



# the Antelope

THE UNIVERSITY OF NEBRASKA KEARNEY

## UNK showcases diverse sports

International Sports Day introduces Americans to kendo and sumo wrestling

Photo by Kathlene Jordan  
Hiroaki Kobe (left) and Reo Sakamoto (right) display their kendo sticks.

Audio Clip

Julia Stumkat  
Antelope Staff Writer

The International Sports Day brought different cultures to UNK students and the Kearney community. Japanese students explained and performed various kinds of sports from their country at the UNK Cushing Coliseum on Feb. 15.

Emi Nishimoto and Masato Asanuma, both sophomores at UNK, performed ping pong. They said that they participated in the sports day because it is a good way to get to know each

other.

"I wanted to show sports from my country to American people," Nishimoto said. "By playing sports, we can educate and communicate with each other."

Besides ping pong, badminton and judo, the audience also learned about kendo and sumo.

Hiroataka Segami, board member of the Japanese Student Association at Kearney (JAK), said that kendo is a Japanese sword fight that is based on techniques of Japanese samurais. Two people compete with each other. One scores points by a blow to the hand, chest, head and throat. The fight takes four minutes. The goal is to score two points.

Sumo wrestling is the national sport of Japan. Segami, an engineering major, said that two wrestlers compete with each other. The competitor, who pushes the other person out of the ring or makes the person's body touch the ground, is the winner.

The sports day attracted different groups of people such as children, parents, professors and community members, as well as international students.

Gayle Rawlings, secretary at the Counseling Center on campus, came with her three daughters, her granddaughter and her son-in-law. She said that her family attended the International Sports Day to experience diversity.

"We live in the Midwest and do not have a lot of diversity," she said. "There is more in the world

than Kearney, Nebraska."

The International Sports Day also benefited international students.

"International students can share their cultures with other people," Rawlings said. "It gives them a better feeling of belonging to UNK."

Melissa Nelson, a freshman at UNK, said that she and her friends wanted to meet international students and learn about their cultures.

"It puts you outside your normal element," she said.

The International Sports Day was organized by JAK and Jayne Heimer, the international event coordinator at UNK.

Heimer said that the sports day brought people with different cultures together and made them interact with each other by doing sports.

"I want to promote events that help the Kearney community and UNK students to connect to other cultures," she said. "I wanted the audience to learn about other sports and become interested in other cultures through sports."

Another aspect of the International Sports Day was to integrate international students in the Kearney community. Heimer also organizes international events to find host families for international students.

She said that Americans are more willing to open their homes for international students after they have attended an international event.

Heimer added that finding a host family does not mean that the student lives with the family. It means that the student meets with his or her host family at least once a month to talk to each other and do something together to learn more about each other's countries and cultures.

For further information on host families for international students, contact Jayne Heimer at (308) 865-8835 or heimerjm@unk.edu.



Photo by Kathlene Jordan  
Senior Hiroaki Kobe (left) and freshman Reo Sakamoto (right) demonstrate kendo.

## Future is unclear for Nepalese students

Brittany Thalls  
Antelope Staff Writer

Even though the kingdom of Nepal is halfway around the world, there have been some recent events in that country that may affect a number of UNK students.

On Tuesday, Feb. 1, King Gyanendra Bir Bikram Shah, the current king of Nepal, dismissed Nepal's government and declared a state of emergency. After taking control of the constitutional monarchy of that country, he suspended several provisions of the constitution, including freedom of the press, speech and expression, peaceful assembly, the right to privacy, and the right against preventive detention, according to USA Today.

There are over 20 international students from Nepal at UNK, so this situation might have a very personal outcome for those students.

Ojashwi Shrestha, a 22-year-old student from Nepal, hails from the country's capital of Kathmandu. She has been in the U.S. for five semesters, two of which were spent at the University of Wisconsin-Whitewater, and three at UNK.

She said that the government in the country has been unstable for some time because of the struggle with the Maoist terrorist group.

She said that some people think that the overthrow will be good for the country and some think otherwise. "It can be both positive and negative," she said, "because the king took over the politicians, and they weren't taking care of the country."

Shrestha's father is a former member of the National Council of the Nepali Congress Party. For this reason, she said that she has seen the effect the self-seeking politicians can have on honest men.

When the country first began its establishment of democracy in the early 1990s, the Nepalese people had very high hopes for what the new system of government could do.

"It is a poor country, and they hoped that this might change things within the country," Shrestha said.

"If [the] king can take care of the Maoist group and the politicians who just want to take care of themselves, then it's a good thing,

**"It is very difficult for me to say what will be the impact of this step taken by the king on the future of Nepal."**

**-Manish Pandit  
Nepalese UNK student**

but only he knows if he can," Shrestha said.

Former UNK graduate Binaj Gurubacharya is now an Associated Press correspondent stationed in Kathmandu. A 1995 graduate of the university, he now reports stories for the AP in Nepal and around South Asia.

Gurubacharya, through e-mail correspondence, said that the press is under censorship and that he is prohibited to write anything against the king or the government. The threatened penalty is a jail term if they are found violating the order. However, he has some advantages since he works for an international media.

"They have not directly threatened me," he wrote, "and I continue to work as freely as I can." Gurubacharya's stories have been critical of the king, though, and he is still in a hostile situation.

Gurubacharya said that all through his education at UNK and his experience in "real life journalism" he was taught about the freedom of the press.

"Working under government censorship was something I was not prepared for," he wrote.

