

# the antelope

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Photo by Marie Bauer

21  
days until  
Christmas

The holidays are here  
and trees can be seen  
around campus.

## Mortar Board embodies excellence

*Members honor professors, faculty mentors at annual appreciation event*

BY JESSICA ALBIN  
Asst. Editor/Copy Editor

Mortar Board members hosted their annual Faculty Appreciation Dinner on Wednesday, Nov. 5 at the Alumni House. As an organization based on service, leadership and scholarship, Mortar Board also believes that it is important to recognize the people who have helped them out along the way. Each member invited a professor or faculty mentor who has helped form them into the leader they are today.

The evening started with a welcome by Brette Enszt, the Junior Advisor for Mortar Board, and then moved into the dinner hour. Afterwards, President Maggie Jackson provided an overview of the events Mortar Board has planned for the

2014-2015 school year, as well as some of the national recognitions Mortar Board has received over the past few months.

Historian Jessica Albin then provided a brief history of Mortar Board, as well as some of the updates she has recently made to the Xi Phi Chapter's blog. The highlight of the evening was when each Mortar Board member was able to introduce their faculty guest and detail how much their mentor has meant to them throughout their years in college. Senior Advisor Dr. Amber Messersmith made the closing remarks for the evening, further thanking all of the faculty members for their dedication to their students.

In addition to the faculty appreciation dinner, Mortar Board has hosted several



Tessa Mannlein, a senior communication disorders major from Kearney, poses for a picture with her faculty mentor Dr. Jan Moore at the Faculty Appreciation event on Nov. 5. Dr. Moore is a professor in the communication disorders department.

Courtesy

MORTAR BOARD, PAGE 6

## KSO 'Music of the Heart and Spirit' Dec. 9

Photo by Kim Donghwan

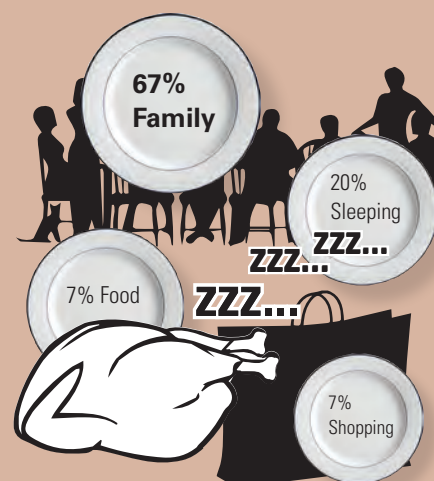
Members of the Kearney Area Symphony Orchestra (KSO) perform "Concerto for Flute and Orchestra" on Oct. 7. Franziska Brech teaches flute at UNK and is a member of the Kearney Symphony Orchestra where she plays the flute. Chen Ting-Lan, who has performed with numerous orchestras, plays the violin.

**Get your tickets** for the Dec. 9 KSO concert "Music of the Heart and Spirit" at 7:30 p.m. The Kearney Symphony Orchestra is under the direction of Deborah Freedman. Learn more about the concert and see the program at <http://www.unk.edu/kso/>.



Last week we asked:

What are you most looking forward to over Thanksgiving Break?



This week's online poll question:

What is your favorite cold weather drink?

Info graphic by Marie Bauer

# The most stressful time of year

*Bauer shares her experience coping with finals*

**BY MARIE BAUER**  
Editor in Chief



Hi, I'm Marie. And I am a perfectionist, over ambitious workaholic. I notoriously try to give everything I do a 110 percent effort, and I spread myself too thin and have a constant stress level of about 11 out of 10.

Sound familiar? I am sure a lot of students can identify with my testimonial. And if you are like me, this time of year, with finals just around the corner, is the most stressful time of the year. If you haven't already been putting your social life on the back burner, it is there to stay for at least the next month or so. (Just remember to stir occasionally so it doesn't burn.)

You are probably already over this semester. You claim that you don't care what grades you get, but you know that is a lie. You will probably still be tweaking that paper or project or cramming in a few more facts from that study guide until the last possible second. Professors may even have to pry you away. Then, when you walk out of that final, you will feel a bit empty because this class has literally become your life for the last few weeks.

And freshmen, you think it will get easier. You will be a pro at the juggling act we call college by next semester or next year. I am a senior, and sure, I can be a smooth talker and make it look like my life is all put together, but the truth is I am up to eyeballs with sticky notes of To-Do lists. I revise my

"To-Do Today" list several times in the span of the day. Every night I go to bed thinking that I have certainly forgotten to do something of significant importance.

