SANDWICHES</p> <p>All of my tasty sub sandwiches are a full 8 inches of homemade French bread, fresh veggies and the finest meats & cheese I can buy! And if it matters to you, we slice everything fresh everyday in this store, right here where you can see it. (No mystery meat here!)</p> <ul style="list-style-type: none"> #1 PEPE® Real applewood smoked ham and provolone cheese garnished with lettuce, tomato, and mayo. #2 BIG JOHN® Medium rare choice roast beef, topped with yummy mayo, lettuce, and tomato. #3 TOTALLY TUNA® Fresh housemade tuna, mixed with celery, onions, and our tasty sauce, then topped with alfalfa sprouts, cucumber, lettuce, and tomato. (My tuna rocks!) #4 TURKEY TOM® Fresh sliced turkey breast, topped with lettuce, tomato, alfalfa sprouts, and mayo. (The original) #5 VITO® The original Italian sub with genoa salami, provolone, capicola, onion, lettuce, tomato, & a real tasty Italian vinaigrette. (Hot peppers by request) #6 VEGETARIAN 🍷 Layers of provolone cheese separated by real avocado spread, alfalfa sprouts, sliced cucumber, lettuce, tomato, and mayo. (Truly a gourmet sub not for vegetarians only..... peace dude!) <p>J.J.B.L.T.™ Bacon, lettuce, tomato, & mayo. (The only better BLT is mama's BLT)</p>	<p>\$2.75</p> <p>PLAIN SLIMS™</p> <p>Any Sub minus the veggies and sauce</p> <ul style="list-style-type: none"> SLIM 1 Ham & cheese SLIM 2 Roast Beef SLIM 3 Tuna salad SLIM 4 Turkey breast SLIM 5 Salami, capicola, cheese SLIM 6 Double provolone 	<p>\$4.75</p> <p>GIANT CLUB SANDWICHES</p> <p>My club sandwiches have twice the meat and cheese, try it on my fresh baked thick sliced 7-grain bread or my famous homemade french bread!</p> <ul style="list-style-type: none"> #7 GOURMET SMOKED HAM CLUB A full 1/4 pound of real applewood smoked ham, provolone cheese, lettuce, tomato, & real mayo! #8 BILLY CLUB® Choice roast beef, smoked ham, provolone cheese, Dijon mustard, lettuce, tomato, & mayo. #9 ITALIAN NIGHT CLUB® Real genoa salami, Italian capicola, smoked ham, and provolone cheese all topped with lettuce, tomato, onion, mayo, and our homemade Italian vinaigrette. (You hav'ta order hot peppers, just ask!) #10 HUNTER'S CLUB® A full 1/4 pound of fresh sliced medium rare roast beef, provolone, lettuce, tomato, & mayo. #11 COUNTRY CLUB® Fresh sliced turkey breast, applewood smoked ham, provolone, and tons of lettuce, tomato, and mayo! (A very traditional, yet always exceptional classic!) #12 BEACH CLUB® 🏖️ Fresh baked turkey breast, provolone cheese, avocado spread, sliced cucumber, sprouts, lettuce, tomato, and mayo! (It's the real deal, and it ain't even California.) #13 GOURMET VEGGIE CLUB® Double provolone, real avocado spread, sliced cucumber, alfalfa sprouts, lettuce, tomato, & mayo. (Try it on my 7-grain whole wheat bread. This veggie sandwich is world class!) #14 BOOTLEGGER CLUB® Roast beef, turkey breast, lettuce, tomato, & mayo. An American classic, certainly not invented by J.J. but definitely tweaked and fine-tuned to perfection! #15 CLUB TUNA® The same as our #3 Totally Tuna except this one has a lot more. Fresh housemade tuna salad, provolone, sprouts, cucumber, lettuce, & tomato. #16 CLUB LULU™ Fresh sliced turkey breast, bacon, lettuce, tomato, & mayo. (JJ's original turkey & bacon club)
<p align="center">★ SIDE ITEMS ★</p> <ul style="list-style-type: none"> * Soda Pop \$1.09/\$1.29 * Giant chocolate chip or oatmeal raisin cookie ... \$1.00 * Real potato chips or jumbo kosher dill pickle \$0.75 * Extra load of meat \$1.25 * Extra cheese or extra avocado spread \$0.75 * Hot Peppers..... Free <p align="center">FREEBIES (SUBS & CLUBS ONLY)</p> <p>Onion, lettuce, alfalfa sprouts, tomato, mayo, sliced cucumber, Dijon mustard, oil & vinegar, and oregano.</p>	<p align="center">Low Carb Lettuce Wrap</p> <p align="center">JJ UNWICH™</p> <p>Same ingredients and price of the sub or club without the bread.</p>	
	<p align="center">YOUR CATERING SOLUTION!!!</p> <p align="center">BOX LUNCHES, PLATTERS, PARTIES!</p> <p align="center">DELIVERY ORDERS will include a delivery charge of 49¢ per item (~/-10¢).</p> <p align="center">★★★★ JIMMYJOHNS.COM ★★★★★</p>	
	<p>\$6.75</p> <p>THE J.J. GARGANTUAN™</p> <p>This sandwich was invented by Jimmy John's brother Huey. It's huge enough to feed the hungriest of all humans! Tons of genoa salami, sliced smoked ham, capicola, roast beef, turkey & provolone, jammed into one of our homemade French buns then smothered with onions, mayo, lettuce, tomato, & our homemade Italian dressing.</p>	
<p align="center"> WE DELIVER! 7 DAYS A WEEK </p> <p align="center"> KEARNEY 2524 FIRST AVE. 308.236.5588 </p> <p align="center"> "YOUR MOM WANTS YOU TO EAT AT JIMMY JOHN'S!" </p> <p align="center">©1985, 2002, 2003, 2004, 2007 JIMMY JOHN'S FRANCHISE, LLC ALL RIGHTS RESERVED. We Reserve The Right To Make Any Menu Changes.</p>		

