

the

Antelope

University of Nebraska at Kearney

Run With It

Fite Nite strikes blows for a good cause

Bashing, punching, knockouts are huge hit with students

BY VICKI ALTHAGE
Antelope Staff

For University of Nebraska at Kearney senior Alan Shiers, boxing isn't just another sport it's a way of life.

Shiers picked the Sigma Tau Gamma's Annual Fite Nite for his boxing debut, coming out of the match more experienced and hungry for stronger competition.

Shiers has been preparing for his entrance into the ring for the last four months. He spent the first few months concentrating on cardio and strength training while developing a weekly fitness regimen. About a month ago, Shiers introduced boxing into his routine under the direction of Fitness 101's Chris Blair. Fitness 101 is Shiers' official sponsor and you can usually find him hanging out in the weight room.

"In a normal week I lift six times, run seven and box three days a week," Shiers said.

Shiers kicked off his match against a Cozad fighter coming out strong in the first round.

"The first 20 to 30 seconds were really nerve wracking, but once I relaxed the fight was easy," Shiers said.

Shiers went into the second round barely winded and dominated the fight from beginning to end. Shiers saw the end of his first match when the referee called the fight in the middle of the second round.

"The ref stopped the fight and declared a TKO. When it was over, I felt over trained and a little disappointed, I would

have liked to box more," Shiers said.

A TKO, or technical knock-out, can be declared when the referee or other judges (such as official ring physician, the fighter himself, or the fighter's cornermen) decide that a fighter cannot continue the match, even though he did not fail the count.

Shiers hopes Fite Nite is just the beginning of his boxing career.

"There are a couple of fights in Omaha and Grand Island that I'd like to get in on, I think I'd have a pretty good advantage since the guys I train with are bigger than my competition. Blair fights UFC (Ultimate Fighting Championships) but I plan on just sticking to boxing," Shiers said.



Photos by Garrett Ritonya
ABOVE: One participant in Fite Nite receives a blow to the head. The participants risked body and mind to box. All for a good cause.
LEFT: Participants in Fite Nite duke it out. The event was sponsored by Sigma Tau Gamma and was used to raise funds for books for underprivileged children.
BELOW LEFT: Participants strike simultaneous blows

during Fite Nite. The all out boxing match may be thought crude by some, but it was for a good cause.
BELOW: One participant strikes a blow which gains him the upper hand in this match .



Nebraskats host 40th anniversary celebration

Members old and new dazzle the audience with singing, dancing

BY KELLY BERNT
Antelope Staff

Forty years after the show choir Nebraskats was formed, the original members had a chance to come back and watch the current talent, as well as perform a little on their own.

UNK Freshman Brianna Felton attended the concert for her music class and thoroughly enjoyed the performance. "I thought it was very interesting because I'd never seen them," Felton said. "My favorite part of the performance was the 'car wash' part. It was a fun song, and the choreography was really good."

Spectator Kim Jones agreed. "I loved the car wash song because the choreography was really good," Jones said. "I know a few of the Nebraskat performers, so I enjoyed coming."

Both Felton and Jones say they plan to attend future Nebraskat performances.



Photos by Erik O'Brien
LEFT: For the Nebraskats 40th Anniversary, former and current members took to the stage to sing one last song during the concert.
TOP LEFT: The Nebraskats pose in a final position to a song.
ABOVE: Juniors Clifford Holman and Brittany Davidson tango down the stage.

INDEX



2 Students get a taste of the real world. Read more on page 2.



5 Spring training for football began this week. Read more on page 5.

NEXT WEEK



Jane Flemming KleeB is coming to UNK to discuss the impact of young voters April 16 at 5 p.m. Read more next week.

Coming soon to UNK:

Steve Hofsetetter Comedy Night
Thursday, April 10th @ 9 p.m.
Health and Sports Center

Relay for Life
Friday, April 11 @ 7 p.m.
Alumni House

Fun5k Run/Walk
Saturday, April 19 @ 9 a.m.
Cope Stadium

UNO professor seeks to increase environmental awareness

BY LAURA LARSEN
Antelope Staff

In the two years since Al Gore’s documentary, “An Inconvenient Truth,” was released Gore has continued to fight for increased action in the area of global warming. Gore also won a Nobel Prize for his efforts.

UNO professor Dr. James Wilson has joined the Gore movement.

Wilson is one of 1,000 individuals to be personally trained by Al Gore at his Tennessee home to deliver “An

Inconvenient Truth” presentation. Wilson brought the presentation to UNK last Thursday.

A group of 20 students listened while Wilson warned about the changes that are imminent if we, as a country and world, do not change our behavior.

“Some personal changes are as simple as switching your light bulbs at home,” Wilson said.

Research cited in Dr. Wilson’s presentation revealed the impact global warming is already having on the Earth and wildlife today.

In the arctic, polar bears are suffering because of a dramatic

decrease in ice, which makes it impossible for them to do the necessary hunting.

In the tropics, hurricanes are growing in intensity due to increased ocean temperatures.

“This summer is predicted to be one of the worse hurricanes seasons in history,” Wilson said.

The problems associated with global warning are in large part a result of carbon emissions.

According to the presentation, 1999 estimates revealed the United States is ranked first worldwide for carbon emissions per person, while at an average of 5.6 tons per person. The 2006

estimates showed that the United States has now been passed by China in overall total usage.

Dr. Wilson talked about a number of measures that individuals can do to reverse the trend. “Bottled water takes two ounces of petroleum to ship. Switching to drinking tap water is a first simple step to reduce oil consumption,” Wilson said.

Another step is to move toward hybrid technology with our cars. According to Wilson, research has found the American automotive fleet consumes 9.6 million gallons of petroleum per year. Switching to hybrids will reduce that number to 3.7 mil-

lion gallons.

Airlines are also making the move to green technology. Boeing has developed a lighter plane made of carbon rather than steel, which is more fuel-efficient.

“Green ways of life won’t change our lifestyles but will require a refocus of monetary resources,” Wilson said.

According to Wilson, three hurdles stand in the way of moving toward green technology.

These hurdles include the population size worldwide, the political environment and technology. “If we can overcome

these hurdles, there will be increased hope,” Wilson said.

According to Ord political science senior Ben Dennis, the speech was a “great presentation on a very important issue.”

Wayne political science junior Sarah Jensen also found the presentation very informative. “The presentation is informative and more people should have come. Being environmentally friendly is such an easy thing to do,” Jensen said.

For more information about things you can to become more green check out www.ecogeek.org.

Preparing for the ‘Real World’

▼As seniors prepare for graduation, good job opportunities are on the top of their lists and minds.

BY HANNAH HOTOVY
Antelope Staff

The semester is coming to an end, and for most seniors it couldn’t come fast enough. But with graduation right around the corner, many students are asking themselves, “What comes next?”

Whether students already have a job lined up or are still in the process of looking for one, many feel a little uncertain about the future.

Nancy Kneen, Director of Career Services at UNK, has lots of advice for students who find themselves in this quandary.

Kneen said that the things that students should focus on most are the things that students can control. The first thing a student should do is build a resumé.

