Koziol counts his family, N.G. sponsor Sgt. Kurt Ruh, team leader as biggest supporters during competitions.

The Army National Guard Best Warrior Competition stresses competitors physically and mentally.

A grueling three-day test of military skills, its lineup of events includes a 14-mile road march carrying a 50-pound ruck sack, 5-mile run, battle drills, weapons skills, its lineup of events includes a 14-mile road march carrying a 50-pound ruck sack, 5-mile run, battle drills, weapons skills, first aid test, land navigation, interviews, first aid, casualty care, essay writing and more.

Koziol competed against six others and completed first in the competition, hosted in Massachusetts.

Koziol competed in the National Guard’s Best Warrior competition at the state level at the Greenwood Training Site in Hastings in April, regional level at Nickall Barracks Training Site in Salina, Kan., in May and national level at Camp Edwards Military Base in Buzzards Bay, Mass., in June.

Koziol counts his family, National Guard sponsor Sgt. Kurt Ruh and team leader as his biggest supporters during the competitions.

After he graduates from UNK, Koziol wants to be a physical therapist.

“I like being able to serve the country and have a civilian tie as well,” Koziol said. “There’s pretty good camaraderie among the competitors. It’s a pretty surreal feeling. You can go to school and you have your family.”

Looking for brain games? The Antelope now includes both a crossword & word jumble!
August 31, 2016

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**August 31, 2016**

**Shining some light on new tanning**

**Katie Sado**

The Antelope Staff

At the end of 2015, the FDA was contemplating new regulations that would regulate indoor tanning for adults 18 years old.

If those rules are transformed to bills and then passed as laws, it could mean the FDA would regulate how often one was able to use an indoor tanning bed. Does this mean anything for Kearney Nebraska residents? Manager of popular tanning facility Tan City says there are many risks from indoor tanning devices.

Using sunlamp products such as indoor tanning beds or booths exposes you to ultraviolet (UV) radiation and increases your risk of eye injury, skin damage, and skin cancer—including melanoma, the deadliest type of skin cancer, according to Health Guidance. Does this mean anything for Kearney Nebraska residents? Manager of popular tanning facility Tan City says there are many risks from indoor tanning devices.

Junior Emily Fink, a nursing major, has strong emotions when this topic comes up. She has no room to judge anyone else for tanning because I used to do it myself. However, I learned my lesson my senior year, when I had to get several pre-cancerous skin checks on my skin. It turned out to be a good experience for me, and I learned that tanning to make sure they get regular check ups on their skin isn’t worth the consequences.

“Tanning laws vary by state, but at least 42 states and D.C. currently regulate tanning in some way. Thirteen states and one territory (California, Delaware, District of Columbia, Hawaii, Illinois, Louisiana, Minnesota, Nevada, New Hampshire, North Carolina, Oregon, Texas, Vermont and Washington) ban the use of ultraviolet (UV) tanning devices by anyone under 18. Tanners say constant legislative hammering is decreasing the number of UV tanning facilities. It’s a battle of wills, with states trying to regulate tanning in some way. More than 28 million Americans estimated to use tanning beds. Proponents say indoor tanning is safer than tanning outdoors. Opponents say NO to excessive tanning. CDC study concluded on average indoor tanners go about every 30 days.”

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**This Day in History**

An earthquake near Charleston, South Carolina, on this day in 1886 leaves more than 100 people dead and hundreds of buildings destroyed. This was the largest recorded earthquake in the history of the southeastern United States. The total damage was in excess of $5.5 million (about $112 million in today’s money). Still, a quake of this magnitude remains highly unlikely in this location. For more information, please visit History Channel’s website. http://www.history.com/this-day-in-history/earthquake-shakes-charleston-south-carolina