Loper
Wrap-Up
with Eric Korth

The UNK wrestling team, ranked fourth in the nation cruised past No. 17 ranked Chadron State Jan. 24. The Lopers saw two of their own, Jeff Rutledge and Joe Ellenberger reach career milestones of 100 victories.

The wrestling team faces Colorado School of Mines on Saturday at 1 p.m. and then squares off later that evening in the highly anticipated dual with No. 2 ranked UNO. The match is scheduled for 8 p.m. Be sure to be there to cheer the guys on.

On Saturday the men’s and women’s basketball teams squared off against Colorado School of Mines. The men came back in the end to win 78-75, while the women could not overcome a hot-shooting Mines squad and lost 73-61. Both teams play again Thursday at home against Colorado Christian.

Wrestling photo by Nicholas Hauder
Basketball photos by Garrett Ritonya



UNK Track

The Nebraska-Kearney track and field team had 32 top three finishes, including 10 first place efforts, at the Charlie Foster Invitational Saturday afternoon in Cushing Coliseum.

Leading the Lopers were senior Ross Fellows, junior Kelli Dring and sophomore Brandon Karlin. All three were already provisionally qualified for the NCAA Championships but each had season-best efforts Saturday to help their national standing.

Fellows won the triple jump with a leap of 48-8 while Dring came out on top in the long jump with a mark of 18-7.75. Finally, Karlin won the weight throw with a toss of 59-5.75.

Dring, helping the women have 18 top three finishes, was also runner up in the 55 hurdles and triple jump.

Also having a big day was Minden sophomore Jennifer Fritson, who had four top four finishes. She was second in both the 200 and long jump, while placing third in the 55 dash.

Finally, she ran anchor for the 4 x 400 relay team that came in second.

Besides Dring, winning events Saturday were Imperial senior Michelle Dill, York senior Jacquelyn Dibbern and Gothenburg sophomore Kiley Peterson.

Among second place finishers, Dannebrog native Kaci Lickteig broke the meet and field house record in the 2 mile run with a time of 11:44.91.

On the men’s side, York senior Darrel Branz, Kearney junior Rylan Little and Ogallala freshman Tanner Fruit each won their respective events. Little also ran the third leg for the 4 x 400 relay team that won in a time of 3:26.37.

Finishing runner up in the meet were North Platte senior Josh Hofer at 400 meters and Aurora freshman Zach High in the 800.

Waco native Dane Tobey, who is redshirting this year, had a big toss of 60-3.75 to win the shot put over former Loper, Lance Pfeiffer.

story courtesy of Peter Yazvac



make a reservation for romance this valentine's day

\$65 for two people includes:

- 1 of 6 appetizers
- individual soup or salad
- each receives 4oz filet medallion & 1/2 lobster tail
- a dessert to share

(regular menu also offered)

3 seating times

5pm 7pm 9pm

call and make your reservation today
308.236.8368

Aqualopers make big splash

BY SCOTT LEVY
Antelope Staff

The University of Nebraska at Kearney offers a variety of athletic teams from football, basketball, cross country and golf. But did you know we have a swim team here on campus?

The swimming and diving team have been known as the Aqualopers since their establishment in the early 1960s. They started off in the NAIA and have had five top 20 finishes in the NAIA National championships. Since converting over to the NCAA Division II level, they have had two more championships to add to the wall.

The Aqualopers have had one swimmer and one diver earn All-American status at the NCAA level in the team’s history. To earn status like this, the swimmers and divers are very dedicated to the pool.

Joan Dailey was the head coach for the Aqualopers for nearly 30 years. She put the Aqualopers on the map with her strong will and dedication to the program. Now they have two new head coaches leading the way; Teresa Osmanski head swimming coach and Duane Osmanski head diving coach.

This year the Aqualopers had a top five finish at the UNO Invite and placed

eighth at the Grinnell Invite, a great year overall for the young team.

The team consists of one junior, three sophomores and three freshmen. Annie Moyer, a sophomore diver from Lincoln, qualified for the NCAA Division II Championships in the one-meter earlier this year.

Junior diver Jennifer Kirkland, of Kearney met the provisional to compete in the national meet for the one-meter at the Aqualopers’ last meet, a dual with Morningside.

The team being young and dedicated should be strong for years to come.

