

the Antelope

University of Nebraska at Kearney

Run With It

Boots and chaps, cowboy hats, spurs and latigo UNK Rodeo Club grabs their gear, saddles up for competition

BY SHELLY FOX
Antelope Staff

From goat tying and team roping to barrel racing and bull riding, and nearly everything in between, the members of the UNK Rodeo Club know how to get down and dirty during rodeo season.

One of the club's advisers, Human Resources Personnel Assistant Donna Posusta, said

the members participate in all kinds of rodeo events; from goat tying and team roping to barrel racing and bull riding.

Junior chemistry major and Rodeo Club vice president Kelsey Empting of Ponca City, Okla. says his choice events are bull fighting and ranch rodeo, which includes branding and wild cow milking.

And yes, it is exactly what it sounds like.

"A couple guys hold the cow down, and another one tries to milk it," Empting said.

Empting first came to UNK for wrestling, and was introduced to the Rodeo Club through an athletic trainer who was the president at the time.

Empting has now been part of the club for three years, and just because he's a bullfighter doesn't mean he walks around in the crazy costume; Empting

fights bulls in what he calls the "new style."

"The dangly clothes, but no clown paint," Empting said.

Even when they're not on horseback or battling rough stock, the club members manage to stay busy and give back to the community.

"They help with the PBR in December and the Cattleman's Classic in February," Posusta said.

Empting says that is probably the hardest part of being in the Rodeo Club.

"It's non-stop work," Empting said, "and you still have school."

But all work and no play makes for a really long day, and, like true cowboys, the Rodeo Club members know how to have some fun.

"I like the camaraderie," Empting said. "We're all pretty close."

Empting said he has always both loved and participated in rodeo, and plans to continue even after college.

Unfortunately, UNK does not host any rodeos for the members to participate because of insurance reasons and a lack of adequate hosting facilities.

The members take part in local rodeos throughout the year on their own time. They also practice on their own time at the practice arena by the Safety



Center.

Most of the members don't have their own horses with them at college, so many find local people who are willing to lend them a horse for practice.

There are even a few people in the surrounding area who have bulls that the members can practice their bull riding skills on.

If you want to join the Rodeo Club, don't worry; there aren't any requirements. You don't even have to have your own horse.

"Enjoy the sport and want to support it," Posusta said.

Empting said there are students from every class who have or are participating, even some grad students. Anyone who wants to learn or just loves the sport is welcome.

"Just want to have a fun time...and maybe drink some beer," Empting said.

Photos by Shelly Fox

ABOVE: Empting stands with his borrowed ride, Old Bud, as they get ready for a ride.

FAR LEFT: Empting puts Old Bud through his paces as a train rolls by.



State Fair moves West to Grand Island

BY LAURA LARSEN
Antelope Staff

In one of their last moves of the session, Nebraska state senators voted to move Nebraska's annual statewide fair from Lincoln to Grand Island. The measure overwhelmingly passed through the legislature with a vote of 44-3. Governor Heineman made things official by signing the bill into law on Friday, April 18.

Legislative bill 1116 was proposed by Bayard Sen. Phil Erdman. According to a statement, Erdman released on April

10, the State Fair move is the result of cooperation between all involved parties.

According to Erdman, the agriculture committee started a planning committee to consider the future of the State Fair. "During this process, it became clear there were three viable solutions: the fair could remain at State Fair Park, the fair could co-locate at the Lancaster County Fairgrounds in East Lincoln, or it could move to Grand Island," Erdman said.

The University of Nebraska system was especially interested in seeing the event moved. With the event moved the university

will now have the opportunity to acquire the current State Fair grounds in order to develop a new research facility. To encourage the move, the university has pledged to commit \$21.5 million to the relocation process.

An April 16 Lincoln Journal Star article interviewed Grand Island Chamber of Commerce representative Cindy Johnson. According to Johnson, the city is aware of the daunting task before them but are excited to get started with the process.

Also contributing funds to the relocation process was the City of Grand Island, the Nebraska State Fair Board and

the State of Nebraska. The City of Grand Island has contributed \$8.5 million, the State Fair Board \$7 million and the State of Nebraska \$5 million.

In addition to LB 1116 authorizing the move of the state fair, the bill also stipulated that the current state fairground be transferred to the University of Nebraska. According to the agriculture's committee statement regarding the bill, the grounds will be transferred provided the University contributes all pledged funds and is willing to take on all liabilities associated with the property.

Newly elected student body

president, Tim Hruza of Ord, believes the State Fair move will not cause any negative side effects. "The State Fair move will be great for people who live in the central and western portions of the state to become more involved in the event," Hruza said.

Additionally, Hruza believes the relocation will be a good move for the university system. "The new research facilities will serve as a great source of attracting new students to our state and university system," Hruza said.

Omaha political science sophomore Liz Petto is skeptical as to whether or not the State

Fair move will attract more patrons to the event. "As a person from Omaha I am unsure as to whether or not I would drive out to Grand Island to attend the event. It will be interesting to see how attendance is impacted by the location move," Petto said.

The final version of the bill stipulated that the event be moved to Grand Island by 2010. To learn more about the State Fair check out www.statefair.org.

All of the information for this article was obtained from the Nebraska Unicameral official Web site.

UNK students and alumni take hockey team by "Storm"

BY KRISTEN BROCKMAN
Antelope Staff

The local Tri-City Storm tier 1 junior level hockey team is as close as UNK students and sports fans can get to what it would be like to work behind the scenes for a professional sport team. So it's not surprising that students and graduates look for the opportunity to intern or work for the organization.

The Tri-City Storm, a part of the United States Hockey League (USHL), prepares

young, developing athletes for play at the division 1 and 2 college levels.

And, even though Kearney might not be top on the list of sports towns, having a team like the Storm here has opened up numerous opportunities for eager students to gain necessary experience in the world of sports operations, and many of UNK's own have taken that chance.

The staff for the 2007-2008 Storm season included seven UNK students, with many more who volunteered on game nights.

The Storm organization offers many different opportunities in areas ranging from marketing and promotions to work with the media.

Robbie Hankins, a 2006 sports administration graduate from Atwood, Kan., is currently serving as director of marketing and inside sales. He previously held the position of ticket account representative.

Hankins' current duties include getting the Storm name out into the community, contacting new clients and renewing current clients, writing the game-day script and community service and charitable work.

"I love the networking,"

Hankins said. "The relationships you build are not only with the sponsors but also with the fans."

Matt Lindsay, a senior sports administration major from Kearney, is in his second year working for the Storm. He spent this season serving as the media relations coordinator and press box manager. His duties range from writing game notes and coordinating the press box on game nights to managing the Storm Web site and assembling stat packs for the media.

"The experience is second

See **Storm**
on page 9



Photos by Kristen Brockman

ABOVE: Amber Giffin, video producer.

LEFT: UNK students Dustin Favinger (foreground), Robbie Hankins (left center), Matt Lindsay (far right) and Sean Bottorff (near right) and the Storm office staff attend to off-season business at the FirstTier Event Center.

FAR LEFT: Tri-City Storm video producer Amber Giffin, a sophomore broadcast major from Pleasanton, assists Kyle Means, Storm interim vice president of operations, with filming a video segment of player interviews.

Layout by Michelle Allen



Student fees: a financial burden to many

Many students wonder what exactly the student fees are they pay for

BY ALISSA ROBERTS
Antelope Staff

It is the time of year again to accept financial aid awards. Many students may calculate costs and wonder what exactly student fees are.

“Sometimes I think students have a difficult time finding resources to help them be aware of what is actually happening to their money,” Amber Lewis, a senior history and English secondary education major from O’Neill and the former student

body president for 2007-2008 academic year, said.

A student fee is a payment for a service given to students by the university. There are two different ways that student fees are determined.

“There are some fees such as the Fund A allocations that students vote on annually—for instance this year during the Student Government elections, students voted on the student weight room fee, which provides money to maintain and improve our student weight room, and a fee that gives money to student organizations like LPAC and

Student Government to provide student-sponsored programs and activities,” Lewis said.

The second way that student fees are determined is through an organization voting. The vote must be approved or disapproved by the Chancellor. These student fees are the Fund B allocations.

“These student fees often are particular to a specific student groups, such as biology students who need to pay a lab fee or art students who need to pay a supply fee. There are also fees such as the Library Fee, the Technology Fee, and the Counseling and

Health Care Fee that are used to supply students with basic needs to make their campus environment suitable and useful to their needs,” Lewis said.

Tim Hruza, a junior political science and economics major from Ord and the current student body president, explained that the health services on campus are the result of a partnership with the Kearney Clinic. The services offered are supervised by the Kearney Clinic.

“The Kearney Clinic, due to the increasing costs of health care and the high volume of student traffic they’ve seen, raised

their rates this year. This is the first increase since 2006 and seems very reasonable for the amount of service and the partnership they provide the University. The increase is reasonable and acceptable with respect to the amount of need students have for health services on campus,” Hruza said.

Lewis said student fees are generally voted on in April by the Board of Regents. The largest increases in fees are related to the Counseling and Health Care Fee and the Library Fee.

The Counseling and Health Care Fee falls under the Fund

B allocations. These fees are for student services. Hruza said the Fund B allocations would be increase to \$34 for next school year.

The Library fee will increase from \$2 per credit hour to \$3 per credit hour. This is the first time the Library fee has increased in five years. The Library fee pays for journal subscriptions for research and books.

“If we want a quality education and a quality environment, then we are going to have to pay for it, and that means increasing fees,” Lewis said.

Letters to the Editor:

Opinions from our readers

Mantor Hall Makeover

Letter to the Editor

One doesn’t have to look hard to see that the University of Nebraska at Kearney is going through a few renovations. From fence separating the north and south, to a new parking lot on the way, UNK seems to be undergoing a campus wide makeover.

Possibly one of the most needed makeovers has yet to begin, the renovation of Lyle E. Mantor Hall. Mantor Hall has been my home for the past two years, and I have grown to love every crack, missing ceiling tile, and all the other character enhancements seen around the building.

Mantor can be compared to the first car your parents gave you when you turned 16. It’s not a lot to look at when you step inside, but once you’ve lived there, it grows on you.

The bond that has formed between the residents and the building will be broken at the end of this year, though, due to renovations. Mantor Hall will be closed down for the 2008-2009 school year.

Upon learning about the closing of Mantor, initially, I was saddened. Mantor is all I’ve known as home during my young college career. I soon accepted the closing and looked ahead to the bright future of my beloved home.

Of all the construction happening on campus, Mantor’s renovation may be the most important. Many tune ups are needed to restore the building to the outer glory it deserves, and I look forward to seeing the outcome of the renovation.

Mantor is long overdue for a makeover, and I am glad to hear this monumental building is getting the recognition it deserves.

Ben Cooney

Meal Plan Madness

Letter to the Editor

I am a student at UNK, a junior majoring in multimedia. I have lived in the dorms all three years. I, like most students on campus, have a meal plan, simply because students are not allowed to live on campus unless they have one.

Currently, I have the “fourteen plus” meal plan that allows me fourteen meals a week and, in addition, \$100 in “points” just in case I spend more than my \$4.50 transfer amount. This meal plan is costing me \$1,527.00 a semester, and, sometimes it doesn’t seem fair.

Right now, if you walked into our convenience store, and purchase a bowl of soup and a bottle of orange juice, it would cost you over \$5.00. Compare that to the same products over at Wal-Mart, and you wouldn’t spend over \$3.00. Each semester brings greater prices for our meals.

Last year you could buy a 12 pack of Pepsi with just one transfer, although paying

\$4.50 for a case of pop seemed crazy, it was convenient. This year, they decided to raise the prices again, and we can no longer purchase that 12 pack without dipping into our points.

I can’t help but feel pushed around here at UNK. There are roughly 17 weeks per semester, and with 14 meals a week, that’s 238 meals that I pay \$4.50 for. Add it all up and include the points; it seems that I’m only getting \$1,171 dollars for the \$1,527 I am paying for.

I would like for someone to shed some light on this subject for me. I, like what seems to be the majority of college students in America, feel like I am being nickel and dined by my college. I cannot think of any substantial reason that we should have to pay what we do for the food we get. Although, this is just one issue of many here on campus, wish I could have heard about this much sooner.

Erik O’Brien

Dancing with the Stars teaches a life lesson to our generation

▼ It seems there is not anyone who is willing to stand on their own two feet and be responsible for their own actions, or their life anymore.

BY RACHEAL SMITH
Antelope Staff

I normally do not follow much of any television show that is on today, especially not any of the many reality shows that seem to permeate prime time. To my surprise, this spring I have found myself following the program “Dancing with the Stars.”

