

the

Antelope

University of Nebraska at Kearney

Run With It

Audiences love ‘The Gypsy’s Curse’

BY KRISTEN BROCKMAN
Antelope Staff

The UNK theatre department rocks the house involving the audience in their fun in “The Gypsy’s Curse,” their winter production. The story is a melodrama written in the old style by Charlotte Francis in the 1930s. Janice Fronczak, an associate professor of theatre, directed the performance. She chose the production after finding the script at Kearney Public Library. This is the first time that UNK has performed a melodrama.



Photos by Kristen Brockman
Above: Hortense Lovelace (Danell Will, a senior family studies major from Kearney), is shocked by brother Horatio’s (Nate White, a freshman math education major from Pierre, S.D.) engagement to Mary (Jillian Parker, a sophomore musical theatre major from Goodland, Kan.).
Top Right: The gypsy (Katherine Bauer, a senior musical theatre major from Seward), mesmerizes Mary, Hortense, and Horatio with her mysterious tale.
Right: Wolfgang Von Schlemiel (Ryan Hruza, a sophomore theatre major from Ord) surprises wife Hortense with plans for a second honeymoon.
Far Right: An overjoyed Horatio celebrates his reunion with his daughter, Patience (Rosamond Thalken, seventh grader from Kearney), and his wife, Mary.

“I read it and loved it,” Fronczak said. “It’s so old that it’s not even published anymore.”
The melodrama format allows for an entertaining experience for both audience and cast. At various times throughout the show, action on stage freezes and a character addresses the audience in an aside, usually asking a question.
Audience members were encouraged to not only react to, but answer the actor.
According to Fronczak, there is still a serious tone to the play to offset the comedic moments.

“The actors play real people with real objectives,” Fronczak said.
The plot of the story focuses on a brother and sister, Horatio and Hortense Lovelace, as they deal with their father’s recent death. Horatio returns from college with

an even bigger announcement, he’s engaged!
This does not settle well with his overprotective sister, especially when Mary, his fiancée, arrives with him.
Danell Will, a senior family studies major from Kearney,

captured the stuck-up attitude of Hortense.
Nate White, a freshman math education major from Pierre, S.D., and Jillian Parker, a sophomore musical theatre major from Goodland, Kan., made an attractive couple, portraying the sweet

and innocent love of Horatio and Mary.
Things get more complicated when the sly Baron Wolfgang Von Schlemiel appears and immediately sets his sights on Mary. We learn about his villainous plans through asides to the audience. No matter how devious he might be, Ryan Hruza, a sophomore theatre major from Ord, was all comedian in his portrayal of the smarmy Wolfgang.
The youngest member of the cast was seventh grader Rosamond Thalken of Kearney. Thalken nailed the frail innocence of her character, Little Patience. Thalken is no stranger to the UNK Department of Music and Performing Arts; her dad Todd plays the piano for many of the Music department recitals. Although it is unusual to cast a young actor in a show, it is a great experience for everyone involved.

“We all learn together,” Fronczak said. “It is a great way to bring the Kearney community into UNK theatre.”



Nelson discusses government spending with group of 60

BY LAURA LARSEN
Antelope Staff

Sen. Ben Nelson visited UNK’s student union Wednesday, Feb. 20, to talk with students about topics ranging from the current presidential race to controversies surrounding government spending. A group of 60 students listened while the senator made his case.
Earlier this year, Sen. Nelson formally endorsed Barack Obama in his candidacy for the White House. During his opening remarks, Nelson referred to a recent conversation with Sen. Obama when Nelson said, “I’m glad the Potomac froze over, and now the rest of us can walk on water.”
In talking about the presidential race, Nelson conveyed that he wants to see the campaigns continue to talk about issues important to the American people rather than engage in personal attacks on one another.
After discussing Obama’s candidacy, Nelson addressed the gridlock that currently exists in Washington. “We need more

building up rather than tearing down,” Nelson said.
The senator argued in order for Washington to move beyond gridlock members from both parties need to shift their focus from partisan politics to working together.
The majority of the senator’s comments focused on a form of government spending commonly referred to as earmarks, a way for congressional members to ensure federal funding for projects in their home districts.
Some Kearney-area projects that have benefited from earmarks include the new planetarium coming to campus and the new I-80 exit set to begin construction in 2009.
According to Nelson, earmarks often serve to improve infrastructure, research, innovation and culture throughout the nation.
The senator also set out to dispel some myths surrounding earmark spending. One of the myths he pointed to was that fewer earmarks will lead to smaller government. According to Nelson, in the absence of earmarks, funding decisions will be made by execu-

tive branch agencies rather than elected officials.
Despite the benefits that may be a result of earmark spending, they have become a source of criticism in the media. “Earmarks have become an easy target for attack,” Nelson said.
Nelson argued that earmarks help to ensure small states like Nebraska are able to effectively compete on the national scale.
As Nelson pointed out, if he was not finding places in Nebraska to spend federal funds, those funds would be spent on projects in other states across the country.
Recent legislation requires members report all earmarks they have proposed and have passed. This information is must posted on their Web sites where members of the public can have easy access to the information. “The transparency is there,” Nelson said.
Sen. Nelson’s visit was sponsored by the political science department, and the Locke and Key Society. To learn more about either of these organizations and upcoming events visit the political science homepage at www.unk.edu



‘Lost boy’ shares refugee story

BY RACHEAL SMITH
Antelope Staff

On Feb. 20, the “Lost Boy of Sudan,” John Dau, shared with UNK students, faculty and community members what he called his “living testimony” and a story of perseverance.
Looking at John Dau today, one would never guess the atrocities he faced as a young man. Now, living with his wife and 15-month-old baby in Syracuse, N.Y., he recently built a new home for his family and a year and a half ago became an American citizen.
Most would see a man who was living a typical life, but Dau’s life has not always been so good.
Dau’s story started when he was a 13-year-old boy living with his family in his native village. There had been war between the Northern Sudanese Muslims and

the Southern Sudanese Christians since 1983. In 1987, Dau’s village was attacked, he was forced to flee for his life, and was separated from his family in the process. He began to walk on foot to find refuge, and on his way was joined by other people who had been attacked.
They travelled three months and finally reached Ethiopia where they were placed in a refugee camp. Dau shared how the camp was consumed with disease and many children died every day.
After four years, the government in Ethiopia decided they did not want the Sudanese refugees there anymore and told Dau’s camp of 27,000 people they had seven days to leave the country.
Because of disease, attacks by the Ethiopian government and dangers such as crocodiles, only 18,000 people made it out of Ethi-

opia back into Sudan.
Dau stayed in Sudan for nine months, and then decided to leave once more because of all the violence. After six months of travel, he found himself in a refugee camp in Kenya. It was here that he finally was able to start school at 17. “Now it was good, because this is when things started like education and school,” Dau said.
In 1999, Dau said that people from the United States visited his camp and told the people there they were going to start helping them to come to America. Dau said he was very excited about this and hoped that he would be picked. In 2001, he received his wish and was sent to Syracuse, N.Y.
Dau had many jobs and was also able to go to college in
See **Lost Boy** on page 3

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2 Vote for the next leader of UNK on March 5 and 6. Read the candidates platforms on page two.



4 Loper softball opens season tournament in Texas. Find out more on page four.

NEXT WEEK



The RMAC tournaments kick off this weekend for Loper Basketball and Track & Field. Look for photos and results in next week’s edition.

