

the Antelope

University of Nebraska at Kearney

Run With It

The Facebook epidemic on a campus near you Forget the flu; students have come down with Facebook fever

BY SHELLY FOX
Antelope Staff



How many times has this happened to you?
You can't sleep, you're too tired to do your homework, so the inevitable happens; you end up on Facebook.

Though some may try to resist, most UNK students end up creating their own Facebook profile sooner or later.

Katie Bartek, a sophomore nursing major from Touhy, said she joined Facebook because a lot of other people had it, and she uses it for fun to keep in touch with old friends.

Meanwhile, senior business administration major, Daphne Darter of Lincoln, has found other uses for Facebook.

Sharing information is also a big reason why some students

are still holding out against Facebook.

Benjamin Webb of Kearney, a senior majoring in broadcast journalism, and perhaps one of the few who has managed to "For now, I would like to remain as anonymous as possible."

Benjamin Webb
Senior

avoid jumping on the Facebook bandwagon, and he made his choice mainly out of privacy concerns.

"For now, I would like to remain as anonymous as possible," Webb said, "and I don't have the time to devote it."

Most people probably don't realize how many times they actually log on to Facebook, or how much time they invest in it.

Darter owned up to checking Facebook two or three times per day.

However, Bartek was a little surprised when she realized that she also checks it pretty much every time she logs onto a computer, even if it's only for five minutes.

Between the bumper stickers, sending and receiving drinks and all those new quizzes, students can often find themselves on Facebook for hours at a time.

All that clever and colorful distraction can often make it hard to focus on homework.

"I check it while I'm studying," Darter said. "Sometimes it helps; you can Facebook people who are in your class."

Bartek, however, thinks it is a hindrance to homework and that students are too addicted to Facebook.

"It can be a hindrance with all those new programs," Darter said.

Love it or hate it, most people who have it just can't stay away from it.



Photo By Shelly Fox



Photo By Shelly Fox

"I check it while I'm studying, sometimes it helps; you can Facebook people who are in your class."

Daphne Darter
Senior

"It's amazing what you can learn about people and what they think is appropriate to be on the web."

Benjamin Webb
Senior

Even Webb said he might join down the road.

However, he believes that students should be a little more careful about what they put on their public profiles.

"It's amazing what you can learn about people and what they think is appropriate to be on the Web," Webb said.

Despite any potential risks, Facebook continues to get more and more popular with people of all ages.

In fact, it has become so

popular lately that it is even being featured on new cell phone commercials, saying that a certain phone lets you check your Facebook whenever you want.

No longer are Facebook addicts confined to their computers; they are at last free to see the world without missing a single message.

But, what would they do if suddenly they couldn't check Facebook as often, or even at all?

"Cry," Darter said.



Photo by Erik O'Brien

Matt Demoret, a sophomore exercise science major from Scottsbluff, takes a break from his normal studies and logs on to facebook.

Hruza, Campbell square off in final battle

BY VICKI ALTHAGE
Antelope Staff

With last week's student body president elections leaving no clear winner, Tim Hruza and Grant Campbell square off Wednesday to settle the score.

Hruza and Campbell finished first and second, respectively, in the general election with the Salinas/Ackerman campaign falling short of the run-off requirement.

The run-off is set to take place Wednesday March 12 in the Student Union and HPER. The Student Union booth will be open from 9 a.m. to 7 p.m. and the booth in HPER will be open from 10 a.m. to 3 p.m.

The general election did not succeed in fulfilling the requirements the Board of Regents have imposed on the position, said Amber Lewis, current Student Body President.

"The Board of Regents policy 2.8.1c states that the Student Body President/Regent must 'be elected by a majority vote of the students voting in the election or be elected by a margin over the next higher candidate of at least ten percent of the total votes cast for eligible candidates.' Simply stated, to win a candidate must get 51 percent of the votes," Lewis said.

Of the 951 ballots cast,

Hruza came out on top with 389 votes giving him 41 percent support, just 10 percent shy of the needed 51 percent.

Campbell finished behind Hruza with 303 votes or 32 percent. Salinas ended his campaign winning over the votes of 259 students giving him 27 percent of the overall vote.

"The candidates have tools like Facebook this year to help them get their platforms out there."

Daphne Darter
Senior

Lewis has chosen not to endorse a particular candidate for the election and has instead made herself available to help all candidates with their campaigns. "It would be tough to endorse one. All three candidates bring a uniqueness to the ballot," Lewis said.

Daphne Darter, an election booth volunteer, says this election has been neck and neck. "The candidates have tools like Facebook this year to help them get their platforms out there," said the Lincoln senior.

The competition is expected

to be stiff between Hruza and Campbell, and communication tools like Facebook, MySpace and text messaging may play a pivotal role in the outcome of the election.

The procedure for the paper ballots will be the same as the general election and will have the same checks and balances to ensure that no student casts more than one allotted vote.

Each election station is manned with volunteers like

Darter who mark student's hands with a special liquid that will only show up under the lights at each booth. Voters names are then checked off both manually from a list provided by the registrar and electronically on Gmail so that both elections booths have up-to-date voting information, said Election Commissioner Brandon Pettigrew. Lewis believes the paper ballots lead to more educated votes and hopes for a high turnout.

Election 2008

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HRUZA & REYNOLDS

Vote for your student body president Wednesday, March 12

9 a.m. to 7 p.m. in the union and 10 a.m. to 3 p.m. in HPER

Campbell and Craig

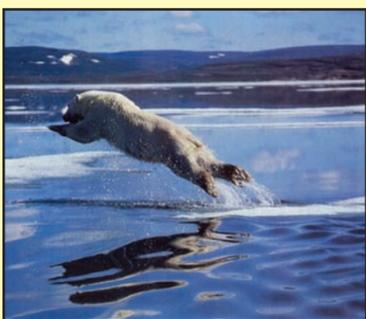
Tried and True Experience



Photo by Sarah Ahlers

Freshman Emily Richter and senior Alisha Shelz stop by to have their voices heard in UNK's 2008 Elections. Voters had their right thumb marked with a substance that could only be seen under a blacklight to ensure that voters could only vote once.

INDEX



http://www.geocities.com/yosemite/7916/images/jumping.jpg

2 Students brave the icy waters for charity in the Polar Bear Plunge. Read the story on page 2.



4 New trend in using video games to exercise. Read the whole story on page 4.

NEXT WEEK



The Xi Phi Chapter of Mortar Board is "tapping" new members and asking them to join the organization. Read the full story next week.

Coming soon to UNK:

Spring Break
Mar. 17-21
Take your winter gear home

Elite Eight Tournament
Mar. 26, 27 and 29
Health and Sports Center

Freezin' for a reason

▼ Polar Bear Plunge participants gather in support of Special Olympics

BY ANTELOPE STAFF MEMBERS

Friends. Food. "Freezin' for a reason."

These are all things that could be found at the 8th Annual Polar Bear Plunge at Fort Kearney on Saturday.

This year's Polar Bear Plunge was a success as 86 participants made their way out to the recreation area in support of the Special Olympics of Nebraska.

