



Kellie Pickler kicked up her heels in front of a crowd of over 2,500 last Thursday night at the Health and Sports Center. 8

THIS WEEK

2 Con artists hit Kearney

How to avoid the hook, line and sinker. *Op/Ed*

5 Reliving the decade in sports

Sex, scandals and steroids. *Features*

14 Powerful posters

Design students' posters channel iconic Obama "Hope" poster. *Features*

Student Political Poster Contest

Students can vote on favorite posters

Posters and voting box located in the Fireside Lounge, Student Union

Check Out

Free Speech Posters
Second Floor, Student Union



This ain't pretty...

Campaign aims to reduce binge drinking with sarcastic humor

BY BRIE MAASKE
Antelope Staff

Students are eating snacks, enjoying some drinks and each other's company when they look over and the kid on the futon just peed his pants.

It wasn't cool when you were three, and it ain't cool at 23.

This is the scene depicted on one of the It Ain't Pretty posters, UNK's campaign against binge drinking among young adults between the ages of 18 and 24.

It Ain't Pretty targets UNK students with sarcasm and humor through posters and videos, in hopes of grabbing their attention long enough to educate college students on the risks of binge drinking.

"If you use scare tactics, that is going to turn people off from the whole message. Our thing was how can we make it funny, but relevant at the same time and get the message across," said Happy Macwan, senior communications major, involved in creating the It Ain't Pretty campaign.

The creators realize that binge drinking is a problem off campus, as well as on campus, so they plan to address both situations.

One way they hope to do this is to film videos enacting humorous, and very possible situations involving binge drinking, which are available on the website itaintpretty.org.

"We wanted to do something original, so something like someone living in the

dorms passed out in the dorm bathroom and his friends find him the next morning— how would the whole situation play out?" Macwan said.

"Not just any bathroom either, but the dirtiest, grimeiest, grossest bathroom that no one in their right mind would ever want to sleep on," added Michael Nyffeler,

use all UNK students and have people on there that people might recognize, because that would resonate more when they saw one of their friends up on a poster or a billboard," Nyffeler said.

All of the posters and videos direct viewers to visit It Ain't Pretty at itaintpretty.org, where they will be able to



Photo by Michael A. Nyffeler

UNK's It Ain't Pretty campaign is aimed at students in hopes of curbing the binge drinking trend on and off college campuses. The humorous posters and videos were made possible with the help of UNK student actors and actresses and targeted young adults between the ages of 18 and 24.

photographer and visual designer for the It Ain't Pretty campaign.

They have also created a poster in which a young woman is seen passed out on a table next to a wedding cake.

The individuals aren't just random actors that the creators gathered for the job— They are all UNK students. "We wanted to

find more information. "The website contains all of the information about what constitutes as binge drinking, what to do to prevent it, what you can do in case your friends are binge drinking or if there is a medical emergency due to

the antelope

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Megan Gengenbach, Lyndsey Luxford

Website<http://www.unkantelope.com>**News**

(308) 865-8488 antelope@unk.edu

Advertising

(308) 865-8487 antelopeads@unk.edu

Fax

(308) 865-8708

MailThe Antelope c/o Mitchell Center
University of Nebraska at Kearney
Kearney, NE 68848I never thought this would happen to me
National scam artists hit Kearney and pocketbooks**BY SAM BATES**
Antelope Staff

College students be warned. I got scammed, and you could too.

It was a Monday like any other. A friend and I went to get gas at the gas station next to campus and upon pulling up to the pump, we were met with a knock on the driver's window. The window was cracked and a 20-something female named "Leslie" said that she was looking for non-aggressive college students to help her out. I figured that she was doing some type of survey, so we agreed and got out of the car.

That was my first mistake.

She then proceeded to tell us that she was a student at UNK, and she was selling magazine subscriptions for a communications class. Leslie said she was in a contest with the boys in the class, and she needed us to buy subscriptions, so she could get the points needed to win.

My first thought was, "I don't have any money to spend on magazines."

I think Leslie read my mind because she started talking about the great value of the subscription. Each four-year subscription cost around \$50. In my head, that was a heck of a bargain. Unfortunately for me, there was one magazine, Spin, which I had read before and was interested in buying. Leslie strongly recommended, Spin because it gave her the most points.

We were also given the option of donating a subscription to a children's hospital.

She said when we donated we would get something in return. We asked what that was, and Leslie responded, "A warm, fuzzy feeling right in here," and placed her hand over her heart. She was good, really good.

After about 15 minutes of discussion with Leslie, my friend and I decided to split the price of Spin. Leslie was thrilled, but she didn't stop there. She somehow convinced me to write a check for Family Fun, and she said when the company called to verify the subscription I could cancel it, but Leslie would still get her points.

As I was about to write out my check for Family Fun, I got a major feeling that I should tell Leslie that I didn't have any checks. I had a sense that it was a scam—but did I listen to my intuition? No, I wrote her a \$55 check instead. I'm still kicking myself.

Overall, Leslie got \$106 in checks

from my friend and I. As her shady van drove away, I got another feeling that I should write down the license plate number, but once again I didn't listen to my gut reaction.

Driving away from the gas station, we both felt as if we had just made a huge mistake. We turned to Google, which confirmed our suspicions. The receipt stated that the company was Atlantic Circulation, Inc., which yields hundreds of Google results of grievances complaining that they never received magazines that they paid solicitors for. I found that this company has been around since September 1998 and is not endorsed by the Better Business Bureau.

Later that evening, my friend filed a police report. We both put stop payments on our checks which was a \$28 fee, but that's less than \$55, and it made us feel better that "Leslie" (if that's even her real name) would not be cashing our checks.

The saddest part of the whole situa-

tion failed to show up at the designated meeting place. Her belongings were left in an Albany hotel and investigators later found that she had arranged for a bus ticket from New York to Colorado but never picked up the ticket.