“In general, the big ‘do’ is to develop a resumé. If students don’t know what their job options are, they can come into our office and visit with us about the possibilities. This way we can

help them tailor their resumé towards specific jobs. A resumé helps you answer the question, ‘How do I market the skills I have for the employer I am applying to?’”

Marketing skills are a huge part of finding a job, and Kneen says there are two skills that every employer is looking for these days.

“The number one thing employers are looking for are written and oral communication skills. If you don’t have these skills, they are probably not go-

ing to hire you. Lack of these skills is also one of the main reason people get fired from a job.”

Another thing that students should take into consideration is their attire and interviewing skills.

“Interviewing skills and appropriate dress are really important. This is something that students can easily take control of. Be prepared to be interviewed. Even a call from a company to set up an interview time can be a screened interview. Be prepared right away to be interviewed after applying.”

The Career Services office is open year round, even during the summer, to help students find internships and jobs. Students can even use Career Services for an entire year after graduation, free of charge. After that year, Career Services will still be willing to help students for a small fee.

Career Services isn’t the only means for students to get help for finding an internship or job. Jason Seberger, a senior graduating from the industrial technology department with a Bachelor of Science degree in construction management, said that the ITEC department has been very helpful in assisting his job seeking. Seberger also mentioned that Brenda Jochum, Internship Director of the ITEC department has been a useful re-



Photo By Laura Schemper
Paul Sutton of Wahoo, Neb. a junior exercise science major gets a mock interview on Friday. The interview took place in the Career Services Office in the Student Affairs Building.



Photo By Laura Schemper
Diana Kircher, Assistant Director of Career Services, conducted a mock interview with Paul Sutton, a junior exercise science major, on Friday. Sutton said he did the mock interview for a class requirement and also to gain experience for applying to chiropractic school.

source to the ITEC department.

“The ITEC department has helped me in finding a job after graduation by having showcases, where companies come in and have a 1-2 hour long show about the company. Several of the companies interviewed me the next day. The ITEC department also had a career fair in February. And Brenda Jochum is a great asset for students when it comes to internships and career placement. The ITEC department has a 99 percent placement rate,” Seberger said.

Seberger also mentioned that finding a job hasn’t been difficult for him because of what UNK and the ITEC department has to offer.

“Job searching really hasn’t been difficult. With the career

fair, the showcases that ITEC provide and the good ITEC program along with my own experiences, I have had several job offers. I really think that my past work experience stood out more than anything. Lots of people can get a degree, so you need something extra to get the job.”

That “something extra” could include the required internship that students must accomplish before graduating from the ITEC department.

So, whether you have a future set in stone or are as unsure as a kid at a candy store, UNK, along with all its departments, is there to help you find that first real job.

Nester Hall nears completion, opening in August 2008

BY ABBIE WEIDNER
Guest Writer

Three years of planning, one year of construction, and three apartment-style complexes, and all one girl is looking forward to is a full-sized refrigerator.

Nester will be the new residence hall opening on campus in fall 2008.

The students and staff have been looking forward to Nester for a while.

A perk of Nester is that someone will clean the bathroom once every two weeks for the students who live there. This is a plan to keep the bathrooms well kept and in good condition for the coming years.

Keli Margritz, a junior education major from Lexington will be an RA in Nester next year and has her concerns.

“The apartment style rooms of Nester could make it difficult for students to meet other people because everyone has their own distinct space,”

Margritz said.

Kelsee Sharpe, a sophomore business administration major from Table Rock, is also worried about the community. She will move from Conrad hall to Nester in the fall. She is concerned because she is coming from a building where the community is really close and she is afraid “people will close their doors and I won’t know my neighbors.”

Nester could possibly change the entire way that UNK residential life is set up. Because the Nester buildings will be only open to upperclassmen, the freshman students who are required to live on campus will be living in a more traditional residence hall. This could definitely be seen as a positive because traditional housing makes it easier for students to meet other people and interact with students they are living with. This is also thought to improve the retention rate for sophomores to stay on campus because they have the opportunity to move into a much nicer, more apartment style living space.



Photo By Abbie Weidner
University View will be connected by a glass enclosed walkway between the Nester buildings. The complex is named after William R. Nester, the last President of Kearney State College. Nester inspired the University View room because of his goal and aspirations for Kearney as a college.



“The community in Nester is a big priority. The RAs will need to be creative with advertising and food to have good programs.”

Rick Larsen

Director of Residential and Greek Life



“I’m looking forward to my own room and kitchen!”

Kelsee Sharpe

Year in school: Sophomore

Major: Business administration

Hometown: Table Rock



“I’m looking forward to a full size refrigerator!”

Keli Margritz

Year in school: Junior

Major: Education

Hometown: Lexington

Photos by Abbie Weidner



On the opposite side of the spectrum, however, are the people whose sole source of televised entertainment seems to be reality shows, who simply can't

Alex Rodriguez is a great baseball player and is constantly being talked about on television, the radio and in newspapers. David Beckham is the same way. He is talked about for leaving his home country to try to bend the ball here in the United States. It is a sad time to hear about all the major league players in all sports being bashed for making

So, people of the sports world, lets take a step back and look at the big picture. One must see the physical and mental pain that a professional player goes through. They are just like you and me. Sports are a big part of the world that we live in so let's not bash so much on the players because they make so much money. Face it, when we watch them on television it takes us all back our glory days and makes us remember what it was like to play.

Coming in at first place as the most frequently watched was

“LA Ink,” “Flavor of Love,” “So You Think You Can Dance,” “The Biggest Loser” and “A Shot at Love with Tila Tequila” all tied for fourth place.

The Vatican is trying to

Jason Gfeller

The article entitled "Vatican speaks out - do modern times create modern sins?" is a gross misrepresentation of what the Vatican was trying to do in its recent press release of "New sins." The facts behind the article are flawed, the tone is unnecessarily hostile, and the worst part is the interviews of students. How can you not interview one single Catholic in the article, and see their opinion? I bet if you did, you would find that none felt that this was particularly controversial, or even national news worthy. And why would you ask a bunch of protestant students if they care about

I hope the next person that writes an article that discusses the religious beliefs of a large part of the student body would be a little more "fair" next time. It wouldn't be that hard to get both sides of the story.

Kyle Myers

Everyone knows college is expensive, and finding the money to pay tuition is hard enough without all the added fees. The college should not be able to charge us for services we do not want or need. We, as students, should be able to choose where our money is spent, or in my case, where my parents' money is spent.

Katie Pfannenstiel

We can fight it and deny it all we want, but the numbers speak for themselves.

Lopers, we are reality show-addicts.

Other shows with notable UNK fan bases included "The Hills," "Project Runway," "Supernanny," "The Surreal Life," "Survivor" and "The Bad Girls Club."