**Entertainment**

ACROSS

2 Junk mail from the capital (4)
3 Went on horseback round cowboy show (5)
5 Must be arranged (9)
8 Improve efficiency (10)
9 Aspic plant (10)
10 Below, below, below (10)
11 Villains! (10)
12 Heartless robbers go off with a pet (10)
13 They are seeking work after demolition of ward situation (12)
15 The thresholds of delights (9)
16 Memories (5)
17 The First Lady touring Oklahoma will awaken (10)
18 Fat little Edward is biased (12)
19 Animal found in sea location (4)
20 Pretty girl gets some food (4)
21 Junk mail from the capital (4)
22 They are seeking work after demolition of ward situation (12)
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34 Animal found in sea location (4)
35 Pretty girl gets some food (4)

DOWN

1 Pretty girl gets some food (4)
2 Animal found in sea location (4)
3 Fat little Edward is biased (12)
4 The First Lady touring Oklahoma will awaken (10)
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Political autopsy: Dissecting the Libertarian

Elliott Gonnella is a political analyst who considers himself a libertarian. Read his column weekly in print or online.

The biggest thing on the Libertarian party is that it is a magnet for jobs and scum.

Honesty, you couldn't really make this stuff up.

John Lewis is Minnesota's 2nd Congressional District GOP ticket for the 2016 election. Lewis, who once decried Katrina victims as whiners because by African standards they were wealthy, said in one of his bookshelves: "In fact, if you really want to head on down about how does somebody else owning a slave affect me? It doesn't. I don't think it is right, I wasn't even one, and people always say, well, if you don't want to marry somebody of the same race, you can't, but why tells somebody else they can't?" Lewis doesn't own slaves, but don't tell the other story.

Lewis won a ticket for the major Republican party policy arguing the ownership of the media is equivalent to same-sex marriage. Honestly, what joke could I make that better?

Dimensions for this current election cycle, many of us have heard or said quite frequently, "If only such and such, so, as I am going to vote for them!!

While minor parties have always been a part of the political process, they do tend to get a bit more traction in the presidential election season, and this year they seem to be even more prevalent.

The interesting part is trying to sound enticing and alluring, but what do they really offer?

While minor parties have always been a part of the political process, this year they seem to be more prevalent.

Third parties try to sound enticing and alluring, but what do they really offer?

In this current election cycle, many of us have heard or said quite frequently, "If only such and such, so, as I am going to vote for them!!

In truth, they are a thinly linked group that the individuals claim their way of governance is not the best, but that the Founding Fathers ordained it by defining quotes. Let's take a look at that idea: If there was no government, everyone would be treated the same and all would be equal, so the reason behind this is that people actually believe this to be true.

I could draw upon many examples to prove this, but I think two would be fair to call "Goddamn Enormous Settlements." John Galt, a character in Ayn Rand's "Atlas Shrugged" holds society so he doesn't have to pay taxes, and the term 'Goddamn' can best be summed up by the expression, 'It's what we got away from the government.'

The Antelope was supposed to be a libertarian stope where people can say what they like and how they believe, but I find it is more of the Ron Paul followers who worship him and every other group of people who think of what was actually said. The problem with it is not talking about the gold standard believers don't understand: buying a $300 bucket of potato soup for the 'golden age' or awaiting a rare encounter that had only happened any time now for the past few years.

The most malignant are those who say they have no government. The people who want to discriminate against others, the snob oil salmon who doesn't want to be held accountable for the money or the man again. Not surprising considering "Atlas Shrugged" said. "There is one word that is forbidden in this valley: freedom."

The second example I use to debunk this political mindset in a time of great American history called The Gilded Age of 1870-1890. While its name sounds like a horror of the most Dickensian type, there were dozens of serious problems with human rights, worker's rights, and corruption. Accountability was marred by a golden coat portrayed by the industrial revolutionists and heroes. For a great time at some point in our history called The Gilded Age of 1870-1890.

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Recruitment success for Panhellenic

Jubilant Bid Day ends 4-day rush; Sororities welcome 137 new members as Greek

Aug. 19 emotions ran high as sorority members participating in the recruitment held before classes began completed the rush process and took new members into the fold with signs and cheering during Bid Day.

Before Bid Day, sororities “preference” the chapters they would like to join. The sororities also “preference” the women they would like to join. Finally, a computer matches up the sorority chapter and PNM list.