This show may or may not be a show that you are familiar with. Basically, famous people, such as professional athletes or

movie stars, learn how to dance and compete against each other with their professional dance partners.

My favorite “star” from this season was Marlee Matlin, but it may not be for the exact same reason as most people may have.

Matlin is an Academy award winning actress for her role in the movie “Children of a Lesser God.” She has also been seen in other shows and made various appearances. What is also special about Marlee Matlin is the fact that she is deaf.

The fact that she has the guts to go on one of the most popular shows and dance difficult routines to music that she cannot hear is amazing. She also turned out to be a pretty good dancer despite the fact that she has to completely rely on someone else to “hear” the beat.

This is not the main reason why I admired Matlin, though that in itself is admirable. I believe that through her performance on and off the dance floor, Marlee Matlin has also indirectly taught the viewers of “Dancing with the Stars” a life



ABC’s Dancing with the Stars airs on Monday nights at 7 p.m. with results on Tuesday at 8 p.m..
Photo courtesy of abc.go.com

lesson.

Not once do you hear her complain or try to use her disability to manipulate people. Whenever she does not do well, even for reasons relating to her deafness, she never once tried to receive pity or make excuses. In fact she almost seemed to get frustrated whenever anyone would try to make excuses for her.

When something goes wrong for some of the other stars on the show, they pout, complain or burst into tears and make excuses to justify their bad performances. In my opinion, this shows a lack of character on their part. Especially when they


do not have anything that is substantial enough to blame their lack of dancing talent on.

I believe in this generation of pointing fingers and excuses, this show of character from Marlee Matlin is refreshing. It seems there is not anyone who is willing to stand on their own feet and be responsible for their own actions, or life anymore.


Life is not always fair and there are a lot of hard situations that happen to everyone, but not everyone is able to take these problems head on and come out of these situations a better person. I guess the old saying is right, “If life hands you lemons, make lemonade.”

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WEDNESDAY, APR. 30, 2008

Nebraska Pork Producers get a facelift

Ad Campaign class presents new campaign and wins research day

BY LISA BECKER
Antelope Staff

The Nebraska Pork Producers are trying to change their image.

The Ad Campaign class at UNK set out to create a campaign to do just that, winning first place at Research Day in the process.

Through secondary research, the students learned pork producers need to develop trust with citizens of Nebraska and also make Nebraskans realize

how important pork production to life in Nebraska.

The students also did primary research to get an inside look in the industry. In January, the class attended The Pork Industry Day in Lincoln at the Cornhusker Hotel. The students were able to attend the same classes and presentations as the producers and also interact with the producers and others in the industry.

After completing the research, Ismael Torres displayed the research at Research Day and the class won first place in

the College of Fine Arts and Humanities competition.

After the research was completed, the students went to work on the actual marketing and creative strategies. The target audience for the campaign is those in rural Nebraska, both on and off the farm.

For the creative strategy, the class came up with 3 different messages; safe, moderate and risky. Each message was presented to the client, the Nebraska Pork Producers. The class designed a mock ad and copy for each message. After reviewing

the options, the client chose the risky message: Nebraska Pork Producers, Helping Nebraskans Bring home the Bacon.

The imagery for the ads will



Courtesy Photo

The Nebraska Pork Producers will see their new ad campaign for the first time on May 1.

be a deprivation of pork. The pictures in the ads are things like a BLT without bacon and a hot dog bun without a hotdog. The idea is to make people think about life without pork producers, but emphasize that life without pork would be more than just not eating bacon.

On Thursday, May 1, the class will present their campaign to Nebraska Pork Producers. The account executive for the campaign is Sharice Ward, the art director is Zack Salem and the Director of research is Ismael Torres.

The class has designed magazine and newspaper ads, posters and signs, letterhead, business cards, radio ads, feature stories on the industry, two brochures, table tents, and billboards for the Omaha area and items for children.

The Nebraska Pork Producers Association is a non-profit, incorporated organization that was established in 1961. The Association is comprised of all Nebraska pork producers.



RHA presented their own version of "The Price Is Right" on April 24.

Photos by Laura Schemper

TOP RIGHT: J.T. Jelkin was "Bob Barker" for the UNK version of CBS's classic game show. The contestant spinning the wheel was trying to reach, but not exceed, \$1.00

NEAR RIGHT: The first contestant of the night was able to play Plinko. He was trying to land the hockey puck on the highest number to win giftcards.

FAR RIGHT: One of the games involved the contestant trying to buy the items on a table without going over \$20.00. The audience was able to help the contestant as well.



UNK Wildlife Society



Photo by Laura Schemper

The UNK Wildlife Society met on Thursday at 5 p.m. in Bruner Hall of Science. Members of the Wildlife Society are active in promoting community awareness of wildlife and its natural importance. Left to right are President Turner Dorr, a junior wildlife biology major from Hershey; Secretary Landon Hoffman, a sophomore wildlife biology major of Red Cloud; and Mark Morten, a senior wildlife biology major from Loomis.

Mav-Rec

If you attended classes during the Spring 2008 semester at UNK you are eligible to use UNO Campus Recreation Facilities for a minimal charge of only \$65 for the summer. Stop by the Health, Physical, Education and Recreation Building, Room 100 and show us your current student ID to purchase a pass to exercise, play sports or swim.

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RMAC Champions

Lady Lopers bring home first RMAC title



Photos courtesy Shaun Fairbanks
Marcelle Strydom freshman from Holdrege returns the ball in her match with Mesa State on Sunday at Harmon tennis courts. Victoria Sargent from Mesa State defeated Strydom 6-3, 7-6.

Inset photo:
Members of the Women's Tennis celebrate their win over Mesa State in the RMAC Tennis Tournament held at Harmon Park tennis courts. Lady Lopers captured their first ever RMAC tennis championship in school history.

Golf team gets swing on; headed for Super Regionals in California

BY MELISSA HINKLEY
Guest Writer

The UNK men's golf team is heading to the super regional in California, extending their season for the 7th year in a row. They will head into the tournament ranked 7th after finishing 3rd in the Northwest Regional this past weekend.

"We knew we had to come from behind and beat some teams," Preston Foster, a junior from Broken Bow, said. "We actually came together and played who we knew we could. We wouldn't be going to the Super Regional if we didn't play well the second day."

The Northwest Regional took place in Parker, Colo and consisted of 13 teams, including all the RMAC schools.

The regional is one of four tournaments that determine who will go to the Super Regional. Two tournaments were played last fall and two were played in the spring. The Northwest Regional was the last of these four tournaments which determined which eight teams would progress to the Super Regional, held May 5-7 in Petaluma, Calif.

The Lopers were ranked 10th in the region going into the tournament. After shooting 314 and 310 in the first two rounds on Monday, they knew they needed to make up some ground. All Lopers gave impressive individual performances, but Andy Bednar, a junior from South Dakota, lead the way. Bednar

finished the tournament in 2nd place, trailing the leader by only one stroke.

"Basically I just worked on my mental game a lot," Bednar said. "This time I just told myself that I was even par on every hole. I ended up with 8 birdies and my game was strong and my swing was awesome."

Bednar tallied a score of 66 in his final round of golf, making it his career low tournament round. Also for the Lopers, Alex Farrell, a sophomore from Kearney, and Foster finished tied for 19th with scores of 230. Devon Kastler, a sophomore from Ord, tied for 34th while Max Hadenfeldt, a sophomre from Gering came in 58th place. The Lopers shot 314 and 310 on Monday and came out strong on Tuesday to tally a score of 287 to finish with a total of 911.

"It was nice finishing well individually," Bednar said. "I got goose bumps knowing that we shot 287 the third round. It is kind of sweet knowing the team came together right when we needed it."

The UNK men will head to California ranked 7th in the region with high hopes of putting together three solid rounds of golf. The top two teams from the Super Regional will go the National tournament.

"We have to play really good," Foster said. "If we play extremely well and show up we could make it to the national tournament."

Loper track and field runs away from the field competition at the Twilight Open

BY KAITLYN NOONE
Antelope Features Editor

Thursday dawned bright and sunny for UNK's annual outdoor track and field meet, the UNK Twilight Open. Though the event was a non-team-scoring meet, individuals focused on furthering their personal efforts towards a personal record or even a berth to the 2008 NCAA II National Meet held May 22-24 in Walnut, Cal.

The meet, held at Kearney High's facilities, started with field events at 2 p.m. and running events at 3 p.m. Due to the meet's rolling schedule and the threat of thunderstorms all day, much of the meet was finished within a matter of hours. The last event was the hammer throw, which was held on the UNK campus.

Freshman thrower Drew Onnen, of Fairbury, enjoyed his first outdoor meet at home.

"It was nice finally competing at home against some good competition, especially with some friends around that normally couldn't watch us compete," Onnen said.

The UNK team made a good showing at the meet, with 26 top-three finishes, including nine first-place efforts. Leading the Lopers on the track were Imperial senior Michelle Dill, winning the 800-meter run with a provisional time of 2:13.51; Ogallala freshman Tanner Fruit, winning the 1500-meter run with a time of 4:06.35; and Sidney freshman Jessie Golden in the 110-meter hurdles with a time of 14.75. Kearney junior Kelli Dring was right behind with a time of 14.96.

The men's relays also brought their A-game with both the 4-by-100 meter relay (42.49) and the 4-by-400 meter relay (3:21.68) teams finishing first. Also worth noting is Deshler junior Faith Maschman's runner-up finish in the 1500-meter run with a time of 4:56.09.

The Lopers also performed

well in the field events. The jumpers were led by Dring and Kearney senior Ross Fellows. Fellows won the triple jump with a leap of 46'4.25", and Dring took the gold in long jump with a distance of 18'3.75". Second-place finishers were Ogallala senior Shayna Fruit in the high jump with a height of 5'2.25"; senior Seth Yount in the long jump at 22'3.75"; and Kearney freshman Blake Milsap in the high jump with a jump of 6'4.75".

The pole vaulters showed up in force at the meet as well, with Fairbury junior Dakota Cochrane placing first with a vault of 15'7.25" and Osborne, Kan. junior Lacey Sechtem placing second with 10'4.

UNK was led in the throws by Onnen, who placed second in the discus with a provisional throw of 169'9", a personal best. Ashland senior Jarrod Holz also placed in discus, coming in sixth with a provisional toss of 165'3".

The men's hammer throw also produced a couple of provisional qualifying marks for the Lopers. Phillipsburg, Kan. sophomore Brandon Karlin moved up the list with a toss of 183'05", placing third; and Beatrice junior Chris Campbell made the list with a throw of 175'3", placing sixth.

The Lady Lopers also looked good in the shot put. Gothenburg sophomore Kiley Peterson won the event with a throw of 43'0.25". Palmer freshman Julie Davis put forth a runner-up effort with a distance of 42'11.5".

Though it was nice for the team to compete at home, Onnen maintained that it was not much different.

"It is definitely nice not having to recover from a long road trip before competing, but everything else is the same. We all still needed to go out and compete the same way," Onnen said.

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#8 BILLY CLUB®
Choice roast beef, smoked ham, provolone cheese, Dijon mustard, lettuce, tomato, & mayo.

#9 ITALIAN NIGHT CLUB®
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#10 HUNTER'S CLUB®
A full 1/4 pound of fresh sliced medium rare roast beef, provolone, lettuce, tomato, & mayo.

#11 COUNTRY CLUB®
Fresh sliced turkey breast, applewood smoked ham, provolone, and tons of lettuce, tomato, and mayo! (A very traditional, yet always exceptional classic!)

#12 BEACH CLUB®
Fresh baked turkey breast, provolone cheese, avocado spread, sliced cucumber, sprouts, lettuce, tomato, and mayo! (It's the real deal, and it ain't even California.)

#13 GOURMET VEGGIE CLUB®
Double provolone, real avocado spread, sliced cucumber, alfalfa sprouts, lettuce, tomato, & mayo. (Try it on my 7-grain whole wheat bread. This veggie sandwich is world class!)

#14 BOOTLEGGER CLUB®
Roast beef, turkey breast, lettuce, tomato, & mayo. An American classic, certainly not invented by J.J. but definitely tweaked and fine-tuned to perfection!

#15 CLUB TUNA®
The same as our #3 Totally Tuna except this one has a lot more. Fresh housemade tuna salad, provolone, sprouts, cucumber, lettuce, & tomato.

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LATER BABY? or Maybe NEVER

BY VICKI ALTHAGE
Interpretive Reporting

Today more than ever in the history of our country, young women are trading in diaper bags for briefcases and hitting the snooze on their maternal clocks without taking into consideration what could be a ticking time bomb.

With medical research indicating that women’s fertility rates begin to decline in their late twenties, women who want to have a family should take a proactive stance on their health during their twenties to decrease infertility rates.

