

the Antelope

University of Nebraska at Kearney

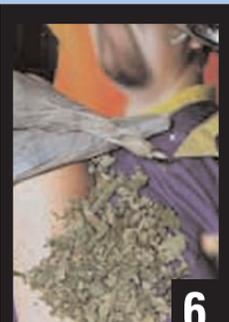
Run With It

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Correcting a controversy

The real reason for the presidential run-off

Sarah E. Schreiter
Antelope News Staff



Courtesy Photo
Newly elected Student Body President and Vice President, Amber Lewis and Grant Campbell.

Smart, dedicated, and hard-working: Amber Lewis would fit this description without a doubt. To that list, some would add "cheater."

"I do my best to be honest at all times, and I can honestly say that this is the biggest mistake I've ever made," said Lewis.

She's often seen working at the Nebraskan Student Union's Welcome Desk, or walking through Thomas Hall on her way to an English class.

In addition to her description as an education major with endorsements in history and English, Amber Lewis can add a new title to her resume: Student Body President and Student Regent.

Lewis made it into a runoff election, and won by a narrow margin of votes. Fewer than fifteen percent of University of Nebraska-Kearney students voted in the runoff election.

Lewis, originally from O'Neill, Neb., spent two years at the University of Nebraska-Omaha before transferring to UNK.

She was a member of student government at UNO and served as

Public Relations Director and Chief Administrative Officer.

Lewis immediately became involved in UNK Student Government, being elected a senator of the college of natural and social sciences, and quickly being named Speaker of the Senate.

During her time as Speaker of the Senate, Lewis had a hand in many UNK activities. Lewis was pleased with the turnout of the Mardi Gras event, and the number of student groups involved with making it a success.

She also helped orchestrate internal changes in the structure of UNK Student Government, within the constitution and bylaws to help the group maintain efficiency. Lewis hopes that the group will grow in the next year.

In an interview with Lewis, she said that she had thought about running as a candidate for Vice President for Mike Eiberger, the past Student Body President, in this election.

When Eiberger decided not to run for re-election, Lewis decided

to look for her own Vice Presidential candidate.

"Grant [Campbell, Lewis' running mate] and I are looking forward to getting out there and getting things done," said Lewis.

Lewis and Campbell competed against the pairs of Timothy Hruza and Ryan Kroger and Travis Checketts and Brandon Bohn during the election.

The initial election was held on Thursday, March 8, via LotusNotes email. The election then required a runoff because Hruza filed a grievance with Student Government. The reason was simple: an allegation of cheating.

Election Commissioner Ray Williams did not respond to an interview request, and stated in a March 14 post on the now-infamous Facebook group, "Amber Lewis Cheated!," "As for me, I will choose to not talk about the incident(s)."

The group was founded by Jason Stodolka, a former UNK student, former Student Government participant, and current graduate student at the University of Illinois.

The group's description states that Lewis had access to the questions to the presidential debate before the debate took place, and then wasn't upfront about her activities. Stodolka never named his source of information, which caused a stir among many of Lewis' adamant followers.

"I'm so grateful for their support. That's what gave me the courage to stay in the election. It would have been easy to throw in the towel," said Lewis.

"I don't want to attack Jason

Stodolka... [but] he didn't go about it professionally.

"You know what? It's Facebook. I decided not to take it [the group] seriously," said Lewis.

Lewis stated in an interview that she did receive a copy of the debate questions the Sunday before the debate. The questions were emailed to her by Kevin Wait, who at that time was the Vice President of the student body.

Wait had called Lewis after helping write the questions with Amber Nabity, telling Lewis that he only wanted her to be prepared.

Lewis said that after she opened the email, she immediately felt remorse. She said that President Eiberger asked if she had discussed the questions with Wait, which she admitted to—but not to having read them. Lewis did admit that on the day of the debate.

The questions were rewritten, and she gave a formal apology.

"I am sorry, and I will work hard to earn their [the student body's] trust," said Lewis. "What happened to me does not in any way display my true character."

In a telephone interview with Kevin Wait, Wait admitted his role: "I made the decision on my own to give her the questions... I did attempt to cheat; I was unsuccessful." Wait gave an official apology at the regular meeting of Student Government the day after the debate, and gave his resignation.

"I deserve what's coming to me," he said during the interview.

Lewis was officially initiated as Student Body President and Student Regent on March 27, 2007.

You're Hired!

Trump's 'Apprentice' explains keys to success

April D. Refior
Antelope Sports Editor

UNK's College of Business and Technology brought Andy Litinski, president of Trump Productions, to campus to speak on leadership in the free enterprise on April 2.

Litinski was the first person in the history of millionaire Donald Trump's reality TV series "The Apprentice" to be fired and re-hired by Trump to work at "The Trump Organization."

Litinski currently works at Trump Productions headquarters in Los Angeles.

In his presentation to UNK students, he explained the opportunities available to those willing to work for them by describing his personal path to success.

This journey began when he founded his own company at age 13, and continued to his starting a non-profit organization, during his freshman year at Harvard University, with the goal of raising awareness of AIDS in Africa.

The Harvard AIDS Coalition" has now grown to over 100 mem-

bers and has spread to over 10 universities across the country.

While at Harvard, Litinski took notice of a new reality TV show that Trump was designing in order to attract new people to his organization. Litinski decided to send in an audition tape.



Courtesy Photo
Andy Litinski, the first person in "The Apprentice" history to be fired and re-hired to work for Donald Trump.

When he got word that he was accepted as a candidate on the show, he admitted, "I broke down and cried like a little school girl."

According to Litinski, the keys to his professional and personal success included taking risks and having "one leg up" on the competition

by knowing information that no one else does.

"If you can out research your opponent, you'll always have the advantage," Litinski said.

Litinski also spoke of his philosophy on rejection, explaining that it would be of use to those preparing to enter the job market.

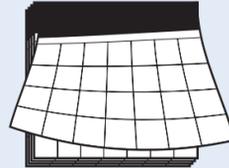
"Learn to love rejection. When you keep hearing no, it makes it more special to hear yes," Litinski said with a smile.

