

the

Antelope

University of Nebraska at Kearney

Run With It

# Campus plays ball for Arthritis Foundation

## Tournament raises \$2,500 dodging balls for sorority charity

BY KRISTEN BROCKMAN  
Antelope Staff

Last week thirty-nine teams converged on the Health and Sports Center gym in a double-elimination tournament raising a total of \$2,500 for the Arthritis Foundation.

The Phi Sigma Chapter of Alpha Omicron Pi Sorority (AOII) hosted their second annual dodgeball tournament to raise money for the Arthritis Foundation. The winners were Team Ramrod from UNK.

The event was organized by AOII members Stephanie Shank and Aimee Adams. Planning started in December before the end of the semester with a committee of six other girls. Shank serves as Vice President of Communications for the chapter and was in charge of all the advertising for the event.

“There was a lot of support from the local media in advertising,” Shank, a sophomore elementary education major from Bellevue, said. “We talked on the radio stations and NTV, Kearney Hub and both Kearney high schools did advertising for us.”

Shank was pleased with the response that the event



Photos by Kristen Brockman  
**Above:** Matt Lukasiewicz, near left, Steve Zimmerman, left center, and Pat Ackerman far left, race Bryan Kaconda, foreground, Aaron Smith, back center, and Justin Onken, center, scramble for the dodgeballs.

**Left:** Steve Zimmerman, UNK alumnus, and Michael Pelster, UNK assistant director of undergraduate recruitment, wait for the whistle to start their match.

**Right:** Junior Mason Doughty, a business administration major from North Platte, got a lot of fan attention for his unique uniform, a fur coat.

**Top Right:** Sophomore Pat Ackerman takes aim at the dodgeball tournament.



# Obama victorious in state’s first caucus

BY LAURA LARSEN  
Antelope Staff

A crowd of more than 500 people crammed into the UNK Alumni Center to take part in the state’s first ever presidential caucus. Barack Obama captured the support of Buffalo County Democrats by a vote of 321-174. Obama was able to carry that support throughout the state and win the Nebraska caucus by nearly a 2-1 margin.

Supporters began arriving at the Buffalo County site nearly an hour before the caucus began. Lines for the event stretched into the street while the crowd was nearly unable to fit into the venue. Turnout was so high that the caucus chair kept the event open for an additional half hour to ensure everyone was properly registered and allowed to participate.

Because of the large



Photo by Sarah Ahlers  
UNK Students were able to vote at the caucus on Saturday after filling out a form to show proof of being a registered voter. (From left to right) Joel Hoshstein, senior, Nick Lee, freshman and Eric Holms, Junior came to show their support for Barack Obama.

numbers, supporters were forced to overflow to the lawn area outside the Alumni Center. These supporters showed their dedication by braving the cold temperatures and waiting for their

turn to be counted. Despite uncomfortable conditions, the energy of the event remained high.

Once caucus goers were properly registered they had three options. The first was

to join Obama supporters in the front portion of the Alumni House. The second option was to join the Clinton supporters in a separate room. The final option was to register as undecided and hear from the supporters of both candidates.

After everyone was registered for the event an initial count was taken. Following that count, caucus goers heard arguments from both campaigns and then given the opportunity to switch sides. After the realignment period was over, a final count was conducted to determine how the county’s delegates would be divided.

Senior teacher education student, Kate Vetter of Franklin, was volunteering to help register Obama supporters.

When asked about the turnout Vetter said, “I cannot believe how many people came out today for the caucus. It seems like everyone is really excited to be here and be part of the new process.”

Kate Vetter  
Senior

The caucus process is much more than casting your vote in a voting box. Senior organizational communication student, Travis Checketts of Eagle was amazed by the number of Democrats that came out. “I couldn’t be-

lieve how many people there were, for each side! It was amazing to see the caucus process; I loved the friendly atmosphere. The organizers did an amazing job, considering there were more people there than anyone expected,” Checketts said.

The caucus comes only days after both the Clinton and Obama campaigns spent time and resources campaigning across the state.

On Thursday, Chelsea Clinton addressed supporters in both Lincoln and Grand Island, while Obama and his wife spent time rallying voters at events in Omaha and Lincoln.

Voters in Washington and Louisiana also cast their ballots on Saturday. Obama was able to capture victory in all three states.

The battle continues as both candidates are vying for support of voters nationwide.

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http://smdew.blogspot.com/feeds/posts/default

5 It's down to the final four in the fast-food challenge.



6 Justice department learns from other cultures at annual conference.

NEXT WEEK

The Peking Acrobats bring their art to UNK. Read the story in next week's issue.



http://www.chineseacrobats.com/pa.html

### Coming to UNK:

**UNK Track Meet**  
Friday, Feb. 15 @ 3 p.m.  
Cushing Coliseum

**Black History Month Speakers**  
Saturday, Feb. 16 @ 1:30 p.m.  
Frank House

**The Vagina Monologues**  
Feb. 17 and 18 @ 7:30 p.m.  
Ponderosa Room



# New construction creates parking woes across campus

BY KIMBERLY TOMJACK  
Antelope Staff

UNK is recently going through some changes. Students, faculty, and staff might have noticed the fences put up around the once faculty and staff parking lot just north and west of Bruner Hall.

Bruner is going to be expanded out into the once parking area north of the building. A new entrance into the building will be made as well as more classrooms and labs. Right now, students are walking up a wooden ramp and entering Bruner through a side entrance.

The parking area west of the building will be turned into some grass area, but mostly it will be converted into visitor and handicap parking. “We need handicap parking that’s more easily accessible into the college,” Wilma Heinowski, Parking Services Coordinator at

UNK said. Heinowski also said that UNK is pushing to be more of a “walking

“  
Just like the students, when the commuter lots are full you have to park somewhere else... it works the same for the faculty and staff.”

Wilma Heinowski  
Parking Services Coordinator

campus.”  
Currently, there are only two different areas for visitor to park in. Lot 18 is entirely reserved for visitor parking but is located all the way west of the College of Education Building. The other



**Photo by Erik O'Brien**  
Finding a parking spot can prove to be a very difficult task, and with a couple more buildings on the way, it seems it can only go downhill from here.

spot is the seven or eight parking stalls located just in front of Founders Hall.  
“When I first came to visit UNK, I was surprised there was hardly any visitor parking and that it was so far away,” current student Emily Wolfe said. “This will be a little more in the ‘center’ of campus and easier for guests to get to where they need to be,” Wolfe said.

Heinowski addressed what parking will be compensated to the faculty and staff. For instance, an employee that works in Founders Hall was asked to park at the College of Education and walk.  
Heinowski said, “Just like the students, when the commuter lots are full you have to park somewhere else... it works the same for the faculty and staff.”  
Primarily, Heinowski said most of the faculty and staff will be absorbed into



**Photo by Erik O'Brien**  
Corey Hatt, a junior math education major from Omaha, finds himself lucky to have such a great parking spot on Sunday morning.

Lot 8, which is the lot on 26th and 9th, across from the new dorms that are being built, and Lot 10, which is the big lot between the Fine Arts Building and Otto Olsen.