The Aqualopers home swim pad is located right next to the Cushing Field

house and the Health and Sports Center. The pool has a new roof and ventilation system installed during the summer of 2004. This has given the team a better atmosphere to swim and dive their competition out of the water.

Coaches say the Aqualopers are looking to join the North Central Conference. This will give the Aqualopers the best competition in swimming and diving in Division II. We wish the Aqualopers luck on their final meet Feb. 2 at home against in-state rival, the Mavericks, UNO.

Want to be the man of steel?
Performance enhancers threaten the integrity of the game

BY MIKE PENNETTA
Antelope Staff

The use of nutritional substances in sports is nothing new, but in today’s professional and collegiate levels, anabolic steroids and human growth hormones are making more appearances. With so many professional sports superstars getting caught with illegal substances, it seems sports are now seeing its darkest days.

Athletes today, whether young or old, professional or amateur, are always looking for that competitive edge. Most athletes rely on hard work to improve their speed, ability, power and skill. However, some athletes resort to drug use to increase their abilities.

The use of performance enhancers among athletes is more prevalent now more

than ever, but what some do not know is how serious the side effects can be. Steroids can cause extreme physical and psychological effects.

To understand such effects we first must know what steroids are and how they work.

Anabolic steroids, or sometimes heard as “juice” are a substance taken to increase muscle mass, physical strength, and endurance. According to the American Academy of Pediatrics, the word anabolic means “building body tissue.” Anabolic steroids help build and re-build muscle tissue and increase body mass by acting like the body’s natural male hormone, testosterone.

This is what lures athletes to take steroids. Steroids are primarily for use by terminally ill patients who suffer from low hormonal

count, and those with AIDS. They are taken in small doses and legally prescribed two main ways, orally or injected with a needle. Injection is more common method of the two. Athletes who abuse steroids cycle the drugs, taking them in large amounts weeks or months at a time. Cycling involves taking multiple doses of steroids over a period of time, stopping and starting again.

In both college and professional sports, steroids continue to make news.

“Anything beyond a healthy diet and honest training is criminal,” Shawn Fairbanks, assistant athletic director at the University of Nebraska at Kearney said. “Collegiate athletes are not fully developed and the genetics involved are not taken into consideration.” This is a problem among

younger users because they do not understand the seriousness of their decision.

The addiction factor is also a big issue.

“The communication between University staff and athletes is key, our athletes are held to a high standard and we expect fairness and sportsmanship from them,” Fairbanks said. “The athletes must know what substances can and can’t be taken, that’s why communication is so imperative.”

With usage a continuing problem in sports, it’s important to educate our young people on the danger of steroids and performance enhancers. Educate the athletes of tomorrow so the sports of today can live on.