Coming soon to UNK:
Poverty Panel
Feb. 28 @ 7 p.m.
Room 142 Copeland

RMAC Track & Field
Feb. 29 @ 6 p.m. & March 1 @ 8
Health & Sports Center

Food & Cultural Festival
March 2 from 3-6 p.m.
Health & Sports Center

Meet the candidates for Student Government



Grant Campbell: Student Body President/Regent Candidate
Cade Craig: Student Body Vice President Candidate



Timothy Hruza: Student Body President/Regent Candidate
Angela Reynolds: Student Body Vice President Candidate



Cristobal Salinas: Student Body President/Regent Candidate
Patrick Ackerman: Student Body Vice President Candidate

RETENTION
The UNK Community is currently experiencing some dramatic changes in its student population. Campbell and Craig are already in the process of working with Student Affairs on an initiative for "students to help students" become adapted to the college experience.

RECYCLING
Campbell and Craig have already begun taking the necessary steps to implement a campus wide recycling project. Discussion with city officials is the next step in the project, which will bring the Kearney Community and UNK together to help make our campus a healthier, greener place to live and learn.

STUDENT JUDICIAL SERVICE
Campbell and Craig are exploring the possibilities of providing access to legal advice for our students. This service would assist students in solving housing/rental disputes as well as provide a place to go when students are ready to graduate and need assistance in legal matters.
4) Campus Beautification: Campbell and Craig have been brainstorming ideas on how to make the Union and its courtyards more student friendly. Features such as more trees, picnic tables and outdoor

recreation areas are a priority for Campbell and Craig. With the help of LPAC advisors, discussions have included how to utilize our "green space" on campus for student programming. Concerts, programs, and festivals will benefit from the expansion of outdoor areas around campus.

PARKING
Parking is an issue which is always on the platform of candidates. Campbell and Craig have already taken complaints about zone parking to Vice Chancellor Barbara Johnson, and she has assured that the current zone parking scheme is going to be dismantled next fall. There are also several construction projects plaguing the campus, and this hurts parking for the time being. However, we have a few of our own suggestions and are open to other suggestions as to what students would like to see within the next three years when parking will again become an issue we can influence.

These platform topics are goals in which Campbell and Craig are working to implement. While not glamorous and far reaching, our experience working through student government ensures our ability to help make UNK better through the achievement of these attainable aspirations.

CONVENIENCE
Parking: We understand that parking on campus is a concern for all students. It is one of our goals to provide students with a more user-friendly parking service. Our first goal is to eliminate the current zone restrictions by combining lots B & C to better suit residents living on the eastern part of campus.

Scheduling of facilities: It is extremely difficult to schedule activities in many facilities, especially the Student Union. Since individuals and organizations pay fees that help operate the Union, they should get priority whenever possible when reserving rooms in the facility that they fund.

Recycling: More academic buildings need to have recycling receptacles, especially for plastic; therefore, we will explore ways of implementing a campus-wide recycling program.

Transfer Hours: Transfer hours are always a complaint on campus. We will explore the option of adjusting these hours to help accommodate students' needs.

Improved International Student Services: At UNK, international students help to diversify our university by creating a positive learning environment on a global scale and ought to be treated accordingly. The current programs in place, including conversation tables and other services provide opportunities but should continue to be strengthened. Advertisement and additional programs should be explored to strengthen this asset to our University.

ACADEMICS
Minus System for GPA – The University is an institution which should support the best interest of its student. The minus system of the grading scale takes a negative toll on the GPA of students on campus. We would like to work with the faculty of the University to voice student concerns for the policy and attempt to change it.

Library/Study Hours – Study areas and opportunities are of the utmost importance to the academic interests of students. We would like to work with the administration of

the University and the library to possibly extend weeknight hours and possibly hours during "Dead Week" and "Finals Week."

Blackboard – Student Senate recently passed a bill authored by Senator Christensen regarding faculty use of Blackboard. We would like to pursue this matter and work with faculty to utilize all of the features of the Blackboard service; specifically, updated online grading, assignments, and communication among students and between students and the professor.

LOPER PRIDE Government Affairs Committee – The Government Affairs Committee, created and chaired by Senator Hruza, has given UNK students a voice in local, state and national politics. This tool allows UNK to collaborate with other institutions in a push to ensure the best interests of Nebraska students. We vow to build this committee and support it in order to bolster the presence of UNK students' voices in those issues which affect them directly.

Campus Cares – The Campus Cares program created by Student Body President Amber Lewis has the potential to be amazing for UNK. We look forward to fostering the growth and expansion of this program to maintain the aesthetic aspects of campus.

School Spirit – Extracurricular activities are vital to the success of a University. Loper athletics have been extremely successful, and students on campus need to continue to grow in support of our amazing program. This can be done through making students more aware of what's going on and reviving the Loper Legion or implementing something similar.

P. L. A. N. P-PHYSICAL COMMUNITY
Green UNK- The primary focus of our platform is to establish UNK as a green campus by raising awareness. We will work with the Residence Hall Association, Facilities and the Green UNK program to expand recycling on campus. We will add more recycling receptacles around campus to easily facilitate student involvement. We also will work with the recycling center in Kearney to find effective, new ways to further elevate the recycling program.

Campus Security- Another focus of our platform is campus security. Everyone should feel safe walking from building to building at all times. In order to ensure that all students, faculty, staff and administrators feel secure, we will look into the implementation of a better lighting system. This will include looking into the cost of adding more lights around campus or replacing light bulbs with brighter more energy efficient bulbs.

Parking- Parking is a major issue on campus. Realistically, we know that there are only so many things that can be done on this campus due to money, time, and space constraints. However, we believe that the best way to work with parking issues is to give a voice to the students who are parking on campus. We will organize forums about parking issues with administration and parking services to allow students to voice their ideas. Following the forums, we will keep students informed about how university officials plan to implement their ideas.

L-LOPER COMMUNITY
Loper Pride- In an effort to build-up campus-wide support of student athletics, organizations and activities, we would like to establish a new tradition on campus. Every Friday, students and faculty members would be encouraged to wear blue and gold to show Loper pride. We believe that it is important for all students, faculty, staff, and administrators to support each other and this new tradition would be one

great way for everyone to show UNK pride.

A-Academic Community
Meet your Professor- It is vital for faculty to have a better understanding of student life and campus organizations. Positive interaction between students and faculty is essential for classroom success. One way for UNK to build classroom success is to have faculty members dine with students in Chartwells or participate in student events on campus. Our plan is to have these social events throughout the year.


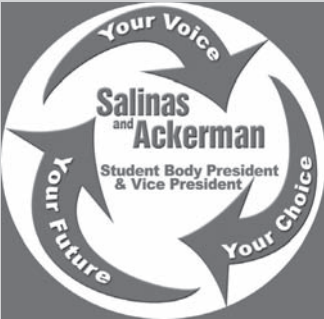
Master Calendar- To have a well rounded college experience, we believe people need to be involved on campus. The problem is many students don't always know what is going happening on campus. We will establish a master calendar in which all organizations and departments will be able to submit their events. We will post these events so that students know what is going on.

N-NETWORK COMMUNITY
The Heart of UNK- It is the goal of Student Government to be the hub of all other organizations. We are committed to be the organization that all other organizations go for support, whether it is through networking, funding, concerns or just questions. The doors of student government will always be open and ready to assist. The student body president and vice-president will attend meetings and events to show support on behalf of Student Government.


Delegates in Student Government- Diversity is important to UNK. We feel that our student government should be composed of students who can accurately voice the opinions of students across campus. We will create delegate positions that will represent a wide variety of students and organizations. These positions will include, International, Greek, Athletic, RHA, and additional delegates. The delegates will network with student government to represent and voice the opinion of their organizations.

Vote on March 5 and 6, and let your voice be heard.

Help decide the future of UNK Student Government. Voting booths will be in the Student Union from 9 a.m. to 3 p.m. & 5:30 p.m. to 7 p.m. Wed. & Thurs. Booths will also be available in the Library, HYPER & West Center 10 a.m. to 2 p.m. Wed. & Thurs.



