



THIS WEEK

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One columnist advises
these seven habits.

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but not for everyone.

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10 Limited free tickets

Check out 'The Wedding
Singer' at Merryman.

Features

CHECK IT OUT

TIMES TALK

Friday, Feb. 5 at 12:15 p.m.
"Who is Afraid of Vera Muchina?"

Victoria Goro-Rapoport

Fireside Lounge, Student Union
Free pizza and pop



Who says college kids don't care? *Haiti relief effort highlights generosity of students*

BY BRIE MAASKE
Antelope Staff

People all over the world have been stepping up to help the people of Haiti after the devastating earthquake earlier this month, even right here at UNK.

Theresa Harrison, director of Conrad Hall, has teamed up with the American Red Cross and organizations around campus to raise money. "I just went to the Red Cross and asked if they were planning on doing any efforts within the Kearney community, and they said that they were."

Harrison said she called them on a Wednesday, and they had a meeting on Friday to kind of mobilize things within the community. "John Jones, who is the coordinator there, told me to keep in contact with him and any efforts we wanted to do on campus. He was fine with, if we wanted to collect money, we could," Harrison said.

Then came the plan. "If each of us donated \$1, we would raise close to \$3,000 to send to the Haiti relief effort. All donations are going go to the American Red Cross. Red Cross teams are focused on purifying the water supply and are delivering clean drinking water to 400,000 people each

HAITI, PAGE 3



Photo by Emily Wernhoff

Senior Kayla Rohmiller gives her donation to the Haiti Relief effort. Freshmen Alan Villa and Martha Arroyo (behind the table) collected donations in the student union to help reach the \$3,000 goal. "We're just trying to make a difference, even if it's a small difference to the people of Haiti," Villa said. So far the campus has raised \$2,452.68.

MLK food drive yields over 1,000 pounds of food for Kearney families

BY JUSTINE AGALOOS
Antelope Staff

Despite the freezing cold winter on Monday, Jan. 18, Martin Luther King Day was a day of giving for the Office of Multicultural Affairs.

Students from Tribunal Counsel of African Descent Students (TCADS), Hispanic Student Association, Student Council of Intertribal Nations (SKINS), Ladies Mix Dance Team, Asian American Student Association and Queer Straight Alliance (QSA) took part in the Martin Luther King food drive. The students used this holiday food drive to remember the millions of in-

dividuals who go hungry every day.

Statistically, it is estimated that every 3.6 seconds someone dies of hunger, and one out of every eight children under the age of 12 in the U.S. goes to bed hungry every night. To change this situation, the Office of Multicultural Affairs took the time to contribute to collect dry goods and canned food for the Nebraska Food Bank.

Juan Gallegos of Queer Straight Alliance decided to participate because he has known families who lost everything because of natural causes or financial instability. He said he understands the families have no place to go or any money to start over. Thus, Gallegos believes the food pan-

try can help people with their basic needs such as food and toiletries.

"Volunteering has given me the feeling of satisfaction, plus the hope that if I'm in need someone will lend me a hand. That is the best part," Gallegos said.

The multicultural organizations split into different zones of Kearney to collect dry canned goods into "pre-shopped" plastic bags. Items included refried beans, blueberry mix, pasta sauce, cereal, instant potatoes, canned fruits, vegetables and soups. After hours of collecting, the students collected over 1,000 pounds of food.

Gallegos believes students should not

FOOD DRIVE, PAGE 11

the antelope

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Emrys says listen, learn, write

BY ASHLEY LEEVER
Antelope Staff

Vampires have taken over the world, and UNK English professor Dr. Barbara Emrys has added her own recipe to the mix.

Although, Emrys has published over 30 traditional fiction and nonfiction pieces, it was her class on the Literature of Horror that led her to write about one of the biggest literary phenomena's of this century—vampires.

As a part of the English department since 1992, Emrys has become a familiar face at UNK with unique classes such as the Literature of Horror. However, it is her literary works that have earned her recognition nationwide. "I write both creative and scholarly work, which I teach about. I have even taught my own scholarly work and other people have taught my creative work. I work in very different areas and not every writer does that," Emrys said.

Emrys first published work in the early 1970s and since has published in a wide range. "As a creative writer, I have been very pleased to have my work in a number of anthologies. One of my pieces appeared in a creative non-fiction piece, "How We Live Our Yoga." It got a very big distribution, and that's why I like anthologies. They are better distributed than small literary magazines. It's fun to walk in a bookstore in another state and go up to the bookstore owner and say 'Oh, you have me in your store,'" Emrys said.

"When I came to UNK, I found that

EMRYS, PAGE 11



Photo by Ashley Leever

UNK professor takes a bite out of the literary world. Dr. Barbara Emrys uses her literary works to expand her students' experience.

One on one: Mancus follows indirect path to nursing

BY SARAH MULDER
JMC 315

Gibran Mancus, a senior level nursing student at the University of Nebraska Medical Center at the University of Nebraska at Kearney, said his life has been a path of learning about healing.

At 34 years old, the once theater major, turned massage therapist, turned plumber's apprentice, turned cook, spent the majority of his childhood moving around the country – plus about 10 years hitchhiking across the country right after high school. Mancus is now turning toward a career in public health, but is not making any concrete plans for the future.

"My life has never really done well

**GIBRAN MANCUS**

"I really wish I was graduated at this point so I could go help in Haiti."

with me making plans," he said one afternoon, sipping a cup of leaf tea in a downtown Kearney, coffee shop. "The less planning I do, the more interesting and fulfilling my life has been. Just time and time again, things just don't go the way I planned it, and it turned out pretty good. Actually, better than what I visualized it."

Q: What led you to the nursing profession?

A: I didn't come at it directly. I had my certificate in massage therapy, but that wasn't consistent money. While I was in massage school I thought about going into school as continuing education, but the high motivation for me to get back into school was knowing that I need something I would always have a job in. What I really enjoy, public health, there's more (job) opportunities opening up. What we've realized as a country, is to prevent people from getting sick is much more cost effective. It's a lot cheaper to get someone to exercise than it is to give someone a coro-

MANCUS, PAGE 11

Ring in the Chinese New Year

Cultural celebration to include free food, drinks, performances

BY SAM BATES
Antelope Staff

Plans are underway for the Chinese New Year celebration Feb. 6 at 5:30 p.m. in the Ponderosa Room of the student union.