He is aware that he could be arrested any day, but said he believes that the number one responsibility of journalists is to write the truth. He said that the situation has given him a chance to be a real journalist, reporting real stories and being right in the middle of the conflict.

"For me as a journalist, my byline is being printed in all the major newspapers in the United States. I guess the bylines there are my trophies of being a successful journalist," Gurubacharya wrote.

Manish Pandit, an upperclassman from Kathmandu, said that the situation in his country is of considerable concern to him and other students he knows that call Nepal their

home.

Pandit has been in the U.S. for about four years now, having spent one year studying at the University of Kentucky before he came to UNK three years ago.

When asked about the possible repercussions that this overthrow might have on himself and his family and friends at home, Pandit said, "It is very difficult for me to say what will be the impact of this step taken by the king on the future of Nepal."

Since the overthrow, Pandit said that the king took over all of the country's communication within and out of the country and controlled the rest of the media by way of the Royal Nepalese Army.

Pandit also said that no one has any idea exactly what was going on. "Nepal was totally isolated from the rest of the world and Nepalese within the country were isolated from the news since all the communication was down," he said.

Photo by Stephanie Queen  
Prajwal Pradhan, a sophomore from Kathmandu, Nepal, is one of several Nepalese students at UNK facing an uncertain future.



# Just the facts... please!

## ACROSS

3. He was the only one who knew about "the evil that lurks in the hearts of men."

8. This is the official name for stamp collecting.

10. The most popular of Mattel's miniature cast-iron cars, and it was actually produced by the toy company before being introduced by General Motors.

11. A true American success story, she debuted at the American Toy Fair in New York City in 1959, but grew out of a garage operation.

12. Much like crocheting, one uses a spool to do this rather quiet pasttime.

15. If this comic character were president, "There's by a least 10 months of June for folks to spend their honeymoon."

16. Some marketing person even figured out how a rock could become part of the household: \_\_\_ rocks.

18. This is the oldest of Marvel Comics, a member of the amphibious humanoids living on the oceans' bottom, and six months older than the company itself.

20. If you collect these paper designs, you will eventually have a history of costuming throughout the ages.

22. She was first created as a dog character, but her figure is modeled after Mae West and her voice taken from Helen Kane, the "Boop-Boop-a-Doop Girl."

23. Some people would rather just do this than wish they had done it.

24. This hamburger-eating friend of Popeye was sure to repay the debt on the second Tuesday of next week.

25. The headwear that a lot of Nebraska farmers collect.

27. This refers to the Japanese art of paper folding.

28. The head of this animal on nickels issued from 1914 to 1938 make this coin valuable.

29. One of the first cards upon which Lou Gehrig found himself in 1933 was the fore-runner of the modern-day collectible card.

31. Giants runner Merkle Boner found himself linked to caramel collectibles after missing second base in a 1908 pennant game with the Chicago Cubs.

34. This half dollar with a president's like-

ness was first issued in 1964.

36. During the Depression, a Pennsylvanian showed this game to Parker Brothers; a year later, it was the most popular boardgame in America.

37. Big John's erstwhile companion on the Cincinnati radio show that developed throughout the 1950s for radio listeners.

38. In these books, collectors find super heroes.

43. The other side of a knit stitch in a game hat.

44. This kid was the hero of the first Sunday comic strip during the Pulitzer/Hearst newspaper wars.

46. Jack Kirby created the comic character that would launch Marvel.

47. In the movie "Hear No Evil," Marlee Matlin hunts for "the \_\_\_ coin in the world."

48. This comic book company was founded in 1939 under the name of Timely Comics.

## DOWN

1. The first one was known to the people of the South Sea Islands, who used it to catch fish, attaching bait to its tail.

2. Jeff's working-class buddy in the comics, a printed precursor to Laurel and Hardy.

4. This hip toy was invented with the rock-and-roll dance craze in 1957.

5. The name of Huey, Duey and Louie's mother, who is Donald Duck's sister.

6. These puffers were made of candy — until someone protested that it might unduly cause children to begin smoking in their teens.