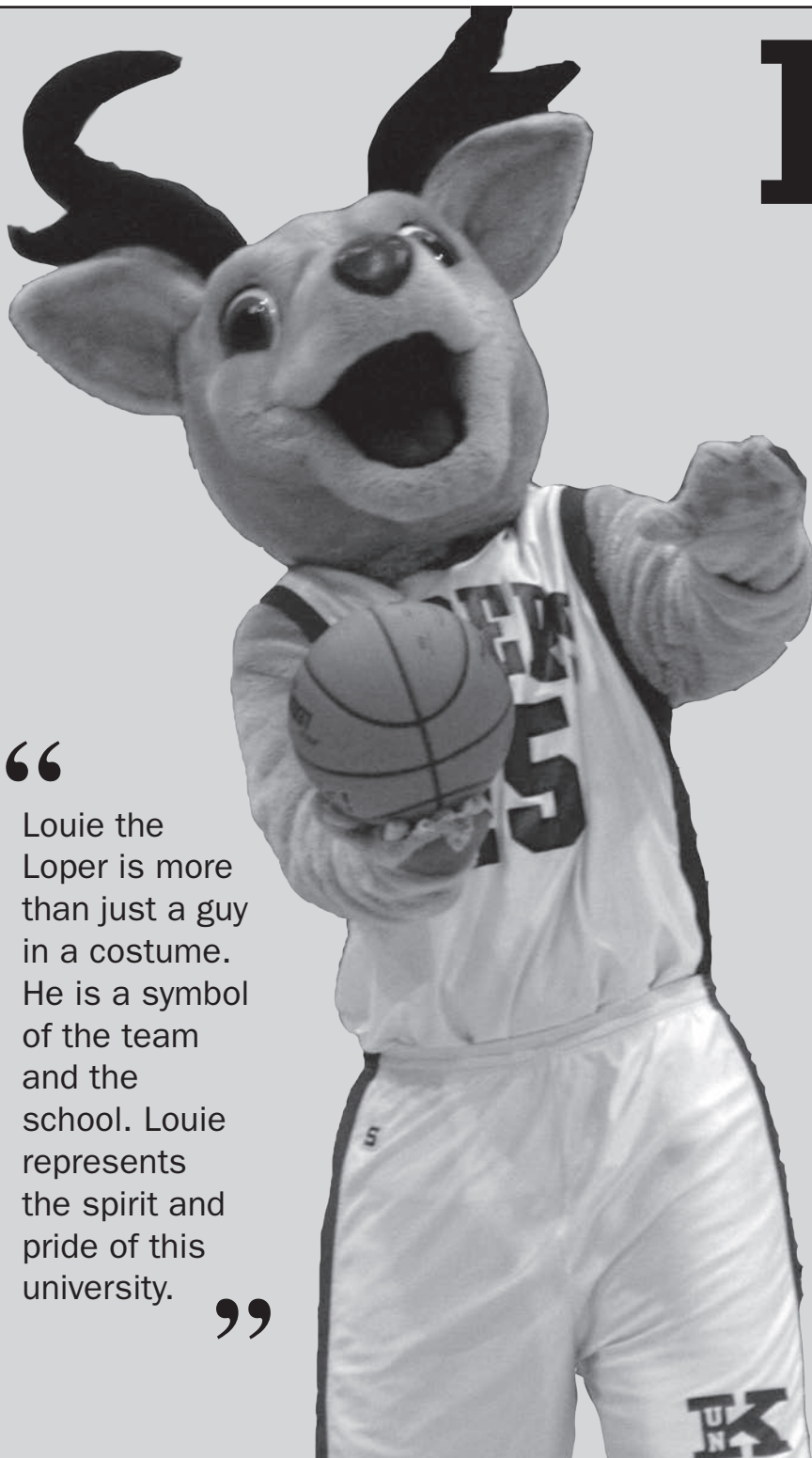
NOTICE TO STUDENTS

All students are eligible to apply for a refund of the “A” portion of students fees until February 15, 2008.

(These fees include programming for events like concerts and bands, comedians, special speakers, Jim Wand, Homecoming and other University events.)

Students claiming a refund will lose benefits provided to the Fund “A” users during the Spring semester of 2008 and will incur a charge for attending these events.

Application forms are available at the Student Government Office in the Nebraskan Student Union
1013 West 27th Street.
For more information call 308-865-8523.



Livin’ *la vida* Loper

BY JOSH KAUFMAN
Antelope Guest Writer

He is the ultimate UNK sports fan. His enthusiasm for the game is unmatched. No matter the score, he always cheers to the end. You can find him at every game. His name is Louie the Loper.

In case you don’t know Louie, you’ll find him in the jersey of the Loper mascot. He has been cheering on the teams and pumping up the crowd for many years.

But not anyone can “be” Louie. It takes a special student to bring Louie to life. Although it may look like it takes no skill to wear a costume and cheer, this is not the case.

In fact, this year the first tryouts were held to select the best possible Louies. Jami Schaffnitt, UNK’s Student Activities Coordinator, supervised the tryouts.

“The tryouts consisted of performing a short skit,” Schaffnitt

said. “We are looking for students who are animated, energetic, passionate and enjoy performing. It is also helpful if they are knowledgeable about sports and enjoy being around kids.”

Joey Andersen, a senior social science comprehensive major from Bellevue, and Andy Loseke, a junior business administration major from Kearney, are the two Louies this year. Both Andersen and Loseke are new to the mascot role.

Louie the Loper serves at the football, volleyball and basketball games. Being Louie has been fun both Andersen and Loseke said.

“The Chadron State football game was my favorite because the energy was so high that any move I made people just went crazy,” Andersen said. “I also like to see the little kids’ faces when they see me and run up to me. It’s really cool.”

Loseke said, “I enjoy having people come up to me because

everyone knows who Louie is. I also like getting the crowd into the games.”

Louie also makes appearances at university and community events. Louie has been in UNK’s homecoming parade and spirit competition. He appeared at Runza, the YMCA, Walgreen’s Halloween photo shoot, “Raise Money for Diabetes” walk and Stormy’s birthday party at the Storm hockey game.

Louie the Loper is more than just a guy in a costume. He is a symbol of the team and the school. Louie represents the spirit and pride of this university. He symbolizes how great UNK is.

“I think Louie could make anyone want to come to UNK,” Andersen said. “He’s so friendly.”

So the next time you go to a UNK event, look for Louie the Loper. But chances are, he will find you and make sure you are cheering on the Lopers.

Drive-thru dynasties duke it out for fast-food supremacy

BY GRIFFITH WATSON
Antelope Staff

We’re all in lull during the sports year between BCS mania and the excitement of March Madness. While any self-respecting Sportscenter fan gets bored with highlight after highlight of NBA games, I am here to serve up entertainment of a different sort, pun intended. I offer you a tournament that matches favorites versus underdogs, dynasties against virtual unknowns, and the chance for a Cinderella ending. No, this isn’t girl’s high school basketball. This is the Fast-Food Bracket Challenge.

Over the next several weeks, I will be pitting the food from eight different fast-food restaurants up against one another in a single-elimination tournament. A panel of three judges will be charged with deciding the winners of each match-up and naming the overall champion. Each judge will be given a budget and the opportunity to order whatever they want from the competing restaurants. The judges will need to rank the food from each establishment based on three different qualities. These qualities are taste, variety of different foods available and the ability to

get full on a \$5 budget.

With the judges working with a small budget, I think it’s obvious that there will be some early favorites in the Fast-Food Bracket Challenge. That being the case, each restaurant in the Fast-Food Bracket Challenge will be seeded from one to eight, based solely on my personal opinion and no actual ranking system.