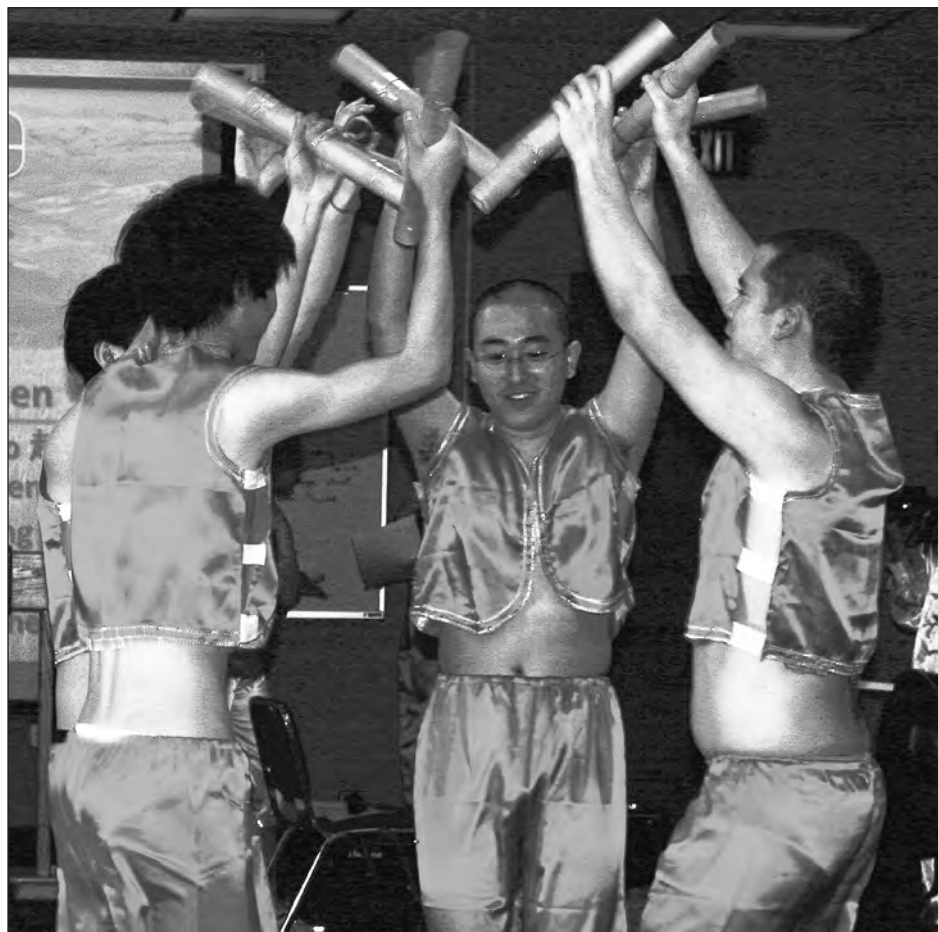
This is the third consecutive year that the Chinese Students and Scholars Association (CSSA) has sponsored the event to share Chinese tradition. CSSA president Yue Zhao said, "We are aiming at introducing Chinese culture to the community."

The night will be filled with traditional Chinese performances as well as free Chinese food and drink provided by CSSA. The event is free and open to everyone, not only students. Last year's celebration was attended by around 500 people mostly from the Kearney area. CSSA are hoping for that same kind of turnout for this year's celebration.

For more information on the celebration or CSSA contact Yue Zhao at zhaoy2@unk.edu.

Photo by Sam Bates

Participants in the Chinese New Year celebration practice the "Harvest Dance" in preparation for their performance on Feb. 6. There are around 50 people taking part in the performances, but not all of them are CSSA members.



YEAR OF THE WHAT?

In China, the New Year celebration takes place on a different day every year, and each year is represented symbolically by a different animal.

- 2003: Jan. 24 - Snake
- 2004: Feb. 12 - Horse
- 2005: Feb. 9 - Sheep
- 2006: Jan. 29 - Dog
- 2007: Feb. 18 - Pig
- 2008: Feb. 7 - Rat
- 2009: Jan. 26 - Ox
- **2010: Feb. 14 - Tiger**
- 2011: Feb. 3 - Rabbit
- 2012: Jan. 23 - Dragon

The Year of the Tiger: The tiger is the third sign in the Chinese zodiac cycle and it is a sign of bravery. Tigers are physically powerful, gracious, independent and brave. They are friendly and loving but can also be selfish and short-tempered.

Sources: chineseculture.about.com
yearofthetiger.net

Haiti from page 1

day."

Residential and Greek Life and OMA were involved in setting up the relief effort. Harrison also contacted FIJI, Alpha Tau Omega, Alpha Phi Omega Service Fraternity and the Office for Service Learning to gather support.

Residents of URS turned the fundraiser into a friendly competition, each pod trying to raise more than the other with the winner receiving an ice cream social. As a whole, they raised \$392, more than any other hall. So far \$2,452.68 has been raised.

The money collection on campus ended Friday, but Harrison asks that students still donate and help as much as they can.

Eli "Axxcess" Hammond, Pizzie, J. Carter, Mike B, and J-Blev of Hustle Hard Records will be performing at Help for Haiti at The Garage starting at 9 p.m. on Feb. 11.

The show is 18+ and there is a \$3 cover, with all proceeds going to Haiti. For more information, visit www.thegarage-info.com.

BLACK HISTORY MONTH PREVIEW

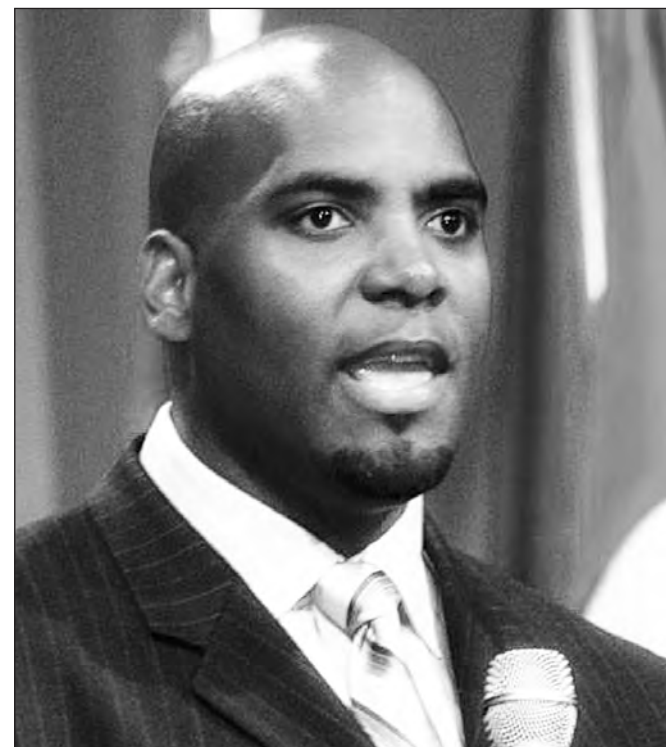
Byron Embry will present "The Whistle That Changed America" as part of African American Heritage Month on Monday, Feb. 8 at 7 p.m. in the Ponderosa Room of the student union. The event sponsored by the Office of Multicultural Affairs the Tribunal Council of African Decent Students (TCADS) is free and open to the public. Free hors d'oeuvres will also be offered.