The UNK campus was represented with members of Phi Gamma Delta, also known as Fiji, Gamma Phi Beta, and Sigma Lambda Beta International Fraternity, all attending on Saturday to take the plunge for charity.

"I heard the standard temperature of tap water in March is about 60 degrees, so the lake water was a lot lower than that," said Travis Checketts, a senior organizational communications major from Eagle and member of the Fiji Fraternity. "So if you think of filling a tub with cold water, imagine the lake being a lot colder than that."

The chilly weather and 40 degree water temperature did not stop members of the UNK campus and surrounding communities from contributing to a good cause.

"It wasn't that bad, it was less shocking than I had imagined, especially after I got out of the water. I had hoped for colder temperatures," Checketts said.

Fellow fraternity brother,

Tim Hruza, a junior political science and economics double major from Ord said, "It was by far the worst thing I've ever experienced in my life. It was absolutely horrible. I wanted to stop moving, but at the same time I needed to get out as soon as possible."

The Fiji Fraternity raised

over \$1,000 as a team, while the entire event raised over \$40,000 from the greater Tri-City area. Combined with the Lincoln and Omaha, the event raised over \$100,000 for Special Olympics of Nebraska.

"It was a great opportunity to do something for the community, while helping to build

"It wasn't that bad, it was less shocking than I had imagined, especially after I got out of the water."

Travis Checketts
Senior



mainly because of charity and for brotherhood," Checketts said. "The Special Olympics is a beneficial organization for citizens of Nebraska and is sometimes overlooked by some people."

Prizes were given out to participants based on the top male fundraiser, top female fundraiser, most original team theme, oldest plunger, favorite

athlete costume and the most outrageous.

"I would do it again in a heartbeat! We fully plan on making it an annual event for Phi Gamma Delta," Hruza said.

Residents from Kearney and the surrounding area were also involved with the event.



Photos by Rachel Jensen

Above: Nick Lee, Tim Hruza, Travis Checketts, Jamie Christensen, Marcus Hitt, Brent Wheaton, and Jesse Hitt, members of the Fiji Fraternity plunged into cold waters on Saturday as a member of the Kearney Fire Department monitors the event to keep everyone safe.

Left: Brent Wheaton, Jesse Hitt, Jamie Christensen, Tim Hruza, Marcus Hitt, Travis Checketts, and Nick Lee, members of the team "The Fiji Gentleman" dressed to the nines in preparation for the Polar Bear Plunge. Their team raised over \$1,000 for Special Olympics Nebraska. The Fiji Fraternity is new to UNK, and they have already raised close to \$1,500 for philanthropic purposes



Special Olympics

Congress debates college tuition affordability through new bill

BY LAURA LARSEN
Antelope Staff

Ask any student on campus, going to college is expensive. Whether you or your parents are picking up the tab, there is no question that tuition costs have been on a constant rise in current years.

A bill proposed by Congressman George Miller of California's seventh district, would update the Higher Education Act of 1965.

Congressman Miller issued a statement saying, "The bill would address the obstacles that families face on the path to college, from soaring tuition prices at public and private colleges, to an overly burdensome federal student aid application process, to student loan programs that have been mired in scandal."

The bill passed 222-191 in the House during early February. Currently the legislation has been referred to the Health, Education, Labor and Pensions Committee in the Senate.

According to information obtained from the Library of Congress, the new bill would simplify the current federal aid application process. Under the new legislation, the process would become entirely electron-

ic with students and families receiving ultimate feedback upon their application.

Additionally, the legislation would restrict institutions in raising tuition rates. According to the bill's summary statement tuition could not increase at a rate higher than inflation. Another way the legislation combats raising tuition rates is by expanding the current Pell Grant program.

According to Congressman Miller, the bill would also set controls on the rising costs of books required for college courses. "We can't afford to sit idly by as escalating costs make it more and more difficult for Americans to get a college degree," Miller said.

The proposal has been met by widespread Republican opposition. Current secretary of the U.S. Department of Education, Margaret Spellings, is leading the charge against the policy.

Referring to Congress's recent actions, Secretary Spellings said, "Its legislative fixes on higher education amount to digging a moat around the ivory tower instead of knocking down the very barriers that block access to an affordable post-secondary education."

Spellings said she supports

new programs that encourage interactions between the business community and students to work with new learning models and foster innovation and technology.

In the February vote, Nebraska representatives Lee Terry and Adrian Smith voted no on the bill. Congressman Jeff Fortenberry chose not to vote on the bill.

Senior biology student, Peter Spirk of Nelson, said he would support a bill that would address the rising costs of higher education and his representative's stance on the bill would not impact his vote. Spirk said, "This is an important issue for many young people across the country. I think if our representatives are going to vote no on the measure, they need to justify their stance to young people in the state."

The next step for this legislation is to be considered by committee in the Senate. From there the legislation will endure more debate before coming to vote before the Senate.

To learn more about this legislation check out the House Committee on Education and Labor website at www.edlabor.house.gov.

Speakers address divided society



Photo by Laura Schemper

"Politics, Indigenous Rights and Poetry" were the general topics for Columbian speakers (left) Aty Janay and Fredy Chicangana Monday March 10. The James E. Smith Midwest Conference on World Affairs hosted by UNK featured speakers throughout the day and evening March 10 and 11 focused on the topic "Global Power, War, and Inequality in the 21st Century."

INDEPENDENT AGENCY TAKES ON CORPORATE GIANTS FOR INTERACTIVE ACCOUNTS:

A Look into the World of Online Advertising with Kelly Moore.

Thursday, March 27, at 3:30 p.m. in Copeland 130.

Kelly Moore will discuss the newest technologies in advertising from the perspective of an independent agency. Moore is an interactive Account Supervisor at Slingshot, LLC, in Dallas, TX. She oversees corporate website redesigns for clients like United Healthcare, Waste Management, and D.R. Horton. She also works on interactive media and promotions for McAfee.

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This event is free and open to the public. It will be particularly informative for anyone interested in Advertising, Public Relations, Marketing, Graphic Design, Website Design, or any related field.

