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# THIS WEEK

## 2 Obama halts pipeline

Jay Omar sounds off on president's latest decision.

**Op/Ed** 

# 3 Sigma Tau Delta Honored

**UNK Chapter recieves Outstanding Chapter** Award.

# 8 Challenge Yourself

**Employee and Student** Weight Loss Challenge helps participants have a healthy lifestyle.

# **Correction:** 'Undergraduate Research Fellowship' from Jan. 11 issue

The infographic for the article "Miller strives to authenticate routes through undergrad research" featured in the Jan. 11 issue of The Antelope contained the incorrect date for the deadline of applications for the Undergraduate Research Fellows Program. The correct deadline is April 13. The Antelope regrets the error.

# Martin Luther King, Jr. Day more than a 'day

**BY JAY SLOAN** Antelope Staff

With the wind chill dipping into the single digits at 7 p.m. and on the coldest day of the year to-date, a collection of about 30 students of mixed races met

beneath UNK's Peterson-Yanney Memorial Carillon. Singing "This Little Light of Mine," the students marched to the Nebraskan Student Union.

It's about recognizing that injustices still remain said Toni Hill. assistant professor of family studies, about the holiday. But the holiday is also a time to reflect upon the social injustices of the past,

said Dr. Claude Louishomme, professor of political science.

Through famous speeches and simple songs that most already knew, participants in the UNK vigil honored the legacy of Dr.

Martin Luther King, Jr.

On Aug. 28, 1963, King. and over 300,000 supporters came together to participate in the historic "March on Washington." Men and women, blacks and whites, old and young; they all stood arm-in-arm for one unified cause: equal rights for all.

> "Today needs to be seen as a day 'on' and a day to remember and a day to educate."

Toni Hill Assistant professor of family studies

In the spirit of Dr. King's legacy, and 49 years after that day when standing on the steps of the Lincoln Memorial Dr. King told the world he "had a dream," UNK students came together to remember the man who gave so much to so many.

Louishomme has organized the event for six years. He said the event is a way to remember not only Dr. King, but also everyone who suffered while fighting for equality.

It's a face-

off over Tim Tebow.

"It's not just about remembering Dr. King," Louishomme said, "but about remembering the thousands and thousands, over a long period of time, who were frustrated, some who were beaten and even others who died trying to bring this idea of equality to America."

Hill said that Martin Luther King Day is a day that needs to be looked at as much more than a day off from school or work. "Today is so often seen as just another day off of school, off of work. Today needs to be seen as a day 'on' and a day to remem-

MLK, PAGE 7





## the antelope

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# pipeline proposal

Obama denies

In the past few months, a debate has gress that directly affects every person living in Nebraska.

TransCanada, whose website describes them as the "leader in the responsible development and reliable operation of North American energy,' fully supported the "Keystone XL Project" on Nov. 15.

The Keystone XL Project, in simple terms, is pushing for a crude oil pipeline to expand from Canada all the way down to Oklahoma and Texas, with a major chunk flowing right through the Nebraska Sandhills.

The project, although disguised as a quick fix to the lack of jobs in America, is simply a faster and cheaper way for major oil companies to transport oil, making it easier to make them money while keeping gas prices reasonable.

This pipeline has caused more than just a little noise from the citizens of our state, who are well aware of the risks of

**Jan. 10:** Elizabeth Jockel reported

an unknown person opened a letter ad-

Jan. 13: A call was received for loud

Subjects received verbal warning about

Jan. 13: Amy Gillespie was issued a

**Jan. 13**: Minjeong Ku reported her

warning for failure to stop at a stop sign.

phone being possibly stolen from Welch

**Jan. 14:** Libby Manfull reported loud

music, loud voices, and talk of alcohol

coming from room 205 of Mantor Hall.

Three subjects where issued conduct

**Jan. 15:** Taylor Allard was caught

arrested for theft and obstructing a

stealing a patrol bike. Allard ran from

the officer and was caught. Allard was

noises and possibly alcohol violation.

the noise

Hall.

summons for MIP.

police officer.

dressed to her and removed a vehicle

key prior to her receiving the letter.

flowing crude oil right next to the large Nebraska aquifers, not to mention the amount of construction that would be required sending unknown amounts of pollution into the air.