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Infographic by Michelle Allen
Campaign logos from their respective candidates

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WEDNESDAY, FEB. 27, 2008



Java and Job Stuff offers more than help on resumes

BY ALISSA ROBERTS
Antelope Staff

Career Services has hosted Java and Job Stuff for the past five years on Wednesdays offering students the opportunity to come into the Career Services office without an appointment to have someone help students with resumes, job interviews and career and major guidance.

Dawn Lenz, career coordinator in the Career Services office, offers several tips for creating a resume and practicing a job interview. She said the first step is to create a resume if a student doesn't already have one.

"We actually give students a resume packet," Lenz said.

The resume packet includes a list of active verbs to use on a resume, sample cover letter and a sample resume.

"It is important to develop a good letter. The cover letter is the first impression an employer has of you," Lenz said.

Lenz said it is important to

have a resume prepared even if a student is not graduating and searching for a job. There will be class assignments and unexpected situations in which a student will find it helpful to have a resume on hand.

Important items on a resume are volunteer experience and academic experience as well as paid experience. After a resume has been sent out, students should be prepared for an interview, Lenz said.

"Don't do a self assessment before an interview," Lenz said.

Lenz said practice was most helpful for students going out to job interviews. A practice interview at Career Services allowed students the chance to practice wearing professional clothing and be specific with a potential employer. Career Services also offered practice interviews for graduate school for students in the medical and health fields.

Lenz said Java and Job Stuff also offered students the chance to come into the Career Services

office for help with finding or changing their major.

"We do a lot for students that don't have a major or are unhappy with their major," Lenz said.

Kristi Scott, a junior family studies major from Belgrade, first went into Career Services for help with finding a major to fit her personality and skills.

"I found their Web site really helpful when looking at an online handbook of career descriptions. There are also personality assessments that link your results with different majors and careers," Scott said.

Scott said she found the lo-perCAREERS Web site through Career Service helpful also.

"It's really cool because you can post your resume on there so companies you are interested in can look at that and possibly schedule interviews at Career Services. Right now it's helpful because I'm looking for a good internship, and this Web site lists a lot of businesses to look at," Scott said.

COLLEGE DAZE



D. MILLER



Lost Boy from page 1

Syracuse, but John Dau's story did not end here. After he had finished his education, Dau felt that he had been given so many opportunities that he wanted to give back. Dau said that he believed that one should always, "try and give back to those who have helped you."

Dau started several foundations to help the Sudanese people such as the Sudanese Lost Boys Foundation of New York, American Care and the John Dau Sudan Foundation. He also has written a book to share his experiences called "God Grew Tired of Us," which has since been made into

a documentary produced by Brad Pitt and narrated by Nicole Kidman.

John Dau shared in the end that, "My purpose in telling you all these things is not to brag, but to tell you to never, ever give up," he said of his purpose for speaking.

"No matter what has happened to you, don't let yourself be held hostage by what happened yesterday."

To learn more about what is going on today with the John Dau Foundation, go to www.john dau foundation.org.

ROBO-SHAQ'S BACK

Sixth Annual Robotics Competition sends two seniors to regionals

BY HILARY KRUGER
Antelope Staff

Four teams, four robots, only one winner.

Feb. 14, 2008, brought the Sixth Annual Robotics Competition to UNK.

Students in Sherri Harms' artificial intelligence class had five weeks to completely design, build and program a Lego Mindstorm NXT robot. Then the teams played one-on-one using their basketball-playing robotic all-star.

Cameron Push, a UNK junior and member of the winning team, said that it took three weeks to program their robot to play basketball.

Harms explained how very complicated it is to get a robot to

pick up a ball and make a basket.

"It's amazing what biological creatures go through in order to work," Harms said.

The winners of the competition will now compete at the regional MICS competition in LaCrosse, Wis., on April 12. The winning team consisted of Kyle Williams, and Brandon McCallister who are both seniors, and of course Robo-Shaq.

Push said that they won because they had a simple format that got the job done and that a good team is better than the best robot.

The robot competition wasn't all fun and games, however. The students also had to write a paper, and the entire project counts towards almost 15 percent of their grade.

AMA reaches out for new members

BY DANIEL APOLIUS
Antelope Staff

The UNK American Marketing Association chapter held its awareness week with a hope to draw more chapter members through activities, speakers and giveaways.

Jake Riley, the chapter's Vice President of Communications said, "We struggle a little bit because many people are not aware of what exactly our club does and what benefits the organization offers."

Francesca Hunt, the president of the Kearney AMA Chapter, said, "We really want to reach anyone interested in business. I personally am a graphic design major, but I see the practicality of marketing a product with other skills I have."

Riley said, "What the club allows members to do is network

with local businesses and helps them gain insight from people in a variety of fields."

This week's events helped touch on the diversity of activities and opportunities the AMA offers.

For Tuesday's event, the AMA hosted a number of speakers from the Kearney community businesses including Michelle Hilkemann from the Hilltop Mall, Shawn Fairbanks of the UNK Athletics and Stacy Plautz from The Cellar Bar and Grill. Each speaker touched on the importance of marketing in their field and networking with other professionals.

On Wednesday, chapter members assisted the Campus Kitchen with meals. "I helped with this once before so it's nice. This time I got to help prepare peanut butter cookies for 87 people," Hunt said.

On Thursday, the UNK American Marketing Association

chapter named Cory Kruse 2007 Marketer of the Year.

Kruse was the charter president for the UNK AMA chapter in 1991. Current UNK AMA chapter members look to Kruse as a role model for applying marketing knowledge gained during college in a way that benefits the local community.

Friday marked the end of the activities with a drawing for items at West Center.

When asked if it was challenging to reach people during the awareness week Riley said, "The hardest thing is to compete for peoples' time, but because marketing is so broad we also benefit from having a combination of students with many majors and minors."

If you are interested in joining the American Marketing Association you can send an email to ama@unk.edu.

theAntelope

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Any of your questions, comments, concerns or suggestions should be sent to the address above.

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Apply for The Gold Torch Society TODAY!

The Gold Torch Society – a mentoring/networking organization for alumni and undergraduate women – will initiate 25 new members this year. Those accepted will share a weekend on September 12-13 with top UNK Alumni women, including teachers, business owners, accountants, public relations directors, who will share their secrets for personal and professional success!

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

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

UNK Alumni House * 2222 9th Avenue * Kearney NE, 68845
www.unk.edu/alumni

SUMMER JOBS



The City of Kearney Park & Recreation Dept. is currently accepting applications for the following 2008 summer positions:

COACHES & INSTRUCTORS

June-early August, \$6.75-\$7.25 per hour, 8-25 hrs. per week
Head Day Camp Instructor: \$7.50-\$80 per hour
(morning, afternoon, and some evening hours required)

Must be at least 14 years of age: *Girls Ponytail Softball, Tumbling/Dance, Youth Day Camps, Tiny Kickers Youth Soccer, Parent/Child Soccer & Baseball.*

Must be at least 16 years of age for: *Youth/Adult Tennis, Inline Hockey Coach or Official*

Must be at least 18 years of age for: *Head Day Camp Instructor*

COTTONMILL PARK DAY CAMP INSTRUCTORS

June-early August, \$6.75-\$7.25 per hour, head instructor: \$7.50-\$8.00, 30-35 hrs. per week, (morning, afternoon, and some evening & overnight hours required) Must be at least 16 years of age for instructor and 18 for head instructor.

VOLLEYBALL OFFICIALS & LEAGUE SUPERVISORS

Late May-July, \$8.00-\$10.00 per hour, 4-10 hrs. per week (evening hours required). Must be at least 18 years of age.

SWIMMING POOL FRONT DESK STAFF

Late May-early September, \$6.55-\$7.00 per hour, 15-25 hrs. per week (afternoon, evening, and weekend hours required)
Must be at least 14 years of age.

WATER AEROBICS & DIVING INSTRUCTORS

June-August, \$7.25-\$7.75 per hour, 3-7 hours per week (weeknights, early evening hours required)
Must be at least 18 years of age.