He also encouraged students to "Do things one step at a time. Go in with low expectations and come out with more."

Deborah Murray, Lecture and Outreach Coordinator of The College of Business and Technology said, "In my opinion, one of the most important messages of Mr. Litinski's presentation, was the concept of working hard at something you love to do. Finding that thing that you are passionate about and making that your job almost guarantees success and a happy life."

The event was brought to Kearney with funding from The Baldwin Free Enterprise Lecture Fund.

This Week in History



April 5, 1994

- Nirvana frontman Kurt Cobain commits suicide in his Seattle, Wash. home. Skeptics blame his death on his wife, Courtney Love.

April 6, 1917

- The United States declares war on Germany and enters World War I.

April 7, 1770

- William Wordsworth was born. Centuries later, students taking courses in Romanticism still wonder why he was so obsessed with his childhood—and his sister.

April 8, 1986

- Clint Eastwood was elect-

ed mayor of Carmel, Calif. He served until 1988.

April 9, 1962

- "West Side Story" won 10 Academy Awards, including Best Picture, Best Supporting Actor and Actress, and Best Director.

April 10, 1970

- Paul McCartney announces the breakup of the Beatles.

April 11, 1977

- President Jimmy Carter hosts annual "Easter egg roll" competition on the White House lawn.

www.history.com

WEATHER

FRIDAY

Mostly Cloudy
High 44
Low 26



SATURDAY

Partly Cloudy
High 41
Low 23



SUNDAY

Sunny
High 47
Low 35



Keys from the Boardroom

- 1) Must have the Information Advantage
 - Get the experience, do the research, out-work and out-hustle
- 2) Leadership requires the willingness to be unpopular
 - Be willing to go against the grain
- 3) Always 'under-promise' and then 'over-deliver'
 - Make occasional vague promises and then make the follow-through stellar!
- 4) ALWAYS treat people with respect and fairness
 - You don't know when you'll need a favor; don't ever underestimate the power of relationships
- 5) Learn to love rejection
 - "No" is as good as a "yes" - it allows you to move on
- 6) There is NO substitute for passion
 - Passion will drive you to places and will get noticed even before YOU get noticed

Congratulations!

Brandon J. Benitz & Dr. Linda VanIngen

Each year, outstanding faculty and staff are nominated by Phi Eta Sigma (PES) members to receive the honor of being inducted into PES as honorary members.

This year, Brandon J. Benitz, Assistant to the Dean of Student Life, and Dr. Linda VanIngen, Assistant Professor of History, were selected to receive this prestigious award.

The Phi Eta Sigma initiation ceremony will be held April 15th at 12:00 P.M. in the Ponderosa Room of the Nebraskan Student Union.

Please direct any questions to PES president, Kristen Day, or PES advisor, Dr. Robert Luscher.

Zodiac Future: Comedic Horoscopes

All horoscopes created by Stephanie M. Ellington. Enjoy.

March 21 – April 19
aries

Wonderful wishes are seen in your immediate future (Monday). There will be a special holiday, a.k.a. your birthday. The love of a man or woman may not be seen in your immediate future, but a tall, dark, and handsome stranger is in the shadows!

July 23 – August 22
leo

Mad crushes will run wild but be wise: don't fall for the first person who flirts or buys you a drink. Remember that date rape and Bill Gates are no joke.

November 22 – December 21
sagittarius

This uninviting week will star you as the butt of every joke known to mankind. You may wish to get even, but be careful and watch your back because just when you think you are in the clear, bam! You just got a swirly.

April 20 – May 20
taurus

Bob Villa may have showed you how to fix up your house in a matter of days but it will take more than that to undo the mess you will get yourself in the next few days!

August 23 – September 22
virgo

Lucky? I don't think so. No one ever gets lucky, it's all about people having illusions of luck because probability may just land in their favor.

December 22 – January 19
capricorn

And then there is you. The luck of the Irish has passed you by, as it is no longer St. Patrick's Day. Behold the ever increasingly dreadful thing called LIFE!

May 21 – June 21
gemini

A strikingly charming stranger may grace your doorstep. Wait! Maybe it's just your neighbor asking if you can turn down off the music before they phone a delightful member of the police department.

September 23 – October 22
libra

Facebook could come to your rescue. The key is, you must join every group and VIP every invitation to every event. Congratulations, now everyone knows you have no life.

January 20 – February 18
aquarius

Rags to Riches? Nope, sorry! That isn't seen in your future. There is a possibility you will lose your job, go on the worst blind date ever with someone you will find out is your distant cousin, your house will catch on fire, and all kinds of other bad karma will follow you, and the remainder of your week will be spent crying. Riches to Rags? Quite possible.

Photo of the Week

To submit pictures for Photo of the Week, save pictures as JPEG files at 300 dpi and send them to antelope@unk.edu, or call 865-8716 for assistance.

Photo by Erin E. Riedel
The silhouette of a pirate ship in the early morning at the marina. This ship takes tourists out to sea at night for a show.

June 22 – July 22
cancer

Only you know your destiny! Congratulations, there is absolutely no forseen future for you. Wait, I don't know if that is a good thing. My guess is . . . BE CAREFUL!

October 23 – November 21
scorpio

Your mom will bake you the best cake ever! That is sweet and no worries: the stomachache and nausea you are experiencing after eating said cake isn't food poisoning. We promise.

February 19 – March 20
pisces

Last but certainly not least, the fish. Stay away from large fishing poles and even larger boats!

He Has Risen



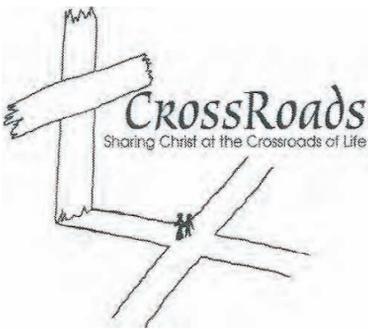
First Presbyterian Church

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7:30 a.m. Breakfast
(Following Sunrise Service)
9:30 a.m. Church School
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IN OTHER NEWS, SUPPORTERS OF THE "POLITICAL CORRECTNESS" MOVEMENT ARE CHANGING THE TERM "POLITICALLY CORRECT" TO AVOID OFFENDING PEOPLE WHO DISLIKE POLITICS AND CORRECTNESS.