President puts Nebraska first

Although protests have been seen on both sides, President Barrack Obama put an end to the discussion, at least for the time being, by denying the bill on Wednesday, Jan. 18.

The decision wasn't made for lack of good reason. With the way the proposal was designed, Obama made the correct call.

Obama's decision, but during one of the official announcements given by Democratic White House Representative Jay Carney, Carney partly blames the Republicans. Carney's accusation was more than a fair one.

given just 60 days to decide on the issue. With such a large risk factor included in the cross-border pipeline system, 60 days isn't long enough. What part of our government can effectively work in that short of a time frame?

Obama told Republicans last month that the 60-day window would not allow enough time to take all aspects of the decision into consideration. They chose not to listen.

dency, with Republicans pushing and

## **CAMPUS CRIME LOG**

Jan. 15: Kyoung Deok Kang reported having his laundry taken from the #4 dryer in the University View laundry room. The laundry was placed in the dryer late at night and was gone by 6 A.M the next morning.

Jan. 16: Marco Chavez was issued a written warning for failure to stop at the stop sign exiting Lot 12 and entering University Drive.

Ian. 17: Steven Clevenger reported a sanitary napkin dispenser being destroyed in the first floor men's bathroom of Randall Hall.

Jan. 18: Shayna Eckhardt was issued a written warning for failure to stop at the stop sign located at Lot 14 and University Drive.

Jan. 18: Taylor Cody was issued a written warning for a stop sign violation at Lot 32 and University Drive. Cody was also issued a fix it citation for no proof of insurance.

picking apart every decision the president has made, maybe they should have heard what Obama was trying to say.

Obama denied the proposed bill listing two factors, both in which he warned would be his deciding issues. First was the amount of time given to decide, and the other was simply the health risk for the residents near the pipeline.

The Republicans fired back; saying that Obama doesn't care about the jobs the pipeline would create, accusing Obama of "being more concerned with the next election than the next generation."

If the President were more concerned about the next election, he would want to please the oil companies, not the people of the Republican voting Midwest. Instead, his decision protected Americans, and he wasn't going to pass a bill without making sure of its safety first. Obama understands that a little lower gas prices are not worth the risk.

The pipeline would create jobs, but how many? With TransCanada estimating the creation of 15,000-16,000 jobs, their prediction may have been off. After research done by the Obama administration, the more accurate number ranged between 5,000-6,000, a number not worth the health risks.

Many protesters of the Keystone

**PIPELINE, PAGE 7** 

Many reasons tie into President

Last month President Obama was

Over three years into his presi-

Jan. 20: Monica Petiz was issued a written warning for driving without headlights.

**Jan. 20:** Marie Bauer reported having her wallet stolen from her backpack from FAB 207. She advised that a tall male wearing a hat was in and out doing homework, but no one else was there.

**Jan. 20:** Cameron Kriglstein was issued a written warning for driving without headlights.

**Jan. 21:** Davis Brendel was issued a citation for failure to stop at the stop sign of 15th Avenue and University Drive.

Jan. 22: Shaylea Swart was stopped for not having license plates or visible transits. Upon investigation, the transits were found behind dark colored tint.

Jan. 22: Nathaniel Coleman was issued a written warning for a stop sign violation.

**BY JAY OMAR** Antelope Staff been going on in Con-

Op/Ed Layout by Tate Schneider

News Layout by Lacey McPhillips

# the antelope ${\boldsymbol{\mathcal{S}}}$ English Honor Society wins Outstanding Chapter Award

#### **BY EMILY SEEVERS** Antelope Staff

The English Honor Society, Sigma Tau Delta, is one of three selected from 800 chapters in the nation to win the Outstanding Chapter

Award.



Sigma Tau Delta won based on their recent activities, including events such as poetry readings, graphic novel film festivals and participation at the in-

**Ready for a career in** 

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sure what to do?

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**JACOB** SANDMAN ternational convention. At this year's con-



CELESTE LEMPKE

Celeste Lempke, the president of Sigma Tau Delta will also be receiving a plaque and \$250 for winning the Student Leadership Award. She won the award after being nominated by associate professor Susan Honeyman, the chapter's faculty sponsor.

vention in New Or-

will be rewarded with

a plaque and \$500 for

winning the Outstand-

ing Chapter Award as

well as \$350 for creat-

ing a display to show-

case at the convention.