OK, I am probably bringing you all down. I am taking the "fa-la-la" right out of your holiday season. You are probably thinking that you know all this, you have felt all this before, and reading this column is an unpleasant reminder that reading this is actually a procrastination technique and you should be studying. However, I will try to be the bringer of good news and great joy: College is not forever.

I am senior, and I am nearing the finish line. I have two more semesters after this one, and I am itching to get my feet wet in the real world and start what will be the rest of my life. I know that I will be working my entire life, but at least I don't have to go to (insert the class you despise here), which I find very exciting. I have this shining idea that the real world will be doing what I love so it will never feel like work.

But I cannot rain on the parade of the whole college experience. I have a feeling I will look back at these days fondly. I have met my best friends in college. I have met my wonderful boyfriend of three years. I have met wonderful people, had many laughs, many priceless memories and learned countless tough lessons which have made me a better person.

So as you, like many, are feeling stressed out as this semester comes to a close, have a cup of cocoa, put on the Christmas music and try to get in a better mood. College can't last forever, so attempt to enjoy it while you can.

# Korean Loper has first Thanksgiving in Dorchester

**BY JIHYUN KIM**  
Antelope Staff



*Jihyun Kim is an English major from Pohang, South Korea.*

It was my first Thanksgiving Day in America, and it was my first Thanksgiving break in Dorchester, a small Nebraska town of about 600 people.

If it were not for my roommate Jordan Sherman, a psychology major from Dorchester, I would not have visited Dorchester and experienced a traditional American Thanksgiving culture.

There is a similar holiday like Thanksgiving Day in South Korea; it is called Chuseok. All the family members gather together at their grandparents' house or the oldest uncle's house on the day. Also, they prepare lots of Korean foods and share them. Having a good time with lots of family and eating traditional food is the same in South Korea as in America.

The different thing is which kind of foods they eat on the day. In South Korea on Chuseok, people eat bulgogi small pieces of grilled beef with vegetables; songpyeon, rice cakes with honey sauce; many kinds of steamed and seasoning greens; and fried seafoods and vegetables.

This year I learned people in America eat pie, especially pumpkin pie, steamed turkey, ham, various cheeses, mashed potatoes and corn on Thanksgiving Day.

Having a good time with the whole



## Korean Thanksgiving

ABOVE: Each family prepares rice cakes, songpyeon, which are traditional for Chuseok in Korea, like turkey in the U.S. (추석) is one of the biggest and most important holidays in Korea.

Family members from near and far come together to share food and stories and to give thanks to their ancestors for an abundant harvest.

In 2014, Chuseok Day fell on Sept. 8, but the holiday is observed for a total of three days. Many Koreans visit their family homes to spend quality time together, and the holidays provide a good opportunity to enjoy traditional cultural experiences.

family is the same. Likewise, it is the same to give thanks for the harvest. Finally, the meaning of mind and spirit for Chuseok and Thanksgiving is the same.

To have time together on such a special day is important in both countries. Parents inspire their children, and the children can make their parents energetic. That's why we should share some stories and communicate with each other.

Thanks to Jordan, I could share some stories and communicate with Jordan's big family. Thanks to Jordan, I could have my friend feel like family in Dorchester. I could relieve my homesickness thanks to Jordan and her family. If I did not meet my really great roommate, I could not experience such a good day.

Thanks for foods, and a comfortable bed. Thanks for the family. Thanks for a good day. Thanks to Jordan.

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# Why are the holidays so hazardous to our health?

*Physician shares tips for giving your body what it needs to fight illness*

News and Experts PR

It's a sad statistical fact: The holidays, from Christmas to New Year's, are a treacherous time when it comes to our health.

"There's a spike in heart attacks and other cardiac issues," says Dr. John Young, a physician specializing in the treatment of chronic illnesses through biochemical, physiological and nutraceutical technologies, and the author of "Beyond Treatment: Discover how to build a cellular foundation to achieve optimal health."

"The incidence of pneumonia cases spikes – in both cold and warm climates. Deaths from natural causes spike. In fact, more people die of natural causes on Christmas Day than any other day of the year!"

While those numbers are well-documented, the causes are not.

"Stress plays a role, particularly if your immune system is weakened," Dr. Young says. "If you look at how most of us eat from Halloween through New Year's, it's easy to see how the immune system takes a beating and otherwise healthy people become more susceptible to illness

during the holidays."