Dr. David Weir of Contemporary Obstetrics and Gynecology in Kearney says there are no absolute safeguards of fertility, but some activities have the potential to reduce fertility rates. The biggest preventable danger to fertility is uncontrolled sexually transmitted diseases such as syphilis, gonorrhea and Chlamydia. Weir advises his patients that the riskiest action would be sexual activity resulting in sexually transmitted diseases.

The danger is real according to medical research. “Each individual Chlamydia infection increases one’s infertility rate approximately 15 percent,” Weir said.

America’s growing obesity epidemic is a health issue for young women that could also affect fertility rates nationwide. Obesity interferes with ovarian function and causes excessive fat deposits that disrupt normal hormonal production and cause abnormal ovulation.

“Extremes of weight, whether too high or too low can contribute to reproductive difficulties,” Weir said.

Ignoring menstrual irregularities can contribute to reproductive difficulties. Menstrual irregularities may be a sign of ovulation problems or abnormalities, which treated early, could preserve ovarian function later.

Young women who go overboard on exercise and weight loss can do serious damage

to their fertility. Excessive dieting in combination with too much exercise can actually cause irregular menstrual cycles and stop ovulation. This is especially common in women athletes, swimmers, gymnasts and dancers or women with eating disorders. Returning body weight to a normal body mass index

“Each individual Chlamydia infection increases one’s infertility rate approximately 15 percent.”

Dr. David Weir
Contemporary Obstetrics

can reduce the risk of infertility.

Choosing a method of birth control can be as important as choosing a partner.

If not selected carefully for the individual, some forms of contraception can pose a hazard to future fertility.

Barrier contraceptives are associated with significantly lower rates of tubal infertility than intrauterine devices. “An IUD creates a hostile environment in the uterus to kill or immobilize the ascending sperm and can cause implantation issues for future embryos,” Weir said.

Studies show that tubal infertility among sexually active women is about three percent; women who use barrier contraceptives with spermicides are able to cut that rate in half.

According to Dr. Daniel W. Cramer of Brigham and Women’s Hospital in Boston, tubal infertility is to blame for one in five



cases of infertility, a condition affecting about 15 percent of the United States population.

Oral contraceptives usually have no direct effect on the fertility of healthy women, but those who have irregular anovulatory cycles before taking the pill that find their irregular cycles return once they stop the pill and may need treatment.

Women looking for convenience may find fertility complications, Weir said. Depo-Provera, an intramuscular injection lasting three months, is popular with women on a busy schedule or women who either don’t like or forget daily forms of birth control.

Weir suggests factoring in a waiting period after using Depo-Provera. “It usually requires a full year for fertility to resume following the long term use of Depo-Provera,” Weir said

Research indicates lifestyle choices such as alcohol, cocaine and marijuana can reduce sex drive and interfere with fertility. Tobacco also affects reproductive function by depleting egg production and increasing the risk of PID. Most often, the adverse effect is temporary, and when substance abuse is stopped the reproductive cycles are likely to begin again.

Everyday women are exposed to society’s views about the right time to have a child.

Darren Star’s Sex and the City character, Charlotte was obsessed with becoming pregnant for multiple seasons while her co-stars enjoyed their careers and personal lives.

As women choose to delay childbirth, the odds against them conceiving naturally go up. Between the ages of 30 to 35, fertility is 15 to 20 percent below maximum. From age 35 to 39, the decrease is 25 to 50 percent, and from 40 to 45 the decrease is 50 to 95 percent, according to the Mayo Clinic.

JMC 416 Interpretive Reporting class tackles women's health issues

BY ANN BIERBOWER
Interpretive Reporting

When this semester’s Interpretive Reporting 416 class gathered for the first time, the class members looked around and realized that the class was comprised entirely of women.

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

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

In the following weeks the articles continued to address issues—not just within the campus but the community as well: growing health issues such as youth fitness, body image and eating disorders.

You can go online to review stories Feb. 27 and March 12 by Debbie Epping and Melissa Hinkley.

For this issue, Shannon Mathews learned the health report cards handed out to Kearney grade school children was a collaborative effort involving UNK.

Janece Mlinar, focused on various birth control methods. Mlinar said, “Women need to be educated on what is available to them.”

Ann Bierbower examined

the emotional symptoms linked to taking hormonal birth control methods in her research, including online chat rooms as part of her preparation.

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

“Women need to be educated on what is available to them.”

Janece Mlinar
Interpretive Reporting

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

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

Vicki Althage’s addressed the topic of fertility related to the growing percentage of women waiting to have children until after they have established a career

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



Vicki Althage



Amanda Bell



Ann Bierbower



Melissa Hinkley



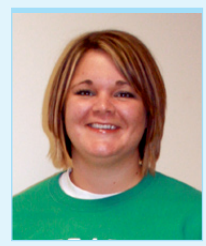
Debbie Epping



Shannon Matthews



Janece Mlinar



Lisa Elson
Antelope Editor
Interpretive Reporting



BY VICKI ALTHAGE
Interpretive Reporting

According to Dr. Aniruddha Malpani and Dr. Anjali Malpani, co-authors of “How to Have a Baby,” the best time to have a baby from a biological point of view is when a woman is in her twenties.

The best way to understand why women are putting off having a family is to sit down and talk with a group of women, names protected, to encourage them to speak freely about fertility, which like most topics of a sexual nature is still somewhat of a sensitive if not taboo subject.

On a Saturday afternoon, I sat down with three “twenty-somethings” to find out how much they think about fertility.

As I looked around the semi-circle at the three other women in their twenties, I wondered just how much these women actually thought about their fertility health. I cleared my throat and began the informal session by asking the three about what their plans were for the future.

Right off the bat, one 24-year-old college graduate jumped in to tell the group how she had her life planned out for the next ten years, and there was no room for a husband or a family in the plan.

She explained her philosophy of life was “career first, everything else second.” She said that she rarely thought about having a family unless someone else brought it up. “My mom is the only one worried about me having a baby anytime soon,” she said.

Another young woman, a 22-year-old college student evidently couldn’t believe her ears. “I don’t think a day goes by that I don’t think about having a family,” she said.

Looking at this college student, I noticed how her face lit up when she talked of having a family. I followed up asking what she was doing to insure her ability to have kids.

“I guess I hadn’t ever thought about it like that,” the 22 year old said. “I go to the doctor if I notice anything wrong, but I don’t get home enough to see my

OBGYN annually.”

Another 23-year-old college student beat me to the punch by warning the other women of specific danger. “That’s not good enough. Your ability to have kids can be dramatically decreased if you contract an STD and it goes untreated,” she said.


I picked up right where the third woman left off by stating one of the more alarming facts I had learned from the Department of Health and Human Services during my reading and research. Chlamydia and gonorrhea are the most important preventable causes of infertility. Untreated, up to 40 percent of women with Chlamydia or gonorrhea will develop pelvic inflammatory disease that can lead to infertility and potentially fatal tubal (ectopic) pregnancy.

As I told the women some of the other statistics I had come across during my research, they gazed at me with questioning eyes.

“But why should we worry about fertility now, I don’t even see myself having a family anytime soon?” said one of the girls speaking for two of the three.

I told the women about the inspiration for my article, Discoveryhealth.com’s survey which stated that only one in 12,000 women could answer 15 questions, correctly, about their reproductive life cycle! “If you don’t safeguard your fertility now, you may kick yourself in 10 years,” I said.

You’re not alone: Real life “twenty-somethings” share intimate thoughts about a taboo subject



FERTILITY FACTS

- 47 per cent of women having fertility treatment go on to have a baby
- 19 per cent of fertility problems are due to men
- The average age to start trying for a family is 30
- 84 per cent of childless women aged 31 to 35 fear they’ve left it too late for motherhood
- 81 per cent don’t think it is right to become a mother over 50
- 55 per cent of women who have difficulty conceiving feel stressed at work
- 33 per cent of women would consider having a baby on their own
- 11 per cent of women have chosen not to have children

Source: Red magazine's National Fertility Survey

| AGE | FERTILITY RATE |
|---------------|-------------------------|
| Ages 30 to 35 | 15 to 20% below maximum |
| Ages 35 to 39 | 25 to 50% below maximum |
| Ages 40 to 45 | 50 to 90% below maximum |

Does your birth control send you on an emotional rollercoaster?



Photo from www.ccwsmedicalinfo.org

BY ANN BIERBOWER
Interpretive Reporting

You are not alone if you feel differently since starting a new method of birth control. Maybe you simply don't feel like yourself, or your sex drive has gone down and your emotions have been erratic.

Thousands of women experience symptoms like these. Birth control is often subscribed as a means to moderate and even out a woman's cycle, and all those ugly issues that come along with it. But for some women, the hormones seems to do just the opposite.

Hormonal contraceptive pills first made their way onto the public shelves in 1960 amidst the sexual revolution. They have come a long way since then, and now over 10 million American women take one of the 35 brands sold.

These medications are one of the most scrutinized and tested drugs on the market, according

67 percent of women said they experienced depression, anxiety and even panic attacks.

to Dr. Venessa Cullins, a board certified obstetrician/gynecologist and vice president for medical affairs of the Planned Parenthood Federation of America.

Yet with this abundance of research, one issue seems to be left in the dark by studies while held under the spotlight by the thousands of women affected.

The serious emotional side effects of HBC's are as varied as the forms they come in, yet are often overlooked. Forums such as [geocities.com](http://www.geocities.com) are flooded with women plagued by emotions ranging from loss of interest in their partners to depression, which all correlate to beginning a HBC.

One woman even wondered if she was gay due to her lack of interest in her boyfriend, something she had never considered before taking a HBC.

Holi Cousins decided to take this issue into her own hands after suffering from emotional side effects and feeling dismissed by her doctor.

Cousins conducted an informal survey entitled "Birth Control Pills and Depression," and received over 540 responses from women around the world .

The respondents ranged from 15 to 44 years old, were both single or married, and some

had children.

Cousins herself said she began feeling very depressed about three months after beginning a HBC. "I had a good job, was very happy with my boyfriend and was young and carefree," Cousins said. Yet she said she experienced extreme sadness and would cry or have irrational responses.

Dr. Cullins also runs an open question and answer forum on the Planned Parenthood Web site. She explained that HBC's may affect a woman's sex drive in different ways. Some women do gain weight while others experience headaches or nausea. Some women's sexual arousal and desire decrease resulting in lower levels of natural lubricant, which women site as another problem.

In Cousins' survey, 66.7 percent of the women said they began feeling depression, anxiety and even panic attacks and a similar number experienced inexplicable and irrational crying. Other notable responses included general numbness and lethargy.

Of the Woman who stopped using HBC due to one or more symptoms, 24.1 percent said they no longer suffer from their symptoms while 40.2 percent said they saw at least some improvement.

"I've never even heard of it," said a UNK junior who preferred to go unnamed due to the private nature of the topic. "Women are usually put on it to help with those symptoms."

Although the topic does seem to be gaining some momentum as well as concrete evidence, doctors don't necessarily

support the claim. Many of the women in Cousin's survey and other forums said that when they confronted their doctors about the situation, they were never given HBC as a possible cause. "My doctor cited about everything but HBC," Cousins said.

A 2005 study in Australia's Monash University conducted by Jayashri Kulkarni, a professor from the University's School of Psychology, Psychiatry and Psychological Medicine, found some intriguing results. He compared depression symptom scores between users and non-users of oral contraception.

The results showed that the women using the pill had an average depression rating of 17.6 compared to 9.8 in the non-user group. That is almost double. Through the research Kulkarni said, "In turn, we hope to improve the quality of mental health care for women, and improve the development, understanding and use of contraception."

Alysa Heithold, a recent graduate of UNK, said that she did not feel like herself while on her former pill. She felt much more emotional and sensitive all the time and experienced weight gain. Heithold is now taking a different oral HBC and says that she is no longer experiencing emotional side effects or weight fluctuation.

Contrary to Heirhold's experience, one junior at UNK says she has never really had any emotional problems while on an HBC. She too has changed brands and hormone levels for other reasons, but emotional side effects were never an issue.

The bottom line seems to be

that this situation is real, but the symptoms, their severity, or lack there of, vary from individual to individual.

Side effects when switching or stopping HBC's are also a concern, and if symptoms maintain for longer than one to three months, you should see your doctor, says Adelaide Nardone an obstetrician/gynecologist at Women's and Infants Hospital in Providence and medical adviser to Vagisil Women's Health Center.

Nardone also said, in Cosmopolitan magazine, to consult

with your doctor and choose a birth control that suits your needs and lifestyle, especially since the effective rates only apply when the method is used perfectly.

The complete results of Cousin's survey can be found at www.geocities.com/nullphonic/hbc/.