Lempke, originally from Wal-

TAU

leans, Sigma Tau Delta lace, graduated from UNK in 2007, taught English and speech classes at Grand Island High Senior and returned UNK to last year to pursue a graduate degree in English Lit-Critierary cism and to study graphic novels and ado-

lescent literature. "I came back as president to resurrect

the chapter," said Lempke, explaining that in one year's time, she and Vice President Jacob Sandman have increased the chapter's number of events and activities, which ultimately led to winning the Outstanding Chapter Award.

Sandman, a senior English major from Curtis, is beginning work as editor of the literary journal,

"The Carillon," published by Sigma Tau Delta. Sandman said the publication is an important compilation of student work that reflects well on UNK students. "It is a collection of poetry, fiction, creative non-fiction, literary

criticism and screenplays.

We present it at conferences and exchange with other schools to see what kind of work they are doing. It helps get our names out there."

Sigma Tau Delta is accepting submissions from students interested in having their work in "The Carillon" until Jan. 30.

# 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.

ind attained international popularity in 2005.										
		9			7	2				
	5		1	6			9			
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3				4		1	8			
	1		2		3		5			
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4		6			5	3		7		
	9			2	6		4			
		7	8			5				

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\*The School of Radiology curriculum requires two years as a full time student for completion. However, there are prerequisite classes that must be completed before admission into the program. See our web page at www.rwhs.org/SORT for more details.



Find answer on page 6

# Tebow Showdown



## MIRACLE MAN:

It's always Tebow Time. The quarterback has been a miracle for the Broncos, says Colorado native Lujan.

#### BY CHRISTIAN LUJAN Antelope Staff

If you are from Colorado, Sundays are meant for two things, church and Broncos' football. Proud fans join from all corners of Colorado to watch their beloved Broncos battle.

However being a Broncos fan is not easy for most people. A fan must support the team even if they are not doing so well. The Broncos have struggled, missing the playoffs the last four years.

Waiting around for the Broncos has been a real drag during the past few fall seasons. When you are so passionate about something and they fail, it feels as if the fans are affected by the team's loss.

The Broncos had no fight, and it appeared as if it would be another long season for The Denver Broncos' nation. The only hope the Broncos had was Broncos' 2010 first round draft pick Tim Tebow.

Tebow has been the crowd favorite since the beginning. Last year the crowd wanted Tebow and got him in the last four games of the year. Tebow would play in games, winning two.

This fall, quarterback Kyle Orton was announced as the starting quarterback, but in his first five games he would go a disappointing 1-4. The crowd would "boo" Orton as he walked on the field, and people would chant for the backup quarterback Tim Tebow. John Fox, the Broncos head coach, desperately needed a change. Pulling Kyle Orton and giving the fans what they wanted, he put Tim Tebow in.

Tim Tebow has rallied the Broncos to a 7-1 record in the last eight games, propelling the Broncos to the top of the AFC West division. Critics say Tebow is not your typical quarterback but my argument is that winning is winning. Tebow is a winner.

What Tebow is doing in Denver is short of a miracle. He has had three overtime wins along with four fourth-quarter comeback drives. "Tebow Time" is sweeping the country grabbing all different kinds

#### of supporters.

Tim Tebow changed a team with no hope into a top NFL team to beat this season.

Tim Tebow and the Broncos went into the first round against Ben Roethlisberger and the Pittsburg Steelers with the No. 1 ranked defense in the league. But for Broncos fans and a home field advantage the Broncos were as confident as ever.

The Denver Broncos had one of the most exciting games of the season with a 29-23 overtime win. After the first round of playoffs, Tim Tebow had the highest quarterback rating, comparing with Drew Brees, Aaron Rodgers and Tom Brady.

The Broncos faced the

New England Patriots in the second round. They ended up getting blown out by Tom Brady who set an NFL post-season record with six touchdown passes. This will bring the Broncos crazy season to an end. Tim Tebow during this season rose to the NFL's favorite player voted on ESPN. He also had the second highest jersey sale behind Aaron Rodgers.