It's basic biochemistry, he says.

"We eat a lot more refined sugar, for instance, which is a carbohydrate that's been stripped of all the vitamins, minerals and proteins that make up a complete carbohydrate," he says. "Our bodies can't use that, so the cells in our digestive organs work overtime, burning up a lot of energy, vitamins and minerals to digest it, and they get nothing back. So, eventually, they grow weak."

So – can we have a little sugar, and good health, too? Dr. Young says we can.

"The occasional slice of pumpkin pie is fine as long as you're also feeding your cells with the nutrients they need – the minerals, vitamins, good quality protein, amino acids, essential fatty acids – to stay healthy."

He offers these tips for staying healthy through the holidays and throughout the year.

## Get your vitamin D

Vitamin D is actually a hormone, not a vitamin, and one of our best sources for it is sunshine. Unfortunately, many people work indoors all day, so they get little sun exposure. When they do go outside, they

wear long sleeves and sunblock to protect against skin cancer. And, of course, in the wintertime, people in cold climates tend to stay inside. As a result, many of us are vitamin D deficient and should be taking supplements.

"Vitamin D is crucial to many physiological systems, including our immune defenses," Dr. Young says. "It helps fight bacterial and viral infections, including the flu. It supports our cardiovascular system; optimal vitamin D levels can reduce hypertension, heart attacks and stroke."

"If I feel I'm coming down with a cold, I'll take 40,000 units of vitamin D at bedtime," he says. "The next morning, I usually feel like a new person."

## Eat your protein – 1 gram for every 2.2 pounds of body weight daily

In this country, we think a healthy diet means eating a lot of fruits and vegetables. We've forgotten protein, Dr. Young says.

"Our immune system is made up of proteins – our bones are 40 percent protein," he says. "We need protein."

When calculating your protein intake, consider: an egg has about 8 grams, and 8 ounces of fish, chicken, beef or pork have about 30 grams.

Dr. Young does not recommend any of his patients more than 100 grams of protein a day.

## Get a good night's sleep, exercise and manage your stress

Yup, some doctors' orders never change. Rest, exercise and finding

## About John Young, M.D.

- Medical doctor with more than 15 years of experience working in emergency rooms and pediatric burn units.
- Medical director of Young Foundational Health Center, specializing in treating patients with chronic diseases such as diabetes by addressing the physiological issues and not just the symptoms.
- The author of "Beyond Treatment."
- He takes questions via a call-in conference call every Tuesday at 8:30 p.m. Eastern time. Call (760) 569-7676, access code 772967.

effective, healthy ways to cope with stress are simple ways to pamper your cells.

"One of the many cellular benefits of exercise is that it increases the oxygen in our bloodstream. Every cell in our body requires oxygen, so consider exercise another means of feeding your cells."

It's also important to manage stress during the holidays. With unchecked stress, our body releases large amounts of cortisol which, among other things, suppresses the immune system.

"Take time out to meditate, listen to music, or take a walk in the woods," Dr. Young says. "It feels good – and it's good for you!"

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## Explore the Holocaust

Explore the history of the Holocaust in an all-inclusive 11-day study abroad trip to Germany, Poland, and the Czech Republic departing in May 2016. Course credit and financial assistance available for students. All ages and the general public welcome as well.

For more information, contact Ross Huxoll,  
Dept. of History, huxollrd@unk.edu

**Give it Your Best with Big Blue Cupboard**

The Big Blue Cupboard is the campus food pantry, which is located on the east end of the Nebraskan Student Union. Open during all hours the NSU is open and available to you when you're waiting for your next pay check. Stop in and take your pick of our free items. Our service is confidential.

**UNK Big Blue Cupboard**  
Office of Multicultural Affairs

# Meet the Seniors



## Stephanie Brand

*Nickname: Steph*  
*Major: Education with a middle grades endorsement*  
*Grand Island*

## Liz McGowan

*Nickname: Lizzy*  
*Major: Marketing*  
*Grand Island*



# #Lopes4Life



## Lady Loper Volleyball Seniors say farewells

PHOTOS AND STORY  
 BY NIKKI THOMPSON  
 Sports Editor

Finishing their senior year of college volleyball with a 27-4 record is anything but easy. But Liz McGowan and Steph Brand didn't stop there.

Both were MIAA Academic Honor Roll members. Both were part of a team in the NCAA tournament for an unprecedented 16th straight year.