CINEMA

Kearney Cinema 8 Rated PG-13, 1 hr 30 min
 Showtimes: 12:35, 2:50, 5:15, 7:30

CEC - World Twin Theatre
 10,000 B.C. Rated PG-13, 1 hr 49 min
 Showtimes: 12:00, 2:35, 5:10, 7:40

Alvin and the Chipmunks Rated PG, 1 hr 32 min
 Showtimes: 12:10, 2:20, 4:45, 7:10

Bank Job, The Rated R, 1 hr 50 min
 Showtimes: 7:15, 9:30

Bucket List, The Rated PG-13, 1 hr 37 min
 Showtimes: 12:15, 2:45, 5:25, 7:45

Semi-Pro Rated R, 1 hr 30 min
 Showtimes: 7:00, 9:00

College Road Trip Rated G, 1 hr 23 min
 Showtimes: 12:20, 2:25, 4:40, 7:00

Carmike Hilltop Theatre
 27 Dresses Rated PG-13, 1 hr 47 min
 Showtimes: 7:10

Jumper Rated PG-13, 1 hr 28 min
 Showtimes: 12:25, 2:40, 4:50, 7:15

Definitely, Maybe Rated PG-13, 1 hr 52 min
 Showtimes: 7:00

Juno Rated PG-13, 1 hr 31 min
 Showtimes: 12:30, 2:55, 5:20, 7:35

Fool's Gold Rated PG-13, 1 hr 50 min
 Showtimes: 7:00

Spiderwick Chronicles, The Rated PG, 1 hr 37 min
 Showtimes: 12:05, 2:30, 4:55, 7:20

Witless Protection Rated PG-13, 1 hr 37 min
 Showtimes: 7:00

Vantage Point



CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12	13	
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37				38				39	40		41		
42			43		44				45				
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50	51	52						53					
54						55	56			57	58	59	60
61						62				63			
64						65				66			
67						68				69			

62 Novelist Vidal
 63 Kind of acid
 64 Not shut tight
 65 Peruse
 66 Smiling
 67 Tyne of "Cagney & Lacey"
 68 Charitable donations
 69 Tugs

Down
 1 Three-handed card game
 2 Remedy
 3 Malt kiln
 4 Sunshine State
 5 Zealots
 6 __ kebab
 7 Prepare to be shot
 8 Victor's pronouncement
 9 Get snug
 10 Merciful
 11 Roamed
 12 Ten per cent taker
 13 Role for Silverheels
 22 It's opposite IX on a clock face
 24 Meal for the humble?
 26 Bard's river
 27 French Novelist Andr?
 28 Greek war god
 29 Clipped
 30 Chief city of northern Nigeria
 32 Get by
 34 Neat as __
 35 Tiny parasite
 36 Discharges a debt
 39 Big exhibition
 40 Given to procrastination
 43 Backing for actors?
 45 A singing Jackson
 47 Peculiar
 48 Wonder drug for men
 50 Leaves for lunch?
 51 Nigeria's capital
 52 Wall painting
 53 Requirements
 55 Coward in the theater
 56 Stuff
 58 Noggin
 59 Sow sound
 60 Business records: Abbr

Across
 1 Jeer
 6 Washer cycle
 10 Suffix with auto
 14 __ Lumpur
 15 Inventor Elias
 16 Trademark
 17 Pyromaniac's crime
 18 Egyptian goddess of magic
 19 Level
 20 Aquarium acquisition
 21 Emotion
 23 Hankering
 25 Deceived
 26 Morocco seaport
 29 Knitter's purchase
 31 Creator god of the Incas
 33 Pack down
 37 Lyric poem
 38 Fainted
 41 Actress Zadora
 42 "The Untouchables" hero
 44 Nearness
 46 Witches' get-together
 49 Aircraft
 50 Saturday by the Seine
 53 Ark builder
 54 Profusion
 57 Small drum
 61 Come-on

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Readers' Opinions
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REACTION TRAINING

Exercise is not a dirty word for kids or adults who can work up a sweat, burn calories, have fun in virtual reality, playing games at the gym

BY MELISSA HINKLEY
Guest Writer
Interpretive Reporting
Second in series

"With childhood obesity, those kids are playing less. The way kids play today is not as active as it used to be."

In order to get kids off the couch and moving, Anderson and other professional trainers are incorporating exergames into their training sessions. Anderson works with children of all ages to teach them an active lifestyle.

"Using the Trazer, I can get them to be very active and keep their attention for a longer period of time," Anderson said. "It really helps with motivation. It helps older kids too because it is a game. You get to play opposed to train or workout. Things like the Trazer or game bikes make playing more active. Some people will say I hate going on the treadmill because it is so boring, or I hate riding stationary bikes. Exergaming makes it more enjoyable."

Exergaming is a new technology continually making improvements to meet the market for the product. Some of the most popular games right now are the Trazer, Xavix, McCoto, game bikes and 3 kick. These games are interactive and use body movements to run the game. Some of the games such as the Nintendo Wii and Dance Dance Revolution have become popular in the home and have even made their debut in retirement homes.

"We use the Trazer as a training tool for clients of all ages because there is motivation built right into the system," Anderson said. "It keeps score and you don't realize how hard you are working until you are done. The Trazer is a challenge and competition, and there is an element of distraction built right

into the system."

Exergaming facilities are emerging as studies show young Americans are becoming more and more unhealthy. These lifestyle choices result in serious diseases such as diabetes, congestive heart failure, fatty liver disease, arthritis and cancer.

"Pediatric obesity is our greatest threat to national security," Medina said. "It's just getting worse and worse. Some will say it is not a problem, but they either have to be blind or their heads are stuck in the sand."

Over time, the complications of these serious diseases grow like the waistlines of the afflicted. The alarming increase in childhood obesity is a great concern to health professionals.

"We are starting to see adult diseases in kids," Medina said. "For example, it takes 10 to 15 years to see diabetes in the blood. If they are already diabetic by the time they are a teenager, then by the time they are in their twenties they could be blind. How can they give back to the economy?"

Serious problems call for serious answers. Exergaming provides a very real answer for the rising obesity epidemic making exercising a positive experience for the reluctant.

"Exergaming is helping to chip away at the ever-rising obesity epidemic," Medina said. "It is helping to make America healthier by getting kids and adults more active. Obesity is not like a virus where you can give a person something and it just wipes it out. It deals with a lifestyle. We do our little part to get adults and kids to exercise and lose weight."

Game Bikes such as Playstation 2 can be connected to stationary bikes.

The players pedal and steer while characters mimic their speed and direction, which is displayed on the TV monitor or play interactive games such as Dance Dance Revolution.

• Cost up to \$200 for bundle + game cost of \$30 to \$50 + cost of stationary bike

• Calories per hour of active fun compares to rowing, running, jumping, skiing: 500 or more



Photo courtesy of Bob Andersen
Two exgamers compete on Playstation 2 Gamebikes at Victory Human Performance Center in Lincoln.



Photo courtesy of Ernie Medina
An exgamer playing the CYBEX Trazer jumps to prevent balls from falling on the screen.

The CYBEX Trazer: uses optical sensors to track and measure movements of the participant. A beacon is attached to a belt worn by the user and their movements are mimicked on a TV screen by a virtual character.

One game called "Goalie Wars" allows the player to intercept and "catch" soccer balls thrown by a virtual goalie. Once caught, a ball can be thrown back by lunging forward, and if you fake-out your opponent, you score a point.

• Cost \$5000 + monitor + program updates

You Tube

How to waste more time on the internet than you already do

By Griffith Watson



Thanks to the increasing popularity of YouTube, videos like "Charlie bit my finger - again!" have soared to instant Internet hall of fame status with over 10 million views so far and increasing everyday.

Look up YouTube in the dictionary, and you probably won't find a definition. Yet.

"YouTube it" is a phrase becoming more and more common in day-to-day language, referring people to the popular Web site.

Many people are already familiar with YouTube, but some may not be. For those of you that aren't, this is your quick, get started guide to watching video clips online. For you, YouTube savvy readers out there, hopefully you will find some entertaining videos to watch in this article.