On Bid Day, potential new members find out what chapter they have been matched with – each sorority has a special event to welcome new members.

Photos UNK Communication

See more on campus website under “NEWS”

1. Alpha Omicron Pi welcomes back recruitment counselors with a homemade sign.
2. An excited new member runs to meet her brand new family.
3. Wound up after a long week, Alpha Phi gets ready to welcome in new sisters.
4. Hands high and voices loud, Gamma Phi Beta unites to bring in thrilled members.
5. Women of Alpha Xi Delta show off their chants to the potential new members.

Your light course load is heavier than you think.

When you don’t take a full course load, you take longer to graduate—which means you can get weighed down by things like growing debt and missed opportunities. That’s why the University of Nebraska created Commit to Complete, a program to help you graduate sooner and with less student debt.

Learn the steps at CommitToComplete.com.
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DID YOUR FRIEND HARDLY FIND A JOB SO SHE CAN PAY HER RENT?
SHE’S STILL STRUGGLING, BUT SHE JUST SPENT WORKING PART TIME AS A HAIR COLOURIST!

UNFINISHED BUSINESS?

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Antelope

3/31/16 12:10 PM
The biggest tumour on the Libertarian party is that it is a magnet for whack-jobs and scum.

Over THE RIGHT CURVE

Honestly, you couldn’t really make this stuff up.

John Lewis is Minnesota’s 2nd Congressional District GOP ticket for the 2016 election. Lewis, who once disgraced Katrina victors as witches because by African standards they were wealthy, said in one of his autobiographies, “In fact, if you really want to be quite frank about it, how does someone else owe you a slave apart from my? I don’t think it is right, I won’t own one, and people always say, ‘Well, if you don’t want to marry someone of the same race, why, to hell with them.’ But why tell people else they can’t? I’m not saying I don’t want to slave, but don’t tell other people it.

Lewis won a ticket for a major political party planning the outcome of non-contrary to any other discussion. Honestly, what joke could I make that

READER SUBMISSIONS WELCOME:

The Thompson Students Learning Community program wishes to recognize the following Thompson students for outstanding academic achievement at UNK during the Spring 2016 term. These Thompson Students earned at least a 3.5 GPA while completing full-time enrollment and were recognized on the UNK Dean’s List.

April 1, 2016

10 different answers. There is no truly become today.

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or a bunch of angry neighbors squandering over resources. At worst, they never see our money or the man again. Not surprising considering “Atlas Shrugged” said, “There is one word that is forbid to this valley: freedom.”

The second example I use to debunk this political mindset is a great American history titled The Gilded Age of 1870- 1900. While it sounds like a time of great times to the term is used ironically by historians much more exploited the old gilded age. There were dozens of serious problems with human rights, workers rights, and corruption. Accountability was masked with a thin golden coat portrayed by the industrial revolution and alluring, but what do they really offer?

Otherwise they run on an independent ticket for the purpose of promoting their cause. Four times in their lifetime, the Paul family of con artists have been a member of the American Libertarian Party. But if you count the numbers a unified party gives them access to, but these individuals claim that their way of government is not only the best, but that the founding Fathers ordained it by founding quotes. Take into account that if there was no government, everybody would treat each other well and unite between the people who would be certain. It is a fact that you would claim this to be true.

I could draw upon many examples to prove this, but I think two would be best. The first is John Galt and Tiaan Trammell’s “Estate Settlement.” John Galt, a character in a book titled “Atlas Shrugged.” Galt in society so he doesn’t have to pay taxes, and the term ‘Galtian’ can best be described as Galtian. But no one would get away from the government.

Third parties are supposed to be a libertarian utopia where people can take back their lives and government (or us, somewhat in South America if not the most.) The Libertarian Party has seen a few cases of individuals approaching others who talk of Galtian and Galt and offering to sell a place in their already established settlement for $20,000 to $50,000 up front, in place of the purchasers get land for their prefabricated housing with no utilities and a bunch of angry neighbors squandering over resources. At worst, they never see our

Today on the slab, we have the Libertarian party. Arguably one of the most despised parties in the American political circle, and by the sound of it, they will be quite a popular vote this year. Libertarians claim that the character of presidential freedom, fighting against the oppression of government, and standing against injustices. Best way I can describe the essence of the people for little government is best for the common man.