Both were on the 2014 MIAA title team. Both were on the 2014 4th nationally ranked team. Both women have certainly left a lasting impression on the UNK volleyball program.

The two seniors have played volleyball together for eight years now. As teammates and roommates, the two have been inseparable since freshman year of high school.



### 1

### What was your best moment at UNK?

**Steph says:** Winning the MIAA conference in 2014.

**Liz says:** Sophomore year conference championship game against Washburn.

### 2

### What advice would you give younger players?

**Steph says:** Enjoy every day and don't take anything for granted!

**Liz says:** Work hard in the off-season and build friendships within the team.

### 3

### What is your favorite TV show?

**Steph says:** "Gossip Girl"

**Liz says:** "The Blacklist"



# Intense practicing pays off, men's BB team moves to 2-1

BY DAVID MUELLER  
JMC 215

The sound of shoes squeaking and bouncing basketballs echo in the Health and Sports Center as the Loper men prepare for the afternoon's practice. In a few short days, they will tip off their season against the Colorado School of Mines.

A whistle blows, and the Lopers begin a slow jog around the court, preparing for an intense practice. A few moments later, they run through a handful of callisthenic exercises. High knees, lunges, a light stretch, and the men are ready to play.

Co-head coach Kropp and co-head coach Lofton gather their squad for a brief pre-practice talk. After highlighting a few key points, the team breaks the huddle and hustles onto court.

As the men run a drill, Coach Kropp shouts the score from the sideline, "Nine to five, defense." However, something about the atmosphere isn't right.

Coach Lofton stops practice to talk. He is not satisfied with his team's effort.

The gym becomes filled with silence. The eyes of the players are glued to coach

Lofton. "We need a sense of urgency," says Lofton.

With the group newly inspired, the intensity picks up. Players are shouting, teammates are high fiving, and attitudes are adjusted. "That's how you do it!" Lofton yells. "Way to show a little spunk!"

As practice concludes, the team huddles around their coaches to hear one last word for the day. A few minutes later, the players put their hands together. "Lopers on three. One, two, three, Lopers!" It's another successful day in preparing for their first game of the season.

The UNK Lopers basketball squad finished with a 15-13 record last season. There is a sense of eagerness as they return four starters from the team that won 10 of their last 13 games.

"I'm really excited, I think we have a really good chance to be good if we put everything together. Every day this week I've woken up with butterflies because I'm so excited," said sophomore Kevin Dineen, a business administration major.

Omaha native Dineen is one of four returning starters to this club. He started every game of his freshman year while averaging two rebounds per game, two

assists per game, and nearly six points per game. Also, he led the Lopers in steals with 31.

Kropp says Dineen is one of the best team leaders, even though he's only a sophomore."

Coach Kropp is entering his 35th year on the coaching staff at UNK. He feels very optimistic about his team's chances to compete this year.

"I like the chemistry, I like the experience, and the fact that we do have hard-nosed kids," said Kropp.

Dineen noted that this past off-season was excellent for him in developing his game and becoming physically stronger. Dineen also mentioned that this team was different from any other team he had played with in the past.

"We're more positive this year. This year everybody's looking forward to getting started. We play harder than last year, practices are more intense, and everybody goes harder..." Dineen said.

The sophomore enjoys the company of his teammates. He says that they all share a close bond with each other. "I love my teammates. We're honestly like a big family," he said.

The Loper men feel they have something to prove this year. They have a new factor to motivate them this season. Dineen said, "We got picked seventh or eighth in the preseason polls, so that put a chip on our shoulder. The other coaches in the MIAA don't respect us that much, so we have a reason to play."

The squad hopes to finish in the top four in the conference, and punch a ticket to the NCAA Tournament according to Dineen.

Last season on the road, the Lopers won three games, and lost 10. Coach Kropp hopes for his squad to change their approach in handling their away games this year. He said, "I think with the chemistry we have coming back and the experience we have with four starters, we hope that will lead to us more having more success on the road."

Coach Kropp said that in order for his team to be successful, they will have to be unselfish and play hard.

With three games under their belts, the Lopers are battling the Lions of Missouri Southern State University.