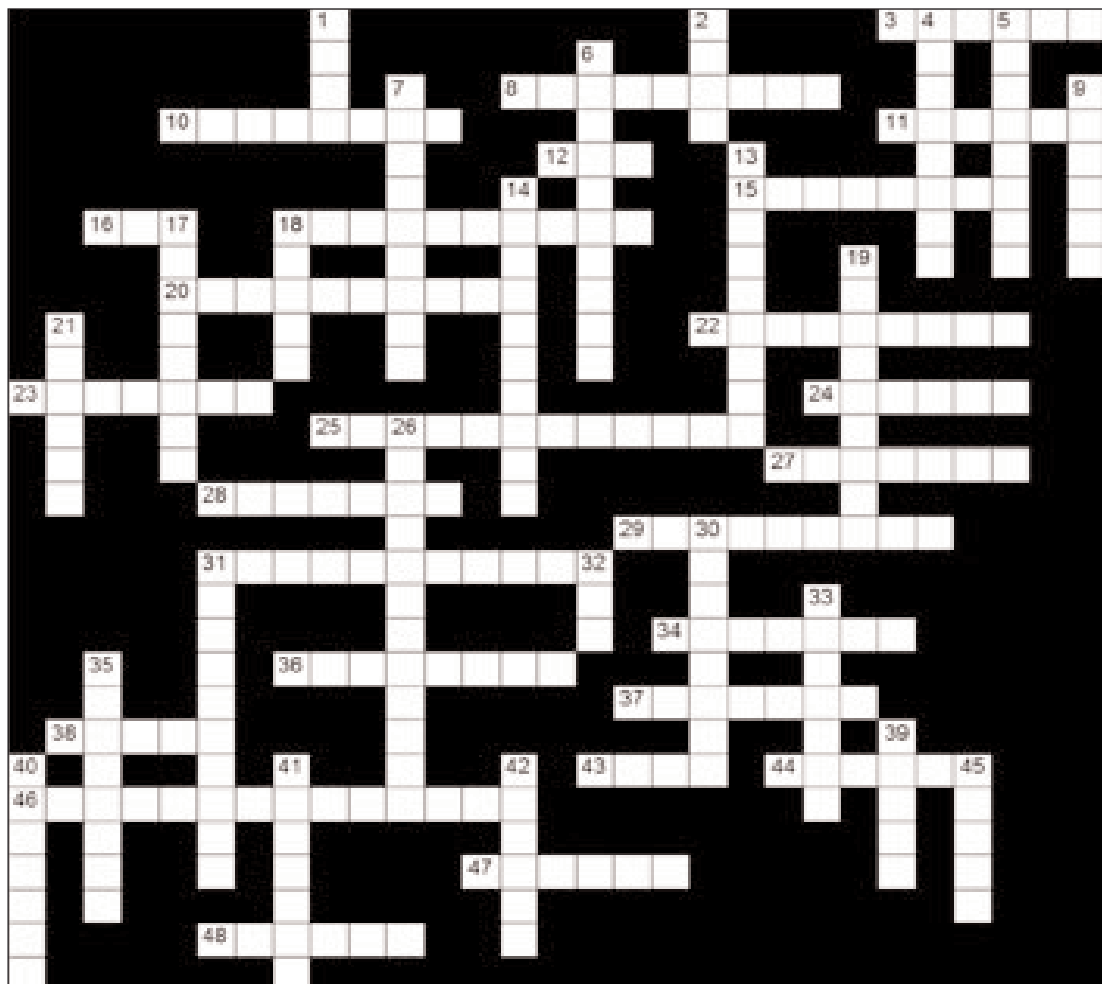
7. History buffs know that this is the first name of Willie, the first Mickey Mouse to appear at the Colony Theatre in New York City on Nov. 18, 1928.

9. You have only half of this collectible if you are looking for a salt holder.

13. The first sixteen models of these cars sold for 59 cents each in 1968, featuring red-line tires and spectrafame paint.

14. This stamp of the Hawaiian islands was used by those teaching Christianity; a 1851 2-cent version of this stamp is about \$760,000 in unused condition.

17. What a comic book collector in Italy



might call Mickey Mouse.

18. Another term for shooting clay pigeons.

19. George Bush's aerial hobby.

21. A newspaper in Georgetown of this former British colony printed this one-cent 1856 stamp; today it's rare, auctioned in 1980 for \$935,000.

26. This coin minted in 1878 is now worth as much as \$3,014.

30. The type of collectible card in which Mickey Mantle would be depicted.

31. The packrat's creed: "One is a dust-catcher; two is a \_\_\_."

32. This guy is on his own now that his doll of a girlfriend has become a career girl who has a new surf-boarding admirer from Australia.

33. If you cook as a hobby rather than a vocation, you had better collect these.

35. The first mall was the Country Club

Plaza, founded by J.C. Nichols near Kansas City, Mo., in 1922 — and this new full-time pasttime was born.

39. Comic collectors know that his was Minnie Mouses' dog before he became Mickey's pet in 1931.

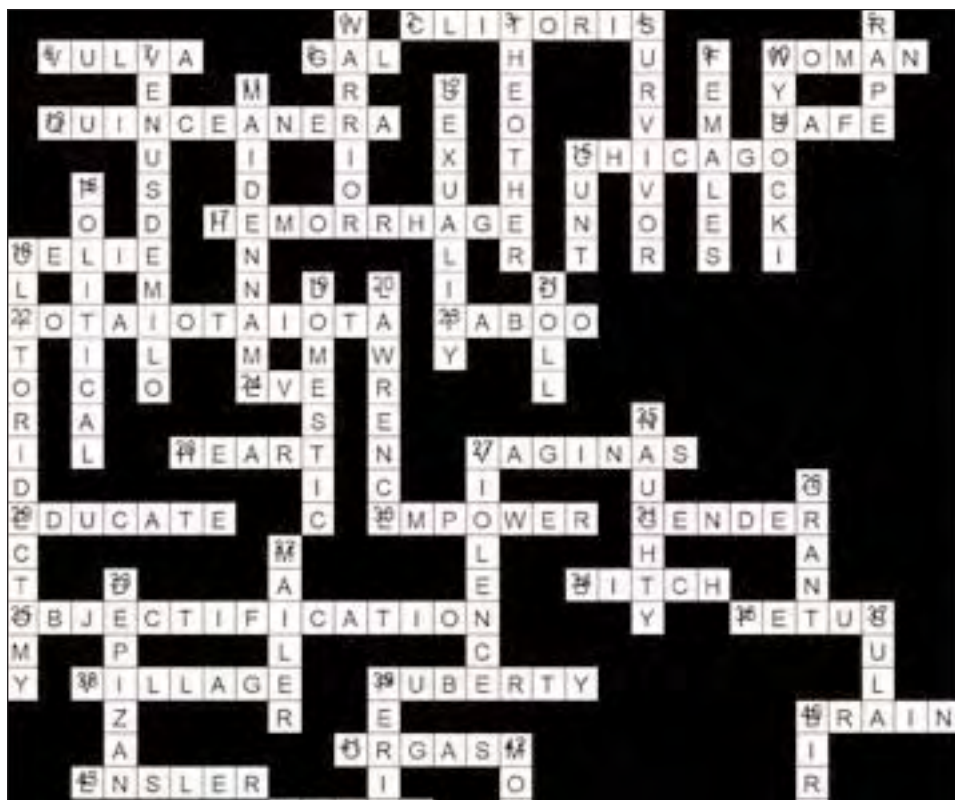
40. The first letter of this comic character's name is a dollar sign, and he would be happy to know that his comics are getting more valuable every day.