Favorites

Fast-food dynasties deserve the respect that they have earned with their performance on a national stage. With these chains

feeding people across the country, I feel that it is important to recognize McDonald’s and Wendy’s as the number one and two seeds, respectively.

McDonald’s is an obvious number one seed. The restaurant has the tradition of winning over fast-food audiences nationally, and the menu offers a large variety of inexpensive food. McDonald’s is an early favorite to take home the crown.

Wendy’s comes in as the number two seed with what some would say is an even more impressive variety of low-price menu items. Those

playing favorites would expect to see an all red-headed finale between the powder-white face of Ronald McDonald and the freckled cheeks of Wendy.

A Cinderella Story... Maybe

Jimmy John’s has taken the Kearney area by storm in the last couple of years by offering good deals and quick service. While not the greasy menu that we see from our top seeds, Jimmy John’s looks poised to make an upset run as the seventh seed.

Amigo’s is a fifth seed that has a chance to push for the title. This only because the author of this story thinks that Amigo’s is the best and nobody said this feature had to be fair.

The Rest

The rest of the bracket fills out like this: Taco Bell as the third seed, Burger King as the fourth, Sonic as the sixth and Runza in the eighth seed.

The first match-ups begin next week, with the number one seed, McDonald’s, taking on the eighth seed, Runza.

From the other side of the bracket we will have the three versus six match-up, Taco Bell against Sonic.

Feel free to fill out a bracket and start a pool. Check back next week to meet your judges and see who makes it out of the first round and into the semifinals of the Fast-Food Bracket Challenge.



COLLEGE STUDENTS!

— Earn up to \$2,610 —

- Healthy men & women
- 19 to 65 years of age
- Non-smokers
- Variety of schedules
- Assist medical research

Ask about our referral program!

CALL TODAY at 1-800-609-7297
621 Rose Street, Lincoln • www.mdsparticipants.com

MDS
Pharma Services
Together we're making lives better.

Presidential Candidates speak out on issues

BY VICKI ALTHAGE
Antelope Staff

We’ve summed up the top six presidential candidates health care policies to help UNK students make informed decisions in ‘08. Super Tuesday is approaching quickly and many voters are narrowing down their choice based on issues close to them. With between 45 to 47 million people uninsured, health care in America is one of the leading issues for a majority of voters in 2008.

Personal health and health care are not the top issues on many 18 to 24 year olds minds. Many college students leaving home for the first time are more worried about finding their classes, making new friends and passing courses to realize this may be the first time that they will be in charge of keeping themselves healthy. It’s no secret that the cost of health care is rising while the nation faces epidemics of obesity and chronic diseases. But with the innumerable issues students may come into contact with ranging from preventative exercises like getting vaccinated to mental health, alcohol and eating habits, learning about their own health care is one of the most important tasks for college students to take on, Thomas L. Schwenk, M.D., chair of the Department of Family Medicine at the University of Michigan Medical School said.

In January 2004, the National Academy of Sciences’ Institute of Medicine (IOM) recommended that policymakers move towards universal health coverage by 2010, and urged that any health care reform in the United States must be based on the following principles: Health care coverage should be universal, continuous and affordable to individuals and families, the health insurance strategy should be affordable and sustainable for society and enhance health and well-being by promoting access to high-quality care that is effective, efficient, safe, timely, patient centered, and equitable.

Most recent figures from the United States Census Bureau indicate that a record number, 45 million people, are uninsured. This is a rise of six percent, or 1.4 million from 2003. College students, covered and not covered by health insurance plans, need

to hear what the presidential candidates have to say about improving the health care system so that they can have a sense of security.

What the Democrats are saying:

Senator Hillary Clinton’s American Health Choices Plan promotes shared responsibility between the individual, the employer and the government to cover the cost of universal health coverage. It promises to cover all Americans and improve health care by lowering costs and improving quality. Clinton’s plan allows the consumer to have a voice by offering more choices and lowering costs. If you’re without coverage or aren’t satisfied with the coverage you have, you will have a choice of plans to pick from and that coverage will be affordable. Clinton also notes that consumers will be allowed to keep their plans if they are satisfied with them or access the same menu of quality private insurance options that their Members of Congress receive through a new Health Choices Menu, established without any new bureaucracy as part of the Federal Employee Health Benefit Program. In addition to the broad array of private options that Americans can choose from, they will be offered the choice of a public plan option similar to Medicare where working families will get tax credits to help pay their premiums.

Senator Barack Obama’s plan for health care begins by covering every American. Obama will make available a new national health plan to all Americans, including the self-employed and small businesses, to buy affordable health coverage that is similar to the plan available to members of Congress. Those already with health insurance will see the amount of money spent on premiums decrease under the plan. Obama’s plan promises quality, affordable and portable coverage for all and includes mandatory coverage of children, a national health insurance exchange, expansion of Medicaid and SCHIP, and reducing costs of catastrophic illnesses for employers and their employees. Obama hopes to lower costs by modernizing the U.S. Health Care System.