THE "P.C." BACKERS HAVE ADOPTED THIS SYMBOL WHICH, WHEN SPOKEN, WILL BE REPRESENTED BY A SERIES OF SHARP YELPING NOISES, THOUGH THIS MAY OFFEND PEOPLE WHO DISLIKE SYMBOLS AND LOUD NOISES...

INTERESTINGLY ENOUGH, WORLD-RENOWNED MUSICIAN PRINCE IS SUING THE MOVEMENT, CLAIMING HE HAS THE ORIGINAL RIGHTS OF CHANGING A NAME TO A SYMBOL.

PRINCE IS BEING SUBSEQUENTLY SUED, ALONG WITH WOMEN NAMED SUE WHO ARE OFFENDED BY THE NEGATIVE USE OF THEIR NAME...



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NCAA Wrestling Championships

Loper wrestlers give fans something to cheer about

Melissa M. Hinkley
Antelope Staff Writer

It's a good weekend when UNK qualifies eight out of their nine wrestlers as All-Americans. It is a great weekend when UNK places second in the National Wrestling Championships and sets the NCAA Division II attendance record for wrestling. The Loper wrestling team accomplished all of this over spring break on March 10 and 11, making it a great way to start off spring break.

"A lot of people say too bad you didn't win it all," said Marc Bauer, head wrestling coach for the Lopers. "But all of our guys performed very well and eight out of our nine guys were All-Americans."

UNK was ranked first heading into the tournament, which was held at the Health and Sports Center, but they came up a little short. The University of Central Oklahoma, ranked second going into the tournament, surpassed the Lopers by tallying a score of 124.5 compared to UNK's 108.5.

"UCO wrestled very well," Bauer said. "It was unfortunate that we didn't match up with them earlier in the tournament. They had five guys in the finals."

Although UNK finished their season as the second best Division II team in the nation, two Lopers

took away first place finishes. Trevor Charbonneau, senior of Clay Center Kansas, and Tervel Dlagnev, junior of Arlington Texas, dominated their weight classes to become national champions.

Charbonneau finishes his career at UNK as a two time All-American with 95 career wins. Dlagnev ended his season with a 49-1 record and improves his overall record to an astounding 129-19. Next year, Dlagnev is looking to be a four time All-American.

"Going into the match, just looking at Tervel I knew he was going to dismantle LeadingFox," said Joe Ellenberger, junior of Omaha.

At the regional tournament, UNK qualified nine out of their ten wrestlers for the national tournament. Out of those nine wrestlers, eight of them finished as All-Americans, which means they finished in the top eight for their weight class.

The first place finishes went to Charbonneau and Dlagnev while Brett Allgood, junior of Bennington, took away a third place victory. Allgood, who was a national champion last year, lost his first match but then proceeded to win five matches in a row to clinch his third place standing. He is a two time All-American and improves his record to 69-11.

Also giving an astounding performance was Joe Ellenberger who

took third and amassed a record of 43-10. Jeff Rutledge, junior of Lincoln, and Matt Farrell, sophomore of Omaha, placed fifth. Redshirt freshmen Taylor May, of Imperial, and Kelsey Empting, of Ponca City, Okla., finished eighth. Matt True, senior of Mitchell faced some tough competition during his first few rounds of the tournament and didn't place. True leaves the Lopers with a record of 22-10.

"Without Matt True, I wouldn't have got fifth. He is one of those guys who is pushing everybody and making you better," Ellenberger said. "I guarantee anyone would have given their All-American status to him."

The performances on the mat were something to remember but the fan support that the community showed will not easily be forgotten either. UNK set the Division II attendance record for any wrestling meet.

"It was awesome and the arena was packed," Bauer said. "Family, friends, alumni . . . it was awesome. It was a great atmosphere for our kids to wrestle in."

The Lopers lose two seniors, True and Charbonneau, but they have some talented wrestlers ready to step into their roles.

"We bring back seven All-Americans," Ellenberger said. "We are going to be pretty tough."

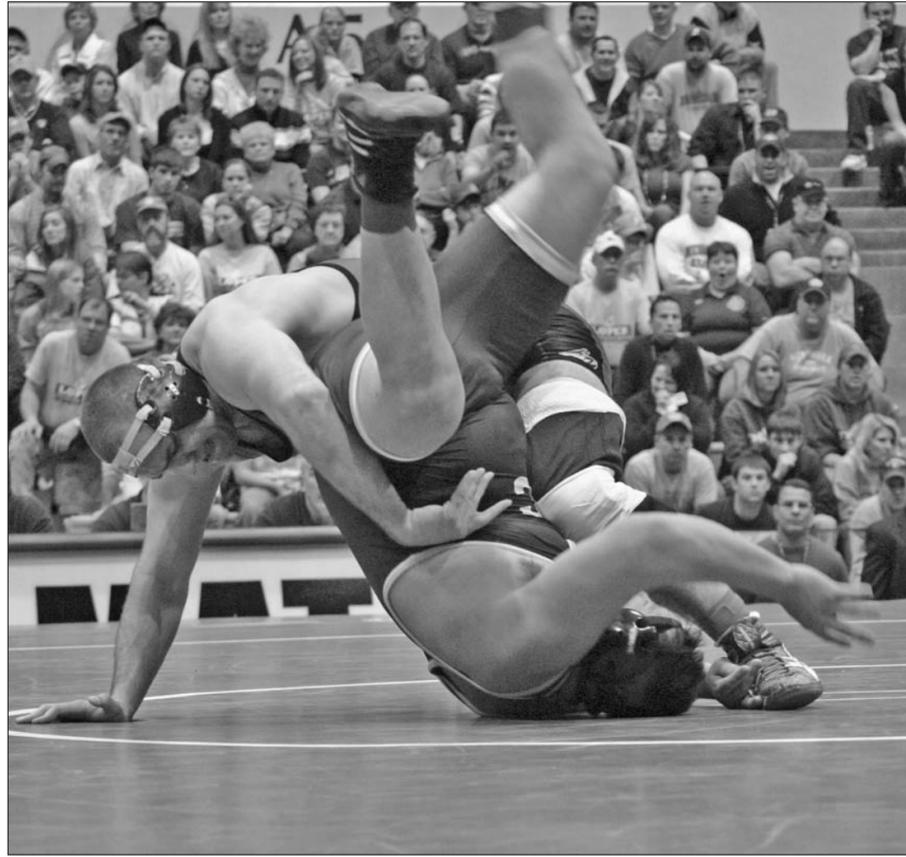


Photo by Eric M. Korth

Tervel Dlagnev, senior of Arlington, Texas, takes on Josh LeadingFox from Central Oklahoma in the heavy-weight championship on March 11. Dlagnev pinned LeadingFox in the second period, earning champion honors.