41. Test pilot Hal Jordan's Green surname; he was one of the founding members of the Justice League of America.

42. The first model of the diecast autos sold by Mattel featured this model of the Chevrolet.

45. This U.S. one-cent coin was issued with an Indian Head from 1859 to 1909. Afterward, it has had \_\_\_ on the reverse and Lincoln on the front.

Find out  
if you're  
sexually  
aware.



## Classifieds

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To share 3 bedroom apt. close to campus. No smoking, No pets 1/3 rent & utilities. Available 3-1-05 Call for info:(308)237-5029 Leave a message

**Apartment for rent**  
3 Bedroom/2 Bath, Very Nice, 1 block from UNK, Coin Op. Washer/Dryer, Off-street Prk, Central Air, \$600 + elec. No Smoking, No Pets, 1019 West 22nd St, call: 308-237-3520.

**See your classified ad here!**

## Campus Briefs

The UNK dance program will present "An Evening of Concert Dance" on Feb. 25 and 26 at 7:30 p.m. The performance will take place in the UNK Miriam Drake Theatre at 7:30 p.m. For more information contact the box office at (308) 865-8417.

The UNK Music Department will host an open house on Feb. 26 from 1-5 p.m. Festivities include a symphonic band concert at 3 p.m. in the Fine Arts Recital Hall. For more information contact Dr. Jan Harriott at (308) 865-8608.

There will be a Jazz Café and free dinner on Feb. 26 at 6:30 p.m. in the Nebraska Student Union Great Room. For reservations contact the Office of Multicultural Affairs at (308) 865-8127.

The UNK Choraleers will present a concert on Feb. 27 at 3 p.m. in the Fine Arts Recital Hall. For more information contact Dr. David Bauer at (308) 865-

8609.

The UNK Chess Club will meet on Feb. 28 at 7 p.m. in the main entry of the Nebraskan Student Union.

The Museum of Nebraska Art presents "Neil Waldman: Story Illustrations - The Plains and More" on Feb. 25 at 3 p.m. This event is open to the public.

A newly formed Kearney Area Peace Group will meet on Feb. 24th at 7:30 p.m. in room 101 of Bruhner Hall of Science. The Wall of Remembrance, honoring our soldiers who have lost their lives in Iraq, will be on display during the meeting and throughout the day.

The Scott and Sheryl Morris International Food Festival will take place Sunday, March 6th in the Cushing Coliseum from 5-8 p.m. This event is presented by the International Student Association with support from Morris Press and UPPF funds.

## He said... She said...

What is your favorite thing about UNK, and why is it your favorite?



**Sara Phipps**  
Grand Island freshman

"Meeting new people. It's more diverse to be around different types of people."



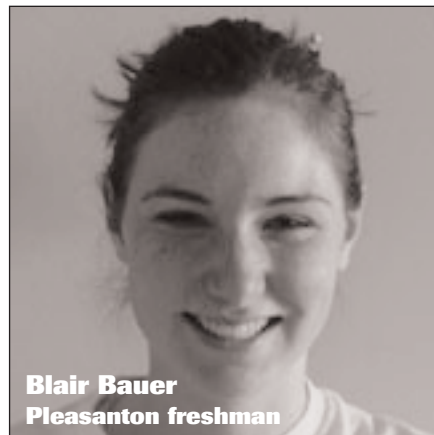
**Danny Smith**  
Blair freshman

"It's a small enough campus where you get to know people."