If you are experiencing symptoms, or simply think you may be and want to discuss or research them, go to www.aphrodite.com to find women's health forums that includes an array of topics including HBC.

Vaccine recommended for very young brings up moral issues, continuing controversy from those opposed

While some mothers go along with the idea of shots to guard against cervical cancer, others are flipping out when doctors suggest vaccinating girls as young as nine.



<http://www.dailymail.co.uk>

BY AMANDA BELL
Interpretive Reporting

From a very young age, parents and caregivers take precautions to prevent children from getting hurt or sick. Kids wear helmets when riding bikes and seat belts in cars. Schools require inoculations and flu shots are given annually.

When the age is right, the "talk" about condoms and birth control are presented. These are all precautions meant to stop danger before it can occur.

For the past two years, doctors and the Center for Disease Control are touting a new vaccine on the market, Gardasil, to prevent a potentially cancerous virus that causes cancer in women.

The virus, human papillomavirus. is the leading cause of cervical cancer in women. This vaccine, a three-shot series administered by a doctor is gaining acceptance and support all over the country.

This vaccine is controversial though, because doctors recommend girls be vaccinated as early as the age of nine.

"In order to truly prevent HPV from infecting these girls, we must vaccinate patients before they become exposed to the virus," Dr. Beth Johnson, a gynecologist at Kearney Women's Health Center said. Johnson has been administering this drug since the week after it was approved two years ago and has had no complaints.

"I'm not sure why people wouldn't want their girls vaccinated. If I had a daughter, and I could protect her from a virus, or cancer, there would be no hesitation," Johnson said.

But, this decision isn't up to the patient herself, but her mother or guardian.

Terry Plaski, of Amarillo, Texas, has a 10-year-old daughter, Kaitlyn. As far as Terry knows, Kaitlyn is not sexually active.

"I understand that she is a prime candidate for this vaccine. Our family doctor suggested it about a year ago, and she got her first shot this month," Plaski said.

"I just want to protect my daughter as best as I can, and I trust my doctor."

A year ago, Texas Governor Rick Perry signed an executive order making Texas the first state that required the HPV

vaccine for girls before they entered the sixth grade.

Not everyone agreed with the Texas mandate, and this law was overridden and reversed by Texas Legislature shortly after passage. "Even if it were never made a law, I will vaccinate all of my girls before they have sex," Plaski said, who also has a 3-year-old daughter and a 9-month-old daughter.

On the flip side, the National Vaccine Information Center also disagrees with the safety of the HPV vaccine.

"There is too little long term safety and efficacy data, especially in young girls," NVIC president Barbara Loe Fisher said.

"Merck (Gardasil's manufacturers) and the FDA do not reveal exactly how many 9 to 15 year old girls were used in the clinical trials. It is way too early to direct all young girls to get three doses of a vaccine that has not been proven safe or effective in their age group and over time," Fisher said.

Another young woman, Kayla Gentry, 22, of Littleton, Colo., began her series of the shot six months ago and recently received her last vaccine.

"I got it for myself because I believe it will help me prevent cancer," Gentry said. Gentry's mother does not feel the same way though, and she will not allow Gentry's 12-year-old sister to receive the vaccine until she is eighteen.

"My mom thinks that it will promote my sister into having sex. She thinks that it will also increase her chances of having unprotected sex," Gentry said.

While this vaccine may be seen as a lifesaver for some, the reality is that it has only been on the market since late 2006, and long-term effects have not been studied. The goal of the Center for Disease Control is to have "patients vaccinated before exposure."

For more information, talk to your doctor or visit these sites:

<http://www.cdc.gov/std/hpv/STDFact-HPV-vaccine.htm>
Center for Disease Control
<http://www.gardasil.com/>
(Gardasil Web site)

What kind of birth control is right for you?

There are three categories that help us break apart the different types of birth control: barrier methods, hormonal methods and long-term methods. Compare the four most popular choices.

The Pill:

The pill is the most popular birth control option. The daily oral contraceptive (birth control) regulates a woman's period and prevents pregnancy. This is a great option for women who are on a schedule and who will remember to take the pill at the same time every day. But missing one day will ruin the cycleincreasing pregnancy risk. If taken consistently, the pill will prevent pregnancy with a 99 percent accuracy rate.

"The pill is consistent and helpful for me. I am on a busy schedule and like having a routine. Plus, I know that it is safe and will keep me healthy"

UNK freshman



The Patch:

The patch, which is administered by Ortho Evra, is a stick-on square skin patch that is put on the abdomen or back. The patch is put on once a week for three weeks and is not worn for the fourth week while the woman has her period. The patch is less affective for women who weigh over 198 pounds. There is a slight increase of 2 out of 100 women getting pregnant within a year.

"The patch keeps my mind off of taking a pill everyday. Much more convenient!"

UNK senior

Injection:

Depo-Provera and Lunelle are types of injection birth control. Every three months for Depo-Provera and every month for Lunelle the individual goes a specific medical center and gets a shot. This shot prevents sperm from reaching the egg and results in less then 1 out of 100 pregnancies in a year.

"The shot fits my lifestyle: short, sweet and to the point."

UNK sophomore

Vaginal Contraceptive Ring:

Another option is the Vaginal Contraceptive Ring or what is more popularly known as NuvaRing. The NuvaRing is a circular, clear looking ring that a person inserts into the vagina and it releases hormones. This is a relatively new type of birth control that is not as popular as the pill but is just as affective. The NuvaRing is convenient because it is put in by the individual and stays in for three weeks.

"The ring is easy and takes the stress away fom taking the pill every day. I just change it every three weeks."

UNK freshman

QUICK FACTS

www.soundvision.com

• Approximately 4 in 10 young women in the United States will become pregnant at least once before turning 20 years old.

Failure rates for birth control methods
www.familydoctor.org
(Number of pregnancies per 100 women per year)

| | |
|----------------------------|-------------|
| Male condom alone | 11 |
| Female condom alone | 21 |
| Oral contraceptives | 1 to 2 |
| Contraceptive patch* | 1 to 2 |
| Vaginal contraceptive ring | 1 to 2 |
| Hormone shots | less than 1 |

Need more information? Contact: www.familydoctor.com

Infographic by Janee Milnar

Reporting In

BY SHANNON MATTHEWS
Interpretive Reporting

UNK Human Performance Lab involved in community project that encourages local children to stay healthy by monitering proportionate BMI (body mass index)

Report cards? Normally what comes to mind is academic performance. Well, think again. Not only do Kearney public grade school children receive feedback for academic performance, the children are also receiving health report cards.

Dr. Kate Heelan, an associate professor/director from the UNK Human Performance Lab, developed the health report card for the purposes of increasing awareness among parents of their child’s weight status. The program was implemented to 2006 and has expanded to K-8 in Kearney public schools and Lexington. The health report cards provide information for parents to track their child’s weight each year to minimize significant increases.

The health report cards are sent home with the children to give the parents an idea of where their child ranks among children nationwide. The report card records the weight and height of the child and then compares the figures to a BMI (Body Mass Index) chart to let parents know where their child stands in the height-weight ratio. The report card also gives parents tips for healthy living and how to help their child maintain a healthy childhood weight.

The UNK campus and Kearney community are all involved in the partnership. The nursing students at the University of Nebraska Medical Center and exercise science students from UNK weigh and measure the children. The UNK Human Performance Lab staff administers the program, and the Buffalo Community Partners provide grant money. The UNK Human Performance Lab then receives the data for further research on childhood obesity.

“This is proof that the Kearney community can work together for a single goal.”
Susan Puckett, Elmentary nurse

Susan Puckett, a school nurse at four Kearney area grade schools said, “This is proof that the Kearney community can work together for a single goal. We are three different departments within the community hoping to provide resources for parents,” Puckett said.

The health report cards are sent home with the children in the child’s third quarter academic report card to maintain confidentiality.

“We have benefited extremely from this program and we are all really motivated to continue this program,” Puckett said.

The health report cards provide a chance for every parent in the community to be aware of their child’s health.

“We are required by law to screen for height and weight every year. Before the health report cards, if a child was underweight or overweight, we just sent home a letter to the parents,” Puckett said.

Puckett said this new system has benefits for some children.

“Now with the health report cards we are no longer singling children out. Every child receives information about their weight,” she said.

The health report shows where the child ranks according to national health standards and also includes tips and valuable suggestions for parents. One suggestion for parents included on the report card is “Be a good role model for your child. If your child sees you enjoying healthy foods and physical activities, he or she is more likely to do the same now and for the rest of his or her life.”

“Instead of just giving parents a letter we are now providing additional information so parents have an



•Pro basketball player Shaquille O'Neal challenged kids to get fit through his reality show and Web site: <http://www.shaqsfamilychallenge.com/publicsite/index.aspx>



•Richard Simmons works to make physical education a part of the core curriculum in the No Child Left Behind Act: http://www.chattanooga.com/articles/article_102688.asp

•NFL players encourage kids to “get up and play an hour a day” <http://www.thatsfit.com/2007/10/14/departement-of-health-and-nfl-to-combat-childhood-obesity/>

Facts from Health Report Card

- 25% of 4 to 10 year old children are at risk for developing diabetes.
- Childhood obesity may lead to high blood pressure.
- 58% of overweight children have at least one risk factor for heart disease.
- 30% of overweight children are diagnosed with asthma compared to 5-12% of the general population.
- 70-80% of overweight adolescents will remain overweight as adults.

CHECK OUT THESE Healthy Living Sites

- www.uwmidlands.org/assistance.htm
- www.mypyramid.org
- www.nebraskaonthemove.org
- www.tworiverspublichealth.com

Looking for a miracle?

Get the Skinny on a weight-loss plan that actually works

BY MELISSA HINKLEY
Interpretive Reporting

Restaurants now include low fat items on their menus. High schools are giving pop machines the boot. Subway restaurants are popping up all over the country.

It seems everywhere we look, Americans are trying to slim down and shape up. For some reason, though, obesity is still a major problem and people are frustrated with the many diet plans and pills on the market.

Whether you are an elite athlete or just a casual walker, there are simple steps to take that lead to a healthier lifestyle because exercise alone will not get you the results you desire. Proper nutrition will get you the permanent results you want.

“If you have the nutrients, then your cells can do what they were meant to do,” Peggy Johnston, MD in nutrition and a registered dietician, said. “Everything happens better when you are properly nourished.”

You have heard it many times before; the first step to good nutrition is making sure that you drink enough water. Water is one of the most important essential nutrients, making up 60 percent of the human body.

Every process in our body occurs in water, including the transportation of nutrients throughout our bodies. Water can make you feel less hungry and it may be one of the most important factors in allowing you to lose weight.

“You can go a fairly long time without food, but without water you will be dead in days,” Dr. Greg Brown, BS in physical education and MS in exercise science said. “It is important for thermoregulation, chemical reactions, and it is a constituent of blood.”

In order to assure that you are hydrated, you should con-

sume 2.0-2.8 liters of water from foods and drinks every day. It is important to drink water even when you are not thirsty because just a 1 percent loss of water from your body mass could negatively affect your body. The best way to know that you are on the right track is if your urine is a clear to light yellow color.

“The theory behind water and weight loss is that it helps to fill up your stomach so you fill more full,” Brown said. “Another theory is that in cleanses the system. Also, there are no calories in water, so if you can replace soda with water then

drates are scarce. It is evident that all three of these are necessary for a healthy lifestyle but there are some guidelines to follow.

Since you were little your mother has been pestering you to eat your vegetables. Sometimes, momma does know best, and you should fill your plate fruits and vegetables. Have a small portion, about the size of a deck of cards, of lean protein including chicken, turkey, fish and occasionally red meat. This may be confusing because one of the diet fads has been a low carbohydrate, high protein diet.

“It is just one of those

fatigue more quickly, can’t finish the workout, can’t train as hard and just don’t feel as good. They might run slower, lift less or jump less. This is a really bad thing if it is a competitive situation.”

“We need fat for health,” Brown said. “It helps our bodies absorb vitamins. Fat also makes our food taste good but most do not need to try to add fat to their diets.”

Any good weight loss plan should combine healthy eating along with an exercise program. In order to gain the benefits of exercise, it is essential to refuel your body following a workout. Remember, just because you ran a couple miles doesn’t mean you have burned enough calories to get eat that Big Mac and fries.

“People do one of two things when they start exercising,” Brown said. “They either compensate by eating more, or they are less physically active for the rest of the day.”

The average person burns around 300 calories during a 30-minute jog. That Big Mac and fries would well over triple that amount. In order to healthily lose a one to two pounds per week, you should eliminate 500 calories from your diet each day. That could mean passing on the Starbucks frappacino, bowl of ice cream, two cans of soda, or extra dressing (mayonnaise, salad dressing, butter) you use throughout the day.