Obviously, UNK has also fallen victim to the “reality trap,” a reality (no pun intended)

Nebraska Lutheran Outdoor Ministries has positions still available for summer 2008. Openings include counselors, health care, naturalists, wranglers, lifeguards, creative arts, pottery, communications assistant. NLOM offers life-changing, Christian summer camping programs at Carol Joy Holling Camp, near Ashland, Sullivan Hills Camp, near Lodgepole, Camp Tomah Shinga, near Junction City, KS and Day Camp Locations across the state. We offer room & board, free laundry facilities and a

For application information go to www.nlom.org.

theAntelope

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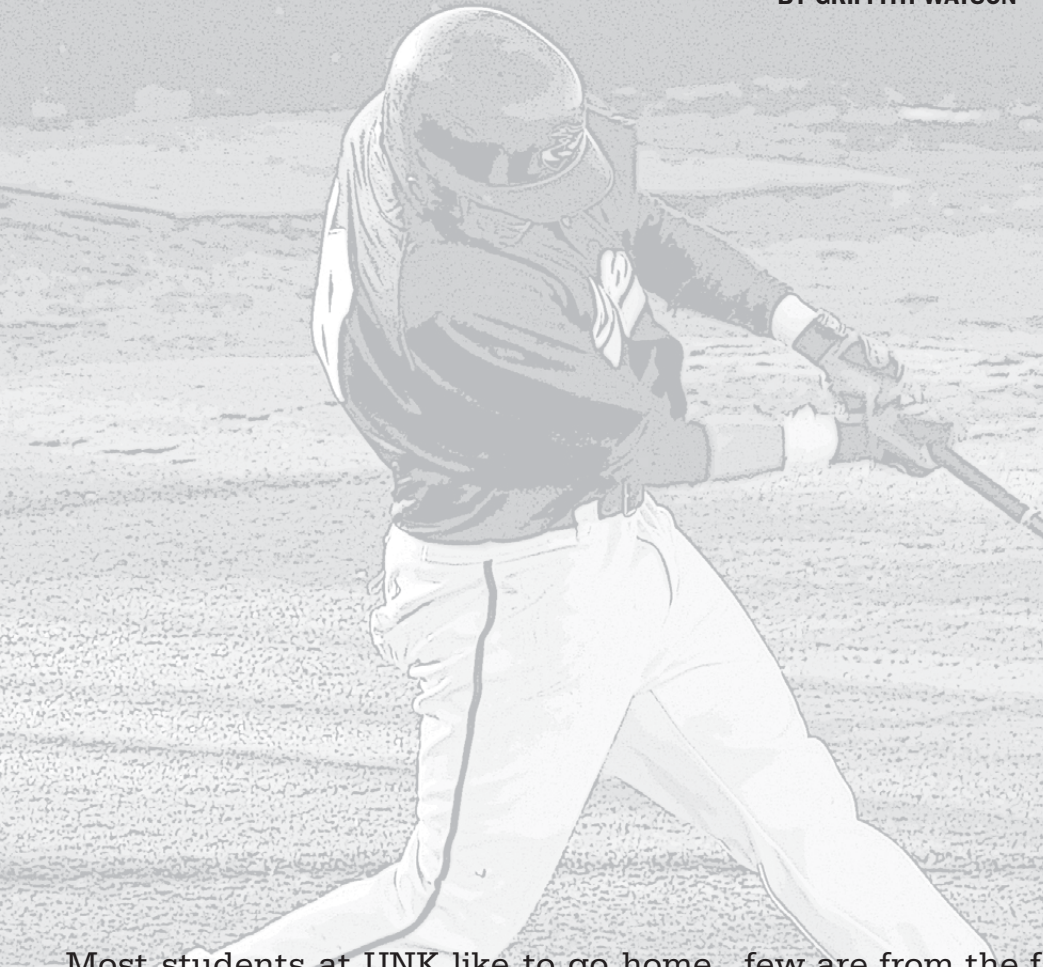
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Kearney

a home away from home

BY GRIFFITH WATSON



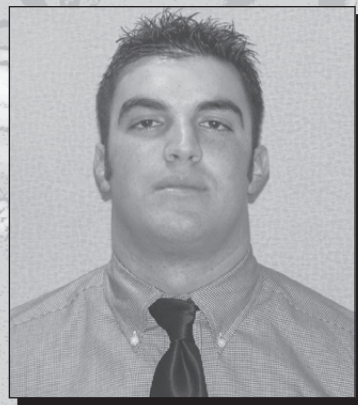
Leon de Winter - C, 1B
Netherlands

I like the size of the town and the community here in Kearney. The faculty at UNK is very helpful and caring. They are almost always willing to help out when you need it.



Chris Gillasp - OF
Henderson, Nevada

I like how the town supports UNK sports. The people in Kearney are very friendly and welcoming to newcomers to the town.



Tre Howell - 2B
Houston, Texas

I like playing baseball here, and the people are really friendly. It's a small city, but it's big enough that you can meet new people.



Ricky Muir - P
Easton, Connecticut

I like how everyone out here is nice and very welcoming and that there are a decent amount of things to do around Kearney.



Tim Pickard - P
Sammaamish, Washington

It's really easy to get around town, and the people are really nice and accepting.

Photo by John Reed
Graphic by Eric Korth

Most students at UNK like to go home for the occasional weekend. For some of the players on the UNK baseball team, however, going home for a weekend isn't quite so easy. A majority of the Lopers are from right here in Nebraska, but a

few are from the far reaches of the United States and even Europe. For these student athletes, Kearney has provided a unique opportunity to play baseball, work toward a degree and experience a place different from home.

Mines-sweepers

Hitting blasts UNK past CSOM

BY AMANDA BELL
Antelope Staff

Last weekend, the UNK Softball swept Colorado School of Mines in a four game series at Kearney's Dryden Park. Mines was number one in the RMAC going into this past weekend, but after the four consecutive losses they are now ranked at number two.

This was the first time all season that the Lopers have won four in a row, and also the first time that the Lopers have swept another RMAC team.

While the Lopers are not having the winning season that they were predicted to have, they are still hopeful and these wins were huge for them.

Saturday's games consisted of the Lopers winning 8-5 and 2-1. Freshman Jessie Thomas, from Yutan, started the first game giving up only three runs in five innings. Junior Ashley Guyle, from Mead, threw a six hit complete game, giving up only one run and walking none.

Hitting played a major factor in the wins all weekend. Senior Molly Langerak, from Erie,

Colo., set the pace of the game with two homeruns in the first game. Sophomore Kelsey Smith, from Blair also added a three-run homer in the same inning as Langerak's second. Smith's homerun blasted the Lopers to an 8-5 lead, which they held through the rest of the game.

"I just went into the weekend with the mentality of a champion. I was relaxed and focused at the plate. I was very determined. It's not like I was trying to hit homeruns, I was just trying to get base hits. I knew as a senior I had to step up for my team. Hitting is contagious, and I knew that if I got a hit or two, it would spark something from the rest of my teammates," Langerak said.

Sunday was no different from Saturday hitting-wise. The Lopers had 20 hits for the day, 12 of them coming in the first game alone. Lead-off hitter Michelle Gaunt, a senior from McCook, went 3 for 3 in the first game, and 2 for 4 in the second game.

Two of the Lopers also threw complete game wins. Thomas threw a seven hitter and

won 6-3. This was the freshman's fourth win of the season.