YouTube.com is a Web site where users can share videos and video clips. The videos on YouTube range from personal blogs, National Hockey League highlights to music videos. You can either tour the site as a registered user or just as a guest. Registered users are allowed to upload videos to share with others.

Now, next time somebody tells you to "YouTube it," take yourself to the Web site and follow their directions.

Here are some examples of things you can find. Say you are a huge David Bowie fan, and you really want to watch a performance of Bowie performing "Magic Dance" in the sensational film "Labyrinth." All you have to do is type in David Bowie Labyrinth, hit search and you get 892 results.

As with most search engines, the best matches are returned first. Please select the third video to watch David Bowie interact with goblins and make the baby dance.

For the NFL and college football fan, here is a video that you would probably enjoy. Mel Kiper is known for his ratings of college players and his coverage of the NFL draft. Search for "Toddler Drafted Raiders" and enjoy.

Maybe you are reminiscing about your junior high days with your girlfriends and you have the sudden urge to watch TLC's "No Scrubs" video. Don't worry it's on YouTube, along with Vanilla Ice, Boyz II Men and the Backstreet Boys.

Not only is YouTube entertaining, it can also be educational. If you simply search for "How to," you get back over two million results. These videos range from how to solve a Rubik's Cube, how to skateboard, and how to make your own videos. Next week please search for a video of "How to solve a Rubik's Cube while skateboarding."

While user-generated content makes up a large portion of YouTube's library, many companies and professional organizations are getting into the act. One example is the National Hockey League. The NHL posts video highlights from every week of the season to showcase the best goals and highlights from that weeks games.

Highlights and education are both important parts of YouTube experience, but the number one reason the website has become so popular is because of its entertainment value. Any number of funny videos can be found on YouTube. It is impossible to write about some of the funniest videos

without offending certain readers, so hopefully nobody takes any of these videos personally. A great video to watch at the expense of others is found by searching "Fat Lady Motorcycle."

Another great site for enjoying funny video clips is FunnyorDie.com. Will Ferrel and several other comedians have posted their own videos on this site. Two of the best clips involving Ferrel are "The Landlord" and "The Green Team."

While you are getting to know YouTube and other internet video sites, take some time to look around and see what kind of videos you can find. Just search for anything that pops into your head and sit back and enjoy. Find a funny video and paste the link on your friend's Facebook wall and share the laughs.

Now that you've been educated about this wonderful procrastination tool, get out there UNK and YouTube it!

Let the madness begin

BY JARED HOFF
Antelope Staff

What's one thing that many people will be doing on the evening of March 16? For many of us, we will be filling out a bracket for the NCAA men's basketball tournament.

March Madness (as the tournament takes place mainly during the month of March) or the Big Dance (as opposed to the now smaller and less prestigious NIT), is a tournament that takes place over three weeks at sites across the United States, and the national semifinals (the Final Four) have become one of the nation's most celebrated sporting events.

Since its 1939 inception, it has built a legacy that includes dynasty teams and dramatic underdog stories. In recent years, friendly wagering on the event has become something of a national pastime, spawning countless "office pools" that attract expert fans and novices alike.

All games of the tournament are broadcast on the CBS broadcast television network in the United States, except for the opening round game, or "play-in game" as

it has been called, which aired on TNN in 2001 and ESPN since 2002.

The tournament bracket is made up of conference tournament champions from each Division I conference, which receive automatic bids. The remaining slots are at large births, with teams chosen by an NCAA selection committee.

The selection process and tournament seedings are based on several factors, including team rankings, win-loss records and RPI data.

The brackets are not reseeded after each round. The tournament is single-elimination and there are no consolation games.

The single-elimination format produces opportunities for Cinderella teams to advance despite playing much tougher teams. Nonetheless, despite the numerous instances of early-round tournament upsets, including four instances of a No. 15 seed defeating a No. 2 seed, no No. 1 seed has ever lost in the first round to a No. 16 seed.

In 1982, CBS obtained broadcast television rights to the tournament. In 1991, CBS assumed responsibility for covering all games of the NCAA tournament, with the exception of the single Tuesday

night "play-in" game, the play-in game is between teams ranked 64 & 65 and is televised by ESPN.

In 1999, DirecTV began broadcasting all games otherwise not shown on local television with its Mega March Madness premium package, at \$49. The DirecTV system used the subscriber's zip code to block out games which could be seen on broadcast television.

Prior to that, all games were available on C-Band satellite and were picked up by sports bars. In 2003, CBS struck a deal with Yahoo! to offer live streaming of the first three rounds of games under its Yahoo! Platinum service, for \$16.95 a month.

Since the expansion to 64 teams in 1985, there has never been a case where all four No. 1 seeds made it to the Final Four.

Come Sunday, many UNK students will print a bracket and begin the journey of trying to predict the winner. The post season tournament that has become March Madness is worth every buck it charges, and with a good reason: the college kids who play the games.

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Wrestling sends nine to National Championships

BY ERIC KORTH

Antelope Sports Editor

Months of hardwork and training have paid off for the UNK Wrestling squad. The Lopers qualified nine grapplers to compete in the NCAA Div. II National Championships that are to be held this weekend in Cedar Rapids, Iowa.

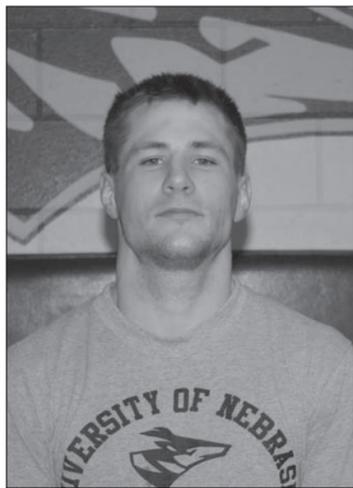
UNK tied with UNO for most wrestlers sent to the championships with nine. For a few of the Lopers, this will be their first time taking the mats on the big stage. While seasoned veterans such as Tervel Dlagnev and Brett Allgood have competed, and even walked away from the national championships with titles of their own.

Going into Cedar Rapids, eight of the nine Lopers are nationally ranked. Heavyweight, Tervel Dlagnev and Marty Usman, 174 lb., both enter the championships ranked first in their respective weight class.

Last year the Lopers qualified nine wrestlers as well, but they hope to improve off last year's second place finish and come back to Nebraska with this year's team title.

Check lopers.com for up to date scores and highlights from this weekend's National Championships.

Photos and Profiles by
Hannah Hottovy



Brett Allgood

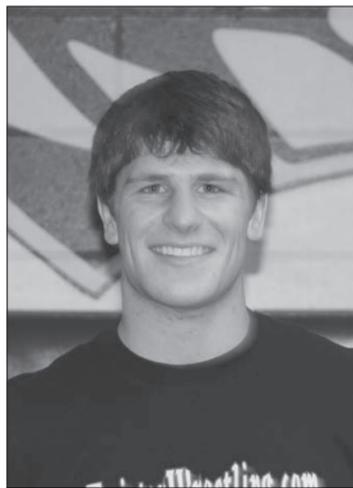
133 lb.