A Big mac and fries seems so much more appealing than a veggie burger with apple slices, causing Americans to make unhealthy choices. Just a few small adjustments in your lifestyle can have a big affect on your waistline. So next time you are craving a slice of greasy pizza and pop, opt for a healthier version and accompany it with some water.



The skinny on CARBS

- The amount you need depends on your activity level.
- Typical person should aim to consume 40 to 50% of their calories from carbohydrates (about 300 grams per day).
- What to eat: whole wheat bread, pasta, rice fruits and vegetables.
- Carbohydrates give you energy; the more active you are the more carbs you need.
- Elite athletes may need to consume nearly 70% of their calories from carbohydrates.

The skinny on FATS

- Consume less then 60 grams of fat a day.
- Avoid trans fat and saturated fats such as butter, animal fats and some oils.
- You need to eat unsaturated fat and should be consumed in the form of vegetable oils (such as olive oil), nuts and seeds.
- Sweets, candies, cookies, and desserts are empty calories, meaning they contain very few nutrients.

The skinny on ONE COMMON MISTAKE

“People do one of two things when they start exercising. They either compensate by eating more or they are less physically active for the rest of the day.”

*Dr. Greg Brown
Exercise Science*

you can cut a lot of calories.”

The next step to good nutrition is paying attention to what you are eating. There are three categories to be concerned with when choosing foods; carbohydrates, proteins and fats.

With all the fad diets out there, it may be difficult to understand what your body needs. Basically, carbohydrates provide the energy for your body, protein allows your body to build and maintain muscles and bones, and fat helps you feel full and provides energy when carbohy-

myths that someone started and it has stuck around,” Brown said. “People on a low carb diet will lose weight, but they can’t sustain it. They usually are not eating more protein, but they are just eating fewer carbs meaning fewer calories.”

“The most important thing with athletes is to rehydrate and restore muscle glycogen by eating carbs,” Brown said. “For purely restoring muscle glycogen, it doesn’t matter what type of carbs. If athletes don’t recover properly, they will

What's happening on campus?

Photojournalism around the clock.

DESIGN BY KARA FLAHERTY
Photojournalism student

PHOTOS BY
Photojournalism students
Kelly Bernt
Grant Campbell
Kara Flaherty
Shelly Fox
Cathy Clinard
Handbing Song



Noon

Photos by Kara Flaherty

RIGHT: Kate Flaherty, sophomore art history major from Gering, walks through campus with her umbrella. After a week of sunshine and temperatures in the 70s, the weather turned cold and rainy again. **BELOW:** Angela Ehrenberg, senior technical theatre major from Funk, begins painting a theatre mask. The masks were used in the production of "Ionesco" in the Miriam Drake Theatre April 16 - 20. She said, "I love seeing the piece come to life."



1

2 p.m.

Photo by Shelly Fox

Junior social work major Angi Mack of Marquette rarely uses the pedestrian walkway between between Founders and Copeland, but on a cold day, everyone loves a short cut. "I only use it when I have to," Mack said. "It makes me feel like I'm in prison, but it's too cold to walk around."

2



3



3



9 a.m.

Photo by Kelly Bernt

LEFT: Sophomore nursing major Mandi Miller of Hartington saves time by studying while she works out. "I like to review and refresh my notes while I work out," Miller said.

Photo by Cathy Clinard

BELOW: Junior Kayla Rohmiller and Sophomore Heather Sullivan open up the registers for the Elementary Ed. Club's book fair Friday morning, April 18, at 9am. The fair took place April 14 to April 18 in the Health and Sports Center.

3 p.m.

Photos by Handbing Song

RIGHT: Junior Rich Mourer of Colorado Springs, Colo. practices the hammer throw for the Fort Hays State meet the next day. **CENTER:** Freshman Brian Flannery, Atkinson, exercises in the swimming pool.



9



Midnight

Photos by Grant Campbell

ABOVE: Some students crave the freshness of Jimmy Johns, a local sandwich shop in Kearney. With their flexible hours (open until 2 a.m.), Jimmy Johns is often a late night choice for students who need a study break or a quick meal. Nate White, freshman math education major from Pierre, SD pays the cashier for his sandwich. **BELOW:** Scott Carlin, sophomore science education major from Hastings and Matt Wieseler, freshman parks and recreation major from Wynot, bowl during Quarter Mania at the Big Apple. Kearney's only bowling alley is frequented by UNK students as it provides an oasis from the daily grind of college.

Neva Dinova is riding smooth with Saddle Creek Records

BY MARK HAYDEN
Antelope Staff

There are a few good guys that call Omaha, Neb. their home. They have recently put out a new record on the infamous underground label, Saddle Creek Records. It might have a little more of a western feel to it than Omaha, but Neva Dinova didn't need a horse and saddle to make their way to Kearney, Neb on April 23.

Music lovers and fans of Saddle Creek packed diner/concert venue, The Roman to witness Neva Dinova perform tunes from their latest album titled, You May Already Be Dreaming.

Some of the audience showed up to the show because of their good experience of seeing Neva Dinova open for Saddle Creek legends, Bright Eyes in 2006.

Lead singer, Jake Bellows will always be fortunate for that particular excursion.

"Our tour with Bright Eyes was a big break for us. It exposed us to about 30,000 more people that had never heard our music before," Bellows said.

It must have had an effect on the fans, because Ben Dennis, a senior from Ord explained to me how he enjoyed their performance a couple of years ago at the annual summer show at Memorial Park in Omaha.

Despite being poured on at the outside show, Dennis liked them so much, he couldn't wait for them to come to Kearney. "I really enjoyed what they had to

offer and I was really excited to hear they were coming to Kearney," Dennis said.

Many of the fans on might have been curious as Neva Dinova came up with their name. The origin is from unlikely source. Named after Bellows' grandmother, he proudly took on Neva Dinova as the title of his band after she deceased a few years ago.

It's not every day that indie music lovers in Kearney get to experience bands from the famous record label. For many, Saddle Creek Records is the epitome of indie music and everything that it has to offer. The expectations of a packed house were met. Fans even got the chance to see their friends show off some skills.

Local musicians had the chance to show off their musical capabilities. Butchers Son, a five-piece rock ensemble, was on hand warm up the crowd for Neva Dinova. The 30-minute set was just was the crowd needed, and soon after Dinova was doing their thing.

The group was here for a reason. They just released of their new album earlier this month, just in time for their summer tour. Along with the 14 folk-rock tunes, the album art alone is a great reason to pick it up at your local record store, instead of the alternative of downloading it.

It comes with a story that I was fortunate enough to listen to after show while chatting with lead singer, Jake Bellows.

You know those dreams that

are just so inscribable that not even you are sure if you really just had those thoughts while sleeping? Bellows personal account of human telepathic power is one that really stuck with him and was translated into the album art.

After having this mystifying vision a few months ago, he of course went onto tell his friends about it. Zach Nipper, a friend of the band, must have taken this a little more seriously than others, because he then went onto having the exact same dream as Bellows. Nipper then translated these thoughts into something tangible as they now grace the cover of, "You May Already Be Dreaming."

These are the kind of encounters that makes Bellows think twice about what the world is made of. "He (Nipper) had the exact same dream as me and as soon as I saw the art that he drew, it reminded me of exactly what I saw. It really kind of changes the way you look at the world. Maybe there was a strong telepathic signal when I told him the story," Bellows said.

They say that you can ponder things more in depth during sleep. The pictures are complete with tall creatures bearing hands with long fingers that definitely reminded me of Tim Burton's, Nightmare Before Christmas.

Bellows explained that these tall creatures acted as overseers of these other creatures that were practically midgets compared to their peers that accompanied them. It was almost as though small creatures were being per-

secuted.

There might be more to this, but you can leave it up to your imagination.

Ironically enough, the title of the album, You May Already Be Dreaming was not spawned by this experience, but rather was found in an old journal that Bellows wrote some years ago and thought that it fit well with what was going on in his life at

the time.

He might want to wake up from that dream, Dinova's upcoming 30-date tour of major U.S. cities this summer will be a test for him and the rest of the band. Neva Dinova are hoping for the best this next month and a half. It will certainly be a journey and a very rewarding experience if it hasn't been already.

"We are looking forward to

seeing old friends on this tour that we haven't seen in a while and it will be fun to see whether or not people still remember us."

-Check out footage and an exclusive interview with lead singer, Jake Bellows: <http://hub-video.kearneyhub.com/?p=122>.



Photo by Mark Hayden
Jake Bellows gives his vocal cords a rest and instead focuses on a different type of chord.



Photo by Mark Hayden
A local band from Kearney, Butcher's Son, showed off some skills they've been practicing for some time.



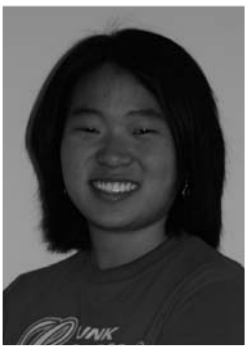
Photo by Mark Hayden
Guitarist for Neva Dinova was definitely making his presence felt as he belted out a number of impressive guitar riffs.



2007-2008 Storm Student Staff



Sean Bottorff
Media



Kristen Brockman
Media



Amber Giffin
Video Producer



Dustin Favinger
Marketing/Promotions



Sara Wagner
Marking/Promotions



Matt Lindsay
Media Relations



Robbie Hankins
Marketing Director

See **Storm** on page 1

to none," Lindsay said. "For someone who wants to go into sports business after graduation, this is a great stepping stone."

Dustin Favinger, a senior sports administration major from Minden, has been working for the Storm for three years. This season he assisted with game day operations, served as director of Stormy's Kids Club and was marketing and promotions assistant. Fans will probably recognize Favinger from the on-ice intermission contests.

"You build so many relationships and meet so many new people," Favinger said. "Also, there are always new challenges that we have to overcome."

ViaeroVision, the Storm's media operation formerly known as StormVision, has been a popular internship for many UNK students. This season's 15-member camera crew included 12 UNK students and alumni.

ViaeroVision duties include game and replay camera work on game nights, directing, producing and filming video of different team appearances.

Amber Giffin, a sophomore broadcast major from Pleasanton, was recently named video producer. Giffin's duties include recording pre-game video and video taping each home game. She also created the game introduction played during the March home games.

"The best part of the job has been getting to run a live game in the rush of a live game," Giffin said.

Junior Cody Riedel, a mass media major from Kearney, was new to the ViaeroVision crew this season. He applied for the position after hearing about the job from a professor.

"You're getting a feel for what the industry

has to offer and what you need to know," Riedel said. "It was the opportunity to try something different that could apply to my major."

Eugene Bichlmeier, a junior broadcast major from Columbus, completed his second season working the cameras for ViaeroVision. His duties have ranged from game and replay camera work to producing and directing.

"It's a great place to work," Bichlmeier said. "The atmosphere is incredible and it gives you a first look of how ESPN or CBS broadcast sports games on a higher level."

Volunteering is also a way to get involved in Storm operations. Students who major in sports administration complete a portion of their required practicum with the Storm. Dr. Nita Unruh, department chair of Health, Physical Education, Recreation and Leisure Studies, has placed students with the Storm for the last five seasons. Practicum students are required to complete 80 hours of work experience that are split between UNK athletics and the Storm.

"I hope that through the experiences they realize how much work it takes to put on an event and that their job is only a part of the whole program," Unruh said.

Kyle Means, the Storm's interim vice president of operations, knows that what the Storm organization offers to the UNK and Kearney community is very unique and hopes to continue to provide these opportunities for the students.

"These students have an eagerness to learn and to continue to grow professionally," Means said. "Above all, they have a great work ethic."