Embry was a professional baseball player for 12 years for the Atlanta Braves, Kansas City Royals and Seattle Mariners. He retired from his baseball career in 2008 and is now a motivational speaker for his company, Closing Remarks.

According to Embry, "I started this company because of my passion for speaking to people about living their dreams. Closing Remarks's mission is to impact, encourage, inspire and empower individuals to be who they desire to be."

"The Whistle That Changed America" focuses on the incident that started the Civil Rights movement, the murder of 14-year-old Emmet Till, who was killed for whistling at a white woman in Mississippi in 1955.

For more information, visit www.closingremarks.com.



Begin with the end in mind

BY CHELSEA ARCHER
Antelope Staff



Snowed in my house during Christmas break, I began cleaning my room in an attempt to escape the ever-persistent cabin fever. While going through a box of high school yearbooks and pictures, I came across my journal. Curious, I opened the pages from more than four years ago and began reading. And it made me laugh, cry and reflect.

Then I came across a note: "Mr. Weeks was the craziest teacher I ever had, but the book, '7 Habits of Highly Effective Teens' was probably the best thing he could have done for us."

I vaguely remembered what it was about and, after some searching, I borrowed a copy from a friend. While flipping through the pages, I began to think about the information contained in this book. It isn't only for teens, it can be used for everyone.

The book teaches basic life skills such as self-esteem, getting along with others, resisting peer pressure and taking time for yourself. It doesn't matter how old a person gets, everyone is constantly building on these basic skills and a little reminder never hurts. So here it is, a summary of "The 7 Habits of Highly Effective Teens" by Sean Covey.

Habit #1: Be proactive

Being proactive is the key to unlocking all the other habits listed within the book. Habit #1, "I am the force. I am the captain of my life. I can choose my attitude. I'm responsible for my own happiness or unhappiness. I am in the driver's seat of my destiny, not just a passenger."

Basically speaking, it's all about how we react to a situation. Remember the first time you got a UNK parking violation? How did you feel? Chances are, if you were ticked and you went into the office with that attitude, the staff wouldn't be so sympathetic on your request to appeal it. The more you worry about a situation, the more you are out of control.

Habit #2: Begin with the end in mind

Where do you see yourself in five years? I bet most of you are thinking, "graduated and in a successful career." I bet none of you thought, "whatever my parents

or friends decide for me." Habit #2: "Begin with the End in Mind" helps you develop a clear picture of where you want to go with your life. Decide what your values are and set goals by thinking beyond today to decide what direction you want to take with your life so each step is in the right direction.

The paths you choose today can shape you forever. If you don't create a vision of yourself, someone else will. Take some time to write a personal mission statement. This will open your eyes to what's really important and help you make decisions. Remember, it takes 30 days to make something a habit. "A goal not written is only a wish," states Cooney.

Habit #3: Put first things first

All students have been there: In class, taking notes but not really listening. Instead, they're so preoccupied with what they have to do for the rest of the day that they can't even utter a syllable when the instructor calls on them. Habit #3: "Put First Things First" emphasizes prioritizing and putting the most important things first.

But this is more than just time management with a planner, it's about learning to overcome your fears and to be strong during your most hard moments.

How can you overcome your fears? Get out of your comfort zone every day. Ask that girl out. Audition for the lead in the play, even if you're not a senior. Stand up for yourself.

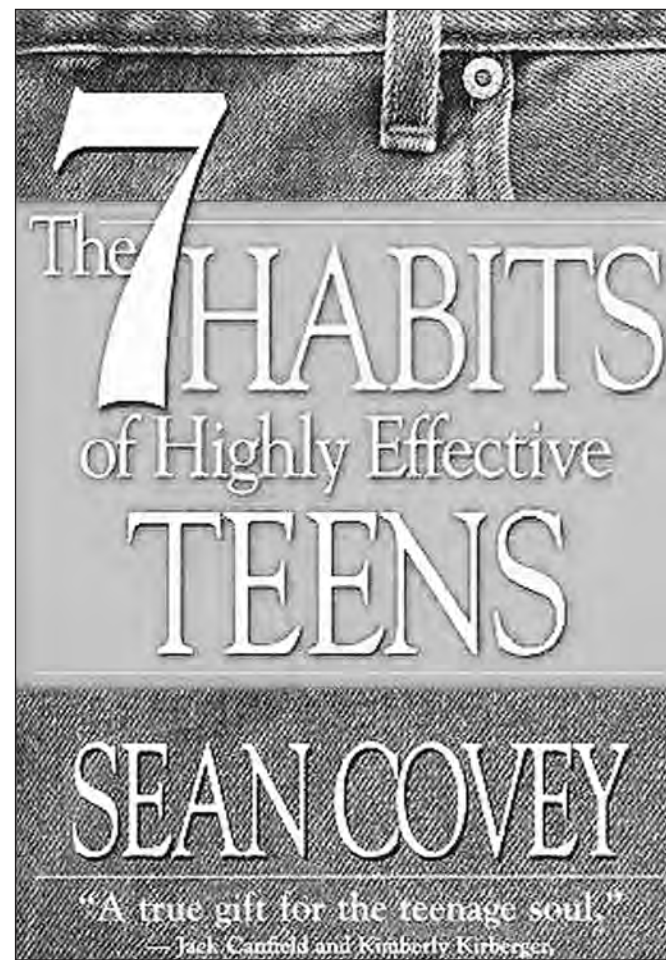
Never let fear make your decisions. Putting first things first takes discipline, just look at the successful people you've met in your life. "Successful people are willing to suck it up from time to time and do things they don't like. Why? Because they know these things will lead them to their goals," Cooney wrote.

Habit #4: Think Win-Win

Life is an all-you-can-eat buffet. Seriously. Just ask those who have a win-win attitude. Think win-win is the foundation for getting along well with other people. It begins with the belief that we are all equal, that no one is inferior or superior to anyone else and no one really needs to be.

"Life really isn't about competition, or getting ahead of others, or scoring in the 95th percentile," Cooney writes. "It may be that way in business, sports

HABITS, PAGE 11



Book cover courtesy of www.Amazon.com

Sudoku ★★★★★

How to play:

Sudoku is a placement puzzle. The aim of the puzzle is to enter a numeral from 1 through 9 in each cell of a grid. Each row, column and region must contain only one instance of each numeral. Completing the puzzle requires patience and logical ability. The puzzle initially became popular in Japan in 1986 and attained international popularity in 2005.