"Throwing the fourth game is the hardest game to pitch, because they have already had so many at bats and have seen you so many times," Thomas said, "It's a mental test more than a physical test, because both teams are very tired."

"Coming in as a freshman, I didn't know what to expect, but this is such a fast-paced game that I've had to adjust quickly. Molly (Langerak) has also helped so much. She keeps me calm when I get tense, and makes me laugh during innings rather than letting me feel the pressure," Thomas said.

In addition to the tremendous pitching and catching, another Loper also had her season goal reached.

"Going into the season, I knew that I wouldn't get a ton of playing time, so my only goal was to touch home plate once," Mallory Nutt, a freshman from Cozad said. Sure enough, in the game Saturday, Nutt pinch ran for Laura Gormley, and sophomore Kelsey Smith hit a homerun to bring her in.



Photo by Eric Korth

The UNK softball teams surrounds sophomore Kelsey Smith after her 3-run blast pushed the Lopers to an 8-5 lead over the Orediggers of the Colorado School of Mines during game one of the four game series.

"It was glorious. It wasn't how I planned, because I wanted it to be a close play, but I just jogged in because it was a homerun, and hey, everybody loves a homerun," Nutt said. There are still 12 games left

in the Lopers' season, and the RMAC tournament is still within reach if the Lopers keep working hard.

"I think if we have our minds set that we're going to conference, then we will defi-

nately make it," Langerak said. "If we play to our full potential then we will turn some heads along the way."

The Lopers next, and final, home games will be played April 26 and 27 at Dryden Park.

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Coaching for a change

UNK student tries her hand at coaching

BY ALISSA ROBERTS
Antelope Staff

"My little sister was on the team last year and informed my husband and me that they weren't sure if they would have a coach for the season. She suggested that we should do it. After talking about what we could offer the girls, we decided to sign up to be their coaches," Ashlie Larraga, a senior elementary education and early childhood major from Gibbon, said.

In May 2007, Larraga and her husband, Eddie, began to coach the 14 and under Amateur Softball Association softball team in Gibbon.

Larraga began playing softball when she was nine-years-old and played for about eight to nine years.

Larraga said the Amateur Softball Association looks for coaches who have the time to volunteer to coach.

"The most fulfilling part of coaching is the collaboration with both the girls and my husband," Larraga said.

Larraga said she loves to see the excitement on their faces when they accomplished a goal.

"I really feel my calling when I listen to them and give encouragement and support when mistakes or off days occur," Larraga said.

Another aspect of coaching for Larraga is working with her husband.

"Coaching with my husband has been a great opportunity for me. He's modeled how to stay calm and collected in intense situations and shown high levels of commitment to the girls. I've gained an

even greater respect for him because of it," Larraga said.

To balance homework and coaching, Larraga carries a planner with her everywhere.

"I'm able to do that by setting aside specific amounts of time for each subject and stick to the time. Softball is a type of escape from the everyday world for me, so after a full day of homework, I look forward to actually relaxing on the field," Larraga said.

Larraga said the team will "play 15 regular season games and participate in districts and hopefully the state tournament." The season started Saturday, April 5 with their first practice. Their first game is in the middle of May, and the season will end the second weekend of July.

Lopers tackle inexperience

Football staff looks to replace several key players

BY MIKE PENNETTA
Antelope Staff

The Loper football team began spring practices this week with new obstacles in their path. With the stench of last year’s disappointing 6-4 season still hovering around them, the Lopers look to make this fall as special one. With many of last year’s seniors graduated, experience will be one of the many obstacles the Lopers must overcome.

“We have a ton of young guys that will be surprised about how much playing time they get in the fall,” Head Coach Darrell Morris said. “A lot of our young guys will have to step it up this year in order for us to be good.”

One of the key positions that will also challenge the Lopers is that of the quarterback. Justin Arellano, who will begin his senior season this year, is one of the five quarterbacks who will battle for the starting nod. The other four include sophomore Jake Altmaier, and redshirt freshmen Justin Barry, Jake Spitzlberger and Bobby Adamson.

The job is wide open as the Lopers are looking for one of these young guns to step into the limelight.

Another position that will lack game experience is the wide receiver position. Four players return with some sort of game experience: senior Eric Myrick, juniors Mike Pennetta and Brandon Dondlinger and redshirt sophomore Kyle Kaiser.

Joining this group in the fall will be another junior, Tyrone Hilton. The junior college transfer out of Miami, Fla., was forced to redshirt last fall due to some academic transfer issues.

“Sitting on the sidelines last year watching my teammates play hurt me. It hurt my passion and made me sick to my stomach,” Hilton said. “I

wanted to be out there so bad, as I knew I could help my team tremendously.”

Hilton will look to make a large contribution to the receiving core this year as he will be eligible for fall completion.

Another receiver who played last year, Eric Myrick, will be unable to compete in spring practices due to being a part-time student will serve as a mentor this spring.

“I’m looking to bring the younger guys along this spring, help them out and help them understand the game more,” Myrick said.

As far as his contributions this fall, Myrick looks to make a bigger splash.



Photo by Garrett Ritonya
Redshirt freshman quarterback, Jake Spitzlberger of Lakewood, Colo., eyes an open receiver during a spring practice last week. Spitzlberger is in a heated battle with four others for the starting position.

It is never easy to see them go

New seasons mean goodbye to senior classes

BY AMANDA BELL
Antelope Staff

Senior year is a time of adjustment, especially for athletes. While many students are preparing for their internships, or making their first career moves, athletes must get used to a life without the sport they love and have been playing on some level for as many as ten to 15 years. While this is a rough transition for that athlete, it is also a challenge for the coaches of the team and the program as a whole.

Athletes only have one senior year, but year in and year out, coaches must say goodbye to one or more seniors, and usually these seniors are key leaders and players on and off the playing field or court.

“You get to know these people very well. You spend a lot of time with them. You’ve watched them grow as people and players, and it seems like just when they’re reaching that level that you would consider to be their potential, you have to say goodbye to them,” said Volleyball Head Coach Rick Squiers, who finished his ninth season earlier this year. Squiers lost three seniors this past season.

“If things go well and you get to know them well and develop a quality relationship with them, it’s tough. It doesn’t seem to matter if there were one or two of them, or five or six of them. It doesn’t matter how much they played, or how good they were,” Squiers said.

While the sentimental aspect of a player-coach is always an issue, the success of the team might also be in jeopardy when it comes to losing

certain players, seniors in particular.

That seems to be the case this year with the women’s basketball team. They will be losing two seniors, Amy Mathis and Melissa Hinkley. Mathis earned RMAC Player of the Year awards, and named first team all-district by ESPN Magazine. Melissa Hinkley was second team all-conference, and third-team all-district. The two players were also leaders in the classroom with both named first all-academic team in the RMAC.

With two players like this leaving a program, the coach is affected, as well as the team chemistry as a whole.

“Losing seniors like that greatly affects us. Those two were great leaders for us, as many seniors are. Sometimes it’s harder to replace a senior’s leadership and mental toughness than it is to replace their scoring or actual basketball skills,” Coach Carol Russell, said. Russell is in her sixth season as the Lopers head coach.