LIFEGUARDS

May-early September, \$7.25-\$7.75 per hour, 20-40 hrs. per week (afternoon, evening, and weekend hours required)
Must be at least 15 years of age by 5/24/08 & have the following certifications: Red Cross First Aid, C.P.R., & Lifeguarding

SWIMMING POOL MANAGERS

May-early September, \$8.00-\$9.00 per hour, head manager: \$9.50-\$10.00 per hour, 30-40 hrs. per week (morning, afternoon, evening, and weekend hours required)
Must be at least 18 years of age by 5/24/08 and have the following certifications: Red Cross First Aid, C.P.R., Lifeguarding, & Nebraska State Pool Operator.

The City of Kearney is an Equal Opportunity Employer
Please apply in person at the **Kearney Park & Recreation Office**, 1st floor, City Hall, (southeast entrance) 18 E. 22nd St., 8am-5pm, M-F, Park & Rec. phone: 237-4644

Application deadline for all positions
MONDAY, MARCH 24, 2008

Applications received after the deadline will be kept on file for positions that may become vacant.

The HIGHLIGHT of your LIFE!

Fall Housing Sign-up March 11th and 12th, 2008



Residential & Greek Life
Lower Level, Conrad Hall
308.865.8519
www.resilife@unk.edu



March 11th, 2008

7 am—12 pm, Same Hall/Same Room
12 pm— 2 pm, Displaced Student Signup
2 pm— 6 pm, Same Hall/Different Room

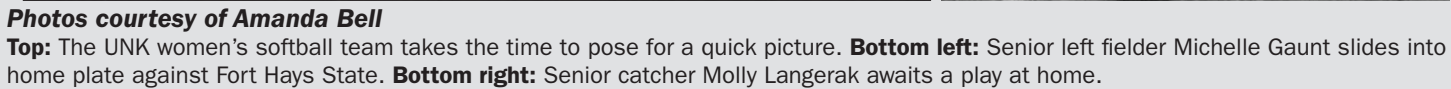
March 12th, 2008

8 am— 2 pm, Open to all Students

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Atrium

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UNK hosts RMAC first round

Win over weekend lands men home-court advantage

BY SCOTT LEVY
Antelope Staff

The men's basketball team had a big victory over Colorado Springs this past Saturday. The final score was 106-94, which gave them home court advantage for the first round of the RMAC Tournament.

The team started the season by losing over seven games.

Coach Kevin Lofton who has been the Men's Basketball Co-Head Coach for 13 years was nervous about beginning the season.

"We had to learn on the fly. Beginning the season with such a young team was hard and very nerve wracking," Lofton said.

After a losing streak to open the season and by being lead by sophomores, the team rebounded back with two wins in a row.

As the team moved on into the season, Coach Lofton was worried about having the sophomores carry the load of

the team.

"It is hard on the young guys to carry the load so we need everyone to step up and be ready to play every night," Lofton said. "We just need to take one game at a time and we will do just fine."

So the heat was on and the team did step up by finishing the season winning 8-10 games and beating the number one ranked team in the RMAC East divison on the road.

"It was a big win for us beating the number one ranked team on the road. It is nerve racking to wonder which Loper team is going to show up for us," Lofton said.

But with the big win Saturday over Colorado-Colorado Spring the Lopers will host the first round of the RMAC Tournament.

"We are only as good as our last game we play, so this win should carry a lot of momentum into the RMAC tournament starting next week," Lofton said.

The Lopers have been

playing great since the slow start and have a great shot in the RMAC Tournament.

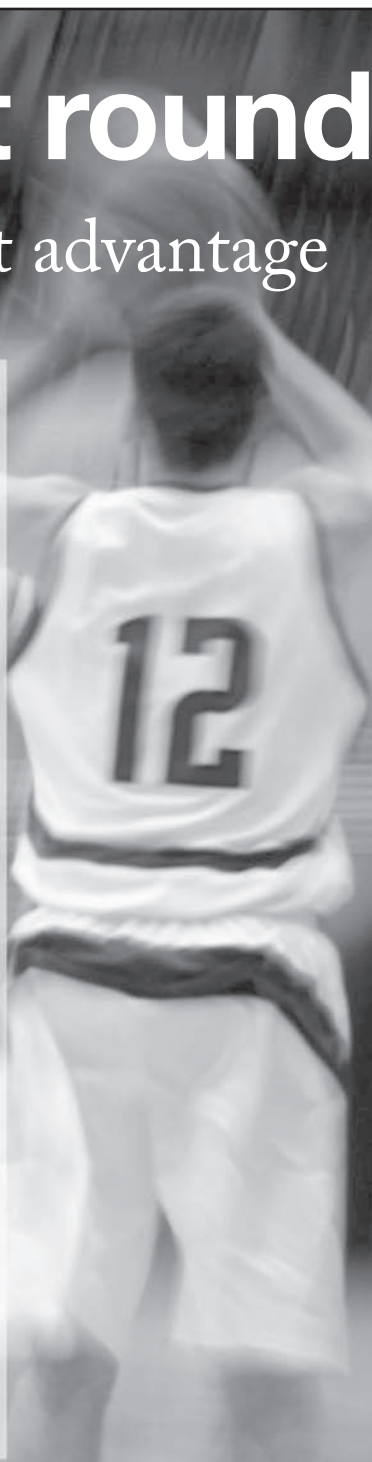
"I am pleased with the progress of the team now all we have to do is play a bit more consistent and not worry about how we play and just play like we did to finish out the season," Lofton said.

The RMAC Tournament will start on Feb. 29, 2008. The first round of the tournament will be held on UNK campus.

"We have the momentum going into the tournament so now we need to play with a sense of urgency and be ready for anything. Now is the time not to hold anything back," Lofton said.

"We are only as good as the last game we play, so this win should carry a lot of momentum into the RMAC tournament starting next week."

Kevin Lofton
Co-Head Coach



Photos by John Reed

Top: Freshman guard Garrett Leaver, No. 5, swings the ball out to sophomore Drake Beranek, No. 34, last Thursday against Regis.

Right: Jeremy Cruise, No. 12, sets up his defender during the Lopers last home game.

Graphics by Eric Korth



Pack it in PURPLE

Storm prepares for "packed" arena

KEARNEY – The Tri-City Storm of the United States Hockey League announced today that the team will be hosting the 2nd Annual "Pack It In Purple" game on Saturday, March 1, 2008 when the Storm hosts the Omaha Lancers at the First Tier Event Center.

"Pack It In Purple" is an annual event that is centered around the United Way Foundation. As fans are encouraged to wear purple to Saturday's game, the players will also be wearing specialized purple jerseys that will be auctioned off after the game. In the past seven years, the Storm organization has raised close to \$100,000 for the non-profit organization. All of the money from the jersey auction will benefit the United Way of the Kearney Area.

While fans are encouraged to wear purple to this event, the team has produced special "Purple Reign" t-shirts for this event. Fans can pre-order t-shirts and tickets by calling the Storm offices at (308) 338-8809.

These t-shirts will also be available at Friday and Saturday night's games. In conjunction with this event, the Storm will also be holding the "Most Purple Person" contest during the 2nd intermission Saturday night.

In addition, the Storm also announced today that their mascot, Stormy, will be hitting the road to kick-off this year's "Pack It In Purple" night with "Stormy's Political Road Show."

Stormy will be traveling to Kearney business-es, starting on Wednesday, to kick-off "Stormy's Political Road Show." Fans will have a chance to visit Stormy at local businesses, win free tickets, buy tickets for Saturday's game and also purchase special t-shirts. Stormy's campaign goal is to have people come visit him and sign their "promise" to wear purple to Saturday's home game with the Omaha Lancers. All of Stormy's supporters will be given special Storm sticker and a chance to win free tickets to the game.