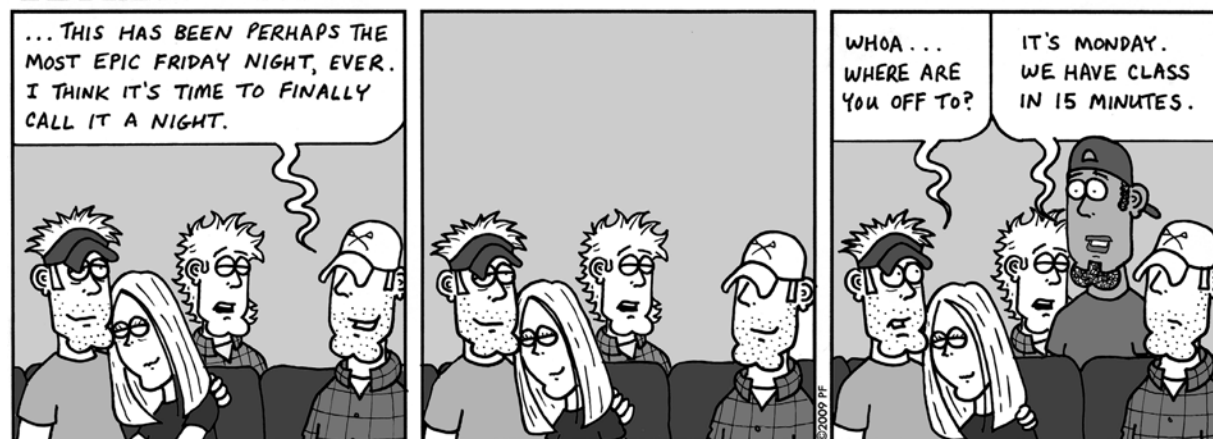
3		7	1		5			
6					9	8		
	5				4		2	
	9			7				6
	6						7	
4				1			3	
	3		2				6	
		5	4					8
			8		7	3		4

Find answer on page 8

www.sudoku-puzzles.net

BLUNDERGRADS

by phil flickinger (www.blundergrads.com)



UPCOMING EVENTS

"The Blind Side" movie night

Wednesday, Feb. 3 at 7 p.m.

The View, Nestor Hall

Sponsored by Multicultural Affairs

**Resumes and letters
that get noticed**

Thursday, Feb. 4 at 4 p.m.

Copeland Hall Room 140

Sponsored by Career Services

Campus Conversation Table

Thursday, Feb. 4 from 4-5 p.m.

Food Court, Student Union

National Wear Red Day

Women's Healthy Heart Awareness

Friday, Feb. 5 from 11 a.m. to 1 p.m.

DIY Valentine's Day Cards

Saturday, Feb. 6 at 1:30 p.m.

Frank House

Register by Feb. 5 at 865-8284 or
sullivankw@unk.edu**American Red Cross
Soup/Chili Feed**

Tuesday, Feb. 9 at 5 p.m.

Auxiliary Gym, Health & Sports Center

Tickets are on sale in the main athletic
offices. Prices are \$5 per adult and \$2 for
children. The purchase of a Chili Feed
ticket will also earn you free admission
to the game. Over 30 chefs will be
participating in this year's event.

UNK student bulletin

APPLY NOW FOR CONTINUING STUDENT SCHOLARSHIPS

During the month of February, all currently enrolled UNK students are
able to apply for scholarships for the 2010-2011 school year.

Applications are available through WebEASI until midnight Feb. 28.

Visit the Office of Financial Aid if you have any questions.

**Do you have an event you want to see
featured in The Antelope?**

Send an e-mail to antelope@unk.edu or call 865-8488

*The Antelope Newspaper
is looking for an*
Advertising Manager
for Fall 2010

Pick up an application in The Antelope Newsroom

*Located in room 166 of the Mitchell Center.

Applications due by March 31.

Contact Terri Diffenderfer (diffenderftm@unk.edu) or
Suzanne Blazek (antelopeads@unk.edu) for more information.

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KEARNEY FAMILY YMCA

This February
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The One You Love



Monday-Thursday 5:30am-10:30pm
Friday 5:30am-9:00pm
Saturday 6:30am-6:00pm
Sunday 1:00pm-7:00pm

Text "YMCA" To
39649 For Special
Student Offers

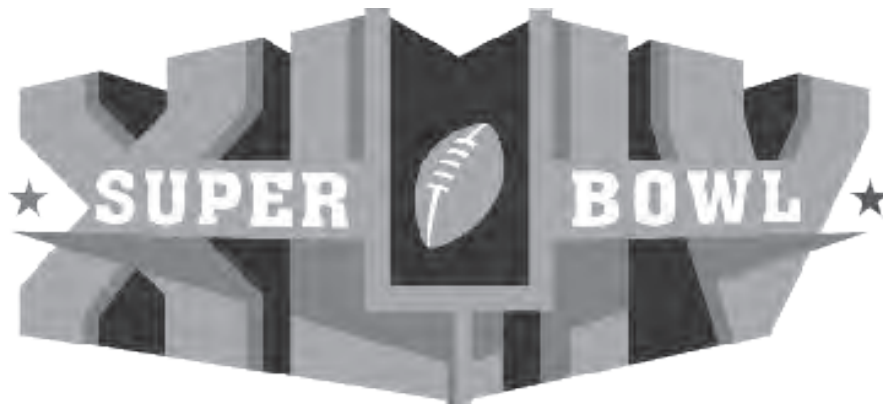


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www.kearneyymca.org

Hall of Fame quarterback showdown

Peyton Manning's Colts are set to take on underrated Drew Brees' Saints

BY TRAVIS BORCHARDT
Antelope Staff



The Super Bowl will be televised on Sunday at 5 p.m. on CBS.

If you are a fan of offensive shows, this could be the Super Bowl for you. The Colts came into the playoffs ranked second in the league in passing, throwing for 282.2 yards per game with a completion percentage of 66.9 percent. They were also an explosive offense. The Colts had eight plays over 40 yards and 62 plays go for over 20

yards through the air. Their opponent in this matchup seems to be firing on all cylinders. The Saints entered the playoffs ranked fourth in passing with a completion rate of 69.5 percent and averaging 272.2 yards passing per game.

The real difference in this game, however, could come down to the running attack

of the Saints. They were ranked sixth in the league averaging 131.6 yards per game and 4.5 yards per run. The Colts, on the other hand, should be embarrassed by their rushing numbers. Indianapolis is ranked dead last in the rushing attack with a paltry 80.9 yards per regular season game and 3.5 yards per run.

Coaches and sports fans often say that defense wins championships. That may be more true on Sunday than ever— one stop could determine the outcome of the game. Neither team is ranked in the top 10 in passing defense and are barely in the top 25 in the run defense.

New Orleans is plus 11 in the turnover column for the regular season while the Colts finished the season at plus two. Turnovers are what separate the Saints' defense from the Colts' defense and could prove to be the deciding factor and the difference between lifting the Lombardi Trophy high above the victory stage or walking back to the locker room as your opponents' celebration goes on all around with confetti adding to the sting of defeat.