Hometown: Bennington, Neb.

Year in School: Senior

Wrestling accomplishments: 4-time undefeated state champion, 2003 junior college national champion, 2006 Division II National champion, and 2007 Division II third place All-American

Favorite hobby outside of wrestling: Hanging out with my friends.



Jeff Rutledge

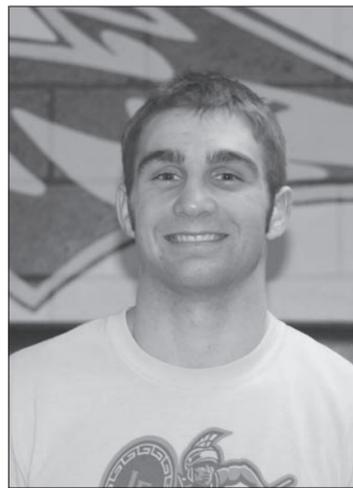
141 lb.

Hometown: Lincoln, Neb.

Year in School: Senior

Major: Health and Physical Education K-12

Favorite wrestling memory: Hearing the crowd chanting U-N-K after a comeback victory at Division II Nationals last year.



Ryan Etherton

149 lb.

Hometown: Lincoln, Neb.

Year in School: Sophomore

Wrestling accomplishments: Ranked second for record amount of falls in Division II (ranked first in RMAC), 2-time state champion, RMAC runner-up, 2-time Academic All-American, defeating Keenan and Jeff everyday in 5-on-5 dodgeball with Joe



Joe Ellenberger

157 lb.

Hometown: Omaha, Neb.

Year in School: Senior

Favorite hobby outside of wrestling: Mixed martial arts (5-0 record), Goal: 155 lb. world title for competitive eating.

Favorite wrestling memory: Winning this year's RMAC team title after coming in ranked third in the conference and then winning it all by more than 30 points!



Keenan McCurdy

165 lb.

Hometown: Lincoln, Neb.

Year in School: Junior

What do you look forward to the most at the 2008 NCAA DII National Championships? Warming up with my buddy Joe and getting after it for the last time with Jeff, Joe, Tervel, and Brett.

Favorite hobby outside of wrestling: Cooking and eating.



Kamarudeen "Marty" Usman

174 lb.

Hometown: Arlington, Texas

Year in School: Sophomore

Major: Nursing

Wrestling accomplishments: High school All-Stater, NAIA Central Region Champion, Division II RMAC Champion.

Favorite wrestling memory: When we won the team RMAC championship this year.



Paul Sutton

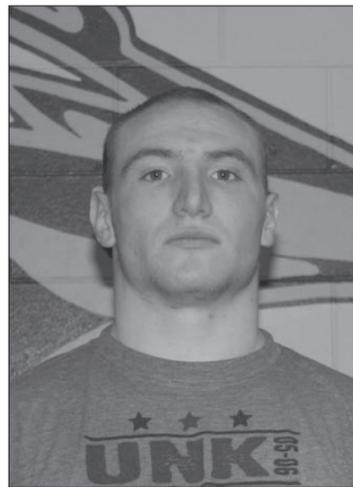
184 lb.

Hometown: Wahoo, Neb.

Year in School: Junior

Favorite wrestling memory: After a dual loss to Adams State, the team really came together and there was a great feeling of team love. I love this team!

Favorite hobby outside of wrestling: Riding my bicycle and cooking.



Derek Ross

197 lb.

Hometown: St. Francis, Kan.

Year in School: Sophomore

Major: Philosophy and History

Favorite hobby outside of wrestling: Fishing and water skiing.

What do you look forward to the most at the 2008 NCAA DII National Championships? I look forward to our team competing for a national title.



Tervel Dlagnev

Heavyweight

Hometown: Arlington, Texas

Year in School: Senior

Wrestling accomplishments: 2007 National Champion, 3-time Academic All-American, second wrestler to ever win four RMAC titles, and 2007 and 2008 RMAC wrestler of the year.

Favorite hobby outside of wrestling: Dancing, racquetball, and guitar hero.

Intramural sports help students in all aspects of life

BY SCOTT LEVY

Antelope Staff

Nate Osterloh's days of playing basketball were over when he graduated high school, or so he thought.

Thanks to intramural athletics, Nate's days of basketball aren't over just yet. At 5-foot-10 and 175 pounds, senior Nate Osterloh loves to play intramural basketball here at UNK.

"One of the reasons I love intramural sports is because it is all about having fun, and just playing the game the way the game was made to be played.

"College students can blow off steam in many ways, but intramural sports are a great way to meet people and have fun all at the same time," Osterloh said.

Osterloh came to college with an open mind to find new friends and have fun along the way.

"When I first came to college I signed up for intramural basketball to meet new people. I met some of my best friends in intramural basketball," Osterloh said.

His friends say he is a shy person and he has really opened up all because of intramural basketball. He was always a laid back man with not a lot of friends. But that all changed when he came to when he started playing intramural sports.



Photo by Nicholas Hauder

UNK students Mitch Armour and Chez Rivas, both from Ogallala, Nick Trausch of Roseland (on defense) and Eli Hammond of Colorado Springs, Colo. take part in intramural five on five basketball in Cushing Coliseum.

"I have known Nate since high school, and he has really opened up since coming to college and playing intramural basketball," Chad Jones said.

Jones, a senior, is one of Osterloh's best friends from Fremont High School. He has seen Osterloh go through many changes and finally become more outgoing.

"He finally has confidence to go up to people and make friends

with them," Jones said.

Basketball is not the only intramural sport that UNK offers. The sports range from soccer, softball, racquetball, pitch tournaments, ice hockey golf and even innertube water polo.

There are many more intramural sports that can be played on UNK campus depending on the season.

The local office is in the

Health and Sports Center and anyone in the office can get you started in intramural sports

"I have made many changes in my life, and the best thing that has happened to me is intramural sports. All the friends that I have made in intramural sports have been excellent people to hang out with and will be my friends for life," Osterloh said.

Lady Lopers make second straight tournament appearance

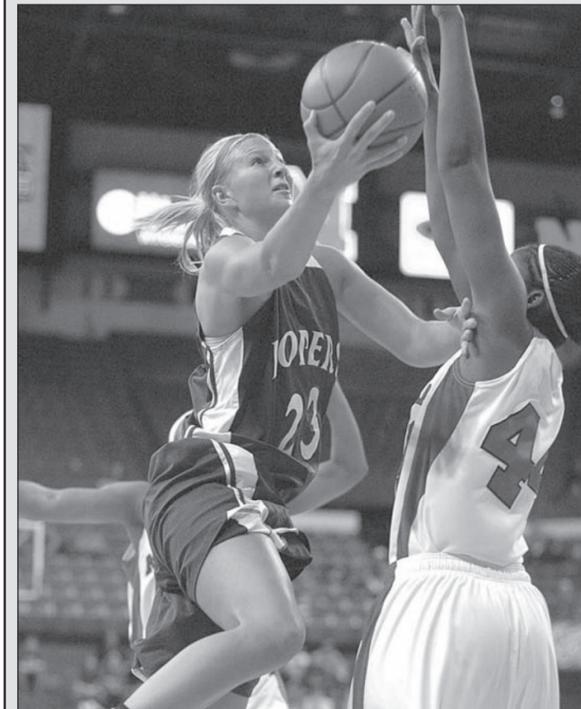


Photo courtesy of Peter Yazvac

Senior Melissa Hinkley takes it up strong against Nebraska's Catheryn Redmon early in the season. The Lopers finished the regular season 26-6 and finished 2nd in the RMAC. The women face Fort Lewis (26-3) in the first round of the tournament.