Spotlight on Ross Fellows, UNK Track



Ross Fellows
UNK Track and Field

Lisa K. Elson
Antelope Staff Writer

legiate level.

"In college, the competition is a lot greater and you really get to focus on your specific sport instead of three sports like in high school," Fellows said.

Track has been a big part of Fellows' life, and he credits his mother for influencing his decision to join the team. "I love all sports but track is the only one that I really had a passion for and I think to compete in a college sport you need to really have a passion for the sport that you compete in," Fellows said.

Fellows' success can be traced back to his hard work in the weight room. He weighs in at about 190 pounds and he can bench press 235 pounds, hang clean 330 pounds and squat over two times his weight at 450 pounds.

"Mike Bell has been doing a great job with our weight workouts so a lot of the credit goes to him," Fellows said.

Fellows has put up high marks in both long jump and triple jump at 23 feet 7 inches and 48 feet 8 inches respectively. His triple jump mark earned him a trip to the indoor nationals this year. Fellows jumped 47 feet 1.5 inches at nationals, which put him tenth in the nation. This was Fellows third trip to a national meet.

Fellows aspires to be the school record holder in long jump and triple jump. One of his best friends, John Laux, currently holds the

record in the triple jump. "He (Laux) is always encouraging me to break his record, and I just work as hard as I can in the weight room and on the track because if I don't want to have any regrets when I am done," Fellows said.

He has earned several RMAC honors including Freshman Track Athlete of the Year. Fellows wants to become an All-American in both of his events. "I like that you work for individual marks in track so you can really work to make yourself better," Fellows said.

Fellows believes his team does a good job of supporting all of the athletes. Good coaching has also helped Fellows get to where he is today.

"Coach Meyer has been great to me as a coach. He believed in me when others did not think I could achieve my goals and has really treated me well," Fellows said. "Coach Bailey has been like a friend to me that I really look up to and has helped my technique a lot."

Fellows is a health and physical education major, and wants to become a certified strength trainer.

Following graduate school, he plans to become a college strength and track coach.

Outside of track, Fellows enjoys hunting, fishing and playing softball. He also enjoys a good fight and would like to be an ultimate fighter some day.

Shannon J. Matthews
Antelope Staff Writer

Two months after the season opener, RMAC play is finally beginning for the UNK men and women's tennis teams. March 31, the men and women played their first match against No. 1 ranked RMAC team Mesa State in Pueblo Colo.

"This is where we have to prove ourselves," Amanda Longly, a freshman nursing major from Lexington, said.

The women lost 8-1, while the men took home a victory beating Mesa State, 5-4.

Both UNK men at the No. 1 and No. 2 singles positions defeated their Mesa State opponents. William Jacome defeated Joey Coleman, and Luke Backhaus defeated Micah Hill.

As for the women, Claire Bryan played at No. 2 singles and defeated Kelsey Bottinelli of Mesa State. She was the only woman of UNK to take home a victory on Saturday.

"I played at No. 5 singles and lost in a three set tiebreaker," Longly said.

With almost half of the women's team injured, the team is demonstrating how tough they can be.

"A lot of our team is injured right now and trying to recover. The girls that are injured are being tough and still playing through it. Callie Erickson served underhand for

awhile. This weekend she did serve overhand but still couldn't go full out," Longly said.

Mckenna Irwin, a junior marketing major from Bellevue, said, "Every girl has been in the training room last week. I think a lot of our injuries are from overuse of our muscles. We play over 20 matches in our season, which is unreal for a lot of schools. Most schools don't go over about eight or nine matches. Our coach is helping us by giving us three days off after Easter."

Irwin continued, "I think we could have beat Mesa. We lost 8-1, but it was way closer than the score says. If all of us would have been healthy we could have won."

At least the team had the weather on their side.

"We played outside all weekend, it was really nice there. Playing outside is different than playing inside, the ball has a different pace," Longly said.

Although Saturday wasn't a victory for the women, Sunday was a different story. Both the men and women won in RMAC play against No. 2 ranked Colorado-State Pueblo, at Pueblo.

"This is the first time in UNK history that our coach can remember UNK beating this team. I won at No. 2 singles and doubles," Longly said.

Longly is joining the Lopers for the first time this year. This is her first season with the UNK tennis

team. She is a transfer student from UNL.

"I really missed tennis a lot and I wasn't enjoying myself in Lincoln, so I talked to Coach Plote, and he said he would love for me to come and play. I love all the girls on the team and they are some of my best friends," Longly said.

After not playing tennis for awhile Longly explained how it was somewhat hard to get started again.

"It was a little hard to get back into it, but as soon as I got started again I really got into it. It is very different from high school, it is harder and it takes a lot more work and time," she said.

Longly and the rest of the UNK women's tennis team have some high goals to obtain this season.

"I hope as a team we can make it to nationals and be first in conference," she said.

This weekend the women travel to Colorado again to face more RMAC teams.

"We play Western New Mexico this weekend and they are new to our conference. Western New Mexico is ranked pretty high in the conference. They should be a lot like Pueblo, which means it will be a good match. We should also be able to win against Colorado Christian as well."

Both the men and women play against Western New Mexico and Colorado Christian Saturday in Lakewood, Colo.