**Catch the home game:**  
Dec. 4 | 7:30 p.m.

4

**What is your favorite movie?**

**Steph says:** *"Law Abiding Citizen"*

**Liz says:** *"Get Smart"*

5

**What is your secret addiction?**

**Steph says:** *Qdoba*

**Liz says:** *Pinterest and Netflix*

6

**What is your favorite road trip moment?**

**Steph says:** *When the bus got stuck on a hill in Duluth, Minnesota for like an hour.*

**Liz says:** *Playing "Mafia" with the girls and entertaining my coach's daughter.*

7

**Who is your favorite athlete?**

**Steph says:** *Misty May (three-time Olympic gold medalist beach volleyball player)*

**Liz says:** *Jordan Larson (American indoor volleyball player)*



MISTY MAY



JORDAN LARSON



Mortar Board from page 1



Photo by Jessica Albin

**Senior Jon Hess, a psychology major from Imperial, introduces his special guest, Dr. Krista Forrest, to the rest of the Mortar Board members and UNK Faculty. Dr. Forrest is a professor in the psychology department.**

other service and recognition events throughout the semester. True Blue Game Days, a campaign to increase school spirit and student attendance at home sporting events, has been sponsored by Mortar Board at several of the home sporting events this fall. The True Blue Game Day events will continue into the spring semester at several of the basketball games.

On Veteran's Day, Mortar Board hosted a letter-writing event for students to write short thank you notes for the veterans and active service members who have sacrificed and dedicated their lives to serving our country. The two booths, held in the Nebraskan Student Union and the Health and Sports Center, collected many creative thank yous throughout the course of the day.

On Friday, Oct. 31st, Mortar Board members delivered donuts to the first Department of the Month winner, the College of Education (COE). The monthly award was given to the COE for their outstanding service to their students and their contribution to developing teachers and other service professionals. Members of COE were surprised at the

award and were very grateful for being recognized.

In addition to continuing several of the projects from this fall, Mortar Board will also carry out several new projects in the spring semester. To learn more about Mortar Board and the events they host, check out their blog at [www.mortarboardunk.blogspot.com](http://www.mortarboardunk.blogspot.com).

## Calling all Juniors

Mortar Board is currently seeking new members for 2015-2016. To view membership requirements and an application, visit the Mortar Board blog at [www.mortarboardunk.blogspot.com](http://www.mortarboardunk.blogspot.com).

For questions, contact Membership Chair Morgan Kristensen at [kristensenmc@lopers.unk.edu](mailto:kristensenmc@lopers.unk.edu) or Mortar Board Advisor Dr. Amber Messersmith at [messersmitas@unk.edu](mailto:messersmitas@unk.edu).

**Applications will be accepted until Jan. 26, 2015.**

# UKRAINE - TRUTHS AND LIES

*With ties to the Ukraine, Hadley has different opinions than most Americans about continuing Ukrainian conflict*

**BY AKIHO SOMEYA**  
News Staff

Ukraine has become a "celebrity" in the world media and remained in the spotlight for over a year. Valentyna Hadley said, "The country where I was born and lived for 32 years, Ukraine, has been in the center of the world news since November, 2013."



**VALENTYNA HADLEY**

She does not share the opinion of many Americans about what has happened in her country of birth and feels most Americans have been misguided by various politicians with their own interests rather than a surge for democracy as portrayed.

"In conversation with any ordinary American, he or she would say the democratic revolution in Kyiv seriously upset Russia, who wants to control their former U.S.S.R 'little brother,'" Hadley said.

Many Americans then may have assumed that Russia attacked Ukraine to bring them back in line with the "family," Hadley said. "It is an interesting assumption that it is considered a democratic movement when 100,000 people in the streets of Kyiv determined the fate of 46 million Ukrainians without asking their opinion, without any national referendum."

The Ukrainian opposition, who led the democratic movement on Maidan Square, consists of the same people who were in power for many years and did not solve any previously existing problems, Hadley said.

"The protesters of Maidan Square demanded the removal of the big money politicians who dominated governmental power and lined their pockets with money intended for public benefit," she said. "The election on May 25 ended with one of the nation's most wealthy businessmen just replacing one of his own type and in power to further the agenda of his own political party."

The opposition who claimed the respect of Ukraine's Constitution actually ignored it and instead of the impeachment procedure of the President, used armed assault and seizure of power in February, 2014, Hadley said.

"From my knowledge, I would not agree that any of these actions should be



Photo by Akiho Someya

**Valentyna Hadley, lecturer of Japanese, spoke about the current conflicts in Ukraine in the Intro to International Studies 100 class taught by Carol Lilly, Wednesday Nov. 5. She said Media bias and Cold War memories play a role in shaping our understanding of recent events.**

considered democratic. It is a commonly held belief that Russia intervened in Ukraine to exercise their own selfish interests and not as a support of ethnic Russians feeling threatened." If you look at the demographics of Ukraine, you will see that more than 90 percent of the Crimean population is ethnic Russians, and the majority of people who live in the southeast are Russians or speak Russian, Hadley said.