Other stories like Hammond's have been reported around the country. Many times kids are just left thousands of miles from home, with no money and expected to fend for themselves. Such indecency towards employees should result in the extinction of these companies, but they continue to exist, scamming customers and employees alike.

My point in all of this, is not that I'm peeved about my stupidity in not listening to my intuition, but that we need to be wary of door-to-door (or in my case gas station-to-gas station) solicitors that claim to be a part of a local organization or school. They may seem 100 percent legitimate, but that doesn't mean they are.

Do your research. Ask them questions

She somehow convinced me to write a check for Family Fun, and she said when the company called to verify the subscription I could cancel it...

tion is that many times with companies like this, the solicitors are also the victims. According to the Better Business Bureau (BBB), the organizer, such as Atlantic Circulation, employ young people because they need temporary jobs and can play on the sympathy of others. "These young people often make little or no money in wages despite the help-wanted advertisements luring them with claims of big money and fun and travel," states a BBB reliability report filed in the Washington, D.C. and the Eastern Pennsylvania region.

The BBB report states, "The National Consumers League estimates that 50,000 children nationwide are involved in traveling sales crews selling consumer items door-to-door and on city street corners. The youth groups are transported hundreds of miles from their homes, often across state lines." In some cases, the end result is much worse than these children being scammed.

In October of last year, the remains of Jennifer Hammond of Colorado were found in New York, six years after she was reported missing. Hammond had been traveling with Atlantic Circulation and

that they haven't rehearsed the answers to. Use Google or another search engine to figure out the background of this company.

In my case, the receipt didn't even have a Web address, but when I called their phone number and they didn't answer, they gave me a web address to a very small website that seemed more of a joke than anything else. A photo link took me to pictures titled, "July 2005 Contest Winners" of people on a boat. How this even applied to the website is still beyond me. A list of frequently asked questions gave the site a little more credibility but not enough to convince me of any legitimacy.

Please don't make the same mistakes that my friend and I, along with thousands of others over the past decade, have made. And don't think that it won't happen to you. That's what I thought before I had to pay \$28 for a check that includes my bank information—and that somebody that may or may not be named Leslie could still have.

Leslie, if you're reading this, I want my check back.

Music stories impact industry in last decade

BY SHELBY NELSON
JMC 215

What was the top music story of the last decade? Was it Kanye West interrupting Taylor Swift's acceptance speech at the VMAs? Or maybe it was the death of Michael Jackson? The last decade offers endless events, stories and moments to remember that changed the music industry forever.

Music downloading became the way to get music in the last 10 years and also became a huge story that continues to cause problems for the music industry. Jessica Ripple, a senior education major and music fan from North Platte, remembers when illegal downloading became such a big issue. "I heard kids from college campuses across the country were getting slapped with lawsuits because they had downloaded music illegally, and that made me think twice about illegal downloading."

Sophomore social work major and musician Kimberly Dusatko of Doniphan thinks the reason illegal downloading became so popular is because "it is easy, fast and free." With the ease of illegal downloading, this story is sure to continue into the next decade. With sites such as iTunes and Rhapsody, illegal downloading is decreasing, but the problem of illegal downloading will always be relevant in the music industry.

Another important event in the last decade was the invention of the iPod. The iPod allowed people to download all of their music on to one device. Ripple calls her iPod "the best investment I ever made." With illegal downloading such a problem, Apple launched iTunes to complement the iPod. Now consumers can get on iTunes, buy a single song and put it on their iPods.

No discussion of the last decade would be complete without talking about Michael Jackson's death. Jackson's death sent shockwaves through not only the United States, but, the entire world. Ripple says,

"It was shocking to hear that MJ died, especially since he was planning a comeback tour that looked like it was going to be an awesome event." Jackson's death resulted in 24/7 news coverage and as Ripple says, "Just like 9/11, I will always remember where I was when I heard Michael Jackson died."

One of the greatest rock bands of the last few

Music Moments

decades went on a reunion tour in 2009 to celebrate their 35th anniversary, treating fans from around the world. "Well, it may not be a significant event to other people, but it was something I hoped would happen after their farewell tour," KISS fan Ripple said. "KISS has been around since the '70s, and they have been an influence on how many artists set up their acts on stage." The tour went on to gross \$30.5 million in just three months and was one of the most anticipated tours of the year.

"This is American Idol." This phrase has echoed out of television sets all over the country for the last nine years impacting both the music industry and the television industry. Ripple thinks 'American Idol' is a way for singers to gain instant fame and also created a whole

The country was stunned when The King of Pop, Michael Jackson, died of cardiac arrest June 25, 2009.

new genre of reality TV shows such as "So You Think You Can Dance" and "America's Got Talent." Dusatko says, "It's cool that people that never really had a chance in the music business are given a shot through the show."

These stories in the last decade changed the music industry forever. From illegal downloading to "American Idol," the last decade is sure to never be forgotten and will go down in history. One can only wonder what the next decade will bring.



googleimages.com

BACK IN TIME:

LISTEN TO THE MUSIC



KISS explodes in mid-1970s

Boom box
October 1982



MP3 player
1999

iPod
October 23, 2001



American Idol
June 11, 2002

iTunes
April 2003



Michael Jackson
dies June 25, 2009

Who would have thought the music and technology of the 80s and 90s would impact the music in the new millennium? The music of KISS may be oldies music to some, but the band reunited in 2006 to tour.

The debut of the CD player led to MP3 players and iPods in the new millennium—and no one can forget Michael Jackson's contribution to music beginning during the late 1950s with The Jackson 5 through the 80s and 90s.