No. 5 UNK (26-6) vs. No. 4 Ft. Lewis (26-3)
Friday, Mar. 15, 8:00 p.m.
Vermillion, S.D.

Love and... Menards?

Couple ties the knot in hardware store

BY KELLY BERNT

Antelope Staff

Everyone knows Menards is the place to save big money, but Minden couple Gaylan Whitwer and Francine Brickner saw the

hardware store in a completely different light. In an unprecedented ceremony, the couple tied the knot in the Menards' kitchen area Friday, Feb. 29.

"We couldn't think of a bet-

ter place," Brickner said. "We're home remodel hobbyists. We spend all our free time and money here."

"Frankie and I met here," Whitwer added. "Every time we come to Menards is a date."

The couple's maid of honor Teresa Binger and best man Steve Melroy introduced the couple three years ago. "I always told Gaylan, 'if you ever find a woman who loves to go Menards, you better marry her,'" Melroy said, "and that's what happened."

Whitwer agrees. "She hands me pieces of plywood when I'm on the roof," Whitwer said. "Hell of a woman."

"We were not surprised," Binger said, in reference to the strange location of the wedding. "They love this store. We were tickled when they said they were getting married here."

Hosting a Menards' wedding wasn't easy, however. The wedding required permission from the Kearney Menard's manager, John Miller and Larry Menard, brother of Menards' founder and second in command of the national chain. To top it off, this was all done in a short two weeks.

"It's been a whirlwind," Binger said. "We started planning it a week ago yesterday. We've just gone with it."

While the wedding was in a very public place, the nuptials

were kept under wraps. "No one except a small group knew," Brickner said. "We're taking the video to the family. That's how we're telling them."

Even the wedding reception was a surprise. "There's a surprise reception in Minden," Binger said. "We told everyone it was Steve and I getting married."

The couple plans to move to Gibbon following the wedding, and plans to continue frequent visits to Menards.



Photo by Kelly Bernt

Gaylan Whitwer and Francine Brickner took part in a quiet ceremony in the kitchen department at Menards. "We couldn't think of a better place," Brickner said.



Photo by Kelly Bernt

There really is something for everyone at Menard's. In an unprecedented ceremony, Francine Brickner and Gaylan Whitwer tied the knot at their favorite hardware store.



Photo by Kelly Bernt

Donning his UPS uniform, ordained minister Jim Reier officiates the ceremony as (clockwise) best man Steve Melroy, groom Gaylan Whitwer, bride Francine Brickner and maid of honor Teresa Binger stand by.

Frank House, MONA host Reynolds Readings

BY ALISSA ROBERTS

Antelope Staff

Wang Ping, an associate professor of English at Macalester College in St. Paul, Minn. kicked off the Reynolds Series: Honoring the Sand Hills Crane Migration Tribute Retreat at the Frank House on Friday, March 7 at 7:30 p.m. The retreat will end Saturday, March 15 at 1:30 p.m. at the Frank House.

According to www.maca-lester.com/english/wang.html, Ping was born in Shanghai. She came to the States to study in 1987. Ping read several poems on Friday evening. She also discussed the symbolism of cranes in the Chinese Culture, where the crane symbolizes integrity, longevity and magic.

Steve Warren, a non-traditional senior majoring in history with an emphasis in social science said the reading was the first Reynolds reading he had attended. Warren said he learned about the reading from Professor Allison Hedge Coke's poetry class and

from a flier that he saw at the grocery store.

"I thought I would learn a lot, and I did. It's just always neat to hear someone else present their material," Warren said.

Ping answered several questions after she read her poetry. She discussed the differences between writing in Chinese and writing in English, her self-taught informal education as a child and the musicality of the Chinese language's syntax.

The audience learned a lot from Ping about what life in China is like. She talked a little about the experiences of peasants who work in factories making jewelry from stores in the United States.

According to www.maca-lester.com/english/wang.html, Ping has written two collections of short stories, a Chinese folk tale, three collections of poetry, a novel and a non-fiction book. Her poetry helped the audience to learn about life in another country.

"Having gone through a typical Nebraska upbringing, it's al-

ways good to hear people of great skill share their art," Warren said.

The second reading was held at MONA on Saturday, March 8 where Dr. Barbara Emrys, professor of English at UNK, read with Leanne Howe and Janet McAdams.

Emrys read poems about travel by McAdams and read about her trip to Hawaii. Howe read about and discussed the history of baseball among the Native American tribes.

The retreat included eight other events featuring James Thomas Stevens, Hugo Jamioy Juagibioy, Fredy Chicangana, Johana Marcela Mestre Izquierdo—

Aty Janay and others. The local readers were Susanne Bloomfield, Kurt Brochard, John Damon, Barbara Emrys, Charles Fort, James Hawley, Rick Marlatt, Kevin Nienstiel, Charles Peek, Terri Lee Schriffrens, Jan Thompson, Don Welch and Allison Hedge Coke. Many students read as well.

Photo by Sarah Ahlers

Wang Ping read a few poems from her poetry books, as well as some of her more recent poems Friday night at the Frank House to kick off the Reynolds Series to celebrate the cranes.



A tale of two diners

Campus favorites battle for students' dollar

BY MICHAEL PENNETTA

Antelope Staff

It's been a few months since the University Grill graced the campus of UNK. Now, the owner of The Cellar has turned it into Campus Edge. Campus Edge has kept the same look but is offering a different menu this time around.

Students can enjoy a plentiful breakfast menu from 6 to 10 a.m., Campus Edge offers a hearty breakfast at a price all students can enjoy. A loaded breakfast burrito is offered at a tasty price of \$3.85 as well as hash browns and a cinnamon roll all for an added price of \$1.95. Campus Edge also offers country fried steak and egg

toasters for \$3.85 that are sure to leave students with a full stomach on their way to class.

The deals don't stop at breakfast, as Campus Edge continues to offer low prices at lunch time. Students can enjoy lunch with a half-pound hamburger with cheese, all for \$3.59, or add another patty for a total of \$5. Campus Edge also offers chicken tenders and sandwiches as well as gyros and pitas; all of which are under \$4.

"Ever since University Grill shut down I was disappointed," sophomore, Ryan McCarthy said, "I used to go their every morning to get breakfast and snacks before class, now with Campus Edge I can continue to do that."