Tim Tebow may not be the most fundamentally sound quarterback, but he is my quarterback. He is the Denver Broncos' quarterback and he gives the Broncos hope for the future. With the off season approaching, Tim Tebow can now work more with the team. Imagine giving Tim Tebow time to work with his team.

Blue and orange runs through my veins and I will always be a proud citizen of Broncos' country.



## **OVERRATED:** I don't get it. Tebow ranks among the bottom of the league as quarterback, says Borowski.

#### BY NATHAN BOROWSKI Antelope Staff

If you consider yourself a sports fan, you know the tale of Tim Tebow. If you watch ESPN for longer than 15 minutes you will most likely hear his name mentioned more than once.

He has been the topic of endless debates this NFL season. Ranging from his play on the field, to his faith on and off of the field, sports fans and commentators just can't seem to stop talking about him. For the most part these talks have no grey area. The tale of Tim Tebow is a tale of love and hate, there is no middle ground.

Without actually knowing the man it is difficult to make an argument about what kind of human being he is, and faith is something that

I avoid in arguments. But when it comes to his effectiveness as a starting NFL quarterback, logical arguments can be made simply by looking at his statistics this NFL season. His rookie season of 2010 can also be included in the debate, but for simplicities sake this article will focus solely on the 2011 season.

Two categories should be considered in the debate of Tebow as a NFL quarter, his individual statistics and the Denver Broncos overall record once Tebow took over as the starter. The Broncos went into Tebow's first start with a 1-2 record. They finished the season 8-6 and champions of the AFC West division going 7-4 with Tebow at the reins, a very respectable record for a starting NFL quarterback.

But then there are his individual statistics. Tebow's passer rating, according to ESPN, was 72.9 for the season, ranking him 28th out of the 34 quarterbacks who qualified. His completion percentage of 46.5 percent ranks 34th out of the same 34 qualifying quarterbacks.

This is the two-sided tale of Tim Tebow. His individual statistics rank among the worst in the league, but he wins. Arguments are made that the Broncos defense, running game, and even kicker are the ones responsible for the wins. But Tebow led his offense on six-game winning drives this season including five that were during fourth quarter comebacks.

Love him or hate him, you can't argue with statistics. And the statistics show that Tebow ranks among the bottom of the league as a quarterback, but the stats also show that he wins. However he has never started a full season in the NFL. So perhaps before judgment can be made about his ability as a quarterback, we should allow more time and more games to pass and let

to pass and let the tale of Tebow play out just a little bit longer.

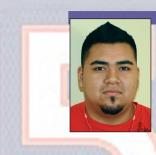
## Sports Layout by Kaytlyn Duden

#### STUDENTS WEIGH IN WWW. Give on Te www. WWW.

Give us your thoughts on Tebow on our new online poll! www.unkantelope.com



**"As a Christian**, I think if he is praying about the right things I don't think it hurts, but if he is praying to just win a game I don't think that's right." Michele Borden Arapahoe Freshman/ Speech pathology



**"Tebow wearing** his faith on his sleeve has no impact on how the team plays. Everyone has their own faith, but that doesn't change the outcome of the game." Ricardo Ramirez Grand Island Freshman/ Industrial distribution



"I'm not a religious person and his on field praying doesn't offend me. Other players have victory dances, maybe his thing is praying." Cassandra Geiger Holdrege Freshman/ Social work



"I think him praying or wearing his faith on his sleeve is cheesy, because it doesn't help him at all when he plays. He screws up a lot." Sydnee Freeze North Platte Freshman/ Radiography



"He is a good quarterback because he wins games, and that's what its all about. His leadership is what he excels at. I think his faith is good because it is something that can bring the team together, and a lot of teams can't say that." Zach Schultz Paxton Sophomore/ Business education



**"If he believes** it's helping excel his career, become a better person and a better athlete, then I don't see any reason he shouldn't be able to give thanks on the field, if that's truly what he believes." John McDermott Merna Junior/ Elementary education

# Planetarium takes audience on cosmic adventure

BY CAITLIN OSTBERG Antelope Staff

Star light, start bright, which start should I wish on tonight?