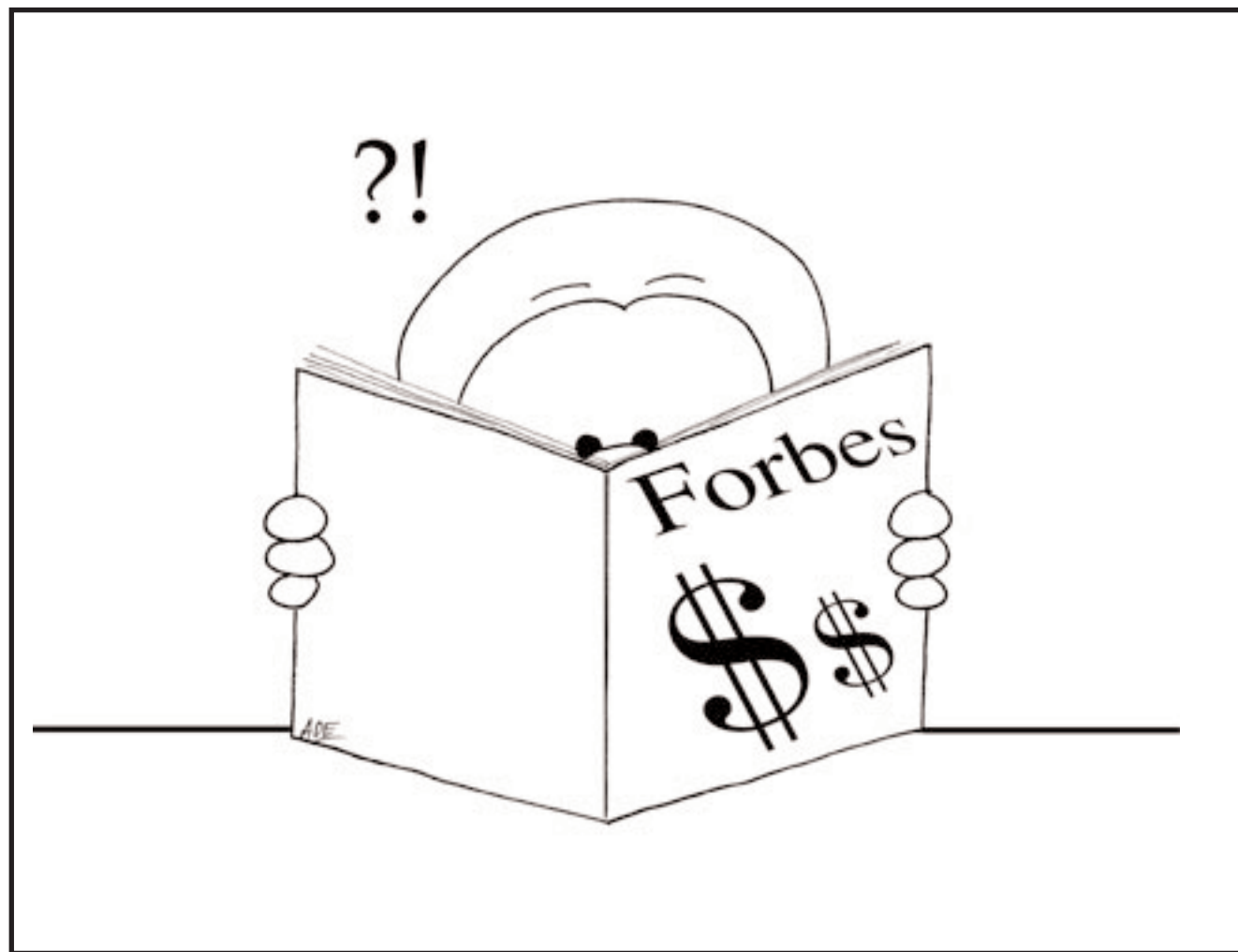
**Tyler Turnpike**  
Dwight freshman

"Going to sociology class, believe it or not. The teacher is really out there, and we have really cool discussions. Oh, and getting laid too."



**Blair Bauer**  
Pleasanton freshman

"I'm a graphic design major, so my favorite part is how experienced the professors are and how well they communicate with you and give you ideas."



**UNK Public Safety, Inc. reaches Fortune 500 status using what they refer to as "cutthroat ticketing tactics" and "the refusal to be reasonable."**

# Top five things to do before I die



**Lesley Crutcher**  
Antelope Sports Editor

look at to top it all off.

## No. 2: Marry a major league baseball player

This one might be a little bit of a challenge, but the best things come from challenges. I see myself working my way up the media relations ladder in some major

league town.

Eventually I will be head of the department and have full access to all the players (for media purposes of course), and one will fall madly in love with me without my even trying. Although my future ballplayer will be worth zillions of dollars, I will still keep my job and our net worth will be astronomical. After all of this I should be able to accomplish all of the other things on my list. Money is a slight setback to achieving my goals.

## No. 3: Go to Australia

This might be the one I am closest to closing the deal on. As I

already said, money is about the only thing that could keep me from landing this item.

I am currently in the process of applying to study at Deakin University in south Australia. Deakin is about an hour south of Melbourne right across the street from New Zealand. They have a public relations program and several classes that are comparable to UNK classes that I'm required to take. Although studying in Australia will keep me at UNK for an extra semester, I consider it a very important opportunity to take advantage of. How often does a student get the chance to be in the student population at a University in another country? Especially Australia, which is basically on the other side of the world. One of the many perks to Australia is that surfing is a huge part of the culture of the area around the University. Might as well kill two birds with one stone, right?

## No. 4: Travel the world

This is just a given for me. Although this one and No. 3 may go hand in hand, I see them as two different experiences.

I have already spent time roaming the UK, Canada, Mexico and most of the 50 states, and I have loved nearly every minute of it. The only thing that can keep me down when I am traveling is the severe cases of jet-lag I seem to acquire.

My father had to tell me what I saw when I visited St. Andrews golf course in Scotland because I found myself incapable of keeping my eyes open. Our country is amazing but there is so much more history in European countries. There are buildings and structures in Scotland that are thousands of years old and are still standing. There is so much to see beyond our country and most people will never have the opportunity to see it.

## No. 5: Learn to play the guitar

I have already begun to chip away at this one, but it is a heck of a lot more frustrating than I thought it would be. I am a huge classic rock fan so after seeing Eric Clapton in concert last summer, I decided I could do that too. I can't.

My fingers and my mind disagree, and without the relationship, my guitar-playing sounds like

someone scraping a fork across a dinner plate.

The guitar in some America, Bob Seger and Pink Floyd songs really inspire me to pick up the guitar, and my friends and family and my own eardrums and fingers have inspired me to keep putting it back down.