# Switchgrass helps U.S. become a bio-fuel economy

## Native North American grass produces 10 times more ethanol than corn

BY HILLARY KRUGER  
Antelope Staff

In his 2006 State of the Union Address, President Bush outlined a way to break America’s dependence on foreign sources of energy. In his address, Bush said, “We must also change how we power our automobiles. We will increase our

research in better batteries for hybrid and electric cars, and in pollution-free cars that run on hydrogen. We’ll also fund additional research in cutting-edge methods of producing ethanol, not just from corn, but from wood chips and stalks, or switchgrass. Our goal is to make this new kind of ethanol

practical and competitive within six years.”  
According to Scientific American, a popular-science magazine, farmers in Nebraska and North and South Dakota have brought the U.S. closer to becoming a bio-fuel economy by planting huge tracts of land, for the first time, with switch-

grass.  
Switchgrass is a summer perennial grass that is native to North America. Since it is native, switchgrass is resistant to many pests and plant diseases. It is capable of producing high yields with very low applications of fertilizer. What does this mean to the public? It means



**Photo by Hillary Kruger**  
Dr. Paul Twigg is a professor of Biology at the University of Nebraska at Kearney. Twigg and Gautam Sarath of ARS’s Grain, Forage, and Bioenergy Research Unit out of Lincoln, have produced several cDNA libraries from switchgrass since 2003. Here, Twigg is shown explaining the importance of the roots of switchgrass. Annual cultivation of switchgrass adds organic matter to the soil as the plants extend nearly as far above the ground as they do below. Also, with its networks of stems and roots, switchgrass is capable of holding on to soil into winter to help prevent erosion. Switch grass also removes carbon dioxide from the air as it grows, giving it the potential to slow the buildup of this greenhouse gas in Earth’s atmosphere.

that the need for agricultural chemicals to grow switchgrass is relatively low.  
In terms of bio-fuels, Paul Twigg, a UNK professor, said that switchgrass produces about 10 times more ethanol than corn.  
“When people think of Nebraska they think of corn,” Twigg said. “While corn is obviously good for the farmers, switchgrass can be grown where corn won’t normally grow.”  
Switchgrass yields more than 540 percent more energy than the energy needed to convert and produce it to ethanol, making the grassy weed a far superior choice for bio-fuels than corn ethanol, according to a study published in Proceedings of the National Academy of Sciences.  
Switchgrass is not only an efficient means of energy, but also offers advantages over gasoline and standard ethanol.  
Switchgrass can be harvested as a cash crop on an annual or semi-annual basis without replanting for 10 years. It also has multiple

uses.  
Ethanol feedstock, forage and ground cover give farmers several options depending on market conditions. The plant can be harvested with standard farming equipment, which requires minimal additional capital investment for farmers.  
One of the major reasons for increasing the use of bio-fuels is to reduce greenhouse gas emission. Ethanol burns cleaner with a greater efficiency, thus putting less carbon dioxide and overall pollution in the air. This also means that only low levels of smog are produced from combustion.  
According to the U.S. Department of Energy, ethanol from cellulose reduces green house gas emission by 90 percent. Comparatively, corn-based ethanol decreases emissions by 10 to 20 percent.  
“In the short term, Nebraska should look at switchgrass as another form of production,” Twigg said.

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WEDNESDAY, FEB. 13, 2008

**Photo by Laura Schemper**

The Chinese New Year is a very important holiday to the Chinese people. This holiday is as big as "Christmas in the United States."

# UNK community celebrates Chinese New Year

**BY RACHEAL SMITH**  
Antelope Staff

Community members, along with UNK students and faculty, celebrated the Chinese New Year at the Nebraskan Student Union on Saturday. The announcer from the festival shared that this important Chinese holiday is as big as, "Christmas in the United States."

Many of UNK's Chinese students wore traditional outfits as they carried on the festivities. The excitement was high as the announcers described how pleased they were to share their special holiday and traditions with

others on campus and the community.

The celebration started with food and other activities such as Chinese calligraphy. The audience also was able to enjoy music and traditional dances. "I think that it is very important to attend these events hosted by our international students," senior Amanda Hansen said. "With the hundreds of international students on campus, these events help me to meet and relate to people who come from different cultures."

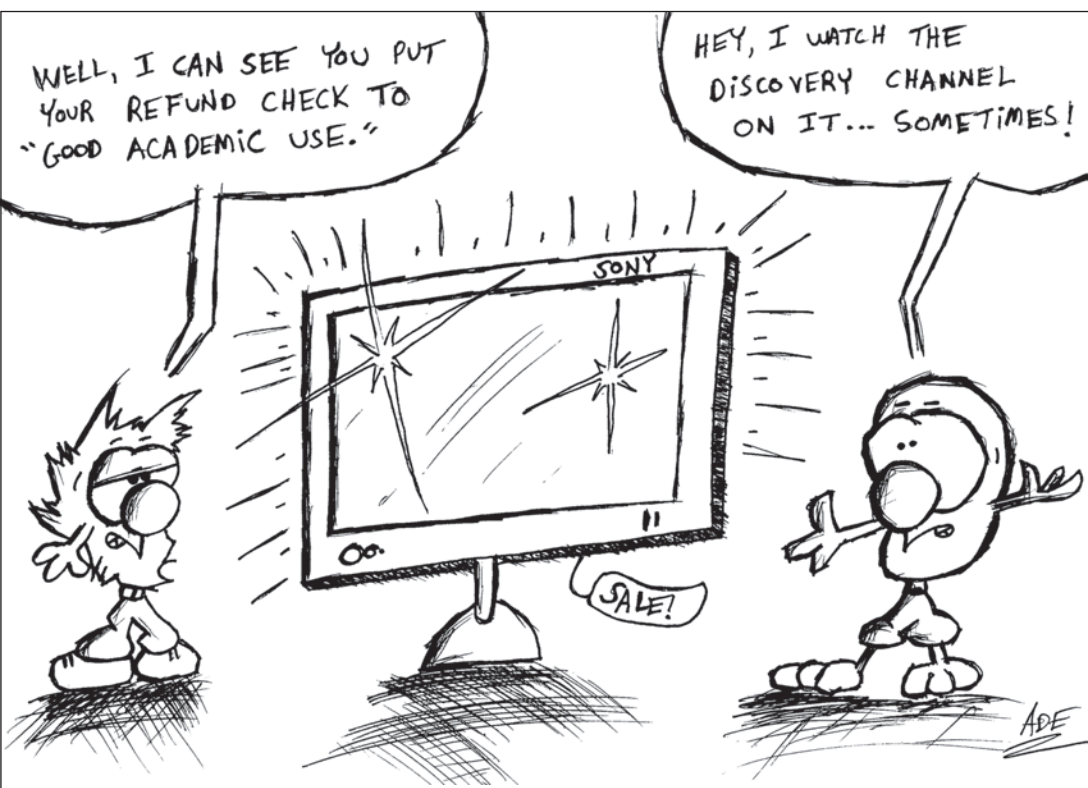
The Chinese New Year is a very important holiday

to the Chinese people. According to infoplease.com, the New Year typically starts on the first new moon of the year and ends 15 days later on the full moon. On the 15th day, the Lantern festival is celebrated. On this day lanterns are carried and the dragon dance is performed.

There are 12 animals rotated to represent a year, and this year is the year of the rat. People born during the year of the rat are believed to have the same characteristics as the animal that represents the year, according to china-page.com.



**Photo by Laura Schemper**  
Ting Ding, a freshman business administration major from China and Feng Yao, a freshman business administration major from China wear traditional outfits during the Chinese New Year's festival.



Featured cartoonist Darrel D. Miller

## COLLEGE DAZE



## D. MILLER



## Dodgeball

from page 1

was open to the entire Kearney community and surrounding areas. Hastings College sent two teams to the tournament, one of which placed as runner-up.

"The students have expressed a lot of interest," she said. "We have also received prize and cash donations from the community."

The Arthritis Foundation is the national philanthropy for AOII. Adams, a sophomore from Sutherland, who

serves as the Philanthropy Chair, said the association between the sorority and the

“

The girls really get into the work and it is a good bonding experience because we are together as a chapter.

”

Aimee Adams  
Sophomore

foundation began with the sorority's original founders.

"Arthritis affects a lot of women, so it is a worthy cause," Adams said. "This is an opportunity for our girls to give back to the community and society."

Each year the chapter hosts one large campus event as their main fundraiser for the foundation. They also do work at the clinic in Kearney.

"We chose to do this event because we really wanted to do something different from 'Big Man on

Campus'," Shank said.

The chapter members have required service hours as a part of their membership.

"Each girl has two personal hours each semester and four hours at the large chapter events," said chapter President Meagan Smejdur, a sophomore Spanish Interpretation and Translation major from Lincoln.

"The girls really get into the work and it is a good bonding experience because we are together as a chapter," Adams said.

**Photo by Kristen Brockman**

Members of the first place team, Team "Ramrod" are; back row left to right, Kyle Stine, Ian Cox and Kevin Trewry. Front row left to right; Trevor Bellows, Josh Kirkpatrick and Kody Marshall.

## theAntelope

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# 'I couldn't pass up the opportunity'

UNK Freshman Ben Clancy found speech irresistible

**BY KELLY BERNT**  
Antelope Staff

When Dawson native, Ben Clancy, came to college at UNK, joining the speech team was a no-brainer for him.