John Edwards is running

on a platform to transform America’s health care system and provide universal health care for every man, woman and child in America. Edwards plans to make insurance affordable by creating new tax credits, expanding Medicaid and SCHIP, reforming insurance laws and taking innovative steps to contain health care costs. Edwards is promoting creating regional “Health Care Markets” to let every American share the bargaining power of purchasing health plans. Like Clinton, Edwards is pushing a shared responsibility between business, government, health-care markets and finally the individual.

Steven Pearlstein of the Washington Post believes that one way to reduce this burden of health care costs is to have tax money used to lower the cost of private insurance a bit, which is what the Edwards and Obama, “reinsurance” plans would do. Pearlstein stated in a recent interview that most experts support this idea, and it will be part of the reform.

What the Republicans say:

Senator John McCain addresses the fundamental problem of the rapidly rising cost of U.S. health care and that access to health care should be provided to all citizens. Families should be in charge of their health care dollars and have more control over their care. McCain believes the United States can improve health and spend less while promoting competition on the cost and quality of care, taking better care of our citizens with chronic illness and promoting prevention that will keep millions of others from ever developing deadly and debilitating disease. Veterans should have the freedom to choose to carry their VA dollars to a provider that gives them the timely care at high quality and in the best location. McCain’s plan aims to reform the tax code to eliminate the bias toward employer-sponsored health insurance, and provide all individuals with a \$2,500 tax credit (\$5,000 for families) to increase incentives for insurance coverage. Individuals owning innovative multi-year policies that cost less than the full credit can deposit remainder in

expanded health savings accounts.

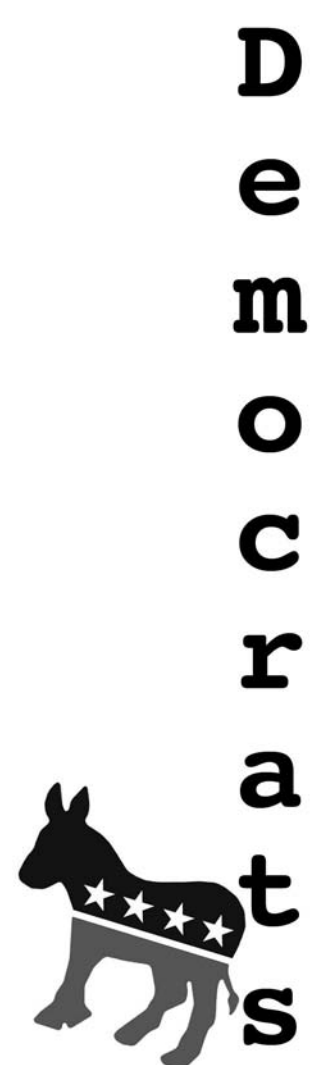
Governor Mitt Romney recognizes the importance of the role of the states in leading reform and the need for innovation in dealing with rising health care costs and the problem of the uninsured. He introduced a plan that uses a free market, federalist approach to make quality, affordable health insurance available to every American. To do this Romney plans to deregulate state markets, fix the tax code, stop the free-riders, reform the medical liability system, promote innovation in Medicaid, and bring health care into the 21st century. He believes that states should have the ability to spend their Medicaid dollars in whatever way they find most efficient and effective and create a level playing field by making all health care expenses tax deductible.

Mike Huckabee is running on the belief that the country does not need universal health care mandated by federal edict. He advocates policies that will encourage the private sector to seed innovative ways to bring down costs. Huckabee wishes to resolve the health care problem by working with the private sector, Congress, health care providers, and other concerned parties to lead a complete overhaul of our health care system. Huckabee says there is a need to get serious about preventive health care instead of going after more and more dollars to treat chronic disease, which currently consumes up 80 percent of our health care costs. The result is that we’ll be able to deliver better care where and when it’s needed. Huckabee is against socialized medicine and looks to implement a system of responsibility.

For more information on these six presidential candidates and their stances on health care issues, please see their respective websites.

Information was obtained from:
<http://www.results.org>
www.barackobama.com
www.hillaryclinton.com
www.johnedwards.com
www.johnmccain.com
www.mittromney.com
www.mikehuckabee.com