Intramurals planned to relieve student stress

BY NATE BRITTON
Antelope Staff

The Intramural staff works hard to offer a well-rounded, competitive and recreational sports program to all students, faculty and staff. The goal is to help people live a more active lifestyle.



SCOT FRANSK

To meet the goal, the spring semester offers leagues, tournaments and one-day events. You can find tournaments for sports such as five-on-five basketball, inner tube water polo, three-on-three volleyball, dodge ball and many more. The one-day events include games such as poker, pitch, table tennis, wrestling and other choices.

To sign up you can stop by Cushing Room 119 intramural coordinator Scot Fransk's office

Fransk says he would like the intramurals program to provide a positive outlet for students to maintain a healthy lifestyle and to help work out the stresses

of being a student.

The intramural program has a free agent system for those who don't have a group formed.

"We have a free agent system for people that want to play five-on-five basketball or other team sports, but don't have a team," Fransk said. "The way it works is we take your contact info down and find a team for you that is short a person. This has worked really well in the past."

Intramurals are growing in popularity, Fransk said. "Last year for all the sports combined we had 47 teams. That number has grown to 72 teams this year."

"Our highlights for the spring semester are dodge ball and three-on-three volleyball, but you have to sign up fast because with the rise in participants, we are going to have to put a cap on the number of teams available."

So if you find that you have some free time on your hands, swing past Fransk's office and sign up for one of the sports or games you find interesting, whether it be an ongoing event or just one day that you want to be about having fun.

Lopers fall to No. 1 Mavs

BY JORDAN HOFF
Antelope Staff

The No. 9 ranked Loper wrestling team suffered their sixth loss of the season 0-33 to their rival, defending national champs, and top-ranked University of Nebraska-Omaha last Saturday night at the Health & Sports Center.

With seven matches decided by two points or less, nearly every competition has been close, exciting and intense. The Lopers lost five of the 10 matches in the final seconds of the third period and lost two in sudden victory overtime periods. Many of the matches could have gone either way.

"We had so many close calls. We just let a few get away from us, but I am proud of our effort that we gave and the way we kept competing. We couldn't get any breaks on our side, but we have to just take the positives out of it and move on," said Loper head coach Marc Bauer.

To make things even more unlucky for the Lopers, they were without their

star wrestler and senior leader Marty Usman for the duel against UNO. Usman, currently the No. 1 ranked wrestler in the nation at 174 lbs., was unable to perform due to muscle strains in his abdomen.

Coach Bauer said the Lopers need to do nothing different in the coming weeks

"We just let a few get away from us, but I am proud of our effort that we gave and the way we kept competing."



COACH
MARC BAUER

to keep doing what we've been doing. That's practicing hard, and improving our conditioning. We need to stay focused and continue to work at our goal of winning another RMAC title and competing for a national championship," Bauer said.

The Lopers look to bounce back this weekend as they host RMAC opponents Chadron State and Colorado School of Mines on Friday night and Western State on Saturday night in their last home matches of the year.

to prepare for the last month and a half of the season. We need

Pond hockey takes players back to roots



Storm hockey players come together at Yanney Park for the first ever "Pregame at the Pond." The event was part of Hockey Weekend Across America.

BY JENNIFER KARDELL

Antelope Staff

Most hockey players learn to play hockey on a pond, but in Kearney pond hockey wasn't too familiar until the Storm held their first pond hockey event to show fans how hockey began for most of the team.

The Storm hosted its first ever "Pregame at the Pond" event, one of many in a series of events for Hockey Weekend Across America, at Yanney Park on Jan. 28.

Storm hockey players Anthony DeCenzo and Branden Fisher began with pond hockey.

For DeCenzo, the event was pretty similar to how a real pond hockey game is played out. "The Pregame at the Pond was an unbelievable setup. Back in Minnesota we have great local outdoor facilities in our towns. This setup was similar to those

of our flooded rinks on land since it had the nets, the lights and the padded boundaries set up as boards.

"Pond hockey was represented a little differently here. At home on the frozen ponds, like at Yanney, we would have to use crates or garbage cans as nets and snow banks as boundaries. And if you were fortunate enough to have a light set up in a tree on shore, you could play during the night. Otherwise you would have to call it quits at dark," DeCenzo said.

Hockey has always been a lifestyle for the Hibbing, Minn. native. Growing up he spent countless hours on the pond in his backyard where his dad, a high school

hockey coach, would set up a rink. "Hockey is my life and absolutely the greatest sport on earth, and 'Pond Hockey' was an unbelievable event to display that," DeCenzo said.

Pond hockey is another familiar pastime for Soldotna, Alaska, native Branden Fisher. "The event was actually like pond hockey. Pond hockey is about getting a group of guys together and just having fun. It brought back a lot of memories for me. I haven't skated on an outdoor rink in a long time, and it was nice to skate outdoors for a change," Fisher said.

However, pond hockey is not familiar to all the players on the team. Some play-

"Hockey is more than a game. It is a way of life and is something everyone can enjoy."

Steven Bolton
Storm hockey player

Lopers looking to upset Metro

BY CRAIG HALL

Antelope Staff

As of late the Loper men have been struggling on the basketball court: (10-9; 5-6 RMAC) dropping games against Colorado School of Mines and Chadron State College over the past two weeks. The team followed those two performances with a 63-68 loss against the University of Colorado at Colorado Springs on Saturday afternoon. All on the road.

With a lot on the line, the men look to climb out of their recent slump by pulling an upset at home Thursday against Metro State.



COACH
TOM KROPP

No. 20 Metro State (16-3; 9-2 RMAC) has won 10 of their last 11 games. The Roadrunners are led by junior guard Donte Nicholas who is averaging 18.3 points per contest through 19 games.

Metro's high-powered offense is fueled by four of their starters all averaging over 10 points. This consistent play has led Metro to a three-loss season. Two of those games were lost to No. 14 Mesa State by a combined eight points. All three losses were by a total of 10 points.

Despite their recent struggles, the Lopers may be able to catch Mesa a little off their game, since UNK has a little bit more to play for. The Lopers currently sit fifth in the East Division of the RMAC, and only the top four teams from each division advance to the RMAC Conference Tournament. "Mesa is nationally ranked, and on the other hand we are fighting for a conference tournament spot," co-head coach Tom Kropp said.

Another big factor for the Lopers is the strength of the roster. For probably the first time this year UNK will not have to deal with injuries. Guard Jeremy Cruise has returned from an injury that kept him out for almost the entire month of January. In order to pull off the upset, the Lopers will need consistency more than anything. "We have to be hitting on all cylinders. We have to have everybody play well to beat a team like Metro," Kropp said.

The Lopers will face a buzz saw of sorts when they play Thursday night. With the help of a home crowd and the basketball gods, UNK could be celebrating their biggest victory of the season as tournament time is just around the corner.