"I decided speech was for me because in high school I loved speech," Clancy said. "After meeting everyone, I decided that between my love for speech and the great community, I couldn't pass up the opportunity."

The Pre-Medical and Psycho Biology major enjoys

the community atmosphere associated with speech. "We get a chance to meet people

“

The team and the entire community have become like family...there's no way I could leave.

”

Ben Clancy  
Freshman



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# Coaches together since competing on same UNL team

BY AMANDA BELL  
Antelope Staff

As indoor track season progresses, the credit must not only go to the athletes themselves, but to the coaching staff.

The three men that make up the coaching staff are not only compatible at making a winning team, but they are all previous teammates. They were on the same track team in college at UNL.

Brady Bonsall never intended to coach at the college level after he'd found his comfort zone in coaching high school track.

Originally from Burwell, Neb., this UNK coach has spent his last six years coaching in Broomfield, Colo.

"I never really pursued coaching at the collegiate level. I had a general interest, but I didn't want to move anywhere in the country to find a job," Bonsall said.

Bonsall said when he first began coaching high school students, he wanted to "pull his hair out." As time

passed though, he realized that he was capable of coaching anywhere.

"I'd become very fond of coaching at the high school level," Bonsall said.

That all changed when the opening at UNK arose, though. Bonsall was offered the position of head cross country coach and assistant track coach. As he enters his first year of coaching here at UNK, he works primarily with cross country runners and sprinters.

"I love that UNK is a high level of competition, at a low cost. It is easy for me to recruit because I'm not selling anything. I just share my interests and explain to them why I came here," Bonsall said.

Mike Bailey has been here for seven years now and works primarily with jumpers. He is a UNL graduate, and came to Kearney after leaving Lincoln because he liked the atmosphere and smaller school.

"The program here is more hands-on. We are all connected as a student body

and a team. At UNK, our athletes have the opportunity to be closer as a team and also with other teams on campus," Bailey said.

The veteran of the three "The program here is more hands-on. We are all connected as a student body and a team."

is Coach Andy Meyer, who has been here for 11 years. He has been nominated at RMAC Coach of the Year six times now. Before coming to Kearney, he was the assistant strength coach at UNL.

While this trio and their history make for a nice story, it's how their athletes feel about them that makes it so intriguing.

"Bailey is a very supportive coach. He is always giving me positive, constructive feedback. He is not just my coach, but also my friend, and he knows when

to be a coach and when to be a friend," said Kelli Dring, a senior from Kearney.

The team is also lucky enough to have two graduate assistants helping with their

progress on a daily basis. Lance Pfeifer, former UNK track star, helps with the throwers while Katie Kosmos helps with the runners and sprinters.

"Bonsall has helped keep the atmosphere mel-low. He sees a lot of things that I don't, and he's good at seeing other points of view," Kosmos said.

These coaches also coach for their love of the sport.

"My favorite thing about coaching, especially at UNK, is that I can impact lives. If



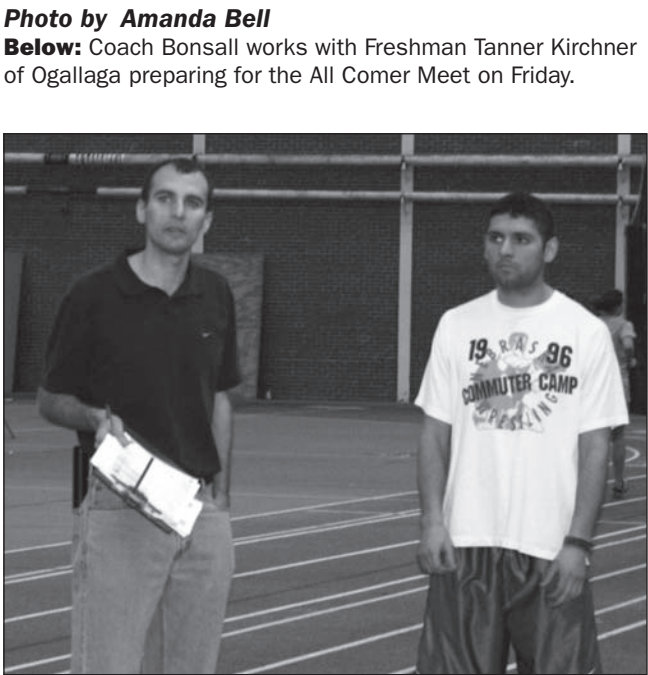
**Photo by Amanda Bell**  
Coach Bailey shares his coaching knowledge as he reviews film with Graduate Assistant Katie Kosmos during practice on Monday. Kosmos is a Doane College graduate in her first year of coaching.

you coach to seek fulfillment through yourself, then you will lose sight of the importance of coaching. I have a desire to impact lives, and I am able to do that through this avenue of coaching. My

success is gained through the lives that I impact," Bonsall said.  
The track team is now competing indoors, but they will be moving outside soon enough.



**Photo by Nicholas Hauder**  
**Above:** Coach Meyer awards UNK graduate Amber Tiedeman her National Championship ring. Tiedeman won the shot put at the NCAA Division II Outdoor Track & Field National Championship.

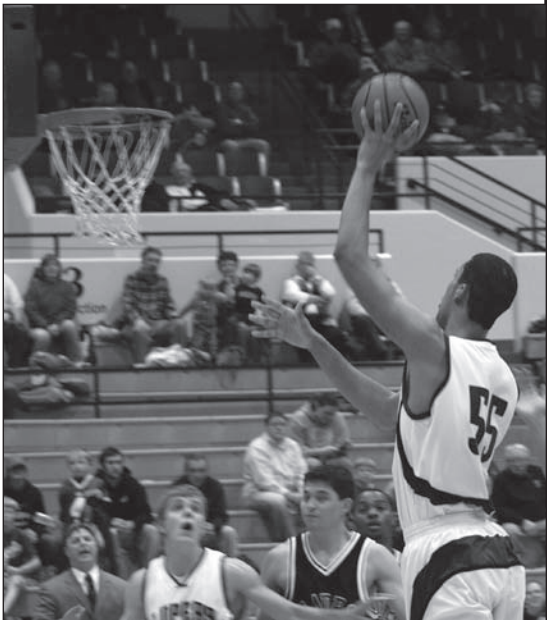
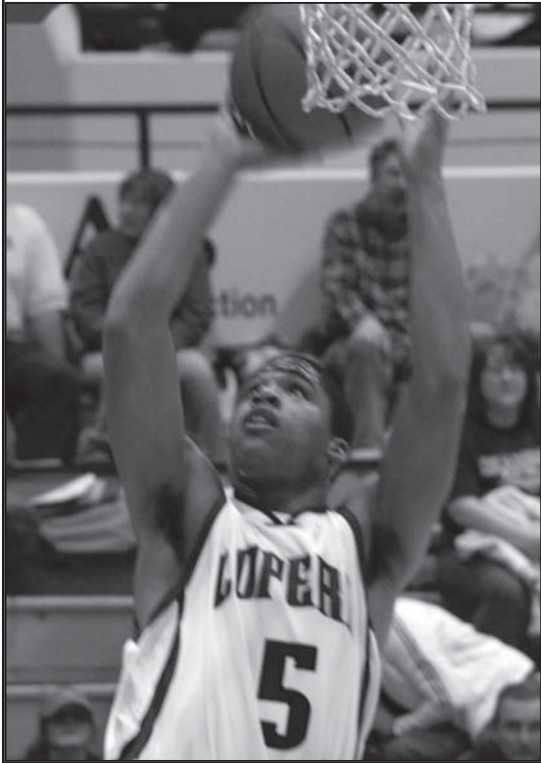


**Photo by Amanda Bell**  
**Below:** Coach Bonsall works with Freshman Tanner Kirchner of Ogallala preparing for the All Comer Meet on Friday.

## UNK wins 72-66 against Chadron

Lopers come back from being down 21 points

**Photo by Garrett Ritonya**  
**Below:** Freshman guard Garrett Lever finds an easy way to the basket.



**Photo by Garrett Ritonya**  
**Above:** Sophomore center Josiah Parker goes up for a hook shot and scores on Tuesday night. The victory moved the Lopers to 10-4 in the RMAC and 12-10 overall.