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UNK Loper baseball

Swings for the fences, but fall short in double headers

Joey D. Larson
Antelope Staff Writer

played a double header on Friday and a double header on Sunday.

In a battle of divisional leaders, the Lopers (13-14, 11-9 RMAC) found themselves ahead 2-1 in game one thanks to an RBI single from junior Trey Howell (Antonito, Colo.) in the second inning and an unearned run in the third.

Facing Mesa ace Brett Armour, the Lopers had the bases loaded with only one out in the fourth, thanks to three-hit batters. Things changed drastically as a suicide squeeze turned into an easy double play for the Mesa but from that point on, the Mavs (29-6, 18-2 RMAC) out scored the Lopers 19-0 in the remaining innings of Friday's double header.

The Mavs used four hits and three errors to score four times in the fifth. The Lopers were shut out over the final six innings and left 13 runners on base during the first game.

Senior Ryan Wrobel (7.0 IP, learned run, 3 K's) pitched well in falling to 5-2 on the season.

During the sec-

ond game, Williams for the Mavs threw a complete game two-hitter. In improving to 5-0, he fanned 11 Lopers and didn't allow a hit until sophomore Brad Hull had a single with one out in the sixth.

For the Lopers, senior second baseman Cody Lusero pushed his hit streak to 19 straight games with a two-for-three effort in the first contest but falling short the second game going 0 for 3 marking only the second time this year Lusero has been hitless in a game.

On Sunday, in the first game, in game one the Mavs scored two run in the top of the ninth to tie it at ten and then had a six run 11th inning to win 16-10.

The first game featured 26 runs, 38 hits and six homers.

The Lopers hit three homers, two from Smith (2 for 6, 5 RBI's), in the first three innings to grab an 8-4 lead. However, lefty reliever Chris Skalet kept the Lopers scoreless for the next four innings.

The Lopers left two runners on base in the ninth and then Mesa exploded for six runs in the 11th inning to take the third game of the series.

During the second game, junior shortstop Joe Gonzales, Lakewood, Colo., hit a two out single in the bottom of the seventh inning to propel the Lopers baseball team to a 7-6 win over Mavs Sunday at Memorial Field. Earning two starts today, Gonzales (Lakewood, Colo.) finished 2 for 4 with two RBI's.

Seth Svoboda (7.0 IP, 9 hits, 5

ER, 4 K's) from Kearney earn his fourth straight win.

The Lopers were poised to win 6-4 as junior Seth Svoboda, Kearney, had allowed just four runs and six hits over the first six innings.

However, Mesa did it again, scoring two runs in its final at-bat to tie things up. The set featured three hits and a wild pitch with both runs scoring after two were out.

The Lopers made sure there would be no extra innings as Blair sophomore Kyle Smith (3 for 4) hit a one out double in the bottom of the seventh.

A ground out from Omaha junior Griff Watson then moved pinch runner Blake Cover (Kearney) to third. Facing lefty Keith Nelson (12 saves, 6 wins), Gonzales hit a fly to center that just managed to fall in front of center fielder Justin Little.

The Lopers will be in action today against Metro State in Denver with the series starting a day early because of Easter.



Photo courtesy of Peter A. Yazvac
Littleton, Colo. senior Ryan Bucher, takes off for first base after getting a hit off the opposing pitcher.



Photo courtesy of Peter A. Yazvac
Omaha junior Griff Watson, catches the ball.

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ERIC M. KORTH

MARCH MADNESS

Ladies and gentleman, the moment you've all been waiting for, the Boys of Summer and the rest of Major League Baseball have returned.

That's right, you no longer have to get your fix of sports from professional wrestling, arena football and women's basketball. You get to see the double plays, infield flies and knuckleballs as you eat a hot dog, crack some peanuts and drink a frosty beer.

For the next six months, baseball will be in the homes and hearts of millions as America's favorite pastime graces us with its presence once again.

This season is on track to become very historical as Barry Bonds chases Hank Aaron's 755 career home run record, Tom Glavine will be attempting to get his 300th victory as a pitcher, and the Chicago Cubs will try to win their first World Series since 1908 with a spiced up salary total of over 100 million dollars, including the much hyped signing of Alfonso Soriano.

Since last season, many clubs have added stars to their roster in hopes to be the next team to shine in October. Many acquisitions have been made by small and large salary teams to give them the push they need to win the whole enchilada.

The biggest names to be picked up have been Randy Johnson to the Arizona Diamondbacks, Barry Zito to the Giants, Daisuke Matsuzaka to the Red Sox, Adam LaRouche to the Pirates, Gary Sheffield to the

Tigers and Andy Pettitte to the New York Yankees.

The teams I recommend checking out are the Milwaukee Brewers, the Atlanta Braves, the Chicago Cubs, the Seattle Mariners, the San Francisco Giants, the Boston Red Sox and the Toronto Blue Jays. I believe each one of these teams has the capabilities to go a long way in baseball this year. From the Red Sox pitching staff to the revamped Braves, I guarantee all of these teams will turn heads.

One of the most anticipated events that will happen this year will be the signing of lights out pitcher Roger Clemens, who, over the last 23 years, has been striking out opponents as quick as they could step in the batter's box.

He is on the free agent list after being with the Houston Astros over the last couple of years, and now he is looking for a World Series ring. Whoever looks the best to him around the time of the All-Star Break will be the new home to this future Hall of Famer.

There are three teams vying for Clemens. One team is the Houston Astros, which is his hometown team and whose minor league team is home to his son Koby.

The New York Yankees also would like to sign Clemens, who has been in pinstripes before and helped them win two World Series rings.

The final team skirmishing for Clemens' name to grace the back of a jersey is the Boston Red Sox, who is the first team he pitched for and

where he is second on the list of Red Sox pitchers with the most wins, right behind pitching great Cy Young. Waiting to see where Roger decides to go will truly be thrilling this season; along with many other things baseball has to offer.

One of the most fun things about baseball is participating in a fantasy league. Millions of people around the world partake in the time-consuming fantasy baseball. The amount of research some people do is amazing. Books, magazines, podcasts and journals get seen daily to help score up points to prove one's masculinity.