In the case of the UNK Planetarium, all of them.

Last weekend marked the beginning of the spring semester planetarium shows in the UNK Planetarium located in the Bruner Hall of Science.

This semester, two shows will be presented at the planetarium, "Night Sky Sampler" and "The Story of Winter."



Dan Glomski from Hastings will present the "Night Sky Sampler," which gives the audience a tour of the night sky. Glomski utilizes all aspects of the planetarium including a computer program

called Stellarium which

Guest presenter

DON GLOMSKI

allows a closer look at the stars.

"I try to give a theme to each one of these shows and the theme for this show will be the life and death of stars," Glomski said. "So we're going to travel the various places in the winter sky, visit some places where stars are born, some places where stars have died, and, of course, there's in-between as well, so we'll explore a lot of the sky."

Glomski says he enjoys the audience interaction that happens at each show through the question and answer period after the 30-minute show. "It's fun to get people involved in the show. I try to ask questions as we go along."

Members of the audience were also in awe of the presentation. "I love hearing the stories that the sky has and how they're related to ancient cultures," said Shelby Krause, junior art and English education major from Lincoln.

The second show this semester, "The Story of Winter," will be presented by Dr. Jose Mena-Werth, director of the UNK planetarium and professor of physics and physical science. This show will explore the winter constellations and the stories behind them.

Though every show is free, the planetarium does accept donations to the local food pantry.

"If you have food to donate to the hungry, to the homeless who desperately need it, obviously it's a nice thing to do, but it's not required," Glomski said.

The planetarium uses a state-of-

## PLANETARIUM SCHEDULE

The planetarium shows will begin at 7 p.m. and there will be encore shows at 8 p.m. if there is overflow.

"**Night Sky Sampler"** Friday, Feb. 17 Friday, April 20 Friday, May 11



the-art projector, which allows them to project nearly 6,000 stars from the northern and southern hemispheres. The planetarium was funded through a \$600,000 grant from NASA.

Reservations are not available for public shows and children must be five years of age or older to attend. No food or drinks are allowed inside the planetarium. Once a show has begun, no one will be admitted to the planetarium, and anyone who leaves during a show will not be re-admitted.

## Mortar Board, graduation deadlines

The application deadline for the May 4, 2012 graduation is Feb. 1. Applications must be completed on-line via MyBlue. The fee is \$25. Students must apply for graduation even if they do not plan to attend the commencement ceremony.

The candidate information sheets for juniors and seniors who want to submit for Mortar Board are due Friday, Jan. 27, 2012.

The national honor society recognizes college seniors for their achievements in scholarship and leadership and service and provides opportunity in these areas as well.

Mortar Board holds meetings every first and third Wednesday of the month at 5:30 p.m. and participates in service activities throughout the school year. Pick up applications from the Student Union, library, HSC- athletic office, MSAB- Admissions Office, any Mortar Board Member, www.lopers.net/student\_org/mortarboard, or OrgSync. Direct questions to McKenzie Wiese wiesemr@lopers.unk.edu or Dr. Amber Messersmith messersmitas@unk.edu.





Photo by Yena Oh

Members of the Korean Student Association of Kearney hosted an orientation for new Korean students to UNK on Jan. 20 in Centennial Tower East.



### Sudoku answer: Upside down, from page 3

6	9	G	4	3	8	L	2	ŀ		
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Z	2	3	G	ŀ	6	9	8	4		
4	З	6	٢	Z	G	8	9	S		
9	5	Z	З	8	S	4	٢	6		
2	8	F	6	4	9	ç	Z	З		
G	Z	9	2	6	3	٢	4	8		
3	6	4	8	9	٢	2	G	Z		
8	ŀ	2	Z	ç	4	6	3	9		

## Pipeline from page 2

# **Classified Ads**

## **Student Organizations**

Attention Juniors and Seniors: Mortar Board applications due Friday, Jan 27th. Check out OrgSync for Mortar Board. Mortar Board is a national honor society recognizing college seniors for their achievements in scholarship, leadership, and service.