*A look back at
the past
decade's most
successful
fashions*

10 years of style



TRANSITION INTO SPRING



BY REBECCA MCMICKELL
JMC 215

Remember your favorite outfit from high school? Whether it was that matching velour track suit, or the Ugg boots that cost more than your car payment, the first 10 years of the new millennium gave us trends to talk about.

Brittany Jepsen, fashionista and assistant manager of Vanity at the Kearney Hilltop Mall offers her take on the style of the decade so far. "I think the 2000s have been a kind of mishmash of trends from past decades. We just made them our own."

This was certainly the case early in the decade when preppy and urban styles joined the gradually fading 90s grunge look. Comfort was key as hoodies and tracksuits enjoyed massive popularity from 2000 to 2003.

The still popular skinny jean emerged around 2004, and Jepsen was one of the first to embrace the trend. "I love skinny jeans because they give me so many options. I can dress them up with heels or dress them down with flats or boots. They're pretty much perfect for any occasion."

Another trend still going strong is the Sherpa boot. The original Ugg brand, which came onto the scene early in the decade isn't the only option anymore as these styles are still being seen and sold everywhere.

The flowy, carefree Bohemian, or Boho style first gained popularity around 2005. Lauren Davis, a junior education major from Minden was a big fan of this relaxed trend. "It's comfortable, easy and stylish, what's not to love?"

The mid-decade saw the emergence of another favorite trend: leggings, reinvented from the 80's versions and often worn with ballet flats, which gained widespread fame around the same time.

Animal prints were everywhere in 2008 especially zebra patterns adorning everything from bags to belts. And according to Davis, they won't be going anywhere anytime soon. In 2009, scarves weren't just for bundling up, but rather an ultra trendy accessory for any outfit.

So what's hot in 2010? Casual country chic looks in fresh colors are expected to steal the spotlight come spring. Davis expects the laid-back look to be popular and Jepsen agrees. "I think the 'Dixie Chick' look is low maintenance and easy to layer or mix and match. "I'm really excited about all our new merchandise, and it's already flying off the shelves," Jepsen said.



images.google.com



Already a cold weather staple, sherpa boots took on new color, dimensions.

Animal prints invaded the decade late, but they won't be migrating anytime soon.

Love them or hate them, skinny jeans are here to stay.



Earnhardt's death leads this pack

BY NATHAN KRUG
JMC 215

Yes, the past 10 years have been memorable for many sports fans. The Boston Red Sox ended the curse of the Bambino and won not one, but two World Series titles, the Patriots won the Super Bowl on a last second kick and Jimmie Johnson claims four straight Sprint Cup championships.

Appalachian St. stuns college football world

5. The 2007 college football season had kicked off at 11 a.m. in Ann Arbor, Mich. It was just supposed to be another easy victory for the No. 5 Michigan Wolverines as they took on FCS opponent Appalachian St.

But QB Armanti Edwards and head coach Jerry Moore had other plans. By halftime App. St. had a 23-17 lead leaving the 103,000 people at the Big House completely silent.

The second half would be a bit of a different story. Michigan would charge back but come up short after a blocked field goal sealed the Wolverines' fate 34-32.

"It just goes to show you that any team can be beaten on any day," says sophomore Anthony La Rosa. For the first time in the history of the sport, a FCS opponent had beaten a Top 25 FBS opponent.

The rest of the 2007 season would go on to be known as the year of the dog as teams ranked No. 1 or 2 lost a combined 12 times along with numerous other upsets throughout the season. Michigan would go on to finish 9-4 and see head coach Lloyd Carr step down.

Kobe Bryant accused of rape

4. In the summer of '03, all eyes were on Eagle, Colo. That's where future NBA Hall of Famer Kobe

Bryant was accused of rape by Katelyn Faber, an employee of the hotel where Bryant was staying. The accusations tarnished Bryant's career, Endorsements with McDonald's and Nuttela were terminated, and jersey sales fell immediately.

But not every NBA fan believed in the accusations against Bryant, including junior Don Oliver of Pasadena, Calif. "I knew beforehand that it wasn't rape. She didn't get the money she wanted, so she accused him of something he didn't do." The case was eventually dropped in 2004 after Faber refused to testify.

Michael Vick heads to dog pound

3. The 2008 NFL season didn't seem right without one of the best QBs in the league in Michael Vick. But the reasons for his suspension were well justified. After Vick's father, Michael Boddie, made statements that Vick was hosting dog fights on his Virginia property, the investigation was on.

In 2007 police searched Vick's property in Virginia and

Can you pick the top five incidents that shocked sports' fans across the country during the past decade?

But even the sporting world had its fair share of moments: moments that took your breath away, scandals that you couldn't believe, events that just plain shocked fans. Yes, there was a lot more to the world of sports in



found evidence of illegal dog fighting, although the Pro Bowl QB denied all charges. But just months later Vick came clean and was sent to 23 months at a federal prison. Vick's return to the NFL in 2009 gave fans mixed emotions. "I was extremely happy when the Eagles signed him. People deserve a second chance," says Oliver whose favorite team just so happens to be the Philadelphia Eagles.

Tiger falls from the top

2. Tiger Woods has been not only the face of the golfing world but the "face" of sports for

years. In 2008 Forbes Magazine named Tiger the most marketable man in sports. Since Nov. 26, 2009, when Woods backed his SUV into a tree at 2:30 a.m., that image has started to change.

The story attracted major media attention, and the question was raised, where was Tiger going so early? Over the next few months reports of Tiger's affairs hit the papers.

Then on Dec. 11, 2009 Woods made an apology, admitted to infidelity and said he would take an indefinite leave of absence from golf.

Tiger's endorsements began to fade immediately. Gillette announced they would limit commercials featuring Tiger and Accenture announced they would end their sponsorship with Tiger altogether. It's clear to see that Woods is in a rough spot in his life. But like other major stars in the world there will be a time for him to get back on track and return to his true love, the golf

the past decade that could have made this list:

- Sammy Sosa broke a corked bat,
- Alex Rodriguez admitted to steroids as Mark McGuire denied them
- Hockey would be put on hold for an entire year.