Russell had a rare season though, because seniors are not always the biggest leaders, or the most memorable on the team.

“There are times when our seniors aren’t necessarily our leaders, or even our captains. It just really depends on the person,” Russell said. For sports like volleyball and basketball, seniors would appear to play a larger role, just because the team size is smaller than certain other sports. For example, football carries a team of over 100, and many of those players are seniors.

“I think it all depends on the individual group. In a big team sport like football, there are multiple dynamic leaders at different positions.

If you have a strong leadership team, that helps all things together. It makes for a greater unity as a team. It all just depends on the situation, and who the seniors are,” Coach Russ Martin said. Martin is the offensive coordinator for the Lopers entering his fifth season.

Regardless of the sport, or the outcome of the season, saying goodbye to senior never gets easier over the years.

“I think it gets harder to see them go, because when you watch them come all the way through, all four years, you see them grow,” Martin said.

“I think it gets harder over the years. The two seniors this were two kids I recruited while they were in high school, and then they spent all four years here, so that’s a five year relationship you’re letting go of. You really know them, and you really know their families. It is tough, but it is part of the growing process for them,” Russell said.

While the coach and the player may never again be on the field or court together again, some sort of relationship is always there, after the playing days are over.

“We really try to have an interactive relationship while our players are here, but we also try to continue that after they’ve gone. I think the hardest part is that you can’t follow up on them the way you want to,” Martin said.

Sports are something that joins people in a way that no other relationship can. It is a common love, and when it is all over there are still many feelings left behind. Not only in players’ hearts, as most people would think, but in coaches’ hearts as well.



AMANDA BELL
Sports Columnist

Rock Chalk Jayhawk

Fundamentals win championships

While I’m not an avid basketball watcher, I do pay close attention to detail. I also live with two die-hard KU fans so statistics have been thrown at me all season long. I did learn some interesting facts as this season progressed, and two weeks ago, I came to discover that Memphis can’t shoot free throws as well as a championship team candidate is expected to.

Since its inception in 1939, the men’s division I basketball championship has gone to overtime a total of seven times. Monday night hundreds of thousands of basketball fans held their collective breath as they enjoyed what could be argued as the best basketball game of the year. If you are a student who lives on campus, then you may not have seen this game, then I do feel for you because there’s no way that listening to a game like this gave it justice.

The teams themselves will probably be remembered among the most talented ever assembled at the collegiate level. Kansas and Memphis each amassed over 30 wins this season, 31 and 33 respectively, en route to being the top ranked seeds in their region. Both teams won their conference tournament before storming through the early rounds with little problem.

As I learned two weeks ago, the knock on Memphis is their reputation for horrible free throw shooting, which they proved to be right in the remaining minutes of the second half in the national championship.

Statistics have it that they were the third worst team in the nation from the charity stripe during the regular season before the team surprised the nation by shooting over 80 percent during tournament play. What the statistics didn’t show about the Tigers incredible tournament free throw percentage was that they were hitting these free throws when they were already ahead in the game by double-digit leads. When it came to crunch time, the Tigers crumbled under the pressure.

The Tigers shot well for the first 35 minutes of the championship before Chris Douglas-Roberts missed his fifth and sixth free throws. Watching a leader like this miss crucial free throws made the team crumble behind him.

While both teams played rushed, sloppy offense, Mario Chalmers did take his time on one shot, and it was the shot heard round the country Tuesday morning. Chalmers made a 3 pointer to tie up the game with 2.1 seconds to go. This will go down as perhaps the greatest shot in Kansas basketball history.

The Jayhawks came out with fury in overtime, and Memphis watched their only chance to win in the game diminish.

This was quite possibly one of the best championship games seen since 1997 when Kentucky and Arizona battled with Arizona claiming victory and Miles Simon earning 30 points in just a few minutes.

Until next year though, Memphis fans can make excuses, and Kansas fans can fly their red, white and blue flags, in any sport, making basic plays wins ball games.

career.

“Arizona is definitely at the top of my list of places I have played,” Hadenfeldt said. “But otherwise I enjoy playing the courses here in Nebraska and Colorado when the weather is nice.”

The Lopers will be traveling to Colorado in the coming weeks to compete in RMAC tournaments.

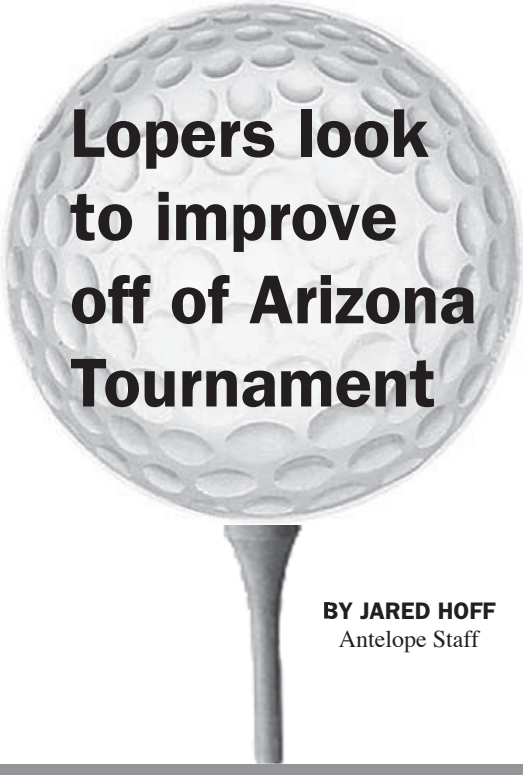
“All we want to do is place in the top ten at every RMAC tournament and beat as many RMAC schools as possible,” Hadenfeldt said. “That is how we will be able to qualify for super-regionals.”

Last year the Lopers qualified to super-regionals, which was held in Lakewood, Colo. This year super-regionals will be held in Rohnert Park, Calif., on May 5-7.

The NCAA Division II Men’s Golf Championships will played in Houston on May 12-17.

Hadenfeldt has learned a vast amount about how to compete in the RMAC and with top players from all over the country.

“I have learned a lot from my first year,” Hadenfeldt said. “To compete on the highest level, I have really learned to emphasize my short game when I practice.”



BY JARED HOFF
Antelope Staff

If you’re out at the golf course this spring in Kearney, there is a pretty good chance you will see members of the UNK men’s golf team tirelessly trying to improve on fundamentals like putting, driving and other aspects of the game.

The men returned to Nebraska over the weekend after playing in at the Grand Canyon Thunderbird Invitational in Goodyear, Ariz.

The Lopers finished in 15th place with a team score of 913.

Sophomore Max Hadenfeldt, from Gering finished in 76th place at the tournament. Hadenfeldt enjoyed the weather in Arizona and added that the team feels good about accomplishing its goals this season.

“My goal is to qualify for every tournament,” Hadenfeldt said. “Our team goal is to shoot under 300.”

The Loper men were able to finish below 300 only once in Arizona, when they shot a 299 the first day of the tournament. UNK finished up the tournament with rounds of 304 and 310.