## Employment

#### Can you unload it? Unpack it? Put it together?

Load it, Deliver it, Collect for it, Fix it, Move it, Clean it, Find it. Work inside, Outside, In cold, In heat, In a truck. If you want to do the same thing every day over and over, then move on, this job ain't for you. You will be do- ing it all and in all places. Be responsible for you. Bruce Furniture needs warehouse and delivery help. Part-time or Full-time. **Apply today. 2026 Central, Kearney** 

The Nebraska 4-H Camps at Halsey, Gretna, and Alma, are accepting applications for 2012 summer program staff. Lead outdoor programs - canoeing, tubing, rappelling/climbing, swimming, and many more.

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Initial application deadline: February 15. Applications received after deadline may be accepted until all positions are filled. Applications are available on-line at 4h.unl.edu/camp. For information call: (402)472-2846 or email: Ishearer2@unl.edu.

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## MLK from page 1

ber and a day to educate," Hill said. At the union, President of the Black Students Assoication Moses Moxey welcomed the group, and students read speeches from influential equal rightsadvocates. Some of the speeches included Sojourner Truth's "Ain't I a Woman?" delivered by vice president of the UNK Black Students Association Shandeana Pratt and "Letter from Birmingham Jail," a speech by Dr. King wrote while confined in a Birmingham jail in 1963.

At the conclusion of the readings, Hill, an Omaha native, addressed the crowd. Hill spoke of the legacy of Dr. King, admitting that she could never possibly do it justice through her words. Hill also addressed the idea of inequality still existing in America today. She pointed out alarming numbers that show the difference between Caucasians and African Americans within correctional facilities around America. Hill also pointed out unfair legal consequences that have seemed to be harsher for possessing a drug more commonly found within the African American population, like crack cocaine as opposed to powdered cocaine, which is more prevalent among the Caucasian population.

"There are so many different ways in which people can be unequal," Hill said. "There's racial, economic, gender and education. There is so many ways in which a person can be discriminated against, and that what we need to understand."

Hill hopes that in remembering an idol like Dr. King, people will understand that the fight for equality is ongoing. She mentioned that If Dr. King was here today he would agree that much progress has been made, but that there is still a lot more work to be done.

Cornell Leffler, a junior psychology major from Lincoln was proud to come together to remember Dr. King.

"It's always good to come together like this when we're in such a predominantly white community," Leffler said. "It doesn't matter how big our group is here, it's just about coming together and paying our respects."

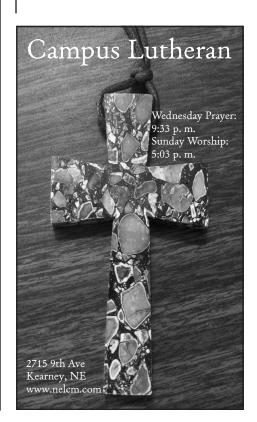
As people shuffled out of the union and continued on with their Monday nights, the song "We Shall Overcome," was sung by 30 or so people in attendance who united through the verses sung on protest marches and in sit-ins, through clouds of tear gas and under rows of police batons. They joined the words that brought courage and comfort over the past 50 years to bruised, frightened activists as they waited in jail cells, wondering if they would survive the night. XL Project praised Obama Wednesday saying it's about time someone stood up to the oil industry. Many of these kind words directed at a liberal president came from Nebraska citizens, a very conservative state.

Mitt Romney, one of the favorites to run against Obama in the 2012 election, was one of the first to voice his opinion on the matter. He accused Obama of not caring about the lack of jobs in the U.S., while Romney simply failed to mention the effect the pipeline would have on us in Nebraska.

If anyone seems to be worried about the next election too much, the finger should be pointed at Romney. A conservative who sometimes touches ground on the liberal side, Romney seems to be disagreeing with everything Obama decides, just to earn that independent vote. Let's just wait until he comes campaigning in Nebraska with his promises of caring for the little people. I don't see a whole lot of that right now.

The Keystone XL Project will be back before long, with TransCanada already saying they plan to appeal the decision with an alternate route, but honestly I wouldn't expect too much to change.

President Obama has made his decision and if the Republicans refuse to compromise and be willing to bend, I have a feeling Obama won't be willing to break.







#### BY AARON URBANSKI Antelope Staff

It could be time to spend \$10 on yourself and begin the new year on track to a healthier weight and regular exercise.