Pond hockey from page 7

ers were slightly nervous to take to the ice since they had never skated on a pond before— like Las Vegas native Steven Bolton. “I had never skated on a pond before, but it was an experience I will never forget. I actually learned to play hockey by playing in the street with friends,” Bolton said.

Bolton loved the experience and recommends that it become an annual event. “The pond hockey experience for me was amazing because it was my first time on a pond, and it was with a great group of friends. I would highly recommend this event return again in the future,” Bolton said.

Bolton says he has a love for the game and hopes the community continues to support him and his teammates as well as hockey in the community. “Hockey is more than a game. It is a way of life and

"Hockey is my life and absolutely the greatest sport on earth, and this is such an unbelievable event to display that."

Anthony DeCenzo
Storm hockey player

is something everyone can enjoy. Whether we know it or not, we are affecting others by playing this game, which is awesome. It is something everyone should try because playing the game you love can be very rewarding.”

UNK students can attend any Tri-City Storm game for \$5 by showing proper student identification at any of the remaining home games.

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Alpha Phi Red Dress Poker Tournament

March 5th, 2010
Registration at 4:30
Tournament at 5:00

All proceeds benefit Women's Cardiac Care

\$12 in advance or \$15 at the door

Find any Alpha Phi Member to purchase tickets.

A LITTLE BLOOD OFF THE FIELD



Photo by Erik Dodge
Loper football's Jay Reicks, a sophomore tight end from Petersburg, grabs a cookie after donating blood. Reicks is a pre-med major and hopes to become a surgeon.

Sudoku answer:

Upside down, from page 4

4	1	3	7	5	8	9	2	6
8	9	2	3	6	4	5	1	7
7	6	5	1	9	2	4	3	8
2	3	6	9	1	5	8	7	4
5	7	1	8	4	9	3	6	2
6	8	4	2	7	3	1	9	5
3	2	7	4	8	9	6	5	1
1	5	8	6	3	7	2	4	9
9	4	6	5	2	1	7	8	3

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Alpha Phi triples efforts of Big (10)

BY KAITLIN DOTY
Antelope Staff

February is the month you think of valentines, boxes of chocolate, roses and cheesy gifts, but to the women of 140 different Alpha Phi chapters across the nation, February is the month closest to their hearts.

February is American Heart Month and the Alpha Phi's national philanthropic event for women's cardiac care. Last year 350 people in attendance helped Alpha Phi raise \$6,092 for the Alpha Phi Foundation. This year the women of Alpha Phi hope to raise \$8,000 for the foundation.

The women of the Delta Xi chapter of Alpha Phi host an annual Red Dress Poker Tournament and donate proceeds to the Alpha Phi Foundation. The Alpha Phi Foundation then donates the money toward women's cardiac care. March 5, 2010, Alpha Phi will hold their fifth annual poker tournament in the Health and Sports Center.

"I hope to raise more money for the Alpha Phi Foundation and get more participants than last year and really show the good Alpha Phi does."

Claire Aylward
Sophomore Math and Biology Major

Claire Aylward, a sophomore math and biology major from Lincoln, the VP of marketing for Alpha Phi heads up the poker tournament this year. Aylward said, "I oversee all the committees for the poker tournament. I work as a liaison between the committee chairs and the rest of the sorority. I handle the big picture as well as work out the little details. We work as one big team to pull off a successful tournament."

The team has definitely elevated their



Courtesy Photo

Sarah Nordhues, a junior education major from Kearney, shows off one of many big prizes Alpha Phi gives out during the Red Dress Poker Tournament. The prize pictured is the annual Vegas trip give away.

expectations. "I am most excited to reach a higher goal than last year. I hope to raise more money for the Alpha Phi Foundation and get more participants than last year and really show the good Alpha Phi does," Aylward said.

On average the Alpha Phi chapters at Big 10 schools raise about \$2,000 over a period of three philanthropic events. The Delta Xi chapter here at Kearney has been recognized for their ability to perform such a successful philanthropic event for the year, raising three times as much money as some chapters at Division I schools.

Reduce risk for No. 1 women's disease

So why don't many women take action in the prevention of heart disease? Some women may think they are not old enough to be at risk, but heart disease can happen at any age. So take control. There are many ways you can get on the road to a healthier heart. Just a few simple changes in your lifestyle can reduce your chances of being a statistic.

First, eat your fruits and vegetables and cut down on fat intake.

Then, replace saturated fat with polyunsaturated fat and monounsaturated fats. These kinds of fats can include fish or heart healthy spreads instead of butter, margarine or lard. Third, reduce your sugar and salt intake. Too much sodium leads to high blood pressure, and high blood pressure leads to many problems such as vascular weakness, blood clots, tissue and organ damage and in increased workload of the circulatory system.

Last but not least, spend some time of every day exercising.

HEART HEALTH FACTS

Heart Fact #1:

One in six women die from coronary heart disease (CHD) making it this country's biggest killer.

Heart Fact #2:

More women are dying from a heart problem than breast cancer.

Heart Fact #3:

64 percent of women who died suddenly of coronary heart disease had no previous symptoms.

Heart Fact #4:

Exercise not only reduces your risk for heart disease, but breaks up your day, reduces stress and increases quality of life.

Greek experience faces pros, cons

BY JILL JUMPS
Antelope Staff

As most high school seniors approach their last summer of being a kid, they have all these decisions and thoughts going through their heads. Am I going to fit in? Should I join a club? Should I become a Greek? When the thought of becoming a Greek comes into people's minds they seem to start listing the pros and cons of being in that organization.

The most negative thing about being a Greek is the bad press says Tracy Lungrin, the Greek advisor at UNK. Things are different today. Greeks are national organizations and much more strict with their chapters. "When something bad happens, everyone knows about it."



TRACY
LUNGRIN

Lungrin said Greeks can connect students to the university in a positive way. "The sense of belonging is the most powerful thing the Greek organization can offer. If you don't have that sense of belonging, you don't feel connected to the campus."

Caitlin Bos, a senior from Omaha majoring in elementary education, is one person who had no doubt in her mind about joining a sorority.

Bos decided to join because her sister joined a Greek house at the University of Nebraska-Lincoln. Bos said, "When she came back to visit or we went to visit her, all I heard about was how great it was and how many fabulous women she met. When I graduated from high school and decided to come to UNK, I had my heart set on going through sorority recruitment."

Not everyone is like Bos. Critics lean toward the negatives like the cost and the commitment. Susan Niemoth from Seward, a junior majoring in special education, was one of those students who thought being a Greek would be fun, but was worried about the cost and the commitment.

Niemoth said, "I pay for school myself, so it was an extra cost that I didn't want to pay. Also, I heard it was time-consuming and that you had to live on campus for three years, and I wanted to live off campus after freshman year."

Niemoth said, "I think it would have been a good experience to meet a bunch of different people and some of the functions sound fun, but I never thought seriously about joining Greek life."