In truth, they are a thinly linked group of harrow-wielders who call themselves the Ayn Rand. A little ironic considering Rand preached objectivism (summed up as “good is evil”) and sold out against Libertarians or at least what it has become today.

However, if you were to ask 10 people what Libertarianism is, you would get 10 different answers. There is no truly political Autopsy: dissecting the Libertarians

If there would be a council for whack-jobs and scum. For example, you have the South Dakota Republican Party urging people to vote for Berkshire tyke for the sake of being tyke rather than talking like mature adults. Much like the little bickering tyke or the little bickering tyke.

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August 31, 2016

Shining some light on new tanning

Nursing student sees danger of fake bake while other indoor tanners oppose more government regulation

KATIE SADD
The Antelope Staff

At the end of 2015, the FDA was contemplating new rules that would regulate indoor tanning for adults 18 years and older. If these rules are transformed to bills and then passed as laws, it could mean the FDA would regulate how often one was able to use an indoor tanning bed. Does this mean anything for Kearney, Nebraska residents? Manager of popular tanning facility Sun Tan City says there are many risks from indoor tanning devices. Using sunlamp products such as indoor tanning beds or booths exposes you to ultraviolet (UV) radiation and increases your risk of eye injury, skin damage, and skin cancer—including melanoma, the deadliest type of skin cancer, according to Flu." Junior Emily Flork, a nursing major, has strong emotions when this topic comes up. "I have no room to judge anyone else for tanning because I used to do it myself. However, I learned my lesson my senior year, when I had to get several pre-cancerous moles removed. "I have no room to judge anyone else for tanning because I used to do it myself. However, I learned my lesson my senior year, when I had to get several pre-cancerous moles removed."

More than 28 million Americans estimated to use tanning beds. Proponents say indoor tanning is safer than tanning outdoors. The total U.S. market for tanning exceeds $9 billion per year, and does not include the $3 billion tanning products market.

Tanners say constant legislative hammering is decreasing indoor tanning.

Tanning, laws vary by state, but at least 42 states and D.C. currently regulate indoor tanning in some way. Thirty three states and one territory (California, Delaware, District of Columbia, Hawaii, Illinois, Louisiana, Minnesota, Nevada, New Hampshire, New York, Oregon, Texas, Vermont and Washington) ban the use of ultraviolet (UV) tanning devices on minors. The remaining states and territories have various regulations.

To learn more on this topic, go to unkantelope.com, and click on the link to reach Katie Sadd, interview student on campus about these new tanning regulations.

This Day in History

An earthquake near Charleston, South Carolina, on this day in 1886 leaves more than 100 people dead and hundreds of buildings destroyed. This was the largest recorded earthquake in the history of the southeastern United States. The total damage was in excess of $5.6 million (about $121 million in today’s money). Still, a quake of this magnitude remains highly unlikely in this location. For more information, please visit History Channel’s website.

Infographic by Rachael Fangmeier

Entertainment

August 31, 2016

The Antelope Staff

by Madeline Maloley

by Rachael Fangmeier

This antelope is one of my best friends on the ship (4)
26 E.g. dogs returning from walk (4)
25 Boundary rope may produce such a decision (10)
24 Man told to get on his knees? (4)
23 Nothing but a lake (4)
22 Nothing but a lake (4)
21 Went on horseback round cowboy show (5)
20 A comment sure upset in due proportion (9)
19 Sailor’s intent perhaps is to be self-containing disturbance (9)
18 One who latches on to another is a sucker (5)
17 Giving note to terrorists makes one angry (10)
16 To perform in a different key, one’s parts improve efficiency (10)
15 Country-loving Irishman in charge of con-aspic plant (10)
14 Steam railway takes on head of Railtrack to ward situation (12)
13 Style of cooking providing contrasts (5-3-4)
12 Below, below, below (10)
11 Managed to get clergyman in dead awk-syllable (10)
10 There’s potato in Mum’s pudding (4)
9 They’ll get wrongly blamed for heading off escape by animals (10)
8 Below, below, below (10)
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KATTIE SADD