Personally, I've thought of my own fantasy baseball team. Many hours I've spent dreaming up what my all time greatest team would be. I believe it would most definitely be Nomar Garciaparra at first, Ted Williams, Stan Musial, and Kirby Puckett in the outfield, Babe Ruth at designated hitter, Pedro Martinez pitching, Ozzie Smith at third, Ryne Sandberg at second, Ernie Banks at shortstop, and the great Yogi Berra at catcher. This lineup would smoke any team that can be thought up.

With all of this on your mind, I suggest you hurry to your home and try and catch some of America's favorite pastime, baseball.

Whether it is Little League or Major League Baseball, this sport will be pumping through the veins of every man woman and child. Just like apple pies, hot dogs and comedy of Robin Williams, baseball will never fade.

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Siobhan E. Duffy
Antelope Staff Writer

class are usually pretty tell-tale signs." But, Lange adds, "These can also be symptoms of other problems."

What else can signal a problem? Other symptoms, according to the National Institute on Chemical Dependency, the physical symptoms of drug use, like pupil dilation, runny noses and water eyes can vary depending on the type of drug being used.

Other symptoms, which can also vary depending on the drug in use, are rapid mood swings, unpredictable behavior or drastic changes in nervousness or anxiety.

Unfortunately, anyone familiar with the signs and symptoms exhibited by those who are drug addicts know they are not unique to drug-related problems. They are the same symptoms that can indicate a number of things, from serious issues to normal, everyday stress. It is important to look at the whole situations and use good judgment.

So what should a person do if they think a friend may be struggling with an addiction? There are many steps that can be taken.

Lange says, "You can always confront them, you can talk to someone else first. Because every situation is different, find some resources and be prepared to help the person the best you can. Ask, but don't point fingers."

There are some ways to prevent drug abuse. The American College Health Association says, "It is up to you to determine if, when and how much you drink or use."

"Know your limits and weaknesses and take responsibility for them. If you find yourself using too much in certain situations, set limits for yourself or avoid those situations."

There are programs created to help those who have already started and now wish to stop. The most well known of these is Narcotics Anonymous. Another notable resource for those in need is

Hazelden, which is a non-profit organization designed to educate and help those suffering from chemical dependencies.

The Counseling Center on the University of Nebraska at Kearney campus is a great resource for students who are struggling with drugs or for those who want to help a friend who is struggling. Lange says there are four full-time counselors on staff and that "it is all paid for through Student Fees, so it is free to students."

In addition, there are also screening and tests offered by the Counseling Center that can help a person think about whether they

Elizabeth S. Stevens
Antelope Staff Writer

Drinking—it's a part of life, especially college life. But alcohol abuse causes many complications and could lead to alcohol dependency, a deadly disease.

According to the College Alcohol Study, alcohol is a factor in

with the death of a 20-year-old fraternity pledge at Louisiana State University. Binge drinking has been linked to public health concerns, injuries, fatalities, rapes, assaults, and decreasing student performance.

Binge drinking is generally defined as consuming five or more drinks at one time for a male, and four or more drinks for a female. According to a study in the June 2006 issue of Alcoholism: Clinical & Experimental Research, a considerable number of college students, especially males, exceed the standard binge drinking minimum.

Binge drinking, however, is just one example of alcohol abuse. There is a difference between alcoholism as alcohol abuse. A person can abuse alcohol without being an alcoholic, if he is not dependent on alcohol. According to the National Institute on Alcohol Abuse and Alcoholism, (NIAAA) nearly 14 million Americans are alcoholic or abuse alcohol. That is one out of every 13 adults. Millions of more Americans practice binge drinking and heavy drinking patterns that often lead to more serious alcohol problems.

Alcohol abuse can cause complications in work, school and family responsibilities. Alcohol also plays a role in many car accidents. According to the National Council on Alcoholism and Drug Dependence, alcohol is a factor in nearly half of traffic related deaths in the U.S. more than 100,000 Americans die each year of alcohol related causes.

Long term alcohol abuse has been a leading factor in heart disease, liver disease, pancreatic complications, and cancer among others. For example, some heavy drinkers develop alcoholic hepatitis, or inflammation of the liver. Symptoms include fever, yellow skins, eyeballs and urine as well as abdominal pain.

Short term alcohol abuse, like binge drinking may lead to alcohol poisoning. According to College Drinking, alcohol depresses nerves that control involuntary actions like breathing. Excessive alcohol

consumption could stop these functions.

Alcohol poisoning usually involves vomiting because alcohol is an irritant to the stomach. A person could die by choking on vomit, especially if he is unconscious. Common signs for alcohol poisoning include: mental confusion or unconsciousness, vomiting, seizures, slow or irregular breathing, and hypothermia, which would cause paleness or a bluish skin color.

According to the Mayo Clinic online, excessive alcohol consumption over a long period of time may lead to addiction. Drinking gradually alters chemicals in the brain that control impulsiveness and the nervous system. Alcohol also increases dopamine levels in the brain. Dopamine is linked to the feeling of happiness or pleasure. Continuous long term drinking gradually causes the body to crave alcohol to restore good feelings.

Other factors can contribute to alcohol addiction. Genetics, emotional state, stress, anxiety, and psychological factors such as low self esteem are often associated with alcoholism.

According to the Mayo Clinic online, most alcohol abusers initially deny having a problem. But many signs may indicate a drinking problem: drinking alone or in secret, losing interest in hobbies and activities, keeping alcohol in unlikely places, intentionally getting drunk to feel good, irritability, and withdrawal symptoms among others.

Although most alcohol abusers receive help reluctantly, there are a number of treatment options available, including medication, group meetings, and treatment centers. For more information or help with a drinking problem, contact AA World Services, Inc. Grand Central Station. All communication should be directed to AA's mailing address: AA World Services, Inc. Grand Central Station. P.O. Box 459, New York, NY 10163.

475 Riverside Drive, 11th Floor
New York, NY 10115
Phone: (212) 870-3400; Fax: (212) 870-3003
Email: via AA's Web site
Internet address:
<http://www.aa.org>



Courtesy Photo
Many students are introduced to drugs for the first time at college.

really do have a problem. The counselors are also there to help and to give evaluations.