So, if you are one who wants to get firsthand, on-the-job experience with a semi-professional sports team, the Tri-City Storm organization might be the right fit for you.

| | | | | | | | | | | | | | | |
|--|---|--|---|--|---|--|--|---|---|---|---|--------------------------------|-----|--------------------------|
| <u>ABILENE, KAN.</u> Danya Cole | BS | EXERCISE SCIENCE | <u>CARROLL</u> Kari | Hochstein | BS | BUSINESS ADMINISTRATION COMP, <i>H</i> | Phillip Robyn | Wagoner Weismann | BS MAE | BUSINESS ADMINISTRATION COMP ELEMENTARY ED READING K-12 | | | | |
| <u>AGRA, KAN.</u> Nicole Haskett | BSE | COMMUNICATION DISORDERS COMP, <i>Summa/PKP</i> | <u>CENTRAL CITY</u> Shauna Burchard Judy Lorenzen Hannah Wegner | MBA MA EDS | BUSINESS ADMINISTRATION, <i>PKP</i> ENGLISH SCHOOL PSYCHOLOGY-SPECIALIST | <u>GILTNER</u> Lindsey Heather | Ocker Wagner | BS BS | RESPIRATORY THERAPY COMP SOCIAL WORK COMPREHENSIVE | | | | | |
| <u>AINSWORTH</u> Ashley Albrecht Laura Kelly Chester Smith | MBA BS BS | BUSINESS ADMINISTRATION SOCIAL WORK COMPREHENSIVE AGRIBUSINESS | <u>CHADRON</u> Valerie Sarah | Burrows Stewart | BS MSE | FAMILY STUDIES, <i>Summa/MB/PKP</i> COMMUNITY COUNSELING | <u>GOODLAND, KAN.</u> Brock | Abbey | BS | POLITICAL SCIENCE, <i>H.M.</i> | | | | |
| <u>ALBANIA</u> Anjeza | Pashaj | MS | BIOLOGY | <u>CHAMBERS</u> Jenna Sladek Kimberly Tomjack | BS BS | BUSINESS ADMINISTRATION COMP SPEECH COMMUNICATION | <u>GOTHENBURG</u> Sarah Chelsey Danielle Butterfield Jennifer Norseen Ashley Wilson | Blecha Brock BS BS BAE BS | BUSINESS ADMINISTRATION, <i>PKP</i> BUSINESS ADMINISTRATION COMP, <i>Magna/H</i> PSYCHOLOGY, <i>H.M.</i> SOCIAL SCIENCE EDUCATION 7-12 FAMILY STUDIES | | | | | |
| <u>ALBION</u> Denise Ashley Trevor Spiegel Lynne Webster Dana Wright | Bruland Johnson BS BS MSE BS | SCHOOL COUNSELING - ELEMENTARY RECREATION/PARK/TOURISM MNGT COMP, <i>H.M.</i> PSYCHOLOGY SCHOOL COUNSELING - SECONDARY BUSINESS ADMINISTRATION COMP | <u>CHEYENNE, WYO.</u> Rachel Yosten | MSE | COMMUNITY COUNSELING | <u>GRAND ISLAND</u> Manuel Jennifer Laurie Clark Chuck Colclasure Stephanie Ellington Hillary Emery Adam Eschliman Brian Fandry Michael Garris Gina Hanquist Rachel Hernandez Nathan Hoffman James Jensen Karen Kamper Joel Klein Joshua Klingman Nicole Kordik Benjamin Kuhl Morganne Manivong Allston Marble Jeremy McFarland Anne McGovern Kerri Nazarenus Tram Nguyen Jennifer Nielsen Audrey Rowley Daniell Sautter Lea Schneider Jennifer Trump Damon Watson Amber Wedgie Riley Weems Jennifer Wieseman Ray Zeleski | Andazola Bernth BS MAE BS BS BAE BS BS BS BS MBA BS BAE BA BS BAE MAE BS BS BS BAE BS BS MSE BS BSE | ELEMENTARY EDUCATION K-6 RECREATION AND PARK MGT COMP, <i>Summa/PKP</i> ELEMENTARY ED READING K-12 BUSINESS ADMINISTRATION COMP JOURN: MASS MEDIA ELEMENTARY EDUCATION K-6, <i>Cum Laude</i> MUSIC BUSINESS COMP BUSINESS ADMINISTRATION COMP, <i>H.M./H</i> GEOGRAPHY: ENVIRONMENTAL SOCIAL WORK COMPREHENSIVE, <i>H.M.</i> BUSINESS ADMINISTRATION COMP SPORTS ADMINISTRATION COMP SOCIAL SCIENCE EDUCATION 7-12 INTERNATIONAL STUDIES, <i>H.M.</i> CONSTRUCTION MANAGEMENT COMP SCHOOL PRINCIPALSHIP K-6 ART EDUCATION K-12 BUSINESS ADMINISTRATION COMP CONSTRUCTION MANAGEMENT COMP ELEMENTARY EDUCATION K-6 VISUAL COMMUNICATIONS & DESIGN SCHOOL SUPERINTENDENT BUSINESS ADMINISTRATION COMP, <i>Cum Laude</i> INTERIOR DESIGN COMPREHENSIVE, <i>Cum Laude</i> SPANISH EDUCATION 7-12, <i>Summa/MB/H/PKP</i> BUSINESS ADMINISTRATION COMP EXERCISE SCIENCE RADIOGRAPHY COMPREHENSIVE PHILOSOPHY, <i>Cum Laude/PKP</i> INTERIOR DESIGN COMPREHENSIVE INSTRUCTIONAL TECHNOLOGY RADIOGRAPHY COMPREHENSIVE PHYSICAL SCIENCE ED 7-12 | | | | | | |
| <u>ALLIANCE</u> Andrew Hilary Miranda Roger | Brown Moscrip BS BS MS | PSYCHOLOGY COMPREHENSIVE SPEECH COMMUNICATION RADIOGRAPHY COMPREHENSIVE BIOLOGY | <u>CLEAR LAKE, S.D.</u> Kami | Hehn | BS | BUSINESS ADMINISTRATION COMP | <u>GRAND JUNCTION</u> William | Morse | MS | BIOLOGY | | | | |
| <u>ALMA</u> Elicia | Johnson | MSE | COMMUNITY COUNSELING | <u>CLINTON, MO.</u> Sarah | Jones | BA | ART HISTORY, <i>Cum Laude</i> | <u>GRANT</u> Lana | Lueck | BS | BUSINESS ADMINISTRATION COMP, <i>H.M.</i> | | | |
| <u>AMHERST</u> Morgan Sean Amber Megan Mark | Anderson Clark BS BS BS BS | POLITICAL SCIENCE PSYCHOLOGY ORGANIZATIONAL COMMUNICATION BIOLOGY COMP, <i>Summa/H/PKP</i> COMPUTER SCIENCE COMPREHENSIVE | <u>COLOMBIA</u> William Camilo David | Barrera Fuentes, Espinosa BA Jimenez Cifuentes, MBA | BUSINESS ADMINISTRATION POLITICAL SCIENCE BUSINESS ADMINISTRATION | <u>COLORADO SPRINGS</u> James Lane Veronica Paige | BAE BS | HEALTH & PHYSICAL ED K-12 POLITICAL SCIENCE | <u>GREELEY</u> Michelle | Nowak | BS | PSYCHOLOGY, <i>H.M.</i> | | |
| <u>ARAPAHOE</u> Joni Adam | Christensen Haussler | EDS BS | SCHOOL PSYCHOLOGY-SPECIALIST MATHEMATICS COMPREHENSIVE, <i>Summa/MB/PKP</i> | <u>COLUMBUS</u> Michael Kelly Jakob Jessica Amy Kelli Jordan Kelli Jeanne Paitz Karin Schieffer Jonathon Schreurs Wagner | Adelman Cheloha BS BA BS MSE BA BS MA MAE BAE | PHILOSOPHY SOCIAL WORK COMPREHENSIVE THEATRE BUSINESS ADMINISTRATION COMP INSTRUCTIONAL TECHNOLOGY ENGLISH BUSINESS ADMINISTRATION COMP ENGLISH, <i>H.M.</i> SCHOOL PRINCIPALSHIP K-6 ELEMENTARY EDUCATION K-6 | <u>COLUMBUS, KAN.</u> Emery | McReynolds | BS | INDUSTRIAL DISTRIBUTION COMP | <u>GRETNA</u> Austin | Zeimet | BSE | PHYSICAL SCIENCE ED 7-12 |
| <u>ARCHER</u> Stacy | Hartwig | BS | EXERCISE SCIENCE COMP, <i>H.M.</i> | <u>COZAD</u> Theodore Damaris Holly | Decker Farias BS MSE BS | ORGANIZATIONAL COMMUNICATION COMMUNITY COUNSELING BUSINESS ADMINISTRATION COMP | <u>GRAND JUNCTION</u> William | Morse | MS | BIOLOGY | | | | |
| <u>ARLINGTON, TEXAS</u> Russell | McElroy | BAE | PHYSICAL EDUCATION 7-12 | <u>CRETE</u> Jennifer Dustin Rebecca Joseph | Callan Lineweber BS BS BS | ELEMENTARY EDUCATION K-6 COMPUTER SCIENCE COMPREHENSIVE, <i>H.M.</i> BUSINESS ADMINISTRATION COMP, <i>Summa/PKP</i> CONSTRUCTION MANAGEMENT COMP | <u>GRANT</u> Lana | Lueck | BS | BUSINESS ADMINISTRATION COMP, <i>H.M.</i> | | | | |
| <u>ARNOLD</u> Michael Elizabeth | Bishop Magill | MSE BGS | COMMUNITY COUNSELING GENERAL STUDIES | <u>CULBERTSON</u> Jessica Nathaniel Benjamin Sara | Bair Mustion BS BS BS | SOCIAL WORK COMPREHENSIVE POLITICAL SCIENCE, <i>Summa/H/PKP</i> EXERCISE SCIENCE COMP SPORTS ADMINISTRATION, <i>Magna</i> | <u>GREELEY</u> Michelle | Nowak | BS | PSYCHOLOGY, <i>H.M.</i> | | | | |
| <u>ASHLAND</u> Jarrod | Holz | BS | INDUSTRIAL DISTRIBUTION COMP | <u>CURTIS</u> Vivian | Wills | MSE | INSTRUCTIONAL TECHNOLOGY | <u>HALSEY</u> Kristen | Jensen | BS | BUSINESS ADMINISTRATION, <i>H.M.</i> | | | |
| <u>ATKINSON</u> Lana Lanell Eric Rebecca Kathleen Benjamin | Dummer Hipke BS BS BS BSE BS | INSTRUCTIONAL TECHNOLOGY HEALTH SCIENCES BUSINESS ADMINISTRATION COMP, <i>Summa/H</i> BROADCASTING, <i>Magna/H</i> COMMUNICATION DISORDERS COMP, <i>H.M.</i> BIOLOGY COMPREHENSIVE | <u>COZAD</u> Theodore Damaris Holly | Decker Farias BS MSE BS | ORGANIZATIONAL COMMUNICATION COMMUNITY COUNSELING BUSINESS ADMINISTRATION COMP | <u>GRAND JUNCTION</u> William | Morse | MS | BIOLOGY | | | | | |
| <u>AURORA</u> Stephanie Debra Renee Julie | Buller Carlson MAE BSE MSE | BUSINESS ADMINISTRATION ELEMENTARY ED READING K-12 PHYSICAL SCIENCE ED 7-12, <i>H.M.</i> SCHOOL COUNSELING - SECONDARY | <u>CRETE</u> Jennifer Dustin Rebecca Joseph | Callan Lineweber BS BS BS | ELEMENTARY EDUCATION K-6 COMPUTER SCIENCE COMPREHENSIVE, <i>H.M.</i> BUSINESS ADMINISTRATION COMP, <i>Summa/PKP</i> CONSTRUCTION MANAGEMENT COMP | <u>GRANT</u> Lana | Lueck | BS | BUSINESS ADMINISTRATION COMP, <i>H.M.</i> | | | | | |
| <u>AURORA, COLO.</u> Lindsay | Tanis | BS | CRIMINAL JUSTICE, <i>H.M.</i> | <u>CULBERTSON</u> Jessica Nathaniel Benjamin Sara | Bair Mustion BS BS BS | SOCIAL WORK COMPREHENSIVE POLITICAL SCIENCE, <i>Summa/H/PKP</i> EXERCISE SCIENCE COMP SPORTS ADMINISTRATION, <i>Magna</i> | <u>GRETNA</u> Austin | Zeimet | BSE | PHYSICAL SCIENCE ED 7-12 | | | | |
| <u>AXTELL</u> Jessica | Jacobs | BS | INTERIOR DESIGN COMPREHENSIVE | <u>CURTIS</u> Vivian | Wills | MSE | INSTRUCTIONAL TECHNOLOGY | <u>HALSEY</u> Kristen | Jensen | BS | BUSINESS ADMINISTRATION, <i>H.M.</i> | | | |
| <u>AYR</u> Jeffrey | Hamik | MS | BIOLOGY | <u>DANBURY</u> Dana | Steiner | MBA | BUSINESS ADMINISTRATION | <u>HARTINGTON</u> Tyler Angela Greg | Kathol Schieffer BS BS BS | BUSINESS ADMINISTRATION COMP FAMILY STUDIES AGRIBUSINESS | | | | |
| <u>BANCROFT</u> Kathrine | Zeleski | MSE | SCIENCE EDUCATION | <u>DAVENPORT</u> Stacy | Smith | BS | INTERIOR DESIGN COMPREHENSIVE | <u>HARVARD</u> Ashley | Sadd | BS | BUSINESS ADMINISTRATION COMP, <i>Magna</i> | | | |
| <u>BARTLETT</u> Lauren Andrew | Nordhuess Smith | BAE BS | EARLY CHILDHOOD UNIFIED COMPUTER SCIENCE COMP., <i>Cum Laude/H</i> | <u>DAVENPORT, IA</u> Matthew | Jenkins | BAE | MILD/MODERATE K-6 FIELD | <u>HASTINGS</u> Andrew Dale Ryan Hope Justin Rethorst Cynthia Uden Mindy Uden | Bennett Brown MA BS BS MAE MAE MSE MSE | ENGLISH BUSINESS ADMINISTRATION COMP, <i>PKP</i> BUSINESS ADMINISTRATION COMP, <i>H.M.</i> SUPERVISOR SPECIAL EDUCATION PHYSICAL EDUCATION INSTRUCTIONAL TECHNOLOGY SPEECH/LANGUAGE PATHOLOGY | | | | |
| <u>BASSETT</u> Kari | Buoy | BAE | ELEMENTARY EDUCATION K-6 | <u>DAVID CITY</u> Robert Gregory | Daro Eickmeier | BS BS | CHEMISTRY COMPREHENSIVE, <i>Magna</i> BUSINESS ADMINISTRATION COMP | <u>HAYES CENTER</u> Jacqueline Sara | Maucher Richter | BAE BSE | ELEMENTARY EDUCATION K-6, <i>Magna/PKP</i> PHYSICAL SCIENCE ED 7-12 | | | |
| <u>BATTLE CREEK</u> Daniel | Kluver | MAE | SCHOOL PRINCIPALSHIP 7-12 | <u>DAYTONA BEACH, FLA.</u> Daniel | Younes | BS | BUSINESS ADMINISTRATION COMP, <i>H.M.</i> | <u>HEBRON</u> Deborah Jammie | Lee Wiedel | EDS BS | SCHOOL SUPERINTENDENT INTERIOR DESIGN COMPREHENSIVE | | | |
| <u>BEATRICE</u> Clark Elizabeth Joshua Travis Jason | Bausch Fielder BA BAE BS BS BS | INTERNATIONAL STUDIES ART EDUCATION K-12 ORGANIZATIONAL COMMUNICATION, <i>MB</i> PSYCHOLOGY INDUSTRIAL DISTRIBUTION COMP | <u>DECATUR</u> Ashley | LeClaire | BS | INDUSTRIAL DISTRIBUTION COMP | <u>HEMINGFORD</u> Brittani | Moeller | BS | PSYCHOBIOLOGY COMPREHENSIVE | | | | |
| <u>BEAVER CITY</u> Lisa | Becker | BS | SOCIOLOGY | <u>DESHLER</u> Timothy | Bartling | BS | BUSINESS ADMINISTRATION COMP | <u>HENDERSON</u> Mark Carrie Bret | Hiebner Regier BAE MSE BS | SOCIAL SCIENCE EDUCATION 7-12 MIDDLE SCHOOL INDUSTRIAL DISTRIBUTION COMP | | | | |
| <u>BELLE FOURCHE</u> Lacey | Johnson | BAE | ELEMENTARY EDUCATION K-6, <i>Summa</i> | <u>DEWITT</u> KaDene | Deke | BS | BUSINESS ADMINISTRATION | <u>HERNDON, VA.</u> Kimberly | Minnig | BS | POLITICAL SCIENCE, <i>H.M.</i> | | | |
| <u>BELLEVILLE, KAN.</u> Matthew | Sallman | BS | CRIMINAL JUSTICE | <u>DONIPHAN</u> Colton Darcie | Lueck Wedberg | BS BAE | BUSINESS ADMINISTRATION COMP ELEMENTARY EDUCATION K-6 | <u>HOLBROOK</u> Katherine | Andrews | BS | SOCIAL WORK COMPREHENSIVE, <i>Summa/PKP</i> | | | |
| <u>BELLEVUE</u> Joseph McKenna Julie Jennifer | Andersen Irwin BS BS BAE | SOC SCI COMP W/HISTORY BUSINESS ADMINISTRATION COMP, <i>Magna</i> SOCIAL WORK COMPREHENSIVE MIDDLE GRADES 4-9, <i>Magna/PKP</i> | <u>DUNCAN</u> Theresa | Jareske | BS | BUSINESS ADMINISTRATION COMP | <u>HOLDREGE</u> Melissa Megan Rebekah Kelsey Heather Cassie Candance Janessa Bryan Monica Dirk Sarah | Boutwell Burkle MAE BAE BS BS MAE MAE BAE MSE MSE BS BSE BM BA | CURRICULUM & INSTRUCTION MUSIC EDUCATION K-12, <i>H.M./H</i> FAMILY STUDIES BUSINESS ADMINISTRATION CURRICULUM & INSTRUCTION ELEMENTARY EDUCATION K-6, <i>H.M.</i> COMMUNITY COUNSELING SPEECH/LANGUAGE PATHOLOGY PSYCHOLOGY, <i>Cum Laude</i> COMMUNICATION DISORDERS COMP, <i>Summa/MB</i> MUSIC COMP JOURN: PUBLIC RELATIONS, <i>H</i> | | | | | |
| <u>BENKELMAN</u> Monte Alison | Burrell Glidden | MAE BS | SCHOOL PRINCIPALSHIP K-6 EXERCISE SCIENCE, <i>Cum Laude/H</i> | <u>EL SALVADOR</u> Carlos | Palacios | BA | INTERNATIONAL STUDIES | <u>HOLSTEIN</u> Leah | Sinner | BS | BUSINESS ADMINISTRATION COMP | | | |
| <u>BERTRAND</u> Anna | Harms | BS | PSYCHOLOGY, <i>H.M.</i> | <u>ELGIN</u> John | Cornett | BS | BUSINESS ADMINISTRATION | <u>HOLT, MI</u> Annjanette Weaver | | MSE | SCHOOL COUNSELING - STUDENT AFFAIRS | | | |
| <u>BLAIR</u> Brett Brian | Grell Sass | MAE MS | SCHOOL PRINCIPALSHIP 7-12 BIOLOGY | <u>ELKHORN</u> Samantha | Brummer | BAE | ELEMENTARY EDUCATION K-6, <i>Cum Laude</i> | <u>HOLYOKE, CO</u> Jammie | Roll | BS | BUSINESS ADMINISTRATION COMP | | | |
| <u>BLUE HILL</u> Leigh Stefanie | Curry Schaefer | BS MSE | BUSINESS ADMINISTRATION SPEECH/LANGUAGE PATHOLOGY | <u>ELM CREEK</u> Ashley | Hubbard | BS | BUSINESS ADMINISTRATION COMP | <u>HOMER</u> Shannon | Thompson | BS | PSYCHOLOGY, <i>Summa/H</i> | | | |
| <u>BOELUS</u> Jeff | Wrche | MA | HISTORY | <u>ELSIE</u> Kent | Hanson | BS | PSYCHOLOGY | <u>HUNTINGTON, IND.</u> Kianna | Montz | MAE | PHYSICAL ED MASTER TEACHER | | | |
| <u>BRADY</u> Justin | Hoeke | MBA | BUSINESS ADMINISTRATION | <u>ELWOOD</u> Chelsey Tessa | Kulhanek Mak | BS BS | BUSINESS ADMINISTRATION COMP, <i>Summa</i> PSYCHOLOGY COMPREHENSIVE, <i>Cum Laude</i> | <u>HYANNIS</u> Tehl | Keslar | BS | BUSINESS ADMINISTRATION COMP | | | |
| <u>BRAINARD</u> Melissa | Jakub | BAE | ENGLISH EDUCATION 7-12, <i>Magna</i> | <u>EUSTIS</u> Chris Lance | Gove Pfeiffer | BS MBA | INDUSTRIAL DISTRIBUTION COMP, <i>H.M.</i> BUSINESS ADMINISTRATION | <u>IMPERIAL</u> Holly Rachal | Bellis Skeen | BS MBA | SOCIAL WORK COMPREHENSIVE BUSINESS ADMINISTRATION | | | |
| <u>BRAZIL</u> Thais Denise | Barbosa Dos Santos | BS BA | RECREATION AND PARK MGT COMP TRANS-INTERPRETATION: SPANISH | <u>EWING</u> Brooke | Bartak | BS | PSYCHOLOGY | <u>INDIANOLA</u> Jaime Lanay Danielle | Coolidge Manker BS BS BS | BUSINESS ADMINISTRATION COMP, <i>Summa/H</i> PSYCHOLOGY, <i>Summa/H/PKP</i> BUSINESS ADMINISTRATION COMP | | | | |
| <u>BRIDGEPORT</u> Kristin Keller | Amateis Batterman | MSE BS | SPEECH/LANGUAGE PATHOLOGY, <i>PKP</i> PSYCHOLOGY | <u>FAIRBURY</u> Heather Matt | Milius Ringen | BAE BS | ELEMENTARY EDUCATION K-6 JOURN: PUBLIC RELATIONS | <u>JACKSONVILLE, FLA.</u> Melanie | Fierro | MS | BIOLOGY | | | |
| <u>BROKEN BOW</u> Bridget Shane Preston Lance Angela Cassie Sarah Travis | Correll Freeman BS BS MBA MAE BAE MSE BS | MULTIMEDIA INFORMATION SYSTEMS CHEMISTRY (ACS APPROVED), <i>H</i> BUSINESS ADMINISTRATION ELEMENTARY ED READING K-12 HEALTH & PHYSICAL ED K-12 INSTRUCTIONAL TECHNOLOGY CRIMINAL JUSTICE | <u>FIRTH</u> Cory | Eastin | BS | PHYSICAL EDUCATION COMP. | <u>JAPAN</u> Marina Masayasu Ayako Kenta Yuko Hikari Naomi Naomi Aya Tsubasa Hirotaka Ayami Shintaro Masafumi Masayuki Naomi | Fukuoka Hayashi BS BS BA BS BM BAE BS BS BA BS BS BS BS BS | EXERCISE SCIENCE COMP PHYSICS COMPREHENSIVE MUSIC, <i>H.M.</i> BIOL. COMP: ENV. HEALTH EMPH, <i>Cum Laude/PKP</i> PERFORMANCE MUSIC EDUCATION K-12, <i>H.M.</i> BIOLOGY EXERCISE SCIENCE COMP INTERNATIONAL STUDIES PHYSICS COMPREHENSIVE EXERCISE SCIENCE COMP EXERCISE SCIENCE COMP EXERCISE SCIENCE COMP INTERIOR DESIGN COMPREHENSIVE BUSINESS ADMINISTRATION COMP | | | | | |
| <u>BROWNVILLE</u> William | Hayes | MA | HISTORY | <u>FORT WORTH, TEXAS</u> William | Comley | MAE | SCHOOL PRINCIPALSHIP K-6 | <u>KEARNEY</u> Miguel Pushpa Charmi | Acosta Agrawal BA MBA BGS | JOURN: SPORTS COMMUNICATION BUSINESS ADMINISTRATION GENERAL STUDIES | | | | |
| <u>BUCKEYE, ARIZ.</u> Kelly | Brown | BS | SOC SCI COMP W/HISTORY, <i>H.M.</i> | <u>FRANKLIN</u> Daniel Molly Jessica | Bartels Bartels BAE BAE BS | ELEMENTARY EDUCATION K-6 ELEMENTARY EDUCATION K-6, <i>Summa</i> RADIOGRAPHY COMPREHENSIVE | <u>KEARNEY</u> Miguel Pushpa Charmi | Acosta Agrawal BA MBA BGS | JOURN: SPORTS COMMUNICATION BUSINESS ADMINISTRATION GENERAL STUDIES | | | | | |
| <u>BUENA VISTA, COLO.</u> Jake | Riley | BS | BUSINESS ADMINISTRATION, <i>Summa/PKP</i> | <u>FREMONT</u> Mary Travis Colleen Sara Seth | Bendig Duncan BS BS BS BS | RECREATION AND PARK MGT COMP AVIATION SYSTEMS MGT COMP RESPIRATORY THERAPY COMP, <i>Summa/H</i> PSYCHOLOGY, <i>Summa/H</i> | | | | | | | | |