I'll figure it out one of these days, and you'll be putting my albums on your iPods right next to Jimi Hendrix and Clapton himself. Maybe not, but this one will happen in good time and you can quote me.

Of course there are a million things I want to do before I die. Have kids, graduate from college, win the lottery and all the usual things. These are just a few of the more entertaining ones to share with you all.

Words of advice: Do not ever let anyone tell you that you can't accomplish something you truly have a desire to accomplish. Stick to your guns, and if the opportunity presents itself, don't be a fool by ignoring it. You'll regret it later. Go make your own list and then get to work!

## Readers' Opinions

I read with empathy and growing unease the article about Ken Gallagher. Ken was my beloved friend and my feelings of profound loss have yet to fade. However, an article that publicly discloses (without regard for how it may affect his family) the content of private conversations that Ken had with a student and friend does precious little to illuminate his life or his death. No article would be sufficient to pay tribute to the man Ken was, and no article can explain the choices Ken made.

Having extended that caveat, I will nonetheless share

some things that I think are meaningful. Ken was kind, sensitive and caring. He loved his family and friends with great passion and joy. He liked strong coffee. Ken was also an amazing student—of academics and of life. He was a brilliant writer and a musician. He liked summer sausage and cheddar cheese. He possessed a keen, sharp wit and would often amuse others with his plays on words (once setting two dimes on his desk while Dr. Enns was discussing paradigms). Ken was easy to love.

Ken was also suffering from depression and anxiety.

These are mental illnesses and, like diabetes and other physical illnesses, they are not remedied through sheer desire or willpower. Ken did not kill himself because of personal problems or because of any selfishness. Like all of us who loved him, Ken was betrayed by illness—an illness that prevented him from seeing the temporary nature of his pain.

Queen's article rightly encourages anyone who is suffering from depression or thoughts of suicide to seek help. If this is you or someone you know, get help immediately. UNK has an exceptional counseling center with compassionate and knowledgeable staff. Student Health can also help.

I'd like to address just two more things. I object to the manner in which Queen referred to her personal religious beliefs. It felt like proselytizing and seemed in particularly poor taste given that it was so very incongruent with Ken's spiritual beliefs. A better, more inclusive and culturally competent way to express such a sentiment might have been, I wish Ken had found comfort through his faith.

For, in truth, would it matter whether it was his faith, Queen's faith, or a magic eight-ball that comforted him? One of the things we do on campus and in society is to divide along lines of differing beliefs. I believe this is destructive to the fabric of liberty, but, more importantly, it is an isolating force. The implication is that help, comfort or salvation is only available to some people. I question the goodness of any belief system that excludes others. I am particularly troubled by how this might harm people who are already vulnerable.

Lastly, I recognize that Queen's article was an expression of her grief, her questions and her fondness for Ken. While I may not agree with some of the things she wrote, I know firsthand the grief, the questions and the loss. And, in this way, I stand with Stephanie Queen and so many others, as we honor Ken's memory, as we mourn his death and as we call to each of you to get help when you need it. Our world is different—it is less—because Ken is gone. Each one of us matters. Each one of us is special and important. I'll tell you all what I can no longer tell Ken: This world needs you. Take care of yourself.

**-Laura Logan**  
UNK student

the Antelope

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Contributions to "Readers' Opinions" must include the name of the writer, as well as the writer's phone number, home town and affiliation with the college. Phone numbers will not be printed but are necessary for verification. Deadline for publication is Monday at noon. Submissions past deadline will be printed in the following edition. *the Antelope* staff reserves the right to edit contributions to "Readers' Opinions" for grammar, spelling, content and length.

Letters to be printed should be sent to:

**Readers' Opinions**  
c/o the Antelope Editor  
Mitchell Center  
University of Nebraska at Kearney  
Kearney, NE 68848

# Chen uses love to teach violin

**Photo by Kathleen Jordan**  
Ting-Lan Chen concentrates hard while playing the violin at her recital on Feb. 20. Chen uses the Suzuki method while performing and teaching violin.

**Megan Kulhanek**  
Antelope Staff Writer

Ting-Lan Chen, an assistant professor in the music department, performed a violin recital for an audience at UNK on Monday, Feb. 20.

Chen performed pieces by Alfred Schnittke, Nicolai Medtner, Karol Szymanowski, and Maurice Ravel for the Concerts-On-The-Platte music series. Many of the selections for the performance were contemporary pieces with a great deal of dissonance.

She enjoys playing all types of music including more harmonic pieces as well as the more dissonant notes of the music. "I play the violin because it is so like human speech. When I play the piano I strike a key, and I can't control what happens after that. The violin is like

singing. I can continue to change the sound. It's more flexible," Chen explained.

Christina Strober, a home schooled fifth grader from Kearney, said, "I really liked the music. I could tell when the music was changing. Sometimes it sounded like

Prior to coming to UNK Chen performed as a chamber musician, orchestral performer and string pedagogue, or teacher.

Chen joined the UNK music faculty in 2004. "The program fits my personal goals. I'm excited to build the program as a strings professor," Chen said.

UNK currently has eight students of violin, but Chen hopes to help the music program grow through her talents with stringed instruments. Chen is a certified teacher of the Suzuki method. She described this method as instilling a love for music in each student. Instead of immediately trying to make them into professional musicians the method tries to help ensure that each student loves music.