Hadenfeldt credits head coach Dick Beechner for helping to develop and improve his game.

“He encourages us to play every day,” Hadenfeldt said. “We use his connections to go hit

range balls, and we get to play free rounds at the two courses here in Kearney. He helps us work on difficult aspects of the game, like our short game.”

“All we want to do is place in the top ten at every RMAC tournament and beat as many RMAC schools as possible. That is how we will be able to qualify for super-regionals.”

*Max Hadenfeldt
Sophomore*

The trip to Arizona went well for the men, and Hadenfeldt thinks it is the most fun and exciting place he has played in his young collegiate

Veterans Jimmy Eat World pair with Paramore

Tom Linton, guitarist of Jimmy Eat World, talks about their latest tour coming to Council Bluffs

BY MARK HAYDEN
Antelope Staff

You might remember them as a band with a keen eye for the ladies. Their famous underwear video for “The Middle” put them on the map and launched them into a rock music oblivion that only existed in their dreams before.

Jimmy Eat World is bringing their dreams to Council Bluffs, but isn’t promising a house full of half-naked girls on stage.

In support of their recently released fifth album, “Chase This Light,” the band has been touring non-stop since the album hit record stores, and now is your chance to see them April 16 at the Mid-America Center in Council Bluffs, Iowa.

Coming off dates in Japan and Europe, they have returned

to the states for a one-month stint. Without much of a break, Jimmy Eat World will take their tired riff fingers and jaded drumming arms to Europe to play notable rock festivals this summer such as the Rock AM in Nuremberg, Germany.

They have not always had the pleasure of showing off their skills across the world, however. Just like a lot of band success stories in the music industry began, this band saw demos turned down, clubs did not let them play and money was not as prevalent as their heart and soul in their music.

Tom Linton, guitarist for Jimmy Eat World, says that every day there was a new challenge for the band, but eventually they came across a few people that actually gave them a chance.

“We have received a lot of



Photo courtesy of www.googleimages.com
From right to left: Tom Linton, Rich Burch, Tom Lind and Jim Adkins. Jimmy Eat World is gearing up for their tour of the United States this month.

breaks along the road, but my first big break was when I did not have to call up a temp service to score a job after touring was over,” Linton said.

Playing in front of thousands of people is as good as it gets for any band, and getting paid for it is even better. Taking their music to Japan this past

month was a pleasure for Linton who said would never forget his experience there.

“When we were playing, the crowd was rowdy, and everyone got really into it the music. But after a song ends, they fall silent. They’re so considerate while they wait for the next song to start. It’s unreal.”

Jimmy Eat World hit the scene with their album, “Bleed American.” Seven years since the release of their career-launching album, the band has not forgotten how to give their fans something to appreciate.

“Chase This Light,” a record that for many of their listeners solidifies their existence in the scope of the rock industry continues to show that they are here to stay. A track off the album titled, “Here It Goes,” might want you to grab your dancing shoes.

“‘Here It Goes’ has been a really fun song to play live. It’s a song that was hard for us translate for a live show. I’m glad we figured it out because it seems like it’s a fan favorite,” Linton said.

A rockin’ good show in Council Bluffs will be filled with songs like “Here It Goes” and of course old favorites like, “Pain” and new favorites such as, “Always Be,” Linton says.

The band has teamed up with Paramore for this latest tour, a new face in the realm of popular music. It’s not going to be outside, and you will not have to pay \$4 for a bottle of water, but this one will be sure to give you a good taste of the annual Warped Tour summer event.

See www.ticketmaster.com for all ticket information. Concourse seating still available: \$28.

An exceptional spring break

▼ UNK’s alternative spring break program takes eight students to help rebuild homes in Greensburg, Kan.

BY YOANA GARCIA
Guest Writer

Although many students got the opportunity to travel to tropical places during spring break, many UNK students decided to stay home and catch up.

Catching up meant sleeping in, doing homework, working extra hours, spending time with friends and family or even moving.

Justine Agaloos, a UNK sophomore majoring in computer information systems, said her spring break was not spent along the beach, but was quite an exceptional experience a little closer to home.

Agaloos was a part of UNK’s alternative spring break service-learning along with eight other UNK students.

The group traveled to Greensburg, Kan. to help with

the reconstruction after a tornado disaster on May 4, 2007, when 95 percent of the homes and businesses were destroyed by a two-mile-wide EF5 tornado.

Agaloos was a first timer with UNK’s program. She described this experience as an opportunity to discover your inner self.

“Being part of the service-learning program served me with life-long skills.”

*Justine Agaloos
Sophomore*

For Agaloos, coming from a big city in New Jersey, helping out in this small community

made her realize how materialistic people can be.

“When you are put in someone else’s shoes and lose everything, you learn to appreciate the little things in life.

“Being part of the service-learning program served me with life-long skills,” Agaloos said.

During their stay at Greensburg, the group worked 8 a.m. to 5 p.m. each day without pay, rebuilding houses, “I learned how

to apply drywall,” Agaloos said.

After work, the group had free time to interact with other students from different colleges.

“We loved to hang out with the students from South Dakota,” Agaloos said.

Agaloos loved this experience; she is even thinking about making it her career.

Any students can be part of an exceptional experience for only \$50.

Agaloos would like to see

Courtesy Photos:
BELOW LEFT: UNK volunteers posing for a picture after long hours of work.
BELOW BOTTOM RIGHT: Workers move Greensburg’s new water tower into place with a crane.
BELOW TOP RIGHT: Justine Agaloos, a sophomore from New Jersey, found the small-town crisis eye-opening. Photo by Yoana Garcia



Senior interior design students show off their skills

BY LISA BECKER
Antelope Staff

On Sunday, April 6, 26 senior interior design students put their knowledge and skills on display. The Kearney community and UNK students went to the Merryman Performing Arts Center to see the displays of the senior interior design projects.

“We have this event so the public and others on campus can come see how amazing the students’ work is. They never cease to amaze me with their creativity

and talent,” Cathy Tourney from the interior design department said.

Each student was given a six inch by six inch square to work with. The theme for the projects this year was to design a birthing unit.

“We are responsible for designing the basic floor plan and the outer walls with any windows,” Laura Thompson said. Thompson is a senior interior design from Kearney.

“The project is a series of presentation and technical boards, research papers displayed in any matter that the stu-

dent chooses,” Thompson said.

“Each person was given the same space for this project, 2nd floor of a building. The total square footage was around 6000 feet. Each person was given an article of hospital design and supposed to elaborate in their design that concept,” Jessica Richardson said. Richardson is a senior interior design student from Stratton.

“We were supposed to go into detail with our plans in the waiting area, nurse’s station, and patients rooms. Each person was able to do what they wanted with this,” Richardson said.

“We have to make a display wall of some kind and display all of our work on that. We do get some free reign to do what we want with that. Some people might have stronger points than others which makes everyone’s project a little different. I have really enjoyed working on the project with the other interior design students these long hours in the lab,” Richardson said.

To create this project and prepare for the show on Sunday the students went on several field trips to hospitals around the area.