TM

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http://www.history.com/this-day-in-history/earthquake-shakes-charleston-south-carolina

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In today’s money). Still, a quake of this magnitude remains highly unlikely in this location. For more information, please visit History Channel’s website.
Kozioł wins Best Warrior event

Kozioł counts his family, N.G. sponsor Sgt. Kurt Ruh, team leader as biggest supporters during competitions before starting dances at UNK in the spring of 2014. Kozioł is an infantryman and parachutist with Charlie Company; 3-134 Long Range Surveillance in Beatrice. He earned his sergeant's stripes earlier this spring and has 10 parachute jumps to his credit.

“I initially thought about doing active duty. But I wanted to go to school, so I chose the guard,” he said. “I just knew I wanted to train as hard as I could and be the best soldier I could be.”

Kozioł competed in the National Guard’s Best Warrior competition at the state level at the Greensleeve Training Site in Hastings in April, regional level at Nickall Barracks Training Site in Salina, Kan., in May and national level at Camp Edwards Military Base in Buzzards Bay, Mass., in June.

Kozioł counts his family, National Guard sponsor Sgt. Kurt Ruh and team leader as his biggest supporters during the competitions.

After he graduates from UNK, Kozioł wants to be a physical therapist.

“I like being able to serve the country and have a civilian tie as well,” Kozioł said. “There’s pretty good camaraderie within your unit and you train for inevitable, but you also have your civilian career. You can go to school and you have your family life.”

Kozioł dreamed of joining the military to follow in the footsteps of family members.

“They’ve always been very patriotic. I love my country. I’ve had a lot of family members who were in the military,” he said. “I just wanted to take my turn and serve my country.”

Growing up, Kozioł spent time at Fort Knox in Kentucky visiting an uncle who served in the military.

“His a young kid that inspired me,” he said.

Kozioł graduated from high school in 2013, Kozioł attended infantry school and airborne school at Fort Benning in Georgia in the fall of 2013. Kozioł attended Basic Combat Training at Fort Jackson in South Carolina in the spring of 2014.

As a young kid that inspired me, “he said.

The Army National Guard Best Warrior Competition stresses competitors physically and mentally.

“A grueling three-day test of military skills, its lineup of events includes a 14-mile road march carrying a 50-pound ruck, 5-mile run, battle drills, weapons skills, land navigation, interviews, first aid, essay writing and more.

The most challenging part of the competition was the mental tasks, like the obstacle course in the 2016 Army National Guard Best Warrior Competition at Camp Edwards on Joint Base Cape Cod.

SARA GIBONEY
UNK Communications

The Army National Guard Best Warrior Competition stresses competitors physically and mentally.

“A grueling three-day test of military skills, its lineup of events includes a 14-mile road march carrying a 50-pound ruck, 5-mile run, battle drills, weapons skills, land navigation, interviews, first aid, essay writing and more.

Calvin Kozioł mastered them all, winning the competition in June to become the National Guard Soldier of the Year.

Growing up, Kozioł spent time at Fort Knox in Kentucky visiting an uncle who served in the military.

“The most challenging part of the competition was the mental tasks, like the obstacle course. You never know what they’re going to ask you, so you have to be on top of your game,” said Kozioł, a junior exercise major at the University of Nebraska at Kearney.

“It’s rapid fire. You’ve got to be mentally prepared for that.”

Kozioł competed against 10 others in the national competition. The physical events came naturally to Kozioł. A former high school cross country runner and baseball player, he has continued to make physical fitness a priority.

“‘It’s a pretty surreal feeling. It’s a humbling feeling to know that you’re called the best in the nation;’ he said.

“I’ve never even been to some of the places like that back home to a little town like Alben, Nebraska, and have a civilian tie as well,” Kozioł said. “There’s pretty good camaraderie within your unit and you train for inevitable, but you also have your civilian career. You can go to school and you have your family life.”