But as for the moments that changed a sport there were none greater. Who knows what the next decade may hold?

Let the debating begin.

course.

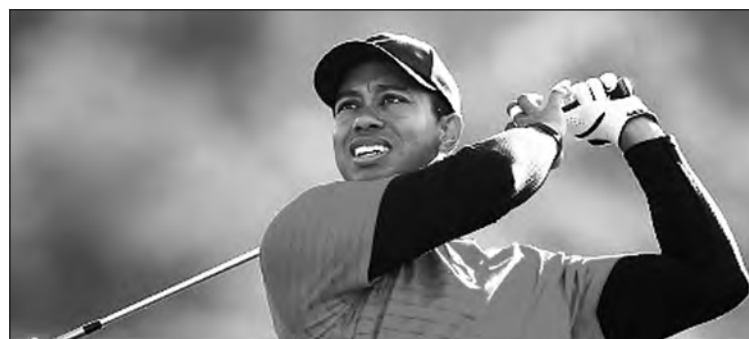
A legend is lost on the final lap

1. He was arguably one of the greatest drivers in the history of NASCAR. There was no car more intimidating than that black No. 3 Chevy Monte Carlo. But at the 2001 Daytona 500, Dale Earnhardt would be in the most tragic accident in the history of motorsports.

It was turn four of the final lap in the Great American Race when Earnhardt went up high to block Ken Schrader from passing him and the two collided. Earnhardt was sent hard into the wall, and the car slowly rolled down the track into the infield.

Hours later Dale Earnhardt Sr. was pronounced dead at the Hellofaces Medical Center in Daytona. Every sports fan had a time of denial, not believing the words they heard on the news.

The world's greatest spectator sport would never be the same.



MUST OWNS: DVD legends from past decade of cinema

BETHANY'S FAB FIVE
Are these movies
on your shelf?



COUNTDOWN HONORABLE MENTION

SUPERBAD (2007)	ZOOLANDER (2001)
UP (2009)	BORAT (2006)
OUT COLD (2001)	THE 40 YEAR OLD VIRGIN (2005)
JOE DIRT (2001)	MEET THE PARENTS (2000)
STEBROTHERS (2008)	BLADES OF GLORY (2007)
NAPOLEON DYNAMITE (2004)	VAN WILDER (2002)
PINEAPPLE EXPRESS (2008)	JUST FRIENDS (2005)

BY BETHANY SHINN
JMC 215

Would your comedy movie collection make Will Ferrell proud? This is the countdown list of the top five must-own comedy films of the decade. These are movies that fit the following criteria: laugh out loud ability, unique characters and quotable quotes. These movies make you laugh until you can't breathe, and their outlandish characters and pointless plots help to etch their name in your mind forever. "This list sums up my favorite movies of all time very well," said Joshua Jensen senior sports administration major from Blair.

"The Hangover" (2009) – "I laugh even hearing the title," said Lisa Sorensen a junior accounting major from Kearney. The newest release on our countdown, "The Hangover," is a story about four men traveling to Las Vegas two days before their friend Doug's wedding. They start the night off early, only to wake the next morning unable to remember the events from the night before.

Why the success of this movie? Because it has everything: a tiger, a mystery baby they dub Carlos and a missing

bachelor. They do find Doug and make it back to the wedding in time, leaving in the minds of everyone in attendance at their wedding, "What happens in Vegas, stays in Vegas." The most memorable quote from the movie according to Jensen would be, "Carlos, not at the table."

"Super Troopers" (2001) – The plot of this movie centers on five Vermont State Troopers who tend to pull more pranks than sentence hard prison time. They are in constant heated competition with the local Spurbury Police Department creating the line, "highway cops versus the local cops." They finally unearth a drug ring after nearly being shut down, which ends up saving their tainted credibility. The standout moment of this movie can be summed into two words: German techno.

"Anchorman" (2005) – His news is bigger than your news. This is the story of Ron Burgundy, a top-rated newsman in San Diego in the 70s. The most memorable quote according to Jensen, "Stay Classy San Diego," sums up Burgundy's personality to a T.

But, before Burgundy knows it, the female workforce rises up and takes a stand in the form of Veronica Corningstone. Burgundy is cordial if Veronica worked on the "female interest" stories. But once she takes a stand and steps behind the news desk, it becomes war.

"Old School" (2003) – Mitch, Frank and Beanie are dissatisfied with their personal lives when Mitch's girlfriend cheats on him, and former partier Frank gets hitched. The boys reach a point where they want to reclaim their wild younger years; they decide to do this by creating a fraternity on a nearby college campus taking in the misfits, losers and elderly retirees.

The plot involves a member dying, the dean of the college trying to get them kicked out and an interesting initiation night. "We're going streaking" is definitely the standout quote according to Sorensen.

"Wedding Crashers" (2005) – They are coming to your wedding, with or without invitations. John Beckwith and Jeremy Grey share a very unique friendship bonded by a common springtime hobby, wedding crashing. These men have this "unspoken field" perfected until they crash the wrong wedding and both end up learning a few lessons in life and love. This movie has inspired a cultural phenomenon of copycat crashers and the infamous tagline, "Stage five clinger."

"These movies truly do stand out above all in this past decade, although, I think it would be easier to do the top 50 as there are so many good comedy movies from the last 10 years," Sorensen said.

After 10 years, 'Friends' still impacts culture with witty humor and classic comedic moments.