“We also had guest speak-

ers come in to class and explain from firsthand experience what they thought it was like for them,” Richardson said.

Both Thompson and Richardson would like to continue interior design after graduation

in the area of kitchen and bath.

“I would like to move to the Denver area after I graduate. I have a passion for doing kitchen and bath and I love the creativity that you can display,” Thompson said.



Courtesy Photo
Laura Thompson



Courtesy Photo
Jessica Richardson

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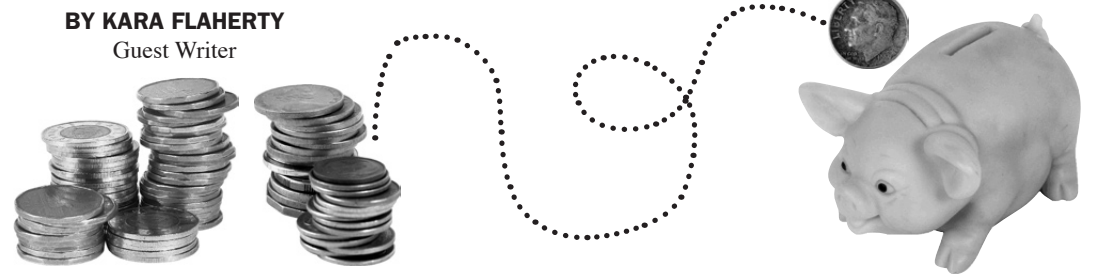
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Students save money by taking frugal measures

▼ Statistics show that the majority of college students are in debt, but with a little bit of thought and creativity, some students have discovered ways to save money.



BY KARA FLAHERTY
Guest Writer

Unless you were born into riches, have the highest paying part-time job ever or still live with your parents, if you’re a college student, chances are that you’re poor.

Between the pressures of attendance, homework and any extracurricular activities, it can

be difficult to find time for extra income. Add that to amounting book prices, increasing gas prices and the basic costs of living, what’s a college student to do?

One of the big bank-breakers specifically related to students is the cost of books. Luckily, by making simple use

of the Internet, students have the option to shop around for the cheapest prices.

April Headley, a junior interior design major from Omaha, Neb., has been using the Internet to buy textbooks since her sophomore year in college.

“I’ve saved over \$20 on every textbook that I bought online,” she said. “I just wait until the first class meeting, make sure I need the book in the first place, and then I search for it online.”

Another great thing about the Internet is that students can also sell their books online for more money than selling them back to the book store.

Another tip: “After you sell your books, save that money for the next time you need to buy books,” Headley said. “You’ll take a lot of pressure off yourself having the extra cash already on hand.”

Among students who have bought or sold books online, popular Web sites include Amazon.com, Ebay.com, and the

Marketplace Book Exchange on Facebook.com.

Freecycle.org is another Web site that offers used items, and better yet, every item is free. Registering a free account is required, but members are given access to local networks where they can browse ads for things that people are giving away for free.

Another big money drain for students can be the cost of food, especially with the bad habit of constantly eating out. After all, who wants to cook, let

“I’ve saved over \$20 on every textbook that I bought online.”
April Headley Junior

alone go all the way to WalMart to buy groceries?

“My biggest money-saving tip is the dollar wall at Apple Market,” said Shelly Fox, a junior English major from Harrison. “You can buy cereal for \$1, and they have soup for 49 cents,” Fox said.

Best of all, Apple Market is less than a mile away, making it the closest grocery store to the campus.

Angela Ehrenberg, a senior



“It’s really rare for me not to wear at least one thing from Goodwill.”
Anj Ehrenberg Senior

technical theatre major from Funk, also stresses the importance of not eating out. “When I cook, I just buy simple ingredients, like pasta and a few side items,” she said. “Then, I have leftovers for a week. Eating leftovers is just as fast as eating out.”

Ehrenberg saves lots of money by cooking for herself, but she saves even more by shopping at Goodwill. When asked if she has an entire outfit from Goodwill, she said, “That’s easy. I have an entire closet from Goodwill!”

Goodwill doesn’t stop at clothes, though. Along with the Salvation Army, both stores offer used furniture, desks, books, lamps, dishes and much more.

Other stores that offer used items are Donna’s Book Nook and Hastings. Hastings will also



“I’ve saved over \$20 on every textbook that I bought online.”
April Headley Junior

buy used music, movies, and books for cash or store credit.

To save on those utility bills, Ehrenberg added, “Always turn the heater off when you aren’t home, and unplug anything that you aren’t currently using.”

Extra money-saving tips: Make use of college resources whenever possible. Apply for scholarships. Make a conscious decision to spend money only on things you need and sell things that you don’t need. If possible, get a part-time job to help with extra expenses or to save up money for future expenses. Live with roommates. Don’t ever use a credit card.

Lastly, worry about paying off those student loans after you earn your degree and have the opportunity to start living above the poverty line.



Photo by Kara Flaherty
April Headley, a junior interior design major from Omaha, browses Facebook Marketplace. The Marketplace works much like the classifieds and includes student-friendly sections, like Marketplace Book Exchange.

Did you know? ... You can get discounts by simply showing your student ID card! During the 2007-2008 school year, look for the UNKard Supporter logo at participating area businesses to receive great discounts as a UNK student!

FOOD DISCOUNTS	
Bico’s	15% off
Come & Get It	\$.25 off a sanwich or \$.50 off a meal
Eileen’s Colossal Cookies	Half price 4-inch cookies (limit 3)
Hardee’s	\$1 off any combo after 5 p.m.
Jersey’s Sports Bar and Grill	Buy one sandwich, get one half off
Old Chicago	10% off any food purchase
Pane Bello	10% off order
Papa John’s Pizza	Large one-topping pizza for \$6.99
Pizza Hut	Large one-topping pizza for \$7.99 plus \$2 breadsticks
Ruby Tuesday’s	15% off entire entre
Subway	Free drink with purchase of sandwhich
Valentino’s	Large specialty pizza for the price of a one-topping

OTHER DISCOUNTS	
Buzz’s Marine	10% off wakeboards, skis, kneeboards, or towable tubes
Computer Pros	\$10 off first hour of labor
Fashion Encore	10% off purchase
Graham Tire Company	10% off all auto services (excluding tire prices)
YMCA	\$2 off day pass
Kool Tattoo	\$5 off piercing
Kwik Stop	Happy hour price on 32oz drinks all day
Midas	15% off parts (tires excluded)

For more information, go to http://www.unk.edu/studentlife/student_org/student_govt/index.php?id=26548



Photo by Kara Flaherty
Angela Ehrenberg, a senior technical theatre major from Funk shows off a favorite dress that she bought at Goodwill. Ehrenberg estimates that 80 percent of her clothes are from Goodwill.

UNK students search for different ways to cure cabin fever for less coin

BY RACHEAL SMITH
Antelope Staff

Now that spring is here, you may have realized that cabin fever has set in during the winter. It is time to dig out your tennis shoes and take advantage of all the opportunities that Kearney has to offer.