There are positives and negatives that come from being a Greek. Lungrin said, "The Greek experience isn't for everyone. We are only 10 percent of campus. It is not made for every single person out there." Still, Lungrin doesn't pass up an opportunity to tout the benefits of the Greek system: help with academics, friendship and support, opportunities for leadership and volunteerism.

FOR MORE INFO ON GREEK LIFE:

<http://www.unk.edu/offices/reslife.aspx?id=739>

'The Wedding Singer' comes to Kearney

Don't miss your chance for free tickets to nationwide tour of popular musical

BY NATE BRITTON
Antelope Staff

Tired of going to the movies? Need a free shot of culture for your valentine? Want to broaden your horizons for free?

Through a partnership with Merryman Performing Arts Center, UNK students can take in the professional production "The Wedding Singer" Monday, Feb. 8 at 7 p.m.

The nationwide tour production of the musical is based on a popular film about a rock star wannabe, Robbie Heart. The musical pays loving homage to the pop songs of the '80s.

UNK partnered with The Merryman to provide funding to allow students to see professional performers live and in person in hope of making the Merryman a new venue for students. This is the first time the UNK administration has done anything like this, and they hope to see the students of UNK taking full advantage of this opportunity. UNK has purchased a block of 60 tickets and will be giving them to the students for free. However, there are only 30 tickets left, so call Bonnie Mumm at 308-865-8205 as soon as possible to get

a hold of a free ticket. If you have waited too long, student tickets can be bought for a low price of \$20 by calling Denise Christensen at 308-698-8297.

Broadway tickets for trendy musicals such as "Hair" can run as high as \$260. Tickets for tours can run from \$36 to as much as double that figure. Denise Christensen, the business manager of the Merryman, said she hopes to see a high UNK student turnout. "I really hope to see students at the play because I believe it will be worth their while."

Christensen said students should not miss this opportunity to see real professionals on tour in a Broadway musical. "I think that is a great gift a college can give its students," Christensen said. "This isn't a local organization putting on the musical, but in fact a very talented group of actors coming right from Broadway to perform 'The Wedding Singer.'"

Most of the time people in Kearney would have to travel to Lincoln or Denver to see such an event. "This is a great way for students to experience cultural events in their own town," Christensen said.



Photo by Debbie Epping

Denise Christensen, the business manager of the Merryman Performing Arts Center, has helped UNK team up with the Merryman to purchase 60 tickets to this professional musical. Students can get free tickets by calling Bonnie Mumm at 308-865-8205.

Negativity in 'Tooth Fairy' causes toothache

BY JESSICA KENYON
Antelope Staff

First off, I can't believe I used to smell what The Rock was cooking.

In his latest film, Dwayne Johnson, a retired professional wrestler also known as The Rock flies on the big screen wearing a pink tutu.

The "Tooth Fairy" opens during a minor league professional hockey game with Derek Thompson (played by Johnson) bashing an opposing player so hard his opponent goes flying through the glass screen surrounding the ice rink and loses a tooth. That was how Thompson earned his nickname—he knocked the teeth out of his opponents, and the hockey-crazed audience loved it. From then on, he was known as the Tooth Fairy.

Apparently to become a tooth fairy, you just need to tell a child that tooth fairies don't exist. At least that's what Thompson almost said to his girlfriend's daughter. His punishment was to go home and sleep alone, and later that night he found himself with a sum-



mons from the Department of the Dissemination of Disbelief. There, a sort of executive fairy godmother (Julie Andrews) orders him to serve time as one of her army of tooth fairies. Thompson got to try all the fairy gadgets that help them gather teeth and leave money underneath the pillows undetected. Some

of these gadgets allowed Thompson to become invisible, shrink down to about two inches tall and erase the last few seconds of people's minds.

But instead of embracing the tooth fairy job, Thompson wandered through the movie with a bad attitude.

This reviewer probably wouldn't be

taking her nephew or little cousins to this movie, unless they begged. For children the PG movie about The Rock as a tooth fairy may seem cute and funny, but to me the movie put off a negative tone: slashing the dreams of young kids, telling them dreams don't come true and asking them to lower their standards. I would not recommend this as a motivational movie.

Although the movie does come down to the cynical Rock learning to believe—in fairies, in himself and in the power of dreams—I still don't believe the movie was suited for children. I'm sure many kids loved the movie (as I could tell from their laughter throughout the film). But watching a whole movie with Johnson trying to finish his tooth fairy sentence with no concern for breaking the tooth fairy laws and listening to Johnson repeatedly state that dreams are unreal became a bore (for me).

If the last 15 minutes of the movie, when Johnson started to believe and provide support to kids' dreams, wouldn't have been added, the movie would have been a complete waste of time. At least during those few minutes, Johnson resonated a positive attitude.

Mancus from page 2

nary artery bypass.

Q: What gave you the final push to enroll in nursing school?

A: I really wish I was graduated at this point so I could go help in Haiti. At the time of the tsunami (tsunami of 2004 in Thailand and Sri Lanka that killed more than 200,000 people), my sister and my mother and my father were in Vietnam, but I didn't know exactly where they were. They had gone to some island without telephones. I'm sittin' there watching all the footage of the tsunami, and I'm just cryin' and cryin' and wishin' I could go help and wondering where my parents were and my sister was.

Emrys from page 2

students here were big horror fans and had read a lot of it on their own. I thought that I have a very deep scholarly background in 19th century British fiction. I thought I could have fun with that, so I started teaching the class on Literature of Horror about 10 years ago. It actually made me more of a horror fan. As a writer I begin to look at what I teach from the writer's side and see what it is like to write this. For fun I decided to write a vampire story." Emrys said The story about a woman who performs as a mime and meets a vampire was published in "The Mammoth Book of Vampire Romance Stories." The story is being reprinted in a collection of vampire stories set in Louisiana, and Emrys has expanded it into a novel.

While expanding in popular fiction, Emrys has also stayed close to her roots in the genre of mystery. "I have spent the last several years bringing back to print the work of a 20th century novelist and screenwriter who was very famous in her own lifetime but is now not known at all. Her name was Vera Caspary. She wrote many scripts for movies that won awards and wrote best-selling novels. Now no one knows who she is," Emrys said.

Emrys published an article in "Clues: A Journal of Detection" about Caspary's breakthrough novel "Laura." Emrys wrote the afterword when The Feminist Press decided to reprint two of Caspary's novels, including "Laura," last year.

Emrys has helped compile a book of Caspary's short mystery stories originally printed in magazines from the 1940s and 1950s. "I brought back some of her work that had been out of print for almost 50 years," Emrys said.

With two national writing awards under her belt, Emrys has tied her writing experience into her teaching. As she says herself, "I definitely practice what I teach."

That kind of solidified why I wanted to go into nursing. I wanted a job where I could help people.

Q: What area of nursing interests you the most and why?