Chen spoke of everybody's ability to learn to play an instrument. Also, the student is surrounded with music all the time. She said it was very easy to learn, and reinforces the positive comments. Chen said, "When you are teaching a child to talk you only give them positive feedback. The Suzuki method is based on this belief. Only tell the student what they are doing well."

The next recital in the Concerts-On-The-Platte series will be held on March 10 at 7:30 p.m. in the Fine Arts Recital Hall. Professor Nathan Buckner will be performing a faculty piano recital.

For more info on UNK's music program, visit [www.unk.edu/departments/music/homepage.htm](http://www.unk.edu/departments/music/homepage.htm).

*"I play the violin because it is so like human speech...the violin is like singing."*

**-Ting-Lan Chen**  
Assistant professor,  
UNK music department

the person writing the music read the book, 'The Lion, the Witch, and the Wardrobe,' and then put it to music."

Ellen Anderson, a freshman marketing major from Ogallala, said, "I could feel the music through the facial expressions of the violinist."

Chen began playing the violin when she was nine years old. She initially began playing the piano, and had to choose a minor instrument to learn. She chose the violin, and it soon became her primary instrument.

As a child learning the violin, Chen practiced six or seven hours per day. Now as a professor she only has time to practice about two hours each day.

**Photo by Kathleen Jordan**  
Ting-Lan Chen, at left, and her accompanist, Dr. Nathan Buckner, at right, played many types of music at the performance, including melodic and dissonant pieces.



# Athletic trainers prepare at UNK

**Mike Saniuk**  
Antelope Staff Writer

Taking care of about 400 student athletes at any given time seems like an overwhelming job, but is all in a day's work for the University of Nebraska at Kearney's athletic training room staff.

The University of Nebraska at Kearney has a long tradition of strong athletic programs, including nine straight Rocky Mountain Athletic Conference All-Sport Titles. Helping student athletes overcome injuries, teaching them health knowledge, and keeping them healthy are tasks that rest primarily on the athletic trainers at the university.

"We work in prevention, care, knowledge, treatment and rehabilitation of athletic injuries," Bill Murphy, head athletic trainer, said.

The athletic training room has a lot to offer the university's athletes. "We have various modalities such as ice and heat for every day use," Murphy said. "We also supply our

athletes with ultrasounds, compression boots, electrical muscle stimulation, along with anything else you could find in a physical therapy department. All of this comes at no charge to our athletes."

Working side by side with the athletic sport teams are a group of about 60 individuals that make up the staff in the athletic training room. Bill Murphy is the university's head trainer. Murphy's assistant is Roy Stutz. Both of these men are "Athletic Trainer Certified," or ATC.

The training room also has three graduate assistants who are ATC. These assistants are Travis Webb, Jason Ensrud and Abbey Miller. Each individual works very closely with injured members on the teams.

"We see about 60 people a day in the training room," Webb said. "Most of the people are here on a continual basis. However, you always have about 10 people a day walking in with new injuries."

Along with these individuals,

the training staff has a director of curriculum, Dr. Scott Unruh, and a clinical coordinator, Kathy English. Both Unruh and English are "Athletic Trainer Certified."

Helping out in the training room and on the sidelines are about 50 students working and studying to become certified as athletic trainers. These students take advantage of the university's unique program, which is one of 300 schools in Division I, Division II, Division III, NAIA and Junior College that has a certified athletic program in which students can take classes to become athletic trainers.

Currently the University of Nebraska at Omaha is the only other school in Nebraska that has a certified athletic trainer program.

"This program is a great way for the students to work up close with the athletes. It is a way to get connected with something they love. When you see an athlete get hurt, go through rehabilitation, and then step back out to compete again, it is really rewarding," Murphy said.

**Photo courtesy of Sports Information**  
The athletic training room at UNK houses injured athletes and those seeking rehabilitation during the many sports seasons. Trainers work hard here to prepare for their future jobs as athletic trainers after college.



# Find some fun at UNK or away

**Jonathan Schilling**  
Antelope Staff Writer

It's not every weekend that one can take a leave of absence from Kearney. So when this happens, you've got to make the most of it. While the break from Kearney may be necessary, it's a good idea to try to and make your break stand up to the standard UNK weekend. This past weekend was that time for me.

For starters, let's analyze the average weekend for a 21 year-old UNK undergradu-

ate.

On Friday, you will finish your classes, get some supper, and then find some friends to discuss the agenda for the night. That agenda may contain anything from a quiet night at home to a crazy night out on the town.

Your plans for Saturday depend on how crazy Friday night was. Saturdays are difficult for plan-making. If you are a true college student, however, you would do whatever you could to have as much fun as the night before.

Of course this all depends on your work schedule. After all that outrageous fun you will have Sunday to relax and recuperate for another difficult week of classes.

The occasional break from the average weekend may be a relaxing change, if not detrimental to your well-being. Keep in mind that my break from the standard UNK weekend was definitely not a typical break.

My weekend was spent in Hutchinson, Kan. My cousin was getting married, and I traveled with my brother,

two sisters, and brother-in-law to see him. My weekend consisted of driving, dressing up, and spending time with one of my Italian uncles.

My uncle, Domenic D'Alessio, was part of the only similarity between this break and the standard UNK weekend. After the reception, my uncle and the family members that I traveled with had a few beers at the hotel.

On the other hand, one of the biggest differences between the two weekends

was that going out was almost impossible. In Hutchinson, everything closed much earlier than Kearney. Pizza places closed at midnight, and liquor stores closed at least an hour before the state prohibits the sale of alcohol. Hutchinson became a ghost town around 11 p.m.