Photos Courtesy of Candidates’ Web Sites



Hillary Clinton



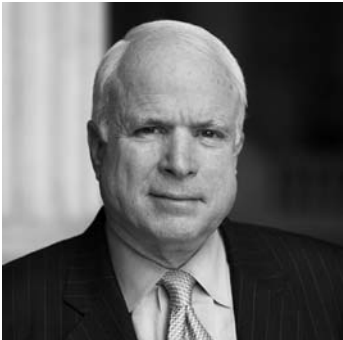
Barack Obama



John Edwards



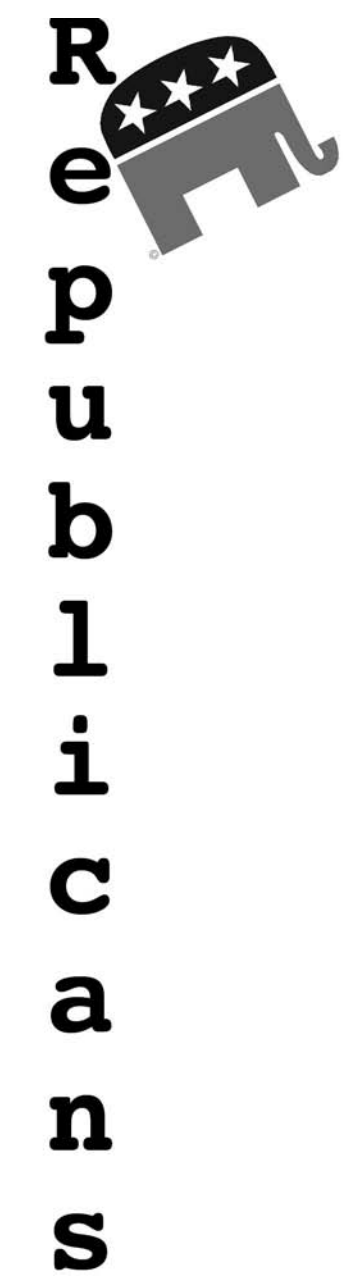
Mike Huckabee



John McCain



Mitt Romney



Democrats prepare for historic caucus

BY LAURA LARSEN
Antelope Staff

Nebraska Democrats will have the chance to make their voices heard in the race for the White House on Feb. 9. For the first time ever the party will be conducting caucuses all across the state.

In preparation for the caucus the party has been busy organizing Democrats in Nebraska counties.

Dave Wulf, the third district chair of the Nebraska Democratic Party, describes the caucus as a “huge meeting to discuss the candidates.”

Unlike voting in a

primary, caucus-goers come together at a specific time and place to discuss the candidates and stand in support for the candidate of their choice.

According to Wulf this process allows “undecided voters to talk with people from the various campaigns about issues in order to form their decisions.”

The Nebraska caucus comes in the wake of caucuses and primaries that have already taken place in states across the country.

Voter turnout in these early states has broken many previous records. According to Jane Fleming Kleeb,

Executive Director of the Young Voter Pac, young people have been turning out in record numbers nationwide.

Much of the support that has been garnered for Illinois Senator Barack Obama can be attributed to the youth vote.

According to Kleeb, 59 percent of Nevada Obama supports were between the ages of 18 and 29. That trend continued through the South Carolina primary where Obama captured 67 percent of the overall youth vote.

In establishing the rules for the Nebraska caucus the

Nebraska Democratic Party took steps to ensure that college students and young people were not being left out.

According to Elizabeth Weaver, National Committeewoman of the Nebraska Young Democrats, students can register on the same day of the caucus at their caucus site. Additionally, anyone who is currently registered as a Republican or Independent can also participate in the process.

For more information about the caucus visit the Nebraska Democratic Party website at nebraskademocrats.org.

University Heights Apartments

Apartments Available!!

Unfurnished 1-bedroom Apartments

\$350 per month

(stove and refrigerator provided)

All utilities are included with the exception of internet access and telephone.

Requirements:

Must be a full-time UNK Student, 21 or older

For more information contact:

The Office of Residential and Greek Life

Lower Level, Conrad Hall

308.865.8519

Immediate Availability

Suitcase population misses real opportunities

Kearney has plenty of activities to choose from, students should take advantage

BY HILLARY KRUGER
Antelope Staff

Driving by campus on the weekend, all you see is empty parking lots. Students choose to go home for the weekend because they think there is nothing to do in Kearney.

But Kearney has it all: recreation, theatre, parks, golf, racing, fitness, education, technology and faith. Still, UNK could still be considered a suitcase campus though Kearney is a growing city full of possibilities.

Here are things to do in Kearney: During the week, head over to the Big Apple Fun Center for bowling, mini golf, pool and sand volleyball. Cottonmill Park

also offers a variety of recreational activities where you can swim, fish, hike, ride your bike or even visit the nature center.

Yanney Heritage Park is the place to go for a view of the Kearney community and the Platte River Valley. The Gottschalk Observation Tower, located in the center of the park, allows you to enjoy the beauty of the area from a slightly different viewpoint. Outdoor lovers can enjoy the 12-acre lake, a hike and bike trail and Cope Amphitheatre where you might be able to catch a concert during the summer.

In the mood for a movie? Try out one of Kearney's theatres-World Twin, Hilltop 4, Cinema 8, Kearney Drive-in (seasonal), Kearney

Community Theatre and the University Theatre. The Kearney area also features five golf courses where you can have fun and test your golfing skills at the same time.

Kearney Dragway hosts racing competitions from March through October.

Annual celebrations in Kearney include the Nebraska Cattleman's Classic in February, Crafts under the Trees in June, fireworks, Art in the Park and Cruise Night all in July, the Buffalo

County Fair in August and the Gateway Farm Expo in September.

In Kearney you can never complain about not having the type of food you are in the mood for. Kearney venues include but are not limited to Alley Rose, Applebee's Bar and Grill, Bico's, Carlos O'Kelly's Mexican Café, The Cellar Bar & Grill, El Petrero, Grandpa's

Steakhouse, Hunan Chinese Restaurant, Little Mexico, Luke and Jake's Bar & Grill, Old Chicago, The Roman,

San Pedro Mexican Restaurant, Skeeter Barnes, Sydney's, Tex's Café, Whiskey Creek and Venue. Numerous fast food restaurants range from barbecue to Mexican and sub shops.