That's a bargain for many carrying around a few unwanted pounds from the endless sheets of sugar cookies and slices of pumpkin pie.



That's why Bryce Abbey and the Health and Wellness Department are teaming up with campuses across Nebraska and Iowa to give UNK employees and students a chance to get back on track with a healthy balance of diet

and exercise.

"The Employee and Student Weight Loss Challenge is an Internet-based program where the individual will log his or her weight and total amount of physical activity for the week," said Abbey, who coordinates the Employee and Student Health and Wellness programs and is the assistant director of the Human Performance Lab located in Cushing Coliseum.

Each participant can choose to complete the challenge alone or compete alongside fellow UNK friends and family

# Win prizes, self-esteem



Photo by Aaron Urbanski

Chris Deans, from Hemingford, completes his final rep of flies on Jan. 23. The Cushing Facility is open from Mondays thru Thursdays from 7 a.m. - 6 p.m. and Fridays from 7a.m. - 4 p.m.

on teams ranging from 2-10 people. "The goal is to get people active and develop better exercise habits and healthy choices," Abbey said. "We're trying to help people build themselves into better habits. Once they reach their weight loss goals, we've seen people start feeling better about themselves and more confident in maintaining a healthy lifestyle." The program's three years of success speaks for itself. "The program has been able to successfully help 149 participants lose a total of 854 lbs and log over 600,000 minutes of physical activity," Abbey said. But the benefits don't end there.

Upon registration individuals will receive a free T-shirt, a one year subscription to a variety of promotional



magazines through the program, and access to many helpful dieting and exercise tools available through the Live Healthy Nebraska website. Every participant recording a minimum of 5 percent body fat loss will be entered into a drawing to win either an Apple iPad or a Kindle Fire. In addition, those who log a total of at least 2,000 minutes of physical activity through the Live Healthy Nebraska website will also be entered into a statewide raffle for an Apple iPod Touch.

The cost of the program may be the greatest benefit of all. Participants can register for the 100-day program for only \$10 now that the 5,000 \$5 coupons are allocated. To register for the Live Healthy Nebraska Weight Loss Challenge, visit www. livehealthynebraska.org. Then enter the UNK corporate code between now and the first week of February.

Employees participating in the challenge will be required to visit the UNK Human Performance Lab for their initial weigh-ins beginning Jan. 23 and 24. Students will not be required to visit the HPL for initial weigh-ins, but will instead use the "honor system" and can enter their weights from home.

For more information, Abbey can be contacted via email or telephone at 865.8177 or at wellness@unk.edu.

# Memorial Field to add new turf for 2012 season

#### BY ERIK SWAZO Antelope Staff

This spring, baseball fans will notice some changes for the Loper baseball program. Not only will there be new faces on the field, but also the field itself will look different as a new AstroTurf has been installed.

The new turf replaces the FieldTurf surface installed in 2005. That surface, which covered the infield and foul ground between the dugouts, backstop and baselines was football turf, said Head Coach Damon Day. Where it was adjacent to the dirt base paths, "we weren't able to keep the dirt out of the turf," he said.

The new turf includes dirt-colored carpet on the base paths out to adjacent outfield grass. The turf also covers the pitching mound, batters' boxes and home plate areas. Besides the Lopers, four American Legion teams use Memorial Field for practice and home games.

Junior catcher Chandler Klute, who was named RMAC Co-Freshman of the year in 2010, said he is very pleased that the new turf was added to Memorial Field. "The turf is a great addition to our baseball facility. A great thing about having turf during the spring is that it's always made available to play under any weather conditions. Being able to practice outside barring extreme weather conditions is also very important. It allows us to prepare each day for our upcoming weekend games."

The turf infield and base paths will make playing at Memorial Field safer, too. With dirt, players often created divots around the bases and the pitcher's mound. Rain and wind created uneven spots.

The Lopers will open up at home March 9 against New Mexico Highlands.



Photo by Fred Arnold

Built in 1946, Kearney's Memorial Field is home to the UNK baseball and softball teams, as well as local American Legion teams. The field's new AstroTurf surface replaces the old field turf, which was installed in 2005. The new turf covers all of the infield, including base paths, and foul ground.