Campus Edge doesn't offer

only cooked foods, they also are set up like a gas station, offering many different types of snacks, beverages and candy. Students are also encouraged to enjoy the diner area for reading, studying and just to relax.

"I usually just go in for breakfast to get a quick snack, or to get their breakfast burritos, those are the best," said McCarthy.

Right up the street is a little place on campus that has been making a buzz for quite some time. Come and Get It BBQ is a very affordable, small diner.

Offering many dishes you would find in a franchise restaurant, Come and Get It has been wooing UNK students for quite a while. On Monday's they have \$1 ribs, Tuesday offers Jones sodas which are two for \$2, as well as specials on pork sandwiches two for \$5.50. Wednesday is reserved for wing lovers as Come and Get It offers \$.25 wings.

Come and Get It has many slow hickory smoked meats as well as many types of barbeque dishes. All of which are homemade recipes.

"Come and Get It offers some of the best barbeque in town, as well as some of the best hickory smoked meats at an affordable price," sophomore, Brian Levinduski said. "The pulled pork sandwiches are by far my favorite thing."

Desserts are also a hot commodity at Come and Get It since they are all homemade as well.

"The homemade ice cream is my favorite dessert, I don't have a favorite flavor though, I like them all," Levinduski said.

With two affordable diners very close to campus, students don't have to worry about their wallets or stomachs being empty, because with prices and dishes like these students pockets and stomachs will be full.

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Safety on campus an issue to be aware of

Many options available, including S.A.F.E. walk and the Buddy System

BY AMANDA BELL
Antelope Staff

College is a time of independence. Many students are finally free of their household rules and are able to stay out at all hours of the night. In addition to this, many students take evening classes to sleep in as long as possible.

Because UNK is a relatively small campus, and parking costs more than most would like to pay, many students walk to and from

their buildings, regardless of the time. While it is convenient and less expensive than buying a parking permit, is it safe?

Last year, there were two reported cases of forcible sexual assault and 13 reported cases of non-aggravated assaults, according to the Crime Awareness and Campus Security Report. There were also 117 reported cases of larceny. While these numbers may sound alarming, they are actually lower than in years past.

There are many ways to pre-

vent crime on this campus, and the only tool that students have is awareness. First and foremost, there is a S.A.F.E. walk program. This program will send a person to safely walk a student, employee or guest to or from anywhere on campus.

"We have a S.A.F.E. walk?" Molly Langerak, a junior from Erie, Colo. said when asked if she thinks the S.A.F.E. walk program is beneficial. This goes to show that promotion is a problem with certain student resources.

Another beneficial program that is little known on campus is the Buddy System. It works with The Kearney Cab Company, and offers students who are too impaired to drive a free ride home. The Buddy System is available Thursday through Saturday from 11 p.m. until 2 a.m. Students are required to show their UNK I.D., but the fare is waived.

Walkers can also reach for blue emergency phones that dial the Kearney Police dispatch directly. While these phones are

very important in reporting crimes that have already been committed, they don't do much in ways of preventing crime. They have also had periodical problems, but Michelle Hamaker, director of Public Safety said they are tested weekly and all problems are fixed immediately. The phones are also beneficial because cell phones do not offer a location to police dispatch while these land lines do.

Public Safety also offers a Sexual Harassment Assault Rape Prevention class to all university-

affiliated women at no cost.

Students can learn more about the resources offered on this campus. Experts say awareness is the only way to prevent crime and to have a safer college experience.

S.A.F.E. Walk:
(308) 627-4811

Buddy System:
(308) 234-6725

Public Safety:
(308) 865-8517

Color, texture popular for spring haircuts and styles

BY LAURA HENRIETTA
SCHEMPER
Photo Staff

Long or short? Curly or straight? These are among the questions many people ask before visiting a salon. Some of the stylists at Joseph's College of Beauty had additional hairstyle tips to offer this spring.

"Hairstyles for the upcoming spring season will typically be funky like the previous season," Crysten vanAcker, senior student stylist at Joseph's College of Beauty in Kearney, said.

One style is the headband, where the head of hair is one color and there is a wide "headband" the reverse color.

"Other styles are finger waves, multiple hairstyles and

"Hairstyles for the upcoming spring season will typically be funky like the previous season."

Crysten VanAcker
Senior student stylist
Joseph's College of Beauty

the peek-a-boo, where the darker shade peeks through the lighter on top," Riley Bayne, senior student stylist said.

"Detached layers, which create lines in the hair and one side is purposely longer than the other are also popular," Bayne said.

"We see a trend in drastic col-

ors that work with or against each other," vanAcker said. Last week she had an appointment to give a young woman an "A-frame" with pink as the framed color and blonde on top.

Bayne offered a few trade secrets.

"During the winter, I apply Paul Mitchell Super Skinny to help against static," Bayne said. "It's also a good idea to use before straightening hair with a straight iron."

Another tip is to use dryer sheets in place of anti-frizz serums to fight static.

"Wash your hair every other day and use a dime to quarter size amount of shampoo to make your shampoo and conditioner last longer," Bayne said.

She also suggests after sham-

pooning to leave conditioner on longer because it penetrates deeper into hair follicles.

Joseph's College of Beauty services include facials, manicures, pedicures, waxing and scalp massages.

Photos By Laura Schemper

Top: Brittany Richards from Joseph's College of Beauty has an a-frame and a peek-a-boo. Her new style warms her face for spring.

Bottom: Tara Lennemamm showing off a peek-a-boo style at Regis salon in the Hilltop Mall on Tuesday. She also has the long bangs that currently are in style.



UNK History Department hosts National History Day competition

BY RACHEAL SMITH
Antelope Staff

The annual Kearney District National History Day competition will be held on UNK campus Wednesday, March 13. Nearly 80 middle and high school aged children will compete to have the opportunity to participate in the state competition in Lincoln.

The district coordinator for this event is Dr. James Rohrer, who is also a history professor at

UNK. "We have almost 80 kids participating this year, and the variety of projects is really wonderful. We have everything from a dramatic presentation on Hatshepsut, the first female pharaoh, to exhibits on The Black Death and the Somalia War of 1992 to 1994. It really should be a wonderfully fun experience both for the students and also for the judges," Rohrer said.

National History Day competition originated as a small

"We have everything from a dramatic presentation of Hatshepsut, the first female pharaoh, to exhibits on The Black Death and the Somalia War of 1992 to 1994."

Dr. James Rohrer
UNK History Professor

competition in Cleveland, Ohio in 1974. The competition was created by Dr. David Van Tassel from Case Western Reserve University to rejuvenate history education in middle and high schools.

The program spread quickly, and by 1980 National History Day had become a national competition. Today two million people participate every year including students, teachers and parents.

National History Day is now based in Washington D.C., where

the national competition is held every year. The students who advanced to state from the Kearney District have the opportunity to be sent to the national competition.

For more information about this program or how UNK students can be involved contact Dr. James Rohrer at rohrerjr@unk.edu. Everyone is also invited to stop by the competition to support the students and see all the hard work these young people have done.

'Smoking or non?'