If you or someone you know is struggling, please get help. The Counseling Center can be reached at 865-8248. And remember, kids, whenever life gets tough: use hugs, not drugs.

the deaths of 1400 college students each year. College students spend \$5.5 billion on alcohol each year, more than they spend on textbooks, soft drinks, tea, milk, juice and coffee combined.

Media attention was drawn to college binge drinking in 1997

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Tee off in benefit golf tourney

Mike W. Gruszczynski
Antelope News Staff

The third annual Dr. Kent Estes Memorial Golf Tournament will be held in honor of the late professor Saturday, April 21, at 8 a.m. at the Meadowlark Golf Course.

Proceeds from the event help fund the two memorial scholarships that were established after Dr. Estes' death in 2005.

The tournament, which is hosted by the Pi Kappa Alpha fraternity, has brought in more than \$16,000 for the memorial scholarships in the past. All proceeds from the event support the scholarships.

The tournament will be a four-man scramble. The price is \$75 for each team member, which includes cart rental, lunch and 18 holes of golf. The registration fee can be paid in advance or on the day of the tournament.

"Participants are urged to register for the event by April 14, as registration space is limited," said Josh Hanshaw, chapter president of the fraternity said.

Persons who are unable to participate, but still wish to donate, may do so by contacting Aaron Smith at smithaj@unk.edu or by calling 402-369-1184.

S-I-G-M-A, Lambda Betas All the Way!

Betas cheer about BBQ kick-off

Sarah E. Schreiter
Antelope News Staff

The gentlemen of the Zeta Gamma Chapter of Sigma Lambda Beta kicked off their annual Beta Week in style with a barbecue Monday afternoon near Cope Fountain.

The men in purple offered free food to the public in order to raise awareness of their organization. Monday morning at 7 AM, the men participated in a campus cleanup to recognize the facilities workers at UNK.

"It's a way to appreciate an unseen part of campus," said Horacio Alvarez. Alvarez is a junior from Lexington, and has been a member of Sigma Lambda Beta for two years. He is a resident advisor on campus, and is both scholarship chair and co-Vice President of the organization.

Beta Week activities include a date auction on Tuesday, an informational meeting Thursday about being a non-traditional Greek organization, and a dance on Saturday. The dance, El Reventon ('the blast'), is free for UNK students and will begin at 9 PM at the Alumni House.

"I like the Betas. They're very



Mike W. Gruszczynski
Students take time to meet and greet around Cope Fountain while listening to live music and eating BBQ provided by the Zeta Gamma Chapter of Sigma Lambda Beta during the annual Beta Week.

friendly, very inviting," said Astrid Garcia, a junior elementary education major from Grand Island.

This year's Beta Week is especially important, as the fraternity celebrated its 20th year nationally and its third year at UNK on Wednesday. The fraternity focuses on the four pillars of cultural awareness, community service, scholar-

ship, and brotherhood.

"Being a part of Sigma Lambda Beta, International Fraternity Inc., has helped me dive deeper into the UNK buffet of activities and be a better leader on campus," said Criss Salinas. Salinas would know—in addition to being the Public Relations and Recruitment Chair of Sigma Lambda Beta, he is an active

participant in the annual Evening of Concert Dance, was the co-chair of the Cultural Unity Conference, is serving as the Vice President of Hispanic Student Organization, and has just been named Outstanding Sophomore.

Extra! Extra! Read all about it!

Reynold's Writers & Readers series continues

Mike W. Gruszczynski
Antelope News Staff

Acclaimed novelist Anna Monardo will present selections from her writings as part of the University of Nebraska at Kearney Reynolds Writers & Readers Series at 8 p.m. Friday, March 23, at the Museum of Nebraska Art (MONA).

Monardo, who lives in Omaha, recently completed her second novel, *Falling in Love with Natassia*, a story about a dancer's relationship with her daughter.

The novel has received acclaim from the Lincoln Journal-Star and the Denver Post, as well as numerous other media.

Her first novel, *The Courtyard of Dreams*, told the story of a rela-

tionship between a first-generation American and her Italian father.

The author, who was born to Italian immigrants and spent her youth in Pittsburgh, later moved to New York City where she served as a copy editor for the Times magazine for 17 years.

Monardo now teaches at the University of Nebraska at Omaha Writers' Workshop.

She received her bachelor of arts degree from St. Mary's College in Notre Dame and her master of fine arts in creative writing from Columbia University.

Reynolds Writers & Readers Series events are free and open to the public.

Each series begins with a book signing and ends with a reception.



Photo by Sean Takahashi
UNK students, Ana Barbosa (left), Rocio Soria (center) and Yoana Garcia (right) exchange views regarding the status of today's women during a Women's History month coffeeshop.

Students selected for award

Ten students have been named the Mary Jane and William R. Nester Student Leadership Award recipients for 2007.

These students include Kathryn L. Bodenhamer, Hershey - Journalism; Andy J. Craig - Exercise Science; Elizabeth M. Fischer, Leigh - Elementary Education; Rebecca J. Gosnell, North Platte - Music Education; Nichole A. Hansen, North Loup - Language Arts (7-12); Jael J. Johnson, Brady - Organizational Communications; Sarah E. Marshall, Elm Creek - Chemistry; Eric J. Seitz, Omaha - Business Administration; Matthew K. True, Kearney - Industrial Distribution; Scott A. Vincent, York - Chemistry, Business.

These exemplary students were formally recognized at UNK's Honors Convocation Sunday, April 1, at 2:00 PM, in the Ponderosa Room of the Nebraskan Student Union.

Following his retirement from the University of Nebraska at Kearney, Chancellor Emeritus William R. Nester and his wife, Mary Jane, established the Mary Jane and William R. Nester Student Leadership Award.

The award recognizes outstanding seniors who excel academically and demonstrate exemplary service, character, and leadership during their career at the University of Nebraska at Kearney.

Time for the sex talk

Speaker focuses on sex and porn addictions

Kyle A. Petersen
Antelope News Staff

Sex addiction and pornography is the topic of "Understanding Addiction to Sex and Internet Pornography," a presentation at the University of Nebraska at Kearney sponsored by the UNK Women's Center on Thursday, April 12.