BY VICKI ALTHAGE  
Antelope Staff

The University of Nebraska at Kearney Lopers edged out the competition on Saturday, Feb. 9 finishing the Chadron State Invitational with the top honors in 10 events while qualifying two for nationals.

On the road, the Loper men saw six first-place finishes in the non-team scoring meet to hold steady at 20th in the Division II Power Rankings with 200.60 while the Loper women fell to 19th with 186.54.

Leading the way for the men, Kearney senior Ross Fellows claimed the gold in both jumping events with a jump of 23-0.50 in the long and 46-7.50 in the triple jump. The Loper men fared well in the jumps placing one through three in the long jump and having four of the top five finishers in the triple jump.

Rounding out the field events for the men, Kearney freshman Blake Millsap tied for first in the high jump clearing 6-6.25. Beatrice senior Chris Campbell (shot/50-10) and Phillipsburg, KS sophomore Brandon Karlin (weight throw/58-10) each recorded a second place finishes in the throws.

On the track, sophomore Cody Klein paced the Lopers winning the 55 meters with

a time of 6.43 and turning around to place third in the 200 with a time of 23.14. UNK stayed competitive and finished fourth and fifth in the 200 and had the third and fourth place finishers in the 55 meters.

In the 400 meter dash, North Platte senior Josh Hofer placed first with a time of 50.67. The Loper men rounded out their top place finishes with their 4 x 400 relay team bringing home a first place finish with a time of 3:27.85. Finally, York senior Darrel Branz was runner up in the 55 hurdles (7.81).

On the women's side, Gothenburg sophomore Kiley Peterson and Palmer freshmen Julie Davis set the pace for the field events by each earning NCAA provisional marks in the shot put. Peterson rounded out the top three with a toss of 43-10, and Davis finished fourth with a try of 43-7.75. Davis also recorded a fourth place finish in the weight throw (43.5.75).

Kearney junior Kelli Dring kept the field events going strong, winning both the long (18-4.50) and triple (36-4.75) jumps while placing fourth in the high jump. Minden sophomore Jennifer Fritson finish second in the long jump (17-7) followed closely in third by Curtis freshman Heather Wills (17-5.25).

Ogallala senior Shayna Fruit won the high jump by clearing 5-7. Wills also closed down the field events for UNK with a third place finish in the triple jump at 35-8.

In the running events, Fritson took runner-up honors in the 55 meters (7.54) with Sidney freshman Jessie Golden winning the 55 hurdles in a time of 8.66. Golden also helped pace UNK to a fourth through six place sweep in the 200 leading the way with a time of 27.22.

The Nebraska-Kearney track and field team had 38 top four finishes and won 10 events at the Chadron State Invitational Saturday in Chadron.

The Lopers also sent several runners to the NU Adidas Classic in Lincoln on Saturday.

In Lincoln, Imperial senior Michelle Dill improved her national standing at 800 meters by running a season-best 2:17.57.

York senior Jacquelyn Dibbern was 15th in the mile (5:09.12) with two other Lopers cracking the top 28. On the men's side, Kearney junior Rylan Little was one of four Lopers in 800, finishing 24th in a time of 1:57.59.

UNK returns to the home track to host an All Comer Meet Friday afternoon at 3 p.m.

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# Need A Break?

## UNK Intramurals has you covered

### Upcoming Events

**Team Events**

- 3 on 3 Volleyball (M, W, C)  
(Entry forms and a fee of \$20 are due on 03/06/08 by 4:00 P.M.)
- Softball (M, W, C)  
(Entry forms and a fee of \$35 are due on 03/07/08 by 4:00 P.M.)
- Ice Hockey (M, W, C)  
(Entry forms and a fee of \$100 are due on 03/07/08 by 4:00 P.M.)
- Outdoor Soccer (M, W, C)  
(Entry forms and a fee of \$35 are due on 03/07/06 by 4:00 P.M.)

**Individual Events**

- Three Point Shootout (M, W)  
(Tournament/Registration begins 02/19/08 at 6:30 P.M. in the HPER Gym)
- Wrestling [Individual/Tag team] (M, W)  
(Weigh-in begins 02/27/08 from 10 A.M. until 2 P.M. Tournament begins that evening at 6:30 P.M.)
- Bowling (M, W)  
(Entry forms and a fee of \$7.50 [per person] is due on 02/19/08 by 4:00 P.M.)
- Pitch Tournament (M, W)  
(Tournament/Registration begins 03/03/08 at 6:30 P.M. in the Nebraskan)

M = Men's  
W = Women's  
C = Co-Rec

Ask about our employment opportunities



# Sports administration goes virtual

## Madden Challenge helps raises funds for club

BY SCOTT LEVY  
Antelope Staff

Students in the Sports Administration Majors Club have the same interests, major, and questions about their future.

This club is involved in volunteer projects and many other opportunities on campus to gain recognition for the club. Whether it is helping out at the basketball game or raising money for the upcoming conference in Texas, this club will help you get involved.

In mid-April the club will go to Dallas/Fort Worth, Texas to AAHPERD, American Alliance for Health, Physical Education, Recreation and Dance.

The conference will offer a way for students to meet and network with professionals in their area of study that will help them after graduation.

One way the club is raising funds for the trip is by holding the 2008 Madden Challenge.

This tournament will give the students an opportunity to have bragging rights for the whole year on who is the best Madden player. The tournament will be played on XBOX 360.

Tom Strauss, a senior sports administration major and SAM Club president, said, "I hope this tournament will bring more funds into the club so we can pay for the trip to Texas. This will also be great for the students to show off their ability and skills of a video game."

Strauss also hopes by starting this tournament it will carry over into the years to come.

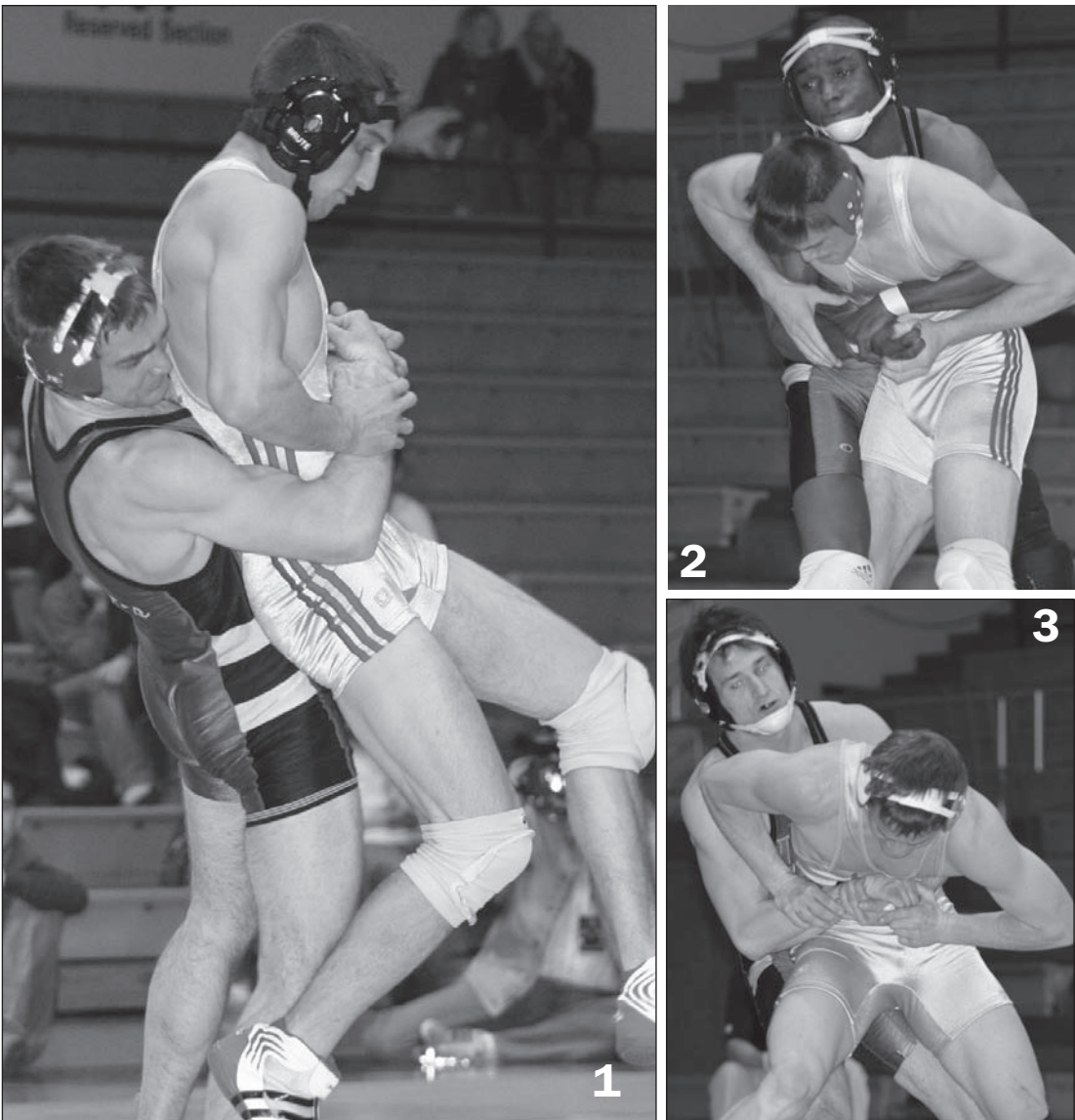
Max Hadenfeldt, sophomore thinks the tournament will be a big hit.