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|-----------|------------|-----|--|-------------------------|----------|------------------|-----|--|-------------------------|---------------|----------|-----|---|--|
| KEENE | Fellows | BS | PHYSICAL EDUCATION COMP. | NELIGH | Tiffany | Gunderson | BS | INTERIOR DESIGN COMPREHENSIVE | SARATOGA SPRING | Gary | Torrisi | MS | BIOLOGY | |
| edidiah | Fong | BS | COMPUTER SCIENCE COMPREHENSIVE | Darcy | Metschke | MAE | | ELEMENTARY ED READING K-12 | | | | | | |
| ennifer | Foster | BS | INDUSTRIAL DISTRIBUTION COMP, <i>H.M.</i> | | | | | | <u>SARGENT</u> | Joshua | Granger | BA | GERMAN | |
| Drew | Fraber | BS | AVIATION SYSTEMS MGT COMP | NELSON | Peter | Spirk | BS | BIOLOGY COMP | Gwenda | Horky | BAE | | VOCATIONAL BUSINESS ED 7-12 | |
| Christina | Franzen | BS | ORGANIZATIONAL COMMUNICATION | | | | | | <u>SCOTTSSBLUFF</u> | Brent | Barbour | BSE | MIDDLE GRADES 4-9, <i>Summa</i> | |
| Nicole | Freeze | BS | RADIOGRAPHY COMPREHENSIVE, <i>Cum Laude</i> | <u>NEW MARKET, IOWA</u> | Lindsay | Nielsen | BS | PSYCHOLOGY, <i>Cum Laude</i> | Brent | Barbour | BSE | | COMMUNICATION DISORDERS COMP, <i>Summa</i> / <i>PKP</i> | |
| Lara | Fuller | BS | POLITICAL SCIENCE | | | | | | Krista | Coxbill | Hoff | BS | JOURN: PUBLIC RELATIONS | |
| William | Fullerton | BS | BUSINESS ADMINISTRATION COMP | <u>NORFOLK</u> | Ryan | Brown | BS | RADIOGRAPHY COMPREHENSIVE | Jared | Hoff | BS | | PSYCHOLOGY | |
| Bradon | Gewecke | BS | EXERCISE SCIENCE | | Angela | Kruid | MSE | SPEECH/LANGUAGE PATHOLOGY | Joli | Kepeler | BS | | PSYCHOLOGY COMPREHENSIVE, <i>H.M.</i> | |
| Kristin | Gibreal | BS | CRIMINAL JUSTICE | | Shannon | Matthews | BS | JOURN: PUBLIC RELATIONS, <i>H.M.</i> | Shane | McFeely | BS | | BIOLOGY COMP | |
| Robin | Gilbertson | BAE | LANGUAGE ARTS 7-12 | <u>NORTH BEND</u> | | | | | Scott | Reifschneider | BS | | BUSINESS ADMINISTRATION COMP | |
| essica | Gilbreath | BS | CHEMISTRY COMPREHENSIVE | | | | | | Derek | Rounds | BS | | | |
| Emily | Gough | BS | BUSINESS ADMINISTRATION COMP, <i>Magna</i> / <i>H</i> / <i>PKP</i> | | | | | | | | | | | |
| Brian | Hansen | BFA | VISUAL COMM. & DESIGN, <i>Summa</i> / <i>H</i> / <i>PKP</i> | <u>NORTH PLATTE</u> | | | | | <u>SEWARD</u> | Aaron | Lewien | BA | BUSINESS ADMINISTRATION, <i>H.M.</i> | |
| ohn | Hellerich | BAE | MUSIC EDUCATION K-12, <i>Summa</i> / <i>PKP</i> | | Joshua | Atanasu | BAE | HEALTH & PHYSICAL ED K-12 | Dana | Schultz | BS | | BIOLOGY | |
| h | Hinrichs | MSE | SPEECH/LANGUAGE PATHOLOGY | | Sally | Buttmore | BS | BUSINESS ECONOMICS COMP | <u>SHELBY</u> | Steven | Stewart | BS | | MATHEMATICS |
| Malinda | Hock | BAE | ELEMENTARY EDUCATION K-6 | | Craig | Carstensen | BS | RADIOGRAPHY COMPREHENSIVE, <i>H.M.</i> | <u>SHELTON</u> | Bridget | Ziola | BS | | EXERCISE SCIENCE, <i>Summa</i> |
| Debra | Holoubeck | MSE | COMMUNITY COUNSELING | | Jennifer | Caudillo | BS | PSYCHOLOGY | <u>SIDNEY</u> | BrenDec | Brauer | BS | | BUSINESS ADMINISTRATION COMP, <i>Cum Laude</i> |
| essa | Howsden | BSE | COMMUNICATION DISORDERS COMP | | Rebecca | Coulter | BA | ENGLISH | Amber | Davis | BS | | | CHEMISTRY COMPREHENSIVE, <i>Summa</i> / <i>MB</i> / <i>H</i> |
| Francesca | Hunt | BFA | VISUAL COMMUNICATIONS & DESIGN | | Laurel | Davis | BS | INTERIOR DESIGN COMPREHENSIVE | Laura | Larsen | BS | | | POLITICAL SCIENCE, <i>Cum Laude</i> |
| Aaron | Jesch | MA | HISTORY | | Amanda | Gribble | MAE | ELEMENTARY ED READING K-12 | Rita | Leininger | MAE | | | ELEMENTARY ED READING K-12 |
| Aaron | Johnson | BS | AVIATION SYSTEMS MGT COMP | | Adam | Helie | BS | HEALTH SCIENCES | <u>SMITH CENTER, KS</u> | Hana | Jones | BAE | | ENGLISH EDUCATION 7-12, <i>Cum Laude</i> |
| Patricia | Jorgensen | BA | SPANISH | | Sasha | Hollingsworth | BAE | ELEMENTARY EDUCATION K-6, <i>Magna</i> / <i>PKP</i> | <u>SMITHFIELD, VA</u> | Mary | Chambers | MAE | | ELEMENTARY ED READING K-12 |
| Sharon | Kofoed | MA | ENGLISH | | Abby | Huber | EDS | SCHOOL PSYCHOLOGY-SPECIALIST | <u>SOUTH KOREA</u> | Hyun-do | Kim | BS | | CONSTRUCTION MANAGEMENT COMP |
| Anthony | Kulhanek | BS | ORGANIZATIONAL COMMUNICATION | | Kate | Reinboth | MSE | SPEECH/LANGUAGE PATHOLOGY | <u>SPENCER</u> | Lisa | Allan | MAE | | ELEMENTARY ED READING K-12 |
| Desiree | Lee | BAE | ELEMENTARY EDUCATION K-6 | | Kari | Sawyer | BAE | ELEMENTARY EDUCATION K-6, <i>Summa</i> / <i>H</i> / <i>PKP</i> | Thomas | Rust | BS | | | ORGANIZATIONAL COMMUNICATION |
| Crystal | Lentell | BS | FAMILY STUDIES | | J | Seberger | BS | ELEMENTARY EDUCATION K-6, <i>Summa</i> / <i>H</i> / <i>PKP</i> | <u>SPRINGVIEW</u> | Dustin | Nilson | MSE | | SCIENCE EDUCATION |
| Peter | Longo | BS | BIOLOGY COMP, <i>Magna</i> / <i>H</i> / <i>PKP</i> | | Pamela | Skates | BS | ELEMENTARY EDUCATION K-6, <i>Summa</i> / <i>H</i> / <i>PKP</i> | <u>ST EDWARD</u> | Amanda | Sack | BSE | | COMMUNICATION DISORDERS COMP |
| Molly | Lungrin | EDS | SCHOOL PSYCHOLOGY-SPECIALIST, <i>PKP</i> | | Craig | Smith | BS | CONSTRUCTION MANAGEMENT COMP | <u>ST PAUL</u> | Eric | Mlinar | BS | | BUSINESS ADMINISTRATION COMP |
| essica | Markvicka | EDS | SCHOOL PSYCHOLOGY-SPECIALIST | | Thomas | Stehno | BS | BUSINESS ADMINISTRATION COMP, <i>Summa</i> / <i>H</i> / <i>PKP</i> | Jack | Olsen | BS | | | CONSTRUCTION MANAGEMENT COMP |
| Richard | Marlatt | MA | ENGLISH | | Ashley | Stillwell | BS | PSYCHOBIOLOGY COMPREHENSIVE, <i>Magna</i> / <i>H</i> | <u>STAMFORD</u> | Whitney | Ehrke | BAE | | ELEMENTARY EDUCATION K-6 |
| Michelle | Maul | BGS | GENERAL STUDIES | | Matthew | Wallace | BS | BUSINESS ADMINISTRATION COMP | <u>STRATTON</u> | Teri | Faimon | MAE | | ELEMENTARY ED READING K-12 |
| revor | May | BS | COMPUTER SCIENCE COMPREHENSIVE | <u>NORTON, KAN.</u> | Andrea | Martinez-Skinner | BS | CHEMISTRY (ACS APPROVED), <i>H.M.</i> | Jessica | Richardson | BS | | | INTERIOR DESIGN COMPREHENSIVE |
| Kayla | Mays | BS | BUSINESS ADMINISTRATION COMP | <u>OAK</u> | Derrick | Drohman | BS | AGRIBUSINESS, <i>H.M.</i> | <u>STROMSBURG</u> | Evam | Wieseman | EDS | | SCHOOL SUPERINTENDENT |
| Monique | Meyer | BS | CRIMINAL JUSTICE | | | | | | <u>STUART</u> | Annie | Schaaf | BS | | |