Top 'Friends' moments

BY NICHOLE HANSEN
JMC 215

They have been our friends for over 10 years, through all of the good times and the bad times in our lives. Always there for a good laugh, Chandler, Monica, Ross, Rachel, Joey and Phoebe are still making an impact today with their hit comedy "Friends." Among the most die-hard fans, Dana Wright and Erin Gudmundson still recall to this day their favorite classic episodes and why they are still memorable.

Gudmundson, a senior tourism and travel major from Kearney, knew right away what "Friends" episode would remain her favorite until this day. "My most memorable Friends moment was the episode when Monica and Chandler

got married. Chandler was getting cold feet, nervous because Joey, one of his best friends and roommates for years, was still not there. He needed to take a little breather, so he left the church to get some air.

"When he left, he did not tell anyone. The rest of the group did not know what to do and did not want to tell Monica because they knew that she would freak out. This moment was hilarious because Chandler was gone, and everyone was just freaking about a vest through the whole episode.

"At the end Chandler came back and Joey showed up to marry them. All in all it was a funny and heartwarming episode, still one of my favorites till this day."

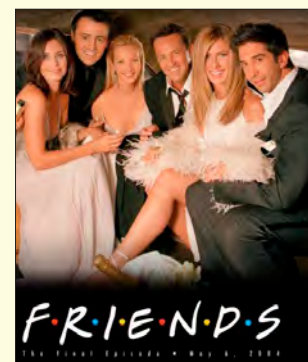
Wright, a UNK graduate in business administration with a marketing empha-

sis and a minor in visual communications and design from Albion, however, had a different episode that was memorable to him. "One of my favorite episodes was 'The One with the Halloween Party.'" Chandler dresses as a huge pink bunny rabbit because his costume got mixed up at the costume shop, which was just hilarious.

"The other funny thing in this episode was Ross's costume. Ross was supposed to be sputnik, so he dressed up wearing a potato suit with a metal antenna hat. Everyone at the party thought he was a pile of poop. I don't think that I stopped laughing through this entire episode."

So not matter what your age is or your major "Friends" always creates those memorable comedic moments that are a timeless treasure.

Did
You
Know?



- David Schwimmer directed several episodes.
- The monkeys who played Marcel actually played the monkey in the movie "Outbreak."
- Throughout the run of the series, 27 episode titles reference Rachel, 23 reference Ross, 15 reference Joey, 10 reference Chandler, 10 reference Phoebe and 8 reference Monica.
- Over 5 miles of film were used for every episode. Making 12 hours of footage cut down to 22 minutes.
- If all went well, it took 5 hours to film an episode.

<http://www.livesinabox.com/friends/facts.shtml>

Red Bull gives you... a few extra pounds?

Student research reveals energy drinks may contribute to obesity from extra calories

BY NATHAN BOROWSKI
Antelope Staff

Need to stay up all night and study? No problem, just grab an energy drink and you'll be at it for hours. Or so you thought. But does Red Bull really "revitalize your body and mind," will Monster really "unleash the beast" and can Rockstar really make you "party like a rockstar?"

According to research done by UNK student Janae Nienhueser, energy drinks may not live up to the hype of their slogans. So while energy drinks claim to help "revitalize your body and mind," they may actually be helping you put a couple of extra pounds on your body.



JANAE NIEHUESER Nienhueser, a senior exercise science major and pre-physical therapy student from York, spent last summer researching energy drinks as part of the Summer Student Research Program.

The SSRP is open to all UNK students and pays students for research done under the guidance of a UNK faculty member as a mentor. "It was like taking a summer class, but I was getting paid for it," Nienhueser said. "So it was kind of nice."

For her research; "Effects of energy drinks on resting and submaximal metabolism in college age males," Nienhueser used 10 male students ages 19 to 24. After recording each participant's height and weight Nienhueser tested them on treadmills to assess their level of VO2 max (or their maximal aerobic capacity). "Oxygen consumption was measured using a meta-

bolic cart, and heart rate was measured with a heart monitor. Data for VO2 and heart rate were measured continuously then averaged over 20 second intervals," Nienhueser said. "The assessment of VO2 max ceased when the subject reached volitional fatigue."

Once the VO2 max (maximal aerobic capacity) of each participant was found Nienhueser used 50 percent of that value to determine their submaximal exercise metabolism. "Submaximal exercise would just be a moderate intensity exercise for them," Nienhueser said. "We used the maximal test to find what their submaximal would be. So it was different for each guy."

Nienhueser then met the participants in the Human Performance Lab to carry out the testing. "They'd come in and we'd take their resting metabolic rate (RMR). It had to be in the morning before they ate, so they had to be fasted. I would give them a drink, which was randomly picked each day. We would wait an hour so it could metabolize, and then we took their resting metabolic rate again and did submaximal exercise right after that."

These tests were run four separate times using Red Bull, Monster and Rockstar. A fifth test was also run with the use of the sugar-free, caffeine-free beverage Fresca. Nienhueser said the energy drinks were chosen based on a recent survey of the top-selling energy drinks in the United States.

What was the outcome of the testing and research?

The results as they were written in the conclusion of Nienhueser's report read "These data indicate that energy drink consumption increases RMR and carbohydrate

utilization at rest, but oxygen consumption and substrate used during submaximal exercise are not changed, along with heart rate during rest and exercise. The present data also indicate that the magnitude of increase in RMR does not compensate for the calories provided by an energy drink. Therefore, energy drinks may contribute to obesity and do not appear to be ergogenic during short-term submaximal exercise."

Nienhueser paraphrased this by saying, "The drinks did not affect submaxi-

mal exercise at all. It didn't increase the intensity or anything like that. It did increase the resting metabolic rate but not enough to compensate for the calories of the drink, so it predisposes males to obesity."

Nienhueser presented her research at the UNK Student Research Day last fall and recently returned from presenting at the National Conference on Undergraduate Research, which was hosted by the University of Montana in Missoula.