Follow Stormy's Political Road Show in the Kearney Hub, log on to www.stormhockey.com or call the Storm office at (308) 338-8809 to learn more and to track Stormy down!



Lopers go pink for win on and off the court

First ever Think Pink night big success for UNK, Komen Foundation

BY GRIFFITH WATSON
Antelope Staff

Blue and gold usually dominate the Health and Sports Center when the Lopers take the court, but this past Thursday, pink was the color of choice. As the UNK Women's Basketball team took the court against Regis University, "Think Pink" Night was in full swing in Kearney.

The women's basketball team joined up with the Susan G. Komen Foundation to help raise awareness about the fight against breast cancer.

The Lopers took the court for warm-ups wearing pink t-shirts

and sporting pink shoe laces. Regis University got into the act as well, also donning the pink t-shirts for pre-game. The scorer's table was decked out in pink with all of the staff getting involved in the event.

"I'll wear pink to support the cause," Peter Yazvac, the director for UNK Athletics' media relations, said. "In my normal, everyday life I wouldn't wear it."

Fans that dressed in pink for the game were rewarded with free admission, a commemorative "Think Pink" pin, and a free bag of popcorn courtesy of Runza.

As the game got under way, the Loper women removed their

pink warm-ups to show off the pink uniforms they were wearing for the night. "I think it is a pretty cool thing that is going on because there has been so much support nationwide," Melissa Hinkley, a senior forward and journalism major from Lincoln, said. "I know the whole team was pretty excited to wear the pink uniforms, head bands, and socks. I don't even like the color but I was excited to show some support for breast cancer awareness."

Before and during the contest fans had the chance pledge to donate one dollar for every rebound the Lopers collected during the game, or five dollars

for every three-pointer the Lopers made. All the proceeds will be donated to the Susan G. Komen Foundation.

"Kearney has always been a community that supports events such as this. We are proud to use our athletic stage to help promote cancer awareness," Assistant Athletic Director Shawn Fairbanks said.

Even the half-time promotion was pink-themed, with a version of musical chairs played to Aerosmith's "Pink."

Representatives from Good Samaritan Hospital were on hand to provide information to Loper fans about the fight against breast

cancer.

Overall, the event was a big success. "Doing events like this is great for our department. Often times, we get caught up in the day-to-day and lose sight of the things that matter," Fairbanks said. "Promoting a great cause in a fun way is a reminder to all of us about why we do what we do."

The "Think Pink" program has been used to raise more than \$250,000 by university athletic teams over the last four years. Susan G. Komen for the Cure was founded in 1982 by Nancy Brinker to honor the memory of her sister, Susan G. Komen, who died from breast cancer at the age of 36.

With the Lopers victorious and funds raised to support the fight against breast cancer, pink was definitely the new blue, at least for one night.

Think Pink



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(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)
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M = Men's
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Poets unite to ‘slam’ each other

Students make their slam poetry debut at The Roman and go up against the champs

BY SHELLY FOX
Antelope Staff

Poets and poetry fans flocked to the Roman Thursday, Feb. 21 to see students from the Performance Poetry and Prose class test their Slam Poetry skills against other slammers from the area.

At a Poetry Slam, poets read one poem per round and are not allowed to use props, costumes or musical instruments.

The poem must be of their own composition and can't be more than three minutes (with a ten-second grace period).

Depending on the number of poets, approximately half are eliminated after each of the three rounds until a winner is chosen by the five randomly-selected judges in the audience.

Although several graduate and undergraduate students in the Performance class had participated in Slam Poetry before, most were taking the stage for the first

time.

Among their competition were several members from Lincoln's Star City Slam team includ-

“Just jump in and do it. You never know how you might do, even if you’re not prepared at all.”

*Stacy Fox
Slam Poet*

ing Oracle Jones of Lincoln, UNL student Stacy Fox and Kearney Horizon Middle School teacher Sam Stecher, who also organized the Slam.

“The crowd was pretty sweet,” Stecher said. “It was the largest crowd I’ve seen at a slam in Kearney.”

Before the official Slam com-

petition began on Thursday, poets were invited to the stage for an open mic performance where most of the students chose to reveal their poetry for the first time.

“We have a talented group of writers and performers that are starting to make themselves known,” Stecher said.

Open mic, like the rest of the night's poems, varied greatly in topic. Some were funny and light-hearted while others were more serious or dark.

From weird dreams and dissections to sex and special education, the poets kept the audiences' ears pricked the entire night.

“After a while everyone knows yours and you know everyone's,” Fox said. “I love hearing someone's brand new poem that no one has ever heard before.”

Ultimately, it was Stecher who made it through all three rounds and took home first prize.

“Write a lot. Practice a lot. If you have one poem that you wrote

because you were “inspired” that's fine but it takes more,” Stecher said.

Though none of the students made it past the first round, they all enjoyed the Slam Poetry experience.

“The points aren't the point, the poetry is,” Fox said.

It sounds like Slam may have found a new home in Kearney.

Stecher said he'll be putting on three or four Slams in Kearney in 2008, as long as he can find some help.

“It would be great to have more slams in Kearney. However, somebody needs to step up to the organization role. I don't want to be that guy,” Stecher said.

Any volunteers who would like to help keep Slam Poetry coming to Kearney would be much appreciated, both by the poets and the fans.



Photos by Sarah Ahlers

Left: These three contenders made it to the second round. Pictured left to right, Sam Stecher, a Kearney Middle School teacher, Oracle Jones from Lincoln and Stacy Fox, a UNL student.

Below: “If he doesn't know he's retarded, then I don't know I'm not.” Sam Stecher hooked the audience on his first poem I Don't Know I'm Not Retarded.



Hollywood glamour and gold

The Academy Awards celebrate their 80th year running

BY JARED HOFF
Antelope Staff

The 80th Annual Academy Awards were held on Sunday in Los Angeles. Movie stars from all over the world came to the red carpet for the film industry's biggest night.

Brothers Joel and Ethan Coen were the big winners of the evening, with their film “No Country for Old Men” winning four awards, including best picture.

Taking home the award for best-actor was Daniel Day-Lewis, the star of “There Will Be Blood.” It was the second best-actor award collected in the stellar career of Day-Lewis.

Winning best supporting actor was Javier Bardem, who starred alongside Tommy Lee Jones and Josh Brolin in “No Country.”

For the ladies it was “La Vie En Rose” star Marion Cotillard in a surprise win for best actress.

Best supporting actress went to Tilda Swinton, who starred

alongside George Clooney in “Michael Clayton.”

The ceremony featured a strong international flavor, with all four winners of the major acting categories being from abroad. The aforementioned Bardem hails from Spain, Cotillard from France and Day-Lewis and Swinton both from Great Britain.

“I’m always interested in the fashion aspect of the Academy Awards.”

*Bree Torrez
Junior*

Senior theatre major Ryan Greene said the show was fairly enjoyable this year compared to years past.

“The speeches and jokes were pretty smart and short. I thought John Stewart did a nice job host-

ing,” Greene said.

The show comes on the heels of the recently ended Writer's Guild Association strike. The 100 day strike ended on Feb. 12, and writing for this years Academy Awards began immediately as writers went back to work.

Junior psychology major Bree Torrez said she didn't watch all of the show, but caught some of it.

“I got to see some of the dresses, I'm always interested in the fashion aspect of the Academy Awards,” Torrez said. “I was also hoping for “Juno” to do well, that was my favorite movie of the year.”

Many students had no idea the Academy Awards were even on Sunday night. Between studying, working or just catching up on sleep, UNK students don't have much time for long, drawn-out TV award shows.

“I didn't even know they were on,” said freshman Henry

Gant. “They're just so boring to watch, with all the commercials. It's not like the Grammy's, where you have musicians performing.”

The night belonged to the Coen brothers and the cast of “No Country for Old Men.”