A: As health providers, we can't make people healthy, but we can give them tools to optimize their health. I joined the American Holistic Nurses Association, an organization that advocates for looking at the more traditional parts of nursing – massage. It was an elemental part of nursing at one point and we have become so technical that unless we stay conscious of that, it's easily forgotten about. Like a hug, a hand-

Habits from page 4

and school, but those are merely institutions that we've created. It's certainly not the way in relationships. And relationships are the stuff life is made of."

Habit #5: Seek First to Understand, Then to Be Understood.

You may have heard this phrase a lot, "Seek first to understand, then be understood." Habit #5 is the key to communication. Why? Because it's the deepest need of the human heart to be understood. Have you ever talked with a friend about a problem you were facing only to find them texting the whole time you spoke? I bet it made you feel frustrated. Poor listening styles include spacing out, pretend listening, selective listening, word listening and self-centered listening. This is one of my favorite quotes from the author: "We have two ears and one mouth, hel-lo!" Genuine listening involves more than your ears, though. About seven percent of communication is contained in the words we use. The rest comes from body language (53 percent) and how we say words, or the tone and feeling reflected in our voice (40 percent.)

Habit #6: Synergize

Have you ever watched a flock of geese heading south flying in a V formation? (If you haven't yet, wait until the cranes come this spring). Scientists have learned some amazing things about why they fly that way:

By flying in formation, the whole flock can fly 71 percent farther than if each bird flew alone. When a goose flaps its wings, it creates an updraft for the goose the follows.

As the lead goose gets tired, he will rotate to the back of the V and allow another goose to take the lead.

The geese in the back honk to encour-

age those in the front.

shake – those are powerful things. When you put your hands on somebody and let them know, 'I'm here for you when you're sick,' it's a powerful experience that's shared.

Q: What jobs have you had in the past?

A: I've bartended, I've waited tables, I've been a plumber's apprentice, I've gone house to house asking people if they wanted their gutters cleaned, I was a river rafting guide, I baked bread at an artisan bakery. I liked helping people.

Q: How do you think your experi-

ences will help you in the nursing profession?

A: Nursing is plumbing. Nursing is touch. Nursing is nutrition. 'We give our life away' is the saying in nursing.

Q: What is the most valuable thing you have learned about yourself while going through UNMC?

A: It's all do-able. It seems like you can never learn enough. You can always do more. Then you have to find a balance of giving it the best you can and taking care of your body. Learning as much as you can and knowing that you can't learn it all.

Food drive from page 1

hesitate to volunteer because of the benefits that come back to those who offer service to others. "I believe it is everyone's responsibility to volunteer as they see fit. I don't believe people should be forced to do volunteer work if they don't feel like doing it, but if they do more power to them," Gallegos said.

"Volunteering has given me the feeling of satisfaction, plus the hope that if I'm in need someone will lend me a hand. That is the best part."

Juan Gallegos

The Mid-Nebraska Community Service Center Food Bank offers volunteer, housing, employment, program, educational, health, senior citizen, transportation and nutrition services.

The Mid-Nebraska Food Bank started its Food Rescue Program with help from seven Wal-Marts and one Good Sam's Club. The Food Bank uses a refrigerated truck to pick up grocery items including frozen meats, dairy items, bakery and deli products from the local Wal-Marts. Then the food is distributed to families in crisis.

In addition, Mid-Nebraska Food Bank helps prevent food waste collect donations from manufacturers, wholesalers and retailers. The Mid-Nebraska Food Bank staff is trained to handle food according to food industry standards. Mid-Nebraska offers people the opportunity to contribute to the community and make a positive impact. For more information you can visit: www.mnca.net.

Habit #7: Sharpen the Saw

Habit #7: Sharpen the Saw is about keeping your personal self sharp so that you can better deal with life. It means regularly renewing and strengthening the four key dimensions of your life: body, brain, heart and soul. This is by far one of the easiest habits to learn, but can prove to be the most difficult.

If a person takes on too much, there is no "me time." Remember to take time to rejuvenate all four dimensions because how you do in one dimension of life will affect the other three. It's like having a car with an unbalanced tire. Although it's only one tire, it will unevenly wear out all four and can lead to some serious and costly damage over time.

So there you have it, "The 7 Habits of Highly Effective Teens." I hope that you will take some of these habits into consideration and apply them into your own life as I have. "You can't make footprints in the sands of time by sitting on your butt. And who wants to leave buttpoints in the sands of time?"- Bob Moawad.

Donut Hole Dash

Randall Hall team members take first place after eating 157 of the round pastries



Photos by Emily Wernhoff

LEFT: Students quickly snarf down donut holes in order to advance to the final round. The annual Donut Hole Competition took place in Mantor Hall.

ABOVE: Katie Pearson (left), a freshman from Bennington and Whitney Nelson (right), a freshman from Hastings, cheer on Stout Hall in the Donut Hole Competition. More than 200 people came to the event to watch teams eat as many donut holes as they could.

'Support Love' week educates, celebrates acceptance

BY JUSTINE AGALOOS
Antelope Staff

Queer Straight Alliance, an on-campus gay, lesbian, bisexual, transgender and queer (GLBTQ) friendly organization, hosted its annual "Support Love" week Feb. 2. "Support Love" week celebrates the acceptance of all individuals regardless of their orientation. The week focuses on educational value to help promote a better understanding of the GLBTQ community to others.

"Even if people don't feel comfortable about Support Love week, it's an educational week. QSA is not trying to change people's views, we are just trying to get information out there so people can start looking into their own beliefs and have better understanding," said Cristianne Palmer, vice president of QSA.

On Tuesday the members of QSA distributed their "Support Love" shirts so the next day, people could wear them in honor of friends, family members or individuals who are part of the community. The members of QSA have sold over 200 shirts in the past and have even distributed them outside the state

of Nebraska. The states include Kansas, Montana and South Dakota.

QSA had their annual Pink Triangle Training in the Ponderosa Room of the student union. The Pink Triangle Training was hosted by Dr. Matthew Mims and provided quality awareness training and consultancy on sexual orientation issues. Training helps break down barriers and prevents and/or addresses discrimination or harassment on the subject of sexual orientation. Pink Triangle Training was on Feb. 2 and had two training sessions at 3:30 to 5:30 p.m. and 6:00 to 8:00 p.m.

The members of QSA decided on the name "Queer Straight Alliance" instead of "Gay Straight Alliance" because they wanted to show the word "Queer" is a connotation people should not fear. The number of QSA members has doubled in size since it started in fall 2008. Queer Straight Alliance has their weekly meetings on Wednesday at 8 p.m. in the Martin Hall lounge where they keep the names of the members confidential. For more information please visit www.qsaatunk.awardspace.com or e-mail palmercs@unk.edu.



Members of QSA sold their 'Support Love' shirts in the student union for students to wear today. Since beginning to sell them, QSA has sold over 200 shirts.