THE FINAL CONCERT



Photo by Erik Dodge

Band director Dr. Gary Davis introduces the band at "The Final Concert." "Today is very much about [Dr. Davis] and all that he has accomplished," band director Dr. Schnoor said. "Accolade," a new composition, was commissioned to celebrate the career of Davis and to mark the special occasion of his retirement and was played before a live audience for the first time at Sunday's concert.

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Sudoku answer:

Upside down, from page 10

4	3	2	9	5	8	1	1	8
1	9	8	1	2	4	3	5	8
5	1	8	1	8	3	2	4	9
1	8	1	3	8	5	9	2	4
8	4	5	2	1	9	8	3	1
3	2	9	4	1	8	1	8	5
8	1	4	5	3	1	8	9	2
9	8	1	8	4	2	5	1	3
2	5	3	8	9	1	4	8	1

Campus madness: *Mountain Madness race runners jump, dodge as sportsmanship, laughs, insanity ensue*



Photo by Chelsea Archer

A team races for victory by tricycle at the Mountain Madness race on April 19. Teams had two hours to complete several stations around campus.

Photo by Chelsea Archer
A contestant takes a leap of faith to her next branch during the Mountain Madness race. Participants of the race were required to jump between twigs, sticks and shoes to complete the course between Founder's Hall and the library.



Pickler kicks up her heels

Crowd of 2,500 turns out to see popular 'American Idol' star

Photos by Emily Wemhoff

LEFT: Country music artist, Kellie Pickler, performs her hit song, "Red High Heels" while sporting a Lopers T-shirt. Pickler performed in concert at the UNK Health and Sports Center on April 22 for students and community members. The concert was sponsored by Lopers Programming and Activities Council (LPAC).

BELOW: Members of Pickler's band back her up on their guitars. Pickler began her career as a contestant on the fifth season of "American Idol." At the age of 19, she finished sixth and went on tour with the show while recording her first album, "Small Town Girl." The album, released in 2006, featured hit songs such as "I Wonder," "My Angel" and "Red High Heels," which referred to her upbringing in Albemarle, N.C. Pickler's album was certified gold three months after release and yielded three top 15 singles.



ADVERTISING CLASS TAKES ON LAW FIRM AS CLIENT

A local college class is taking on a law firm. In fact, it's an advertising class. The creative class is their semester tryout. The lawyers get more work.

"We just don't want to be sued," said Brian Fats. "We need some creative help here. Although, we're forward to seeing the results and work, there's a risk with legal services and making the change that don't try to do it's creative way."

round been changed loomed tunities. Cliff Fats like the getting about paid. Cliff Fats sued for more.

ITALIAN 101 HELPS STUDENT ORDER PIZZA AT RESTAURANT

What began as a typical dining-out experience quickly turned into a scary situation yesterday when sophomore Danny Rivers and his friends realized that the Italian restaurant that they had chosen for lunch... was completely

Italian-speaking.

Looking for something more authentic than local favorite Pizza D...

Italian-speaking. Looking for something more authentic than local favorite Pizza D...

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CHA CHING!

word yet on how the school intends to respond. The matter is now in the hands of Chancellor Debra Pittman, who is expected to have streaked in the tailgate earlier that

MONEY MADE BY BEATING THE CRAP OUT OF BOOK

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MONEY MADE BY BEATING THE CRAP OUT OF BOOK

a closet for the rest of its life hoping to be forgotten and never found.

FRESHMAN JUST REALIZES HE SPENT HIS ENTIRE STUDENT LOAN ALREADY

A frightening moment happened Saturday night as Freshman Dirk Polston pulled

then rubbed his belly which was sticking out just a little below his shirt.

In order to make it through the rest of the semester until his next loan kicks in, Dirk plans to sell everything he has on Ebay, sell his textbooks to the bookstore and mooch off his roommate for as long as he can.



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TOUGH CALL



Photo by Emily Wernhoff

Team members from Mantor Hall debate which type of soda pop is favored the most by UNK students. Hall Havoc, a Family Feud game event, was sponsored by Stout hall as a campus-wide Community Assembly Night (CAN). CAN takes place every Tuesday night at 10 p.m. in each residence hall to discuss concerns, issues and events taking place throughout the week.

Ain't Pretty from page 1 —

binge drinking,” Macwan said.

It Ain't Pretty is funded through a federally funded grant, SPF SIG (Strategic Prevention Framework State Incentive Grant), which was awarded to a number of organizations throughout Nebraska and the country.

Buffalo County Community Partners, a local organization that focuses on creating a healthier Buffalo County, was chosen for this grant to focus on drinking and alcohol use, including reducing binge drinking within the age group of 18 to 24. That is where UNK comes in. UNK is sub-granted through BCCP.

“UNK's job under this grant is to do two things. One of those is working with the counseling care office here in providing alcohol diversion, counseling and treatment that helps reduce that as well as developing a social norms media campaign that basically tackles these issues,” said Ismael Torres, health education coordinator.

In order to track the effect of the campaign, every two years they send students the American College Health Association National College Health Assessment (ACHANCHA). The survey was most recently sent out on April 1.

“Right now we will use that information. We'll say that in Spring 2010, 'X' amount of students said that they binge drink, and two years from now when the campaign has been out for two years, we

will see if the numbers have decreased,” Torres said.

Alcohol diversion classes are also offered to students through UNK's counseling services on campus, to those who are cited on or off campus. “We work closely with the Buffalo County Sheriffs' office and the police department, as well as the judicial officer,” Torres said. “We take that information, and we report it to Community Partners and that's what basically determines how well we're doing.”