The two shared the best director award as well as the best adapted screenplay award.

Those, along with the best picture award, landed the Coen brothers on an elite list of filmmakers who have won three Oscars in one night.

“The Bourne Ultimatum” won the editing Oscar and swept all three categories in which it was nominated, including sound editing and sound mixing.

There was a tribute to stars, filmmakers and others in cinema who died over the past year.

The montage of photos and film clips ended with a mark of respect for Heath Ledger, who died tragically of a prescription drug overdose last month.

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* 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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Seniors!

City of Kearney Park & Recreation Dept. is currently accepting applications for the following 2008 spring & summer positions:

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Must be at least 16 years of age.

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Must be at least 16 years of age.

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Spring Break Destinations

■Some locations offer students a few days of rest and relaxation without emptying their wallets.

BY VICKI ALTHAGE
Antelope Staff

Procrastination doesn’t mean you’re stuck in Kearney. With less than three weeks until spring break, many students are in panic mode trying to figure out how to get out of Kearney for a few days of rest and relaxation without breaking the bank. Planning an elaborate spring break trip can be stressful and expensive for students, so The Antelope has decided to try and alleviate some of

that stress for those who have procrastinated and would still like to get away for a few days without spending a ton of money or trying to get a passport in less than three weeks. After searching the internet for the best deals, here are a couple travel destinations sure to offer a good time.

A top choice for spring break among college students is Mazatlan, Mexico, which is widely acclaimed for its long strip of fabulous beaches, emerald coast and exciting nightlife. The city is built

on a peninsula across from the southern tip of Baja, California.

The average temperature during spring break is an ideal 85 degrees during the day and 70 at night. The accommodations in Mazatlan are reasonably priced and offer a wide selection of facilities. Spring break in Mazatlan offers nightclubs and bars that are open until dawn and of course, the warm sandy beaches which are available 24 hours a day.

This trip is great for last minute booking because citizens of the United States and Canada are not required to have a passport but do need to present an official, state-issued birth certificate and photographic identification, such as a driver’s license or a valid passport.

A tourist card (provided at the airport) must also be completed, presented upon entering Mexico, retained during one’s stay, and surrendered upon leaving the country. The tourist card is available at Mexican Consulates, travel agencies, or airline check-in counters. Paradise Parties lists the price for this trip at \$948.00 for a four night stay, 14 free meals and flight and hotel costs for the week of March 15, 2008. For more information on this trip go to <http://www.paradiseparties.com/mazatlan.asp>

The Watiki Resort is the largest indoor water park in the Dakotas. Located just off I-90 in Rapid City, S.D., it is just a six hour drive from Kearney.

The park’s 30,000 sq. ft. of water park, arcade and concessions, including the Tiki Bar that offers mixed drinks and domestic draft beers during park hours, make Watiki one of the best places to get away without spending your whole tax return.

Book your rooms today at the La Quinta Inn and Suites or the Fairfield Inn and Suites for as little as \$79 a night for four adults with two queen size beds. Both hotels adjoin the waterpark and are close to the downtown nightlife in Rapid City.

A general admission all day pass is \$16.95 + tax. Hotel guests receive five wristbands per room with the Waterpark package. Hours are Monday through Thursday, 4 p.m. to 9 p.m.; Friday, 9 a.m. to 10 p.m.; Saturday, 8 a.m. to 10 p.m.; and Sunday, 8 a.m. to 9 p.m.

If you’re looking to stay closer to home then try CoCo Key Water Resort at the Holiday Inn Omaha Central. A 60,000 sq. ft. indoor water park is sure to offer a get away from the long hours of studying. The water park is open

to registered hotel guests and is included in the hotel fees. The park also makes day passes available to the general public based on availability.

CoCo Key has body slides, raft slide, lazy river, wave pool, kiddie slides, indoor/outdoor whirlpool spa, activity pool and an interactive play structure with a tipping bucket. The Wet Rooster Bar is also available and is a full-service, open-setting bar overlooking the entire water resort.

CoCo Key is also minutes away from the Omaha nightlife, which is buzzing with college students and young professionals looking for a good time.

For more information see <http://www.cocokeyresort.com/index.php?/Omaha/index/>.

If you’re looking for an outdoor trip, Snowy Range offers one of the most affordable ski trips in the area. They also offer half-day rates starting at 12:30 p.m., for those who have a hard time getting out of bed before noon. Located near Laramie, Wyo. and I-80, Snowy Range is a great get away for spring breakers. Laramie offers a night life ideal for 20-somethings and a great range of dining choices.

Lift tickets for adults are \$41 a day, \$74 for two days, \$111 for three days and \$148 for a four day ticket. Snowy Range also offers group rates for 15 or more people.

The Great Wolf Lodge in Kansas City, Kan. also offers an indoor tropical get-away if you can’t make it to the ocean. With rates around \$280 during the week of spring break, this trip is a little pricier.

Great Wolf Lodge is a first-class, full-service, year-round family destination resort designed to capture the atmosphere and adventure of the Northwoods.

Serving as Kansas’ Year-Round Family Resort™, Great Wolf Lodge provides a comprehensive package of destination lodging amenities, including 281 family-sized suites; a 49,000 square-foot indoor entertainment area, featuring a grand scale water park; arcade with ticket redemption; Aveda® Concept Spa; fitness room; Northwoods-themed restaurant; confectionery café; spacious outdoor pool.

Great Wolf Lodge is located in Village West, Kansas City’s new tourism district, next to Cabela’s, Nebraska Furniture Mart and near the Kansas Speedway if you’re looking for shopping or other excitement.

For more information go to <http://www.greatwolf.com/Locations/Kansas/explore.aspx>.

Miss Scarlet in the kitchen with the revolver

Students act in Kearney Community Theater’s ‘Clue: The Musical’

BY LISA BECKER
Antelope Staff

Clue: The Musical brings new life to the popular board game. The show allows the audience to be part of the mystery. They’re practically playing the game while being in the audience.

“The conclusion of the game is actually chosen by an audience member by selecting cards from three decks,” said Jenna Johannsen, a UNK student who plays Miss Scarlet in the Musical.

At the start of each show, three audience members select one card each and place it in an envelope. These cards determine how the musical ends.

“There are six options in each of the three categories: six suspects, six weapons, and six rooms. For most of the show, the audience tries to guess the chosen cards. It’s definitely a good time because the audience plays along. They’re part of the action,” Johannsen said.

“Miss Scarlet is a 20-some-

thing vixen who is shrewd yet very attractive; the beauty is definitely on the outside with this particular character. She would not make a good friend,” Johannsen said.

The show will be playing for two weekends. The first weekend was Feb. 28 and 29. The next show will be Mar. 1 and 2. Those attending the musical can choose to attend the dinner theatre or the musical only. The show starts at 8:00 p.m. with Mar. 2 being a 2:00 p.m. matinee.

“It’s not too late to get tickets! There’s still two weekends. I would call soon. We’ve had multiple sold-out performances,” Johannsen said.

For tickets to the musical call the Kearney Community Theater (KCT) between 11 a.m. and 5 p.m., Monday through Friday at 308-234-1529.

“I’ve been involved with Kearney Community Theater since I came to college in 2003. I heard about this show and just decided to show up for the auditions.

It’s been a while since I played a “pretty” role. Some of the women I have portrayed haven’t been the most attractive,” Johannsen said.

“I wanted to be a part of the musical because first off, it was the challenge of the possibility of having 216 different endings to the musical that caught my attention. I mean, what a challenge! I knew each actor in the cast would have to be quick on his or her feet. Secondly, it was Dr. David Rozema’s directing debut. He’s a brilliant actor and great actors tend to be extraordinary directors. So I was intrigued to work with him. He’s just been great. Full understanding of the stage, the actors, and the script,” Johannsen said.

“The cast and crew of the musical have been rehearsing for about six weeks now, starting at the beginning of January.