Veterans transition to student life

They look just like ordinary students.
They wear ordinary clothes and attend ordinary classes.
At first glance, they're no different from anyone else.
But these UNK students are student veterans.

BY COLLEEN J. NENSTIEL
UNK Photojournalism


According to Nathan Garst, UNK's Veterans' Affairs clerk, approximately 100-125 veterans are currently enrolled at UNK. One of these veterans, Kevin M. Rose, originally from St. Paul, served five years in the U.S. Army on active duty and three years in the National Guard as an Airborne Ranger and infantryman. He is currently working on a graduate degree in history and also serves the UNK community as a Public Safety officer.

Rose said that his military background made school possible for him financially, but the confidence the military gave him had a more important impact on his college experience. "My military experience gave me the disciplined work ethic and, mainly, the confidence, especially volunteering for Ranger school and making it through there," he said. "After that, I basically told myself, 'There's nothing I can't do as long as I put my mind to it and give it my best effort.'" But the transition from the military to school is not necessarily an easy one. Katie Nixon, a sophomore business administration major from Wakefield, found it challenging to return to school after 15 months in Iraq with the National Guard. "My mind wandered all over the place my first semester after I got back," she said. "I don't think it's really helped my schooling at all." A great source of frustration for the veterans is the attitude of those who stay behind. Katrina Fisher, a senior criminal justice major from Tryon, returned from a year-long deployment in Iraq with the National Guard in October 2007. "Sometimes I look at other students and think, 'You don't know what's going on,'" she said.



Left Katie Nixon, a sophomore business administration major from Wakefield, distributes gifts to Iraqi schoolchildren. American service members returning from combat areas remember their humanitarian missions with pride. **Photo courtesy Katie Nixon**
Above Colleen J. Nenstiel poses with a new friend on her second deployment with the Army Reserve in Kuwait on her way to Iraq. **Courtesy photo.**

"My military experience definitely made college possible for me in a couple different ways. After that, I basically told myself, 'There's nothing I can't do as long as I put my mind to it and give it my best effort.'"



Kevin M. Rose
Graduate student

Kevin M. Rose, originally from St. Paul, served five years in the active army and three in the National Guard as an infantryman and Airborne Ranger. Rose graduated from UNK in 2001 with a degree in criminal justice, and is currently a graduate student in history and a UNK Public Safety Officer. **Photo courtesy Kevin M. Rose**



A group of Airborne Rangers, some of the most highly-trained infantry in the world, prepare to make a parachute jump. **Photo courtesy Kevin M. Rose.**



Nixon poses with another American soldier and two Iraqi soldiers. Nixon described her tour in Iraq with the National Guard as a great experience that taught her a great deal. **Photo courtesy Katie Nixon.**



Rose and two other Rangers pause during water operations training at Ft. Campbell, Kentucky. Although parachuting is a trademark of the Rangers, water operations are equally important in certain types of terrain. **Photo courtesy Kevin M. Rose.**



Above Nixon adjusts the brakes on an Army vehicle. She spent 15 months in Tallil, Iraq, with the National Guard as a truck driver. **Photo courtesy Katie Nixon.**

Below Prior to an air assault training mission at Ft. Wainwright, Alaska, Rose looks out from a Black Hawk helicopter. Air assault training was a step in the process of becoming a Ranger. **Photo courtesy Kevin M. Rose.**

How do you think UNK treats its student veterans?

Photos by Colleen J. Nenstiel



Katie Nixon, sophomore, business administration, Wakefield
"Some of my teachers were very understanding; others, I felt like I was pushed away."



Kevin M. Rose, graduate student, history, St. Paul
"It really wasn't an issue. I wasn't discriminated against. I wasn't cheered for being a veteran."



Katrina Fisher, senior, criminal justice, Tryon
"I've had a really good positive reaction. I don't think I've ever had a problem coming back in."