"How would you feel if the government took away your right to use your native language? Crowds of the 'democratic' movement in black masks and swastikas threatened those who didn't support their beliefs. Would you stand up for your natural rights for life and dignity?"

Hadley questioned the humanity of burning people alive just because they thought differently about what happened in Odessa, the shelling of villages and cities with no presence of rebels. "The more I see the current developments in Ukraine, the less I believe in the Ukrainian democracy of the Maidan Square protest. People believed in the good intentions of those who they elected to power. Does Ukraine deserve to be just another pawn the United States, the EU and Russia's manipulation?" Hadley asked.

Hadley also said that it seems unfair to blame only Russia for manipulation "when it is apparent the EU and our nation have been trying to further their interests at the expense of Ukraine."

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## ART

**ARTS 1210 MC 2L Art Appreciation (Online) 12/15 01/09, 3 CR, Johnson**  
An overview of the language, process, and history of the visual arts and artists of both past and contemporary society. For non-art majors.

## BIOLOGY

**BIOS 2990 NP 1L ST: The Structures of Life (Online) 12/15 01/09, 1 CR, Morris**  
Special topic course description upon request.

## BUSINESS

**BSAD 1010 NP 1L Personal/Professional Development (Online) 12/15 01/09 3 CR, Condon**  
Special emphasis on relating image and social awareness to job success. Covers on-the-job situations of problem-solving, time management, goal setting, business etiquette, listening skills, work groups, and the relationship between productivity and job attitude. A major emphasis will be placed on developing productive work ethics. This class is designed for the Associate of Applied Science Degree in Business.

**BSAD 1090 NP 1L The Job Application Process (Online) 12/15 01/09, 3 CR, Arensdorf**  
Instruction designed to provide all students with the tools and skills to design an effective job search campaign. Topics will include but are not limited to methods of finding a job, resume preparation, developing customized application letters, interviewing techniques, and preparing follow-up communications. The student will utilize word processing skills.

**BSAD 2070 NP 1L Rick Management for Events & Sport (Online) 12/15 01/09, 3 CR, Garstecki**

Students will learn to recognize potential risks in special and sporting events and to prioritize those risks for action and minimization. Practical strategies to manage risks of people, property and reputation are stressed. Students will also learn how to comply with legal regulations such as permitting, insurance, vendor contracts, federal laws, state laws and local laws as they pertain to events. Fire codes, handicap compliance and security considerations when dealing with minors will also be examined.

## COMPUTER SCIENCE

**CSCE 1504 BB 01 Beginning Computer II (Broken Bow) 12/02 12/16, 0.5 CR, Phillips**  
This course is designed to follow Beginning Computer I. Students should have a minimal experience working with computers or have taken Beginning Computer I. The class will take a brief look at Windows, Word, Excel and exploring the Internet.

## ENGLISH

**ENGL 2520 NP 2L Literature of Nature (Online) 12/15 01/09, 3 CR, Schmit**  
Begins with an examination of the rural dream in America and proceeds to examples of long and short fiction concerned with life in the outdoors.

## PHYSICAL EDUCATION

**PHED 1810 MC 1L Drugs & Sports (Online) 12/15 01/09, 2 CR, Olsen**  
Course designed as an introduction to the knowledge of the roles that drugs play in modern day sport. The class will cover performance enhancing drugs, as well as the effects of prescription drugs, narcotics, over the counter drugs, alcohol, tobacco, and all other nutritional supplements used to enhance an athlete's performance. The class will cover the science of each classification of drug, all social and ethical issues that arise with the topic of drugs and sports, and cover the testing agencies, methods, and reporting of drug use in sports.

## POLITICAL SCIENCE

**POLS 1000 NP 2L American Government & Politics (Online) 12/15 01/19, 3 CR, Clouatre**  
A course which examines the organization and operation of the national government in the United States. This will include a brief survey of historical foundations along with a strong emphasis on current political events and public policy.

## SOCIOLOGY

**SOCI 1530 NP 3L Intro to Sociology 12/15 01/09, 3 CR, Settles**  
An analysis of society including the development of the social system, group formations and types of social organizations, and the basic elements affecting these classifications.

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