▼ Since Gov. Dave Heineman signed a bill into law banning smoking in public establishments beginning June 2009, cities have been split on the issue. Other cities including Grand Island have enacted the ban a year early. Area bartenders, who will be directly affected, share their different opinions.



Photo By Mark Hayden

Lindsay Bennett, a UNK alumni, is a bartender at Skeeter Barnes and indifferent towards the smoking ban. "I am a non-smoker, but smoke does not really bother me personally. I think it will be easier to seat people and cater to their needs."



Photo By Mark Hayden

Lance Gunderson, an alumni of UNK has worked at Cunningham's Journal for three and a half years. He is a non-smoker and believes that the smoking ban infringes on our rights. "I really don't think that it's fair. Everyone that is old enough to drink is an adult and should be able to make their own decision."

Laser tag lights up Ponderosa Room

BY DANIEL APOLIUS
Antelope Staff

The Ponderosa Room was transformed Thursday night into a psychedelic battle arena for the fourth annual laser tag tournament hosted by LPAC. The room was flooded with black lighting, fog, rotating laser beams and large inflatable obstacles. Two teams battled one another in an all out blitz for nine intense minutes.

Experienced teams hoping to cash in on their laser tag prowess wore black clothing, camouflaging their presence in the darkened room. One such team was present at the beginning of the night.

Junior Wes Whitten, a member of Team Nitemare, said, "Last

year we got dominated by girls, it was a lot of fun though, that's why I'm back. That, and I've got a better team this year."

Other teams, while waiting for their time in the arena or catching their breath after an engagement, lounged around the student union.

John Thomas, a senior from Aurora and unofficial team captain of the Randalites said, "They took my laser tag virginity. They really should do this more often, maybe even as an intramural."

For many students this was an excellent excuse to spend some time away from their studies and get out of the dorms.

Sophomore, Tony Lopez from Omaha said, "I think it's really cool and something you don't see

everyday in the Ponderosa Room, all the obstacles, laser lights, it's a lot of fun."

President of LPAC, Stacey Jegel, had just run through with a team and was at the registration table catching her breath. She said the event has been really successful in the past and estimated and that this year was no different, they already had 175 people signed up and ready to play.

Teams consisting of five people, ran, shot and hid around the spacious room. Points were earned for shots made and tallied at the end of each round. Prizes were awarded for the top three teams with the most points at the end of the night.

These prizes were a pizza party, gift certificates to the Big



Photo by Daniel Apolius

Under the fog of war, Team Nitemare crush their oponents with authority. From top left freshman Erick Dodge, sophomore Cory Brehm, bottom left sophomore Brad Green, and sophomore Pat Ackerman.

Multicultural Council promotes cultural diversity

Office of Multicultural Affairs offers support to campus organizations



Photo by Kristen Brockman

Members of the Office of Multicultural Affairs Cultural Enrichment, Diversity and Equity Council Maritza Bernal (left) a sophomore elementary education and ESL major from Shelton, Chris Stetzel (center) a senior organizational communication major from McCook, and Sara DeWyke (right) an elementary and middle level education major from Columbus, work on a group project during the recent council meeting.

BY KRISTEN BROCKMAN
Antelope Staff

If you and your organization are looking for another form of financial support for a campus activity, look no further than the Office of Multicultural Affairs (OMA).

The Cultural Enrichment, Diversity and Equity (CEDE) Council is comprised of student representatives from the eight student groups that the office sponsors. The council is still quite young as it was just made an official student organization last semester.

The idea for the council was created by Dr. Bryan Samuel, former director of the Office of Multicultural Affairs, and Christopher Sulu, a junior construction management major from Scottsbluff, in the fall of 2005. Dr. Samuel wanted a group where OMA students could come together and

talk about the activities the organization was planning and be support for each other's activities.

"The student representatives act as liaisons between the different OMA-sponsored organizations during the meeting," Sulu said.

The council has two purposes: one is to provide support for their fellow organizations, and the second is to provide financial support for different events sponsored on campus.

This year's council is chaired by Sulu and Laura Ceron, a Spanish translation and interpretation, and French major from Omaha. Juan Guzman, director of the Office of Multicultural Affairs, serves as faculty advisor for the council.

If a group wishes to seek funding from OMA, a fund request form can be picked up from the OMA office, located in the Nebraska Student Union by the Oak Room. The form must be returned to the office one month before the

scheduled event. A representative from the group making the request will then be asked to make a brief presentation to the council in order to describe their event and answer questions from members of the council.

There are some qualifications that the program must meet in order to be considered by the CEDE council.

"The program or activity must benefit the UNK campus in regards to any kind of diversity," Ceron said. "The event has to be held on campus, be open to the entire campus and follow campus rules."

The CEDE council continues to develop themselves and hopes that the rest of campus will continue to see them as a great source of inter-campus support.

"Our goal is to have all of campus view us as a resource for diversity," Ceron said.

Red Dress Poker Tournament deals out a Vegas style night



Photo by Leah Petersen

Victore Ryan (left) and Anthony McPhillips (right) duke it out at the 3rd Annual Red Dress Poker Tournament last Friday in the Nebraska Student Union. Kat Tinkham (center), a freshman visual communications major, was the lucky lady in red who turned and burned the cards for five greuling hours. The women of Alpha Phi raised \$8,9000 for cardiac care.



Photo by Leah Petersen

Members of the Alpha Phi Sorority hosted the Red Dress Poker Tournament on March 7. Red dresses were worn by members to promote awareness of heart disease, the leading cause of death in both men and women

BY KIMBERLY TOMJACK
Antelope Staff

Some avid poker players even practiced the night before as a warm up for the Alpha Phi Sorority annual Red Dress Poker Tournament March 7 in the Ponderosa Room.

The tournament began at 5 p.m. with tickets \$12 in advance and \$15 at the door. All proceeds went to the Alpha Phi Foundation, which supports cardiac care.

Aubrie Hill, president of Alpha Phi Sorority, coordinated this event which lasted until about 11 p.m. Friday night.

"We don't have everything sorted through yet but we're estimating about 250 people attended and participated," Hill, a junior multimedia major said.

The members of the Alpha Phi Sorority dealt throughout the night and of course, wore red dresses to promote awareness of

Heart Disease. Heart Disease is the leading cause of death in both men and women, and there are many preventative measures students need to be aware of to prevent problems at a later age.

Prizes were given out during the tournament including a grill, flat screen T.V., video iPod, Xbox 360, Play Station 3 and the grand prize, a trip to Las Vegas.

"The turnout was great," Hill said, "And we are really appreciative of everyone that came and supported us."

Zach Ohlman, a junior physical education major from Grand Island got together with a group of friends the night before the tournament to play and 'warm up' for the following night. "They had some great prizes, and I've had a lot of fun the last two years that I've went," Ohlman said following the game.

"There is always a lot of energy in the room," Ohlman said, "Besides, who doesn't like a bunch of lovely ladies in red dresses for

"They had some great prizes, and I've had a lot of fun the last two years."

Zach Ohlman
Junior

Congratulations to
Anthony McPhillips - Winner
of the Vegas vacation.