Sudoku ★★★★★☆

How to play:

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

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

Find answer on page 7

www.sudoku-puzzles.net

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Lopers finish spring football, prepare for fall



Photo by Jordan Hoff

Coach Morris looks on as quarterback Jake Spitzlberger scrambles to make a play during their scrimmage last Saturday at Foster Field. Spitzlberger threw for over 2,200 yards and 24 touchdowns last season and gained over 700 yards on the ground with nine rushing touchdowns. He started every game and led the Lopers to 11 wins, an RMAC championship and the second round of the NCAA Division II playoffs.

BY JORDAN HOFF
Antelope Staff

The Loper football team just finished up spring practices last weekend with a final scrimmage at Foster Field. Looking to bounce back this coming fall after a stellar '09 season, the team has high hopes of again finishing the season at the top of the RMAC.

In one of their best seasons last fall, the Lopers went 11-2 with a RMAC championship and made it to the second round of the playoffs.

Despite losing some key seniors all around the ball, the

Lopers will be returning many starters and experienced players this fall, including D2football.com All-American senior wide receiver Kyle Kaiser and junior running back Rustin Dring.

The Lopers started spring ball

after break last month, three days a week for a total of 15 practices—three with no helmet and all others full pads.

Spring ball is a chance for upperclassmen to polish up their skills and gives underclassmen a chance to show the coaches what they have says soon-to-be junior wideout Eli Hammond, a health and P.E. major from Colorado Springs, Colo. "The preparation for spring ball is watching a lot of practice film and getting

"Our goal is to win the RMAC in consecutive years, but we will need some new guys to step up and make some big plays for us."

Eli Hammond
Wide Receiver

into the playbook," Hammond said. "As a team we still have a lot of potential, but we still need to put it all together. We will have a lot of work to do

for the off-season."

Hammond said that during the off-season most players will stay in Kearney and work out with the team. They will lift, condition, do

FOOTBALL, PAGE 12

UNK baseball hosts conference tourney for first time in school history

BY RYAN SEEFUS
Antelope Staff

Kearney was chosen to host the 2010 RMAC baseball tournament to remedy recent RMAC scheduling problems. The old format gave home field advantage for the conference tournament to the team with the best RMAC record that year. This created problems for administrators around the conference in 2008 when a clear RMAC leader did not emerge until the last weekend of the season.

Although head baseball coach Damon Day is unsure whether there is a competitive advantage in hosting the tournament, the city of Kearney will happily accept the increase in revenue over the four-day period. Kearney was chosen as a host site in part because the city has hotel space and dining to support an event of this size and length.

The facilities that the UNK baseball program and the city call their own also played a role in securing home field advantage

for the upcoming conference tournament. The sunken down Memorial field is one of the better baseball facilities you can find in the area.

The home field bid rallied the city of Kearney behind the baseball team and allowed the community to show their support for the program. Through private donations, city funds and help from the American Legion, half a million dollars worth of improvements on Memorial Field were made possible. "The amount of support for the baseball program has been immeasurable," Day said.

The Lopers hope the community continues to show its support for the remainder of the regular season and throughout the conference tournament. A strong home crowd during the tournament could be the slight edge that leads the Lopers to a third conference championship in four years. "I expect a huge turnout because the town of Kearney has supported tournaments in the past,



Courtesy Photo

Loschen takes the ball in the Loper's opening round game of the conference tournament. The senior from Kearney has a record of 2-0 in postseason play.

and I believe they will be out in force to support us," Day said.

Along with familiar faces in the stands, the baseball program is happy to see a change in scenery for this year's conference tournament. Because this year is the first time UNK has hosted the tournament, it has normally been held in the light Colorado air where batted balls never come down and pitched balls stay straight.

The coaching staff thinks playing closer to sea level and in one of the bigger parks in the conference could benefit their style of play. "Our defense has been much better than our opponents at home," Day said. Additionally, the Loper pitching staff has compiled a league-best 4.79 earned run average this season. Combine good defense and efficient pitching, and you have a recipe for success that works in any ballpark.

The 2010 RMAC baseball tournament will be held at Memorial Field in Kearney May 5 through May 8. The Lopers will play their first game of the tournament on Wednesday, May 5, at 7 p.m.

Golf benefits NKF, alumni



Photo by Ryan Larsen

Undergraduates from Sigma Phi Epsilon gather for brunch prior to the Augie Nelson Golf Tournament. The day provides a chance to support a great cause while having fun at the same time.

BY RYAN LARSEN
Antelope Staff

The Sigma Phi Epsilon fraternity raised nearly \$12,000 last Saturday at their annual Augie Nelson Golf Tournament at Meadowlark Hills in Kearney. A large portion of the proceeds will be donated to the Nebraska Kidney Foundation. This is the 12th year of the tournament, which continues to be one of the most successful philanthropic events hosted by a UNK fraternity.

Augie Nelson of Minden, who was part of SigEp's 1965 charter class at UNK, inspired the tournament. He won his battle with kidney disease and continues to attend the tournament each year.

Money for the foundation is raised through hole-sponsorships collected from local businesses. SigEp alumni and donating businesses participate in the tournament by paying a registration fee that is

also contributed. This year there were 28 teams of four that competed.

Organizers say it isn't just the cause that makes the event so successful, but that it is also a way for alumni to connect with younger members.

"The alumni just love to come back and touch base with undergraduates," says Kris Koelzer, a sophomore business administration major from Wood River, who organized this year's tournament. "It gives them a chance to see how well we're doing. They appreciate the time and effort that we put into the event."

"The fact that alumni can come from all over the country and help out is amazing," says Matthew Wecker, a sophomore pre-nursing major from O'Neill and Sigma Phi Epsilon president. "Undergrads have a chance to network and build friendships with alumni while supporting a cause that they all really care about."

Football from page 11



Photo by Jordan Hoff

Wide receiver Eli Hammond snags a pass before the team's final scrimmage.

plyometrics and sometimes have seven-on-seven sessions. "Our goal is to win the RMAC in consecutive years, but we will need some new guys to step up and make some big plays for us," Hammond said.