“We love new people at the theater. We always need more volunteers. Just call the theatre for upcoming auditions. The auditions are happening every couple

of months with at least five shows each year. Something’s always going on,” Johannsen said.

Johannsen is participating with other UNK students in the musical, including Minnie Benson, Kyle Kuypers, Thomas Carlson, J.T. Jelkin, and Mallory Mawby.

Johannsen’s recent credits include last spring’s UNK production of Les Liaisons Dangereuses where she played the Marquise de Merteuil; KCT’s Ruthless The Musical where she played Miss Mryna Thorn (2007) and UNK’s A Little Night Music where she played Countess Charlotte Malcolm (2006).

“Overall, I have been in six Kearney Community Theater shows and four UNK shows. Each show has been one extreme character to another,” Johannsen said.

Johannsen was recently elected the UNK representative for the Kearney Board of Directors for the Kearney Community Theater.

“I’ve wanted the position for a while now. I am honored. I continually want to be more and more involved with this theatre. It’s like a second home. I has great people with a goal to produce wonderful theatre. Attaining this position will allow myself to see where else I can contribute my talents; other than on-stage,” Johannsen said.

Johannsen will graduate from UNK in May 2009 with a degree in musical theatre and music business. She graduated from Gibbon High School in 2003.

Other than participating in theater, Johannsen is also the tele-

vision host of Fox 4 & 17, the local Fox affiliate. She is the guide through each night’s entertainment.

“I have a segment called “Out and About with Jenna.” If interested, feel free to visit fox417.tv. There you can find additional

information about your favorite show. You can also read my daily blog and e-mail me at the web site. Mostly, I get to meet new people on a day-to-day basis. Never a dull moment and it makes me happy the whole time,” Johannsen said.



Courtesy Photo
Jenna Johannsen appears in Kearney Community Theater’s Clue: The Musical. Johannsen has been in six Kearney Community Theater productions and four UNK shows.

UNK’s Japanese Association

Movie Night spreads cultural diversity at UNK

BY KELLY BERNT
Antelope Staff

The Japanese Association Kearney hosted a movie night Feb. 21, featuring a Japanese film with English subtitles.

A table with beverages and candy welcomed attendees. Kazuya Yoshino, a Saitama, Japan native, handed out programs as the audience shuffled in. The film, titled “Mononoke-Hime,” or “Princess Mononoke,” featured an example of the classic struggle when man tries to invade nature. It also gave viewers a historical look into the early days of Japan.

“The film is about old Japan,” Yoshino said.

Yoshino said she was content with the event’s turnout. “I’m glad to have so many people here,” Yoshino said.

A sophomore at UNK, Yoshino has also enjoyed his experience. The aviation systems management

major said the people have helped her make the adjustment.

“I like UNK,” Yoshino said. “The people are so kind.”

Audience member Eric Buchman said he enjoyed the film.

“It was fun to come with

friends,” Buchman said. The sophomore Kearney native said it also helped him gauge his Japanese speaking skills.

“It helped me see how much I’ve learned in class,” Buchman said. “And it was fun.”

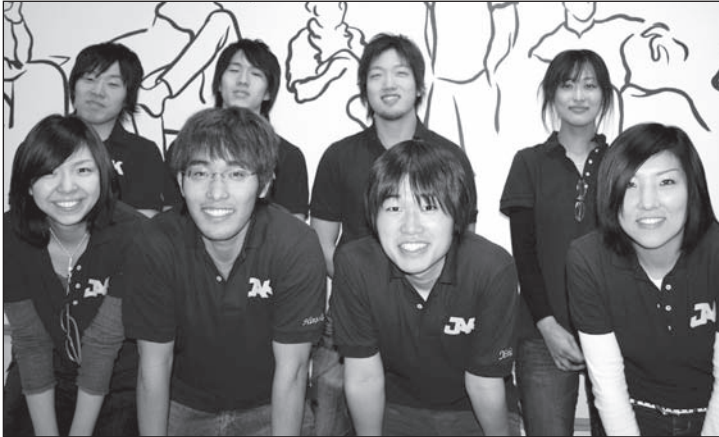


Photo by Kelly Bernt
Movie Night was hosted by the Japanese Association Kearney. Members are pictured above. Not available for photo: member Risa Ito.



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Mirror, Mirror, on the Wall

Mirror, Mirror, on the Wall

BY DEBBIE EPPING
Guest Writer

From Barbie to Victoria's Secret models, young women are bombarded daily with images of picture-perfect, air-brushed figures. An increasing number of young girls and even some young men compete to be the "hottest," all vying for perfection—turning schools and college campuses into incubators of eating disorders.

"I started starving myself at 14. I've never liked my body," a UNK freshman, who has struggled with both anorexia and bulimia, said.

Anorexia is a disease characterized by self-inflicted starvation. Anorexics are often thin to the point of emaciation while bulimics may be of average or slightly above average weight.

Bulimics often go for days without food or eat very little before bingeing uncontrollably and purging the calories out of their bodies through vomiting and laxatives.

Women, particularly those who suffer from eating disorders, have an irrational fear of gaining weight. The media is the main perpetrator—always adding fuel to the fat phobia in America.

"I kept a scrapbook of all the skinny models and actresses I aspired to look like. If I got a craving for a cheeseburger, I'd look at a picture of a model until it went away," the freshman said.

There are several reasons the majority of people affected by eating disorders are women.

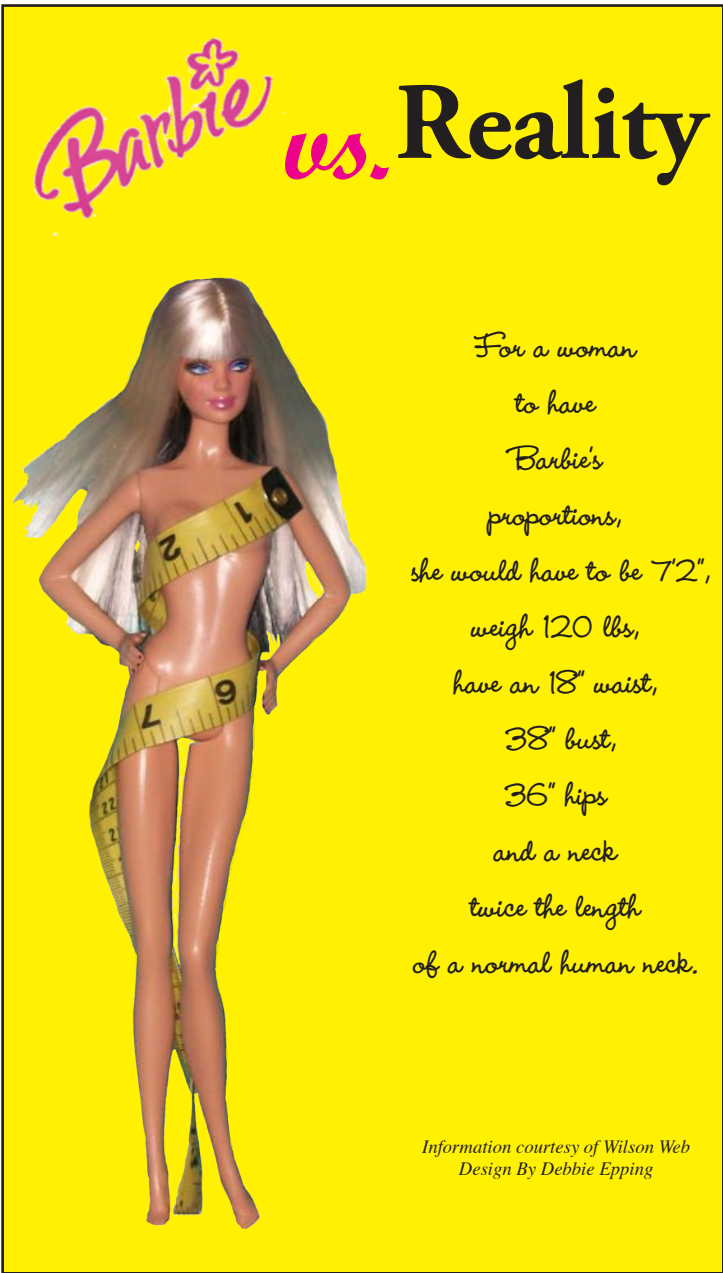
Laurel McKellips, graduate assistant for the Women's Center at UNK, said, "One factor is the media's influence of setting up an unrealistic standard for appearance and the messages from TV, magazines, Internet and ads is that body shape is linked with a person's value or attractiveness."