"I know a lot of people that play Madden and they

would love to have a real tournament to see who is the best of all time," Hadenfeldt said.

"The students need more to do on campus and if the tournament could carry over into the next year, it would be a great tradition for the students to be involved in," Hadenfeldt said.

The tournament will be held on Saturday, Feb. 23 in the Nebraskan Student Union. The first round will start at 9:30 a.m. To sign up for the tournament and see if you have what it takes to be the best Madden player on campus, just look for the flyers around campus and sign up to play. You can also contact any SAM Club member or Tom Strauss at 402-669-1525 for any questions. It is \$10 to enter and several prizes are available to win, including bragging rights.



### Lopers beat the Lopes, but fall to Mountaineers

**#5 Western State College 19 #4 University of Nebraska @Kearney 17**  
125 lbs. Michael Abril, UNK maj. dec. # 8 Eddie Lopez, 9-1 4-0  
133 lbs. # 4 Jesse Cruz, WSC wins by forfeit 4-6  
141 lbs. # 3 Jeff Rutledge, UNK dec. Kyle Francis, 6-3 7-6  
149 lbs. # 2 Camille DuPont, WSC dec. #6 Ryan Etherton, 3-1 7-9  
157 lbs. # 2 Joe Ellenberger, UNK dec. Neil Samples, 5-2 10-9  
165 lbs. # 1 Zach Lee, WSC dec. # 8 Keenan McCurdy, 8-2 10-12  
174 lbs. # 3 Marty Usman, UNK dec. Skye Wells, 16-10 13-12  
184 lbs. # 5 Lars Lueders, WSC dec. Paul Sutton, 8-6 13-15  
197 lbs. # 6 Donovan McMahaill, WSC maj. dec. Derek Ross, 13-3 13-19  
Hwt. # 1 Tervel Dlagnev, UNK maj. dec. Andrew Skinner, 19-7 17-19

**#4 University of Nebraska @Kearney 43 Grand Canyon Lopes 3**  
125 lbs. Tony Covert GCU dec. Michael Abril, 10-8 0-3  
133 lbs. NO MATCH  
141 lbs. # 3 Jeff Rutledge, UNK wins by forfeit 6-3  
149 lbs. #6 Ryan Etherton, UNK wins by forfeit 12-3  
157 lbs. # 2 Joe Ellenberger, UNK maj. dec. Stephen Towne 9-1 16-3  
165 lbs. # 8 Keenan McCurdy, UNK pins Dan Grayson 1:09 22-3  
174 lbs. # 3 Marty Usman, UNK dec. Jack Porter 4-2 25-3  
184 lbs. Paul Sutton, UNK wins by forfeit 31-3  
197 lbs. Derek Ross, UNK wins by forfeit 37-3  
Hwt. # 1 Tervel Dlagnev, UNK medical forfeit Jed Jobe 43-3

**Clockwise from top:**  
**1:** Junior Ryan Etherton attempts to throw Western State Camille DuPont. DuPont defeated Etherton 3-1.  
**2:** Sophomore Marty Usman attempts to throw Western State Skye Wells. Usman defeated Wells 16-10.  
**3:** Senior Joe Ellenberger attempts to throw Western State Neil Samples. Ellenberger, Rutledge and Dlagnev won their matches on senior night.  
**4:** Senior Tervel Dlagnev rides Western State Andrew Skinner, Dlagnev won by major decision 19-7. Dlagnev pinned Skinner in an earlier duel this year.

**Below:** Junior Keenan McCurdy pins Dan Grayson of Grand Canyon last Friday. UNK beat the Lopes of Grand Canyon 43-3.  
**Photos by Nicholas Hauder**

# Fast-food challenge final four decided

## Local flavor, value, menu help secure semi-final spots for favorites

BY GRIFFITH WATSON  
Antelope Staff

As the weather stays cold in Kearney, the competition in the Fast-Food Bracket Challenge is heating up. After McDonald's and Sonic advanced to the semis last week, two more restaurants join them.

This week's first match-up placed the number 2 seed, Wendy's, against upstart Jimmy John's. Jimmy John's was a formidable opponent for Wendy's because of the sandwich shops reputation for delivering a healthier meal without sacrificing speed. Wendy's looked to dominate the match with their inexpensive menu and the versatility of exchanging chili or a salad for fries in a value meal.

The judges again are Kyle Smith, a junior from Blair, parks and natural resource management major, Cody Lusero, a senior BMIS and economics major from Papillion, and Cole Archer, a senior sports administration major from Kearney.

This lunch meat versus never-frozen beef match-up was close from the start. Archer was impressed with Jimmy John's ability to offer him a sub for the price of five dollars even. "I didn't even have to get any change," Archer said. "That's good for me, because when I'm in the end zone, I don't like having all that change jingling around in my pockets."

While Archer was high on Jimmy John's, Smith was more impressed with the va-

riety of foods he could order from Wendy's dollar menu. "I got chicken nuggets, chili, a bacon cheeseburger, fries and a frosty," Smith said. "That's a good meal, and I'm going to have to vote for Wendy's."

While Archer and Smith split their votes between Wendy's and Jimmy John's, it was up to the third judge to decide the match. It was too close to call until Lusero made a last-second decision. "Wendy's," Lusero said. "I love the Frosty-and I'm a sucker for redheads."

Next for the judge's palates was a face-off between the local favorite Amigos and national powerhouse Burger King. While this was expected to be a close match, it was pretty lopsided.

Although people may



freak out when the Whopper is taken off the menu, the three judges seemed to agree that Amigos had much more

to offer than Burger King. "Everything is delicious here," Smith said. Lusero agreed that Amigos was the better restaurant. "Even if I'm not feeling Mexican food, I can still order something from the King's Classic side of the menu," Lusero said. All three judges chose to cast their votes for Amigos, sending the local favorite on to the semifinals.

The excitement is mounting and the competition is getting fierce as the

semifinals begin. With the first round in the books, four restaurants remain. McDonald's looks to move past Amigos on the strength of its dollar menu. Sonic is looking for another upset as it faces down the versatility of the menu at Wendy's. Check back to see who will make it through the semi's into the championship of the first Fast-Food Bracket Challenge.

### Apply for the Outstanding Senior Award!

**Student Alumni Foundation** – is taking applications for its annual Outstanding Senior Award. The award recognizes seniors for scholarship, leadership and involvement in campus activities.

\* Application Deadline: March 7th, 5 pm at the UNK Alumni House.

\* For more information, contact the Alumni Office at 865-8474

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# Kent Estes Justice for All Conference

## Sixth annual conference promotes resiliency to 100 attendees

BY LISA BECKER  
Antelope Staff

The sixth annual Kent Estes Justice for All Conference was held Friday, Feb. 8. The conference is named in honor of Kent Estes, previous chair of the Counseling and School Psychology Department, who was a strong advocate for the under served populations of the world.