If you go home hungry, it's your own fault.

If you're of age, make your way over to one of Kearney's many bars. Each one seems to have it's own unique style. Copperfield's, Lumberg's, O'Malley's, Cunningham's and The Loft, Play Pen and the Palm Garden Lounge are all within walking distance of each other. Do not forget The Backlot, Elephant's Eye and Keyboards, which are just a short distance from the rest of the bar scene.

If you would rather

have more of a laid-back atmosphere than the club scene, make your way to one of Kearney's two breweries: Thunderhead Brewing Company and Platte Valley Brewery. You can't come to Kearney without at least trying Thunderpunch and SOP.

For those of you who are not 21, you can still head over to The Roman or The Chicken Coop for a place where friends of all ages can get together.

These are just a few of the many things to do in Kearney. Instead of packing up and heading home every weekend, take a chance and stay here. Discover what Kearney has to offer. It's a lot more than you might think.

Environmental 'Smart' car cruises down U.S. highways



Photo Google Images
The "Smart" car hit U.S. vehicle dealerships in January. Though tourists in 36 other countries have noted the tiny "toy-like" car since before 2000, the interest in curbing gas prices and the car's smart looks already exhibited at the Museum of Modern Art in NYC may mean the time has come for this Mercedes designer vehicle. Base costs for the gasoline only models run from \$11,590 to \$16,590.

BY JASON ARENS
Guest Writer

"Go Green" seems to be the slogan for this generation across the states. From massive recycling kicks to up-and-coming ethanol fuel, America is trying to conserve energy, and ultimately the environment, for the many generations to come. So what big step are Americans taking next?

Even with the mixture of skyrocketing gas prices and the green movement, gas-guzzling vehicles continue to cruise the highways. Auto manufacturers seized the opportunity to introduce U.S. residents to new style of driving, the "Smart" car.

This compact two-seater designed to get around 50 miles to the gallon was released for sale in January.

But what is most interesting about the vehicle is that it is al-

ready old news to a lot of countries around the world. Close to one million Smart cars have already been sold in 36 different countries. The company, Smart USA, waited to release the car in the United States because it felt that the country wasn't ready for the vehicle.

The Smart car is just less than 9 feet long, which is 3 feet shorter than a Mini Cooper. It's a lightweight as well, weighing 4,500 pounds less than a Hummer H2. Its sleekness makes it a breeze to maneuver around the city and find a parking spot, but its size makes it vulnerable on the open road as well. So would people around the UNK community really drive the vehicle?

UNK freshman Wesley Okwoumo, who is from Lincoln majoring in marketing, said, "Yeah, I guess it would be pretty cool to drive around for a while, and it would really save money on gas, but I don't think I would ever buy the vehicle."

"I would never buy or drive that vehicle.

It's way too compact for me," said Phillip Sulu, a UNK freshman from Scottsbluff with an undeclared major. He added, "Plus it wouldn't stand a chance if it were collide with another vehicle on the open road."

Clearly people have different opinions on the car, mainly based on its weight and size. City drivers will have different opinions from rural drivers as well. But at least it's making a step towards saving our environment.

On urbanplacesandspaces.com, John Robinson, a professor at the University of Maryland, the whole point of the car is to confront environmental issues with ordinary automobiles, and since 90 percent of car trips are taken alone, why drag along the empty seats?

Josh Harty returns to UNK for Tunes at Noon, The Roman

BY ALISSA ROBERTS
Antelope Staff

Amber Alexander, a graduate student working on her education degree, stopped on the first floor of the Nebraskan Student Union to eat lunch between classes on Jan. 23 and found a little music for her ears. During that time Josh Harty was playing for Tunes at

“It’s nice to have something to listen to.”

Amber Alexander
Graduate Student



Photo By Mark Hayden
Singer/songwriter Josh Harty made his second stop on tour at the student union on Wednesday, Jan. 23. He brought his music to UNK all the way from Madison, Wis. He still has a long way to go; he continues his travel to a in Denver, Col. for an additional performance.

like music when he was six years old and began playing the guitar when he was 10 years old.

"The students wanted to bring Harty in because he has been here before and had great reviews," said Tim Danube, co-advisor of Loper Programming and Activities

Council. Harty's music is appreciated off campus as well, and he played a gig at the Roman on Wednesday night.

More information about Harty can be found at www.joshharty.com.

Photo Courtesy of Nick Eberhardt of www.joshharty.com
Harty sang songs of breakup and perseverance for Tunes at Noon. Harty, from Kindred, N.D., a town with a population of 650, started performing in nursing homes and churches with his father.



LITTLE KING
Subs & Salads
FREE SUB!
Purchase any 6" or 12" Sub & Two Large Drinks and receive a sub of equal size for FREE!
3905 2nd Avenue
Free sub is of equal or lesser value. One per coupon. Not valid w/other offers expires 8-15-08.

UNK Students get
\$15 off
Computer Repair

2315 2nd Ave
Kearney, NE
308.234.9335

Computer Hardware

Must present coupon. Some restrictions apply. Expires 05.31.08