The National Eating Disorder Association explains, "A study of mass media magazines discovered that women's magazines had 10.5 times more advertisements and articles promoting weight loss than men's magazines did."

"The pressure to fit the unrealistic standard can be very powerful. The message can bombard women so much that they start to agree with the untrue message to judge themselves and others by shape or size. The truth is that everyone has different genes that influence their body shape," McKellips said.

Eating disorders are highly addictive behaviors. Just like any other addiction, it is extremely difficult for a person with an eating disorder to just "stop." The body's natural craving for food versus a person's attempt to deny that hunger results in a vicious cycle.

"Purging gave me this high that I can't explain. It made me want to do it again and again," the freshman said.



Interpretive reporters tackle women's health issues through series of features examining critical topics

When this semester's Interpretive Reporting class gathered for the first time, the class members looked around and realized that the class was comprised entirely of women.

This spurred the idea of focusing a set of features based on women's health issues.

The idea blossomed into seven individual, yet intertwined topics, on female health to be published in The Antelope and offered to hometown newspapers spanning the state.

The series begins in concurrence with National Eating Disorder Awareness Week with an article written by Debbie Epping centered on women's body image.

"I know so many women who struggle with poor body image," Epping says of choosing her topic. "I wanted to raise awareness."

The series continues next week with an article that may change the stereotype that surrounds children playing video games all day. The article is based on "exergaming," a term for the newest trend in fitness, which combines video games and exercise. Melissa Hinkley said she chose the topic because it is a unique way to combat the obesity epidemic.

In the following weeks the articles continue to span issues—not just within campus but the community as well.

Shannon Mathews writes on the new health report cards handed out to Kearney grade school children.

"UNK students and staff are working with public school administration to provide information for parents to help regulate the childhood obesity epidemic," Mathews said.

Janece Mlinar, will focus on various birth control methods. Mlinar said, "Women need to be educated on what is available to them."

Ann Bierbower will examine the emotional symptoms linked to taking hormonal birth control methods in her article.

"Although the research seems limited, many women are feeling similar negative effects and are needing to talk about it," Bierbower said.

Amanda Bell has focused on the controversial HPV vaccination given in a series of shots encouraged for tweens as young as 10 to 11 and young adults.

"It affects me personally, and also many of my peers," Bell said.

Vicki Althage's article will deal with the topic of fertility related to the growing percentage of women waiting to have children until after they have established a career

"Putting their maternal clocks on snooze," Althage said, can cause fertility complications down the road.

Frank House Photo Contest

Somewhere in the Frank House is...



OPTIONS:

•Frank House 1 -- Plate from inside living room

•Frank House 3--Harp from upstairs

•Frank House 5--Little chest from living room

•Frank House 2--Picture of a vase inside living room

•Frank House 4--Picture of a Geisha upstairs

Email correct option to:

sullivankw@unk.edu by 3 p.m. on Friday. The caption on the e-mail should be: 'Contest.' The winner wil receive an e-mail response by noon on Monday the following week.

HURRY. The first correct answer receives a prize. Prizes include a large Rand McNally Road Atlas ("Find your way in the USA") and Frank House postcards ("Postcards from the Midway City, Frankly").

Winner will have one week to pick up prize.

Congratulations to last weeks winner
Alison R. Hofer.

Campus organizations sponsor Eating Disorder Awareness Week

BY DEBBIE EPPING
Guest Writer

The number of people who suffer from eating disorders is frightening—approximately 10 million females and one million males in the United States fight life-threatening battles.

The effects of eating disorders range from unhealthy obsessions to life-threatening conditions where food becomes the battleground.

"I became obsessed with food—cooking it, smelling it, looking at pictures of it, but I couldn't let myself eat it. Food was the enemy. My dreams were nightmares about eating too much," a UNK freshman, who has struggled with both anorexia and bulimia, said.

People with eating disorders may use food in an attempt to control feelings that they otherwise find unbearable. It is a way for them to cope with excruciating circumstances.

Eating disorders have the highest death rate of any mental illness, including depression. An alarming six percent of people with anorexia will die from their disorder. Irrevocable consequences include brain shrinkage, memory loss, enlargement of the heart, infertility and osteoporosis.

The severe consequences of eating disorders affect more than those plagued by the disease. Family and friends are directly affected by the effects of eating disorders on their loved ones.

Family and friends are often hesitant to approach a loved one with an eating disorder out of fear of alienating the person.

Those suffering from eating disorders are often reluctant to treatment and react with anger or denial.

"When my sister confronted me I hated her for it. It was as if she thought she was some kind of divine intervention who was going to make me change my mind on a dime," the freshman said.

Although treatment often involves psychological counseling coupled with careful attention to medical and nutritional needs, full recovery is possible.

"I started seeing a therapist who

helped me realize I couldn't keep living my life controlled by food. I worked with a nutritionist who helped me develop healthy habits. At first I thought the amount of food I was advised to eat was insane. It took me two years of therapy and gradual steps towards healthy eating to completely free myself of my disease," the freshman said.

The road to recovery contains many obstacles and setbacks. It's important that family and friends remain patient and supportive during this time, as there is no quick fix for eating disorders.

"My struggle with eating disorders robbed me of four years of my life that I will never get back. Nobody should have to go through it alone," the freshman said.

Laurel McKellips, graduate assistant for the Women's Center at UNK, said, "Everyone can help to prevent eating disorders by making sure they have a healthy self-esteem and body image themselves. Being aware of the issues involved with eating disorders can be motivating to become an advocate for preventing eating disorders and a support to anyone who has an eating disorder."

The National Eating Disorders Association (NEDA) is the largest non-profit organization in the United States working to prevent eating disorders and provide treatment to those suffering from anorexia and bulimia.

Feb. 24 through Mar. 1 is National Eating Disorder Awareness Week. Established 20 years ago to

help raise awareness of eating disorders in America, UNK will host a week of events in observance of NEDAW.

The events are intended for everyone—not just those suffering from a disorder.



SIGNS OF AN EATING DISORDER

- ▲ Drastic weight loss
- ▲ Preoccupation with counting calories
- ▲ The need to weigh yourself several times a day
- ▲ Excessive exercising
- ▲ Binge eating or purging
- ▲ Food rituals like taking tiny bites, rearranging food on the plate
- ▲ Avoiding meals or wanting to eat alone
- ▲ Taking laxatives or diuretics
- ▲ Smoking to curb appetite
- ▲ Persistent view of yourself as fat

Information courtesy of Wilson Web
Design By Debbie Epping

National Eating Disorder Awareness Week February 25th-28th, 2008

Tuesday 26th Eating Disorder Screenings
10am-2pm NSU Atrium
All screenings are free & confidential

Wednesday 27th Brown Bag Lunch
"Female Athlete Triad"
12pm-1pm MSAB Sisler Room
Presented by Karen DeDonder

Thursday 28th Speaker's Panel
"How to Help a Loved One with an Eating Disorder"
12pm-1pm Ockinga Conference Room

Sponsored by Counseling & Health Care* Women's Center* Randall Hall Council* RHA* Peer Health* Chartwells