“Our goal for the conference is to create awareness of how to better meet the needs of marginalized and under served people,” Catherine Hock said. Hock is a graduate student in the Counseling and School Psychology Department.

Around 100 people attended the conference. Educators, mental health workers and others in the helping professions from Nebraska were in attendance, along with students and faculty from UNK.

The planning commit-

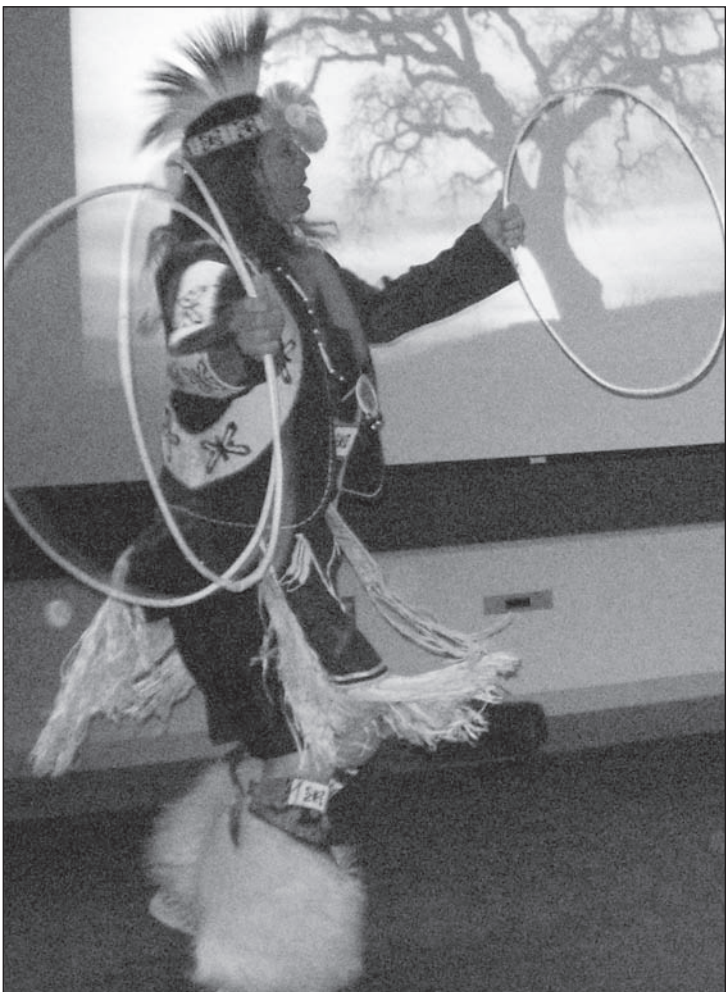
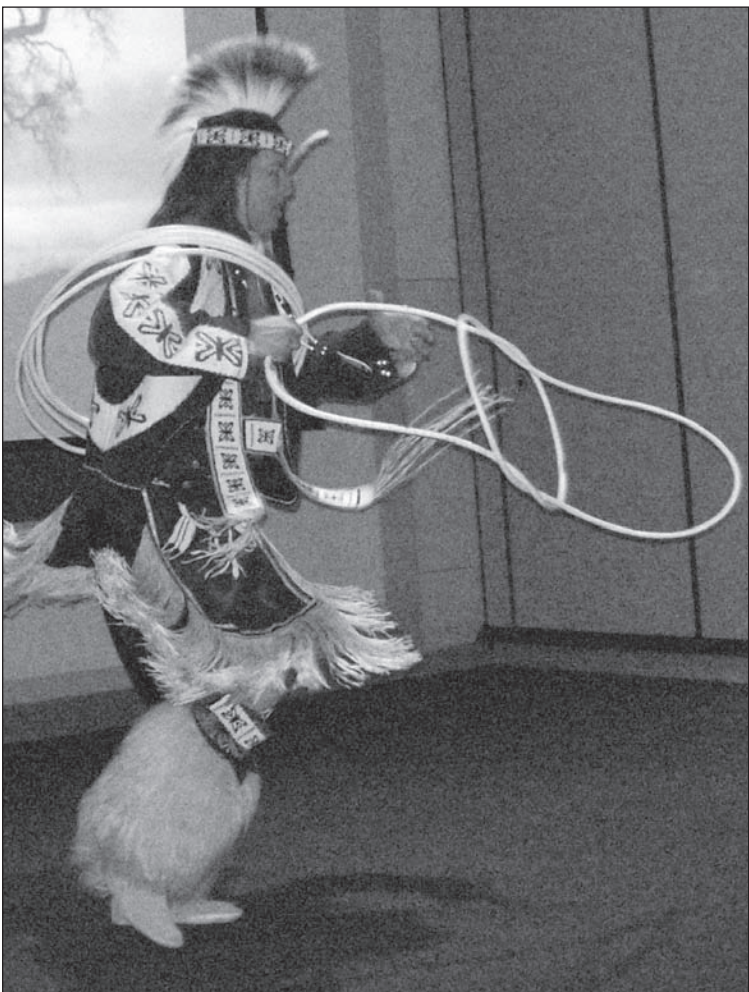


Photo by Lisa Becker  
Dallas Chief Eagle performs the “Hoop Dance.”



tee for the conference for the most part is made up of students. Those on the committee are Annie Weaver, Jacob Chavez, Megan Boss, Ariel Derr, April Follmer and Hock. “We started planning really hard core in September, but really we do things all year to plan for the conference,” said Hock.

The committee also had help from around 15 student volunteers and alumni from the Counseling and School Psychology department.

The conference featured Thomas R. Scofield as the

keynote speaker. Dr. Scofield is the Community Counseling Program Coordinator at the University of Wisconsin at Oshkosh. In his presentation, Dr. Scofield spoke about self-reclamation on a personal level and also acknowledged the difficulties plaguing efforts to achieve greater social competency. He spoke about what can be done to promote unity, integration, consistency and personal coherence.

The conference had three breakout sessions where participants could choose

between two different speakers or presentations that they wished to attend.

The first presentation of the breakout session was by Bruce Dickenson. Dickenson is a retired school counselor and past executive director for the Nebraska Counseling Association. His presentation centered on the impact of bullying.

The other presentation was by Dr. Maha Younes. Younes is a social work professor at UNK, and was the director of the program from 2001-2006. She spoke on the characteristics of resilient families.

The second breakout session included a presentation by a student group about their trip to the Pine Ridge Reservation in South Dakota. The students who went on the trip were all Graduate students in the Counseling and School Psychology Department and most are part of Chi Sigma Iota, the counseling honor society. Hock, Mira Sabbah, Michael Bishop and faculty advisor Dr. David Hof spoke on behalf of the group about the trip.

“When we first got there we stayed at Dallas Chief Eagle’s house. He invited another woman from the reservation, Alma, to come sing some Lakota prayers for us. She smudged sage in a shell, which are both sacred items in their traditions and spirituality. She taught us all about Lakota spirituality. That was our first night there and it really introduced us to their culture,” Hock said.

“We also participated in a Sun Dance. The Sun Dance is traditionally several days long and is where the Lakota people have the opportunity to offer prayers to the Great Spirit. We were taught about the spirits of the Sun Dance. They also gave us the opportunity to take part in a purification ceremony,” Hock said.

# Tossing and Turning

## Lack of sleep a problem for many college students

BY ALISSA ROBERTS  
Antelope Staff

Having trouble sleeping? You’re not alone. Many college students suffer from poor sleeping habits.

“College students have a bigger challenge getting to sleep because of different

that it is important to avoid stimulating activities at night because late night exercise raises the body’s temperature.

Sometimes people will try to drink a little alcohol before bedtime to help them sleep. Pedersen advises

and increased stomach aches and headaches. Another side effect of sleep deprivation is falling asleep unintentionally, such as when driving a car or sitting in class.

Pedersen gave some tips for people who are struggling to get to sleep. Meditating, breathing exercises or reading an enjoyable book at bedtime can help to relax and calm the body for sleep.

“Routine is very important. Going to sleep at the same time every night and waking up at the same time every day, even on the weekends, will help sleep patterns,” Pedersen said.

Other than the development of routine, or good sleep hygiene as Pedersen calls it, a person can try other things to get to sleep. Over the counter sleeping pills, melatonin and herbal remedies work as well. Pedersen said that medication should be a temporary treatment for sleeping troubles.