Brenden Liess, a health and P.E. major from McCook, will be a returning starter and senior star for the Lopers this fall. He plans to hit the weight room hard as a team to get bigger, faster and stronger for the season ahead.

"Our goal and standards are high after coming off of last year's team. A lot of us played last year and want to repeat that again this year. Many of us are seniors and want to go out on a high note," Liess said. "After spring ball this year, we are looking OK after losing some key linemen. We will have to make up for that in the weight room this summer starting now. Our expectations as a team are to win the RMAC outright."

The Loper football team will start their fall practices on August 7, and will kick off the 2010 season on Saturday, Aug. 28 at home against Wayne State.

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- Rolling unused dining points from Fall to Spring semesters
- Introduction of a new non-resident meal plan for commuter students

UNK

Charting a new course for you on campus.

Course focuses on **POWER** of political posters

BY ERIK DODGE
Antelope Staff

Shepard Fairey may not be a household name, but his iconic “hope” poster helped Obama get elected. Assistant art professor John Stanko wants his UNK students to learn from stories like Fairey’s while designing their own political posters.

Stanko says it’s important that students understand the major role of designers in communication. “That’s what we do. We’re communicators,” Stanko said.

Political posters made by students in Stanko’s design illustration course, in conjunction with the American Democracy Project, were put up on April 22 in the student union’s Fireside Lounge. Acorn, child labor, the Patriot Act and the drinking age are just a few of the topics covered by the posters.

People can vote for their favorite by

casting a ballot in the Fireside Lounge. Dr. John Anderson, ADP coordinator and professor of political science, hopes to see most popular, best design and best political impact awards given out based on popular vote and professional selection.

However, Stanko says that this is not the focus. “The whole point isn’t really so much the competition as much as the project itself. That’s the most important thing.”

For Stanko’s design illustration students, the project included much more than just design. At the beginning of the project Stanko sat down with each student to discuss their ideas and sum up what they were thinking.

Two weeks of research followed this conversation, and culminated in a 10-minute, in class, PowerPoint presentation. Everyone was instructed to play devil’s advocate, and “some of the debates got a little spirited, but they were good. Nobody lost their temper,” Stanko said.



Photo by Erik Dodge

Dr. John Anderson, American Democracy Project coordinator, takes in the design illustration class’s political posters. Diet pills, the drug war and animal rights were all addressed by the posters displayed in the student union Fireside Lounge.

To ensure the posters were more than simply design, professor of political science Dr. Joan Blauwkamp also helped by offering her opinions on the posters, Stanko said.

Students were instructed to focus on

a specific issue instead of a Democrat, Republican or liberal, conservative blanket position. The political poster project is expected to show students what can be done as a designer. “It’s just an opportunity for students to understand that there’s more out there than just designing a logo, or brochures for companies. As a designer you can make a difference in the political world,” Stanko said.

Stanko also hopes these posters will benefit, not just his design students but also people who view them. He wants students to be motivated by the posters to think and inform themselves. “Just the idea that it might inspire conversation among two kids eating Taco Bell would be awesome, as opposed to talking about Britney Spears or whatever else,” Stanko said.

Brandon Pettigrew, a senior political science major and communication studies minor from Kearney, said he liked the posters, which made him think about all the various issues. Pettigrew believes the posters are an effective way to raise political issues and interest.

“I think the posters bring political issues to a level where you can understand the severity of the issues. They make you interested enough to research the issues online and see what needs to be done about them.”

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Calvin T. Ryan Library: A student's sanctuary

BY ASHLEY LEEVER
Antelope Staff

Your computer crashes, your roommate insists on blaring music throughout the house, you have nowhere to meet classmates for a group project. UNK's Calvin T. Ryan Library has a solution for all these problems.

During the year, students seek a quiet place to get their homework and studying done without distractions. "I come to the library almost everyday to get stuff done. If I study at home, I tend to get distracted and take a lot of breaks. It's easier for me to get stuff done here," said Meghann Kennedy, a junior radiography major from Kearney.

The library is also a convenient place for students who live off campus to go in between their classes. "I come here between class to study and read. I'd

rather study at home, but it's a nice place to go to when I'm here," said Justin Albers, a junior recreational management major from Pleasanton.

For some students, it's nice to just have a place to relax in between classes. "It's a comfortable, quiet place to study and get stuff done," said Danielle Larsen, a senior English major from Grand Island.

The library has much more to offer than just a quiet place to study. With over 210,000 print titles and over 250,000 print volumes, 80 computers and 26 personnel, students always have access to a vast amount of knowledge and help.

"I come here two to three times a week mostly to get books and to study," said Eliot Wondercheck, a junior philosophy major from Orchard.

For those students who don't have easy access to the library, the library's



Photo by staff
Codie Milford, a freshman, takes a few minutes to regroup in the library during the stressful week before finals. The musical theatre major from Burlington, Colo., says he is definitely ready for that first year to wind down.

website subscribes to over 100 online databases that have up to 15,000 full-text periodicals. "I use the computers a lot to find books, and I use JSTOR a lot. It's very convenient that I can even access it at home," Larsen said.

Whether you need a late night study session, a place to gather with a study group or a quiet place to write an essay, the Calvin T. Ryan Library can provide you with all the resources a college student could need.

Why do students spend time in the library?

"The readiness of the things you might need when you are doing homework."



Eliot Wondercheck
Orchard
Junior, philosophy major

"I really like the study rooms, especially when you need to study in groups."



Meghann Kennedy
Kearney
Junior, radiography major

"I like that there are a lot of secluded sections to have quiet study time."



Justin Albers
Pleasanton
Junior, recreational management major

"I like the couches, just having a place to sit and be comfortable."



Danielle Larsen
Grand Island
Senior, English major

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