Presented by Robert Weiss, executive director and founder of the Sexual Recovery Institute in Los Angeles, the event will begin at 7 p.m. in Copeland Hall, Room 142.

Free to UNK students, the event will also feature a book signing from 6:15-6:45 p.m. before Weiss begins speaking.

Patricia Durner, associate

director of the Women's Center, said Weiss is an expert in the field of sex addiction, and the purpose of the event is to "provide education and further understanding of addiction to sex and Internet pornography."

Durner said Weiss' topic relates to the Women's Center, because in his book, "Untangling the Web," Weiss indicates that approximately 25 percent of the members of 12-step recovery programs for sex addiction are women, signifying that sex addiction affects both women and men.

Weiss has provided commentary on numerous television shows including The Oprah Winfrey Show, The Today Show, Dateline NBC, CNN, 20/20 and ABC World News

Tonight.

He was also featured in a Discovery Channel program "Sex Mania" and was interviewed for an upcoming Showtime special on the role of pornography in American life.

In addition to Weiss' presentation, the Women's Center will also be sponsoring a brown bag luncheon Wednesday, April 11, from noon to 1 p.m. in the Nebraskan Student Union Cedar Room.

The discussion topic will be self-defense and personal safety.

Plans are also being made for a sexual assault awareness event later in the month. The event will be sponsored by the Women's Center and the SAFE Center.

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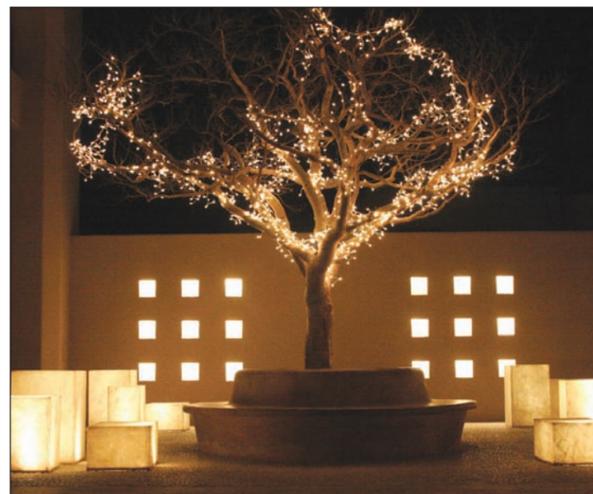
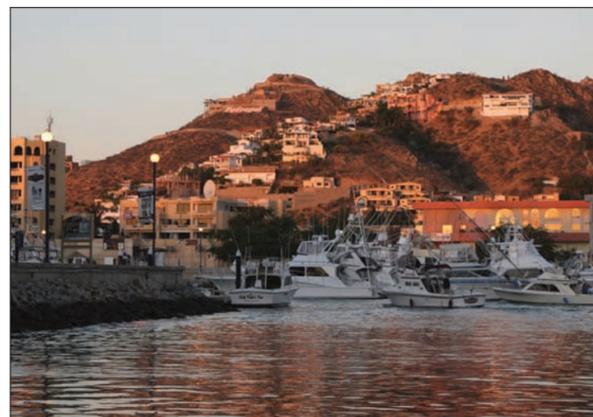


One of the many lounge beds that scatter the beaches like seashells.



Right: It's always an early morning for the fisherman in Cabo. The many fishing boats head off to sea as the sun comes up to shine on the beautiful cliffs and homes in the area.

Left: Colorful blooms are found all throughout the area. The background shows the mountain rocks that divide the Pacific and the Sea of Cortez.

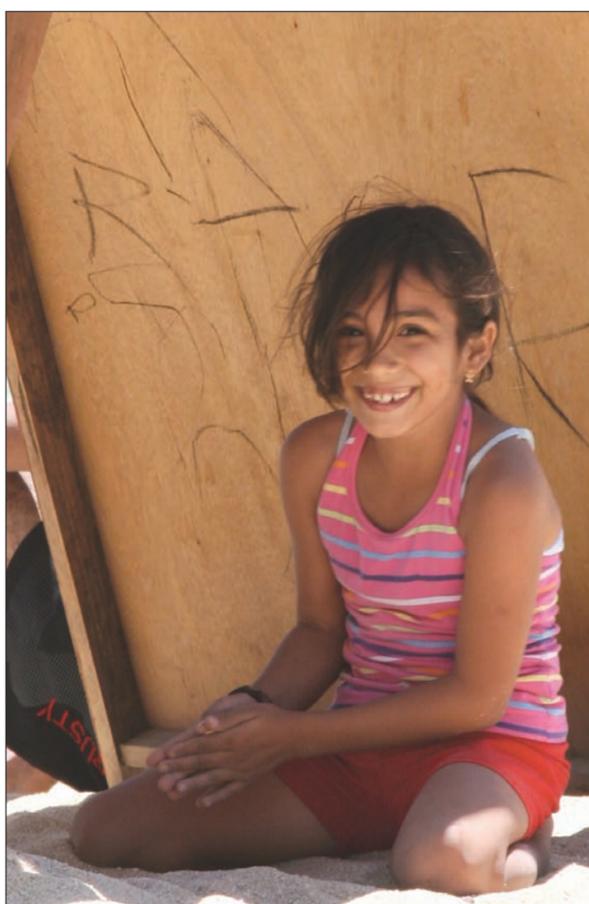


Above: This tree, located in front of the Mellia resort in Cabo, serves as an artistic piece at night with its lights and light boxes framing the outside.

Below: A local woman sits on the steps and calls to the travelers passing by to purchase her trinkets. Sometimes she would play a hauntingly captivating tune on a whistle she had. A local vendor polishes his wooden art pieces to sell to the passers-by at the local marina.



Footprints in the sand are left by the many travelers who enjoy the miles of beaches in Cabo, and the floating ropes that go into the ocean serve as barriers between the different resorts on the beach.



A young local girl plays in the sand with her family on the beach just off the Sea of Cortez.