“It is OK to take over-the-counter sleeping pills for a week,” Pedersen said. “It’s not uncommon to struggle with getting to sleep.”

The UNK student health care office has more information about sleeping troubles and how to get to sleep easier.

that alcohol will not help a person get to sleep because it only temporarily relaxes people. Nicotine can also keep people up at night.

A lack of sleep can cause increased irritability, decreased motivation, decreased memory and concentration, decreased creativity and spontaneity, increased proneness to injury



Photo Illustration by Erik O'Brien  
Being deprived of sleep can be very troublesome, especially if you have a test the next day.

schedules,” Sue Pedersen, assistant director of UNK Student Health Care, said.

Pedersen said that several factors cause restless nights. Some of the factors are varying bedtimes, late meals, late evening exercise, jet lag and afternoon naps. There are many things a person can do to get to sleep at night. Pedersen said

# ENG 338 makes for unusual, fun, new course where students say it out loud

BY SHELLY FOX  
Antelope Staff

The English department’s newest associate professor and Reynolds Chair, Allison Hedge Coke



Photo by Shelly Fox  
Hedge Coke teaches both graduate and undergraduate students how to perform poetry and prose in her English 338 class Thursday nights.

has brought a new class to UNK’s curriculum, ENG 338: Performance Poetry and Prose.

Unlike most classes, there aren’t any lectures or extensive homework; instead, students are expected to participate on stage via

“I love hearing the subtle whispers of ‘this is weird’ to ‘fantastic’ during the exercises.”

”  
Allison Hedge Coke  
English 338

Hedge Coke’s direction during each weekly class.

In addition, the students will be broadcasting their work over the campus radio and doing a live performance in front of an audience later

in the semester.

“It teaches students viable forms and approaches to presenting and performing creative literary works authored by themselves and/or their heroes,” said Hedge Coke.

She also gets a kick out of her students’ responses.

“Students are responding very well,” Hedge Coke said. “I love hearing the subtle whispers of ‘this is weird’ to ‘fantastic’ during the exercises.”

If any students regret missing out on the class this semester, don’t worry; Hedge Coke plans on teaching it again and again.

“I would love to make it a regular study,” she said.

The students will make their performance debut on Feb. 21 at the Roman when they take the stage with the UNL Slam Poetry Team.

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# The *Uge* and **OZZY** Show wants YOU

## New radio show on KLPR aims to increase participation of listeners

**BY HANNAH HOTOVY**  
Antelope Staff

Tuesday nights roll around, and not much is going on. Eat a little, do some homework, maybe watch some television, and that about sums it up.

But some students are finding another way to spend their Tuesday evenings. They have been tuning in to the campus radio station, 91.3FM KLPR the POWER, from 7-10 p.m. to listen to their new favorite radio program, the Uge and Ozzy Show.

Eugene Bichlmeier, aka Uge, and Becci Osborne, aka Ozzy, have been a part of KLPR for several semesters now.

Bichlmeier is going onto his fourth semester as a DJ, and Becci is going onto her second, but this is the first semester that they have teamed up to create a show together.

“Radio is what I love,” Osborne said. “I get so giddy and excited when I am in the station. I really do! I get there early, and I get ready to do all these things and I feel that I get almost to the point of geekiness.”

“Yes!” Bichlmeier, interjected. “Geekiness is like an understatement.”

Both Bichlmeier and

Osborne have interned at the local radio station, Y102, and decided to incorporate what they had learned into their new radio show.

“Interning has been the biggest advantage because we know what it’s like to be a beginner, we know what it’s like to be in the real world,” Bichlmeier said. “Now we can apply that and create our own show out of that formula. It’s a lot of fun.”

The Uge and Ozzy show focuses on playing the music that their listeners want to hear. Whether the listeners want old songs, new songs, country or rap, they can call in to the station and request it. “At nine o’clock, we have the POWER 5 at 9 that’s supposed to be a spoof off HITS 106’s Top 9 at 9, where students can call in and make their requests,” Bichlmeier said. “And not only can listeners hear the music they want to hear, but they can win free stuff by calling in.”

KLPR is not just a station where “Uge” and “Ozzy” can have their own show, it’s a station that any student on campus can become involved in. “Anyone who wants to pursue radio should most definitely start out here and get an intern-

ship,” Bichlmeier suggested.

The radio shifts are offered to students as a part of the “Radio Workshop” class, allowing any student to sign up for the class and get their foot in the door of the radio world.

“It’s kind of like a job without applying for a job,” Osborne said. “You don’t have to go through all that stress.”

So, when this Tuesday rolls around and you find yourself needing a break from homework, try tuning in to 91.3 FM to see what Uge and Ozzy are up to. If you are working on your computer, you can catch a live stream of their show at [klpr.unk.edu](http://klpr.unk.edu). Join their group at [facebook.com](http://facebook.com), The Uge and Ozzy Show, or visit their MySpace page at [myspace.com/ugeandozzyshow](http://myspace.com/ugeandozzyshow).

*Photos By Laura Schemper*

**Top:** Bichlmeier and Osborne have their own show called The Uge and OZZY Show on Tuesday nights. Their main goal is getting the campus involved in the show.

**Middle:** The KLPR location is plastered with stickers, illustrating the diversity of the music played on different radio shows.

**Bottom:** Bichlmeier reading the news in the control room on Thursday. He said he was an intern at KRNY and really enjoys doing his own show.



# The Navigators: Group offers fellowship to UNK Students

**BY RACHEAL SMITH**  
Antelope Staff

Though this school year is well on its way, it is never too late to join a campus organization. The Navigators are one of the campus ministries on the UNK campus.

The Navigators are an international and interdenominational ministry. They meet once a week on Thursdays in Room 310 in the Nebraskan Student Union. Their meetings typically consist of worship and fellowship, and they have speakers on various topics. This week, in honor of Valentine’s Day, there will be a couple speaking about relationships and will talk about their own

relationship experiences.

When asked why she enjoys being part of the organization, sophomore Megan

“

Joining the Navs as a freshman helped me as a freshman to make friends that believed the same way I do.”

Megan Smith  
Sophomore

Smith said. “Joining the Navs helped me as a freshman to make friends that believed the same way I do.

It also gave me a chance to participate in campus activities and community service.”

Many of the students that have participated with the Navigators over the years have had exciting opportunities. In the summer, the international organization has summer training programs and international mission trips. Currently there are UNK alumni serving overseas with the Navigators in countries such as Japan and Uganda.

The Navigators are led by Rob Clark, who has been with the organization for over ten years. He lives in Kearney with his wife Machel and their six children.

# Giving is good way to ease loneliness

## Students find rewards in both giving gifts and giving back to the community through volunteering

**BY DANIEL APOLIUS**  
Antelope Staff

Give a little bit, give a little bit of my love to you, there’s so much we need to share so send a smile to show you care... “Give a Little Bit” was sung by Supertramp in 1977. It spoke of the willingness of the self to give, even just a little bit.

Would you prefer a gift that was given because it was expected, or one that was given out of love? Students that were asked this question all responded with the obvious answer, the gift of love.

Amy Eigenberg a coun-

selor at the UNK Counseling Center said, “There are many acts of love people do on a daily basis, some make homemade cards, children create sheets of macaroni art, and others warm the car of their loved one on a cold morning.”

In his book *The Five Love Languages*, Gary Chapman outlines five acts that people do to express their love and commitment everyday. These five are: “Words of Affirmation, Quality Time, Receiving Gifts, Acts of Service, and Physical touch.”

Chapman described

the act of receiving gifts as “visual symbols of love” he said, “These are more impor-

“

[Volunteering] is an activity that creates better people.”

Valerie Novak  
Senior

tant to some people than others. It’s something you can hold in your hand and say, look he was thinking of me. The gift itself is a symbol of the thought.”

UNK junior Mallory Mawby, a business management major, said, “Gift giving is just one of the ways I am able to show on a personal level my love and affection.”

But here at UNK many students are not in long-term relationships and are separated from their families. During the holiday season this may leave some feeling isolated and disconnected from the rest of the world.

When asked for advice for singles or others that couldn’t be with their loved ones, Eigenberg said, “Get

involved, there are many groups from sports to outreach programs on campus and in Kearney that need volunteers and this is beneficial to the receiver, the giver, and the community.”