Like most college students, your wallet may not allow for many activities that you have to pay for. Recent UNK graduate Adam Steinke said, “I like to get out and be active, especially

when it gets warm, but I’m not always sure what there is to do that’s cheap,” Steinke said.

Fortunately there are many things to do in the Kearney area to get active and not pay an arm and a leg. The most accessible for students living on campus is the hike and bike trail that goes through the UNK campus. If not already aware this is on campus, just head towards the education building.

If you start heading in a western direction it won’t take more than three miles to reach

“I like to get out and be active, especially when it gets warm, but I’m not always sure what there is to do that’s cheap.”
Adam Steinke UNK Alumnus

Cottonmill Park. According to the magazine *Discover Kearney*, Cottonmill spans 140 acres and includes a 43-acre lake. Here you can go fishing, rent paddle boats, picnic, have bonfires in a campfire ring, disc golf or hike

on one of the nature trails.

If going in a more southern or eastern direction there are many other recreation areas that you can visit. The first you would come upon is one of the newer parks to Kearney, Yanney

Heritage Park. Here possible activities are fishing, the observation tower, paddle boats, picnic areas and for the young at heart, a playground area and water park.

If you are looking to take a detour, go east on Eleventh Street from Yanney and play a round of disc golf at Centennial Park. If playing disc golf is not your thing, a sand volleyball court and tennis court are available at this park.

The hike and bike trail in Kearney continues all the way to

the Archway from Yanney Park, and it doesn’t require you to cross too many busy roads.

Eventually the city plans on extending the trail all the way to the Fort Kearny recreation area. Even though not easily reached by the trail yet, this park also offers many outdoor activities. These include camping, swimming, trails and fishing.

To find more information about the fun things to do in Kearney, pick up one of the free magazines *Discover Kearney* or check out www.visitkearney.org.

UNK students show flair at Fame

BY DANIEL APOLIUS
Antelope Staff

and duets. Sophomore Collin Grimes from Grand Island performed a solo on his acoustic guitar. Collins said he plays on a regular basis at coffee shops and anywhere he could. “I came here to share my talent and I hope that people will enjoy it,” Collins said.

One memorable performance of the night belonged to the group know as Black and White. Senior Tervel Dlagnev, and Sophomore Marty Usman, both from Arlington Texas, lit up the Ponderosa room with their hip hop dancing. They said that they have only been practicing for a few days but they were there to “take titles.” At the end of their routine they received a standing ovation and a few cat calls.

Sophomores, Dayvid Cardenas of Lexington, and Troy Ehmké of Beatrice, both music majors performed Brick House and Chameleon on bass guitars. When asked what inspired them to do this they said, “the money would be a nice reward but we really just want to perform and entertain people.”

Support came from the audience as they clapped and laughed during the acts creating a warm and encouraging atmosphere for the entertainers.

“I’ve been here every year but this year there are some great performances,” Randi Reimers, a chemistry major from Ogallala said.

For some fans it was their first time attending the talent show. Radiology student Brit-

tany Mann said, “I never been to the show before and I wanted to support my friends Amber Davis, and Tervel Dlagnev.”

The night ended with an award ceremony and a great round of applause for the competitors.

For the individual category, the winners were as follows: First place went to Amber Davis with her bell solo. Second place went to Xia Wan for her singing and piano solo, and third went to Spenser Wolfe with his comedy magic act.

In the group category first place went to “Tiny Boys,” Satru Nishimoto and Yoshikatsu Noda with their hip hop dance. Second place went to the Lambda Theta Nu Sorority for their dance routine and third place went to “The Amazing Duet” of Phillip Zuehlke, Shawna Beeler, and Aya who performed the song “The Prayer.”



Photo by Mark Hayden
Xia Wan’s self-written lyrics accompanied by her piano playing was one to remember. Wan won second place in the individual category.



Photo by Mark Hayden
Amber Davis, shows off her bell synchronization skills at the 2008 Fame talent show. Davis won first place in the individual category.

Fame r s u l t s	Individual category	Group category
	1st —Amber Davis —bell solo	1st —Satru Nishimoto and Yoshikatsu Noda —hip-hop dance
	2nd —Xia Wan —singing, piano solo	2nd —Lambda Theta Nu Sorority —dance routine
	3rd —Spenser Wolfe —magic/comedy act	3rd —Phillip Zuehlke, Shawna Beeler and Aya —“The Prayer”

UNK

BY DEBBIE EPPING
Guest Writer

Swearing in casual conversation is acceptable and even encouraged in many social circles. Although swear words may have lost much of their shock value, many words still cross the line in printed publications with only a “single asterisk as a fig leaf for the offending word (vowels are apparently the genitalia of obscenities).” Words that were once considered taboo 10 years ago are



now widely used, and youth are finding new uses for old words. Words such as “bitch” and “pimp” have taken on new meaning as youth casually use them in everyday conversation. While the once forbidden “f-word” has made its way into youth’s vocabulary as nearly every part of speech, derogatory terms for people of different races and sexual orientation have taken on a worse connotation than any other “bad word” in the English language. Despite the new trend among youth in cursing up a blue streak anytime and anywhere, many students concur that

Students spill on swearing

profanity is used both too frequently and loosely in everyday conversation. Keep in mind that the number of words in the English language is approaching the one million mark—the majority of which contain more than four letters. Quote courtesy of “The Keeper of the Sacred Flame” by Daniel Heath Sources: “The Keeper of the Sacred Flame” by Daniel Heath from the Kitchen Sink ‘07 “How Swearing Works” by Tracy V. Wilson

Talking Trash by the numbers:



- 85**—average number of swear words youth use each day
- 17**—a swear word in Sweden
- 1**—number of expletives in the 1985 movie “The Princess Bride”
- 239**—number of times f*ck is used in the 1999 movie “The Boondock Saints”

Information courtesy of “How Swearing Works” by Tracy V. Wilson
Infographic by Debbie Epping



“Girls call their friends bitches because it’s almost like a friendship term.”
Michelle Conley
Freshman



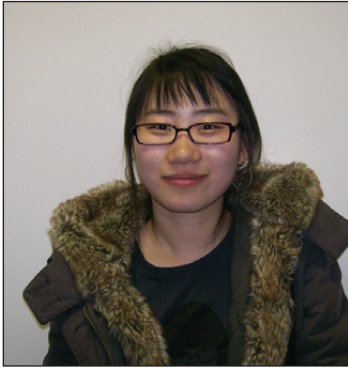
“Everyone is getting so comfortable with swear words that they just become new slang, and they don’t mean the same thing anymore.”
Deedee Youngams
Junior



“It is almost acceptable today to use such words. The media puts out an image that promotes use of ‘swear’ words.”
Josh Hagel
Senior



“I think swear words have lost of a lot of their effect because they’re used so often and youth are desensitized to them.”
Cale Cooper
Freshman



“In my own country, it’s very strict. It’s common sense not to use profanity in front of your elders.”
Seohee Lim
Junior



“I think today’s youth use swear words too loosely, but I think it’s a learned behavior, so if people want it to stop then it has to start with the adults.”
Chris Fant
Sophomore