Chapman explains in his book, “The act of service is intangible; this is an act or service that is given out of true kindness and willingness of the giver.”

Valerie Novak, a senior at UNK pursuing a park and recreational management degree, works part-time at the Kearney Humane Society.

“The need for volunteers

is great year round. It creates a bond between the people in the community and the animals. It’s not just a service, it’s an activity that creates better people and helps the animals,” she said.

If you are interested in volunteering at the Humane Society you can call (308) 237-7387. If you want to be involved in volunteer activities on campus go to the UNK home page and click on the link to student life, and UNK student organizations, or call the UNK student union office at (308) 865-8523.



# Red Cross + UNK = Touchdown

## First annual Loper blood drive scores with big donor turnout

**BY MICHAEL PENNETTA**  
Antelope Staff

It's been over four months since the UNK Football team has competed. But, on Monday, Feb. 11, over 70 football players teamed up to work the first annual Loper Football Blood Drive sponsored by the American Red Cross.

The Lopers goal was to get 90 units of blood, which would equal 90 blood donors. Over 109 people gave blood on Monday, with about 50 first-time donors.

Of the 70 football players working the drive, 30 gave blood including Head Coach Darrell Morris and Asst. Head Coach Russ Martin.

"The kids need to understand how imperative it is to give back to their community, especially when you're in a business," Mor-

ris said.

"This kind of thing is a great thing to do. You give back to others who you help, and you also clean a

“

You give back to others who you help, and you also clean a lot of bad nutrients out of your body.

”  
Darrell Morris  
Head Coach

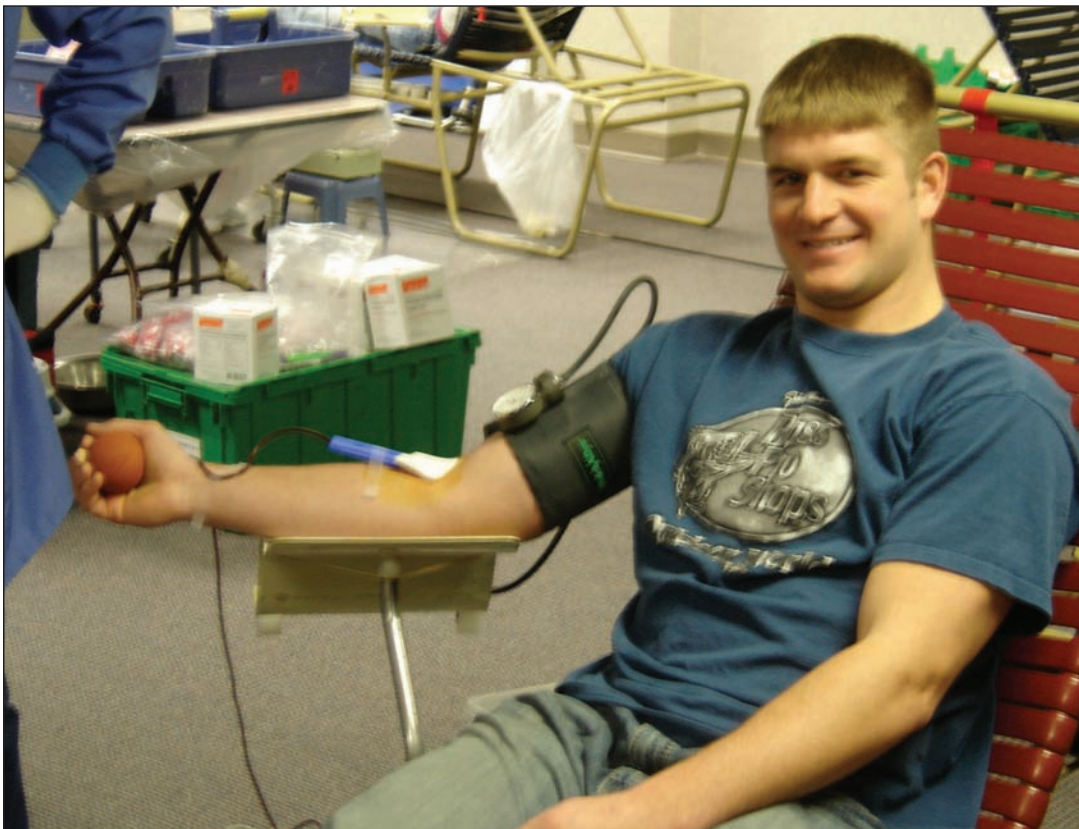
lot of bad nutrients out of your body," Morris said. "We as a football team would love to continue this and make it an annual event for us."

The event was set up by Morris and Red Cross Do-

nor Recruitment Supervisor Kim Pegg. "We're always looking to have people sponsor our blood drives, and when Morris spoke, we decided to have the University of Nebraska-Kearney and their football team help us out," Rhonda Nolda, donor recruitment representative said. "The turn out was great, and the players did an awesome job. We're so proud of them."

The football team will receive points for the C.H.A.M.P.S program, as well as other Loper sports teams who gave blood.

C.H.A.M.P.S is a program that the athletic department has put together that creates competition among the Loper sports teams for most community service hours. It looks as if the football team has gotten a head start this semester.



*Photos By Mark Hayden*  
Above: Coach Martin, patiently awaits as the phlebotomist draws blood from his arm. This donation is only one of many taken on Feb. 11.  
Below: Charles Rudeen, linebacker for the Lopers, takes a needle for the team for his first blood drive experience.

# Fee, fie, foe, fum recreated

## Iwai combines a familiar fairy tale with edgy art at MONA

**BY SHELLY FOX**  
Antelope Staff

Leslie Iwai of Omaha has brought her fairy-tale-with-a-twist exhibit to the Museum of Nebraska Art.

Iwai said being an artist was always her secret dream; one she once thought wouldn't be possible.

She originally graduated with a master of architecture from Virginia Polytechnic Institute & State University.

"I was stumbling into a world of art without realizing it," Iwai said.

Now, her exhibit is the

first of its kind to take place at MONA.

So far, she has used over 1,500 pieces of chalk, baked over 60 loaves of bread and has at least 300 more to go.

Through April 13, visitors will be able to see Iwai in action as she presents a different look at the fairy tale.

Based in part on the famous rhyme from Jack and the Beanstalk, Iwai's exhibit focuses more on the darker side of the giant, using it to shed light on today's society.

"Good stories are always speaking about something else, and good art is always

“

Fee! Fie! Foe! Fum!  
I smell the blood of an Englishman.  
Be he 'live or be he dead, I'll grind his bones to make my bread!

”  
Jack and the Beanstalk

speaking about something else," Iwai said.

Everything in the room has meaning; the tar-papered

walls, the dull green chair, the blue floor, the shiny black table, the stark white pile of chalk, the golden eggs, the background music, the tallies on the back wall and even the skylight.

"I wouldn't be doing this if it didn't have a purpose," Iwai said.

Iwai spends most of her day grinding chalk and baking it into bread.

Before this, however, she stamps each piece with a name; Jane or John, which are then used to make dough.

Today, when an unidentified body is found, it is temporarily labeled Jane or

John Doe.

"That freaked me out," Iwai said, "but it gives purpose and becomes more personal and gruesome."

To get the full effect of the exhibit, however, visitors must sit in the green chair, put on the headphones, read the small black book placed there and follow its instructions.

"That makes my day," Iwai said.

In addition, she makes time each day to draw sketches of her surroundings.

"You learn more about the project every day," she said.

The idea for the exhibit originally came to Iwai two years ago but she rejected it, not wanting to do anything that would upset people.

In the end, however, she felt it was what she was supposed to do.

Iwai said she wouldn't have chosen art as a career but does her performances as an act of obedience, saying that she is called in life to show what she is shown to do.

"I'm very faith-oriented," Iwai said. "Money is not the reward. I'm not doing it to please people, I'm doing it to reveal."



*Photo By Sarah Ahlers*  
Iwai continues to grind more chalk to bake into bread, 1500 pieces down, at least 300 more to go.



*Photo By Sarah Ahlers*  
Iwai selects her next chalk victims. Before grinding them, she stamps each piece with a name.