Needless to say, I was happy to come back to Kearney. According to the word on the street, UNK weekends may not always be the best, but I'll never trade them for anything else.

I hear a lot of people complain about how there's nothing to do in Kearney. How many people can say that they were in a town for one weekend and were already bored with it?

Despite all the shortcomings of Hutchinson, this weekend wasn't a total waste of time. I saw my cousin get married, visited some family, and was able to have fun with my fun-loving, Italian uncle.

It was a worthwhile break. However, it sure felt good to get back to Kearney.

# Freshman directs UNK Monologues

**Heather Berney**  
Antelope Staff Writer

"We're not taught to talk about women's sexuality," Kim Langer, UNK freshman, said. "We're not taught to be sexual. More than that, we're supposed to be ashamed of our sexuality. We should embrace it as a part of who we are."

Kim Langer, 21, recently undertook the project of directing the Kearney rendition of "The Vagina Monologues." The result of this endeavor was a sell-out crowd and a newfound conversation topic in the halls of UNK.

Langer became involved with "The Vagina Monologues" when Janice Fronczak offered her the chance to assist with the direction of the play. When the primary director became unavailable, Langer took over as full-time director.

"I love seeing the creative process and being a part of the progress associated with it," Langer said. "I volunteered to direct because it was something I knew I could handle. This isn't a humongous production, and it involves a small cast, but the message is extremely significant."

"The Vagina Monologues" consists of several women's accounts of abuse, revelation, self-realization and other topics. Langer says she believes that all scenes are equally significant.

In a couple of the monologues, women describe an experience in which someone else influenced them to perceive their own beauty. Others explain that this has to come from within the individual.

Langer explained, "It has to come from within. I definitely believe that other people can help you to recognize the beauty inside yourself. You have to know yourself enough to know that someone is really seeing you as your own woman."

As director, Langer said she was interested in casting all different types of women. She said the criteria were, first, the ability to say the words involved in the play and speak of these topics seriously. The next was the confidence needed to put oneself on display for the issue. Finally, the women had to show the passion needed to fill the role.

The members that were selected answered with accounts of abuse in their own lives or the desire to create awareness in regard to women's sexuality. Many of these women spoke about

how this is especially needed in rural Nebraska.

"Kim Langer is incredibly gifted," Dr. Beverly Merrick, UNK's campus newspaper advisor and cast

*"If this play has made a difference to one person, it was a success."*

**-Kim Langer**  
Director of UNK's "The Vagina Monologues"

member, said. "In 'The Vagina Monologues,' she intuitively knew how to get the best out of the six of us for the performances. The fact that we had more than sell-out crowds at 'The Monologues' points out that the proof is in the pudding."

One scene that she says she believes is most cohesive of humor, self-analysis and the ability to strike questions was "The Vagina Workshop."

"This was the scene that I could most closely relate to," Langer said. "There is something in this scene that is pertinent to any woman of any age or state of mind."

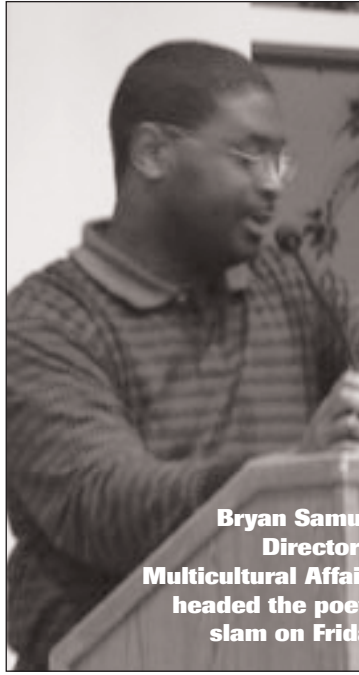
Langer says that more of the male population needs to see this play. She believes that this would provide an insight to what many women genuinely feel, but are sometimes incapable of expressing. She says, "Provided people take the issue seriously and remain open to the message, they will find value in the production."

"People don't take the time to know themselves," Langer said. "If this play has made a difference to one person, it was a success. If it changed a single woman's perception - the way she sees herself and her sexuality, our work was worth it."

# License to slam: A poetic look at February's Poetry Slam

All photos by Kent Lutt

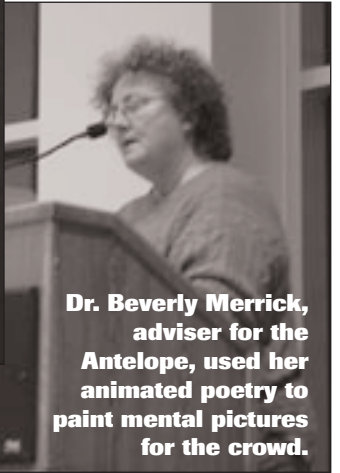
The Poetry Slam, held in the Nebraska Student Union Food Court, featured local talents from UNK and the surrounding areas, such as this poet, Kirby Johnson, from Cambridge, Neb.



**Bryan Samuel,**  
Director of Multicultural Affairs, headed the poetry slam on Friday.



**Kirby Johnson,** from Cambridge, Neb., used vivid expressions with hands and words.



**Dr. Beverly Merrick,** adviser for the Antelope, used her animated poetry to paint mental pictures for the crowd.



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# Track speeds past competition

**Mik Dickson**  
Antelope Staff Writer

The UNK track and field team was at home on Friday to take part in the UNK All-Comer Open. The team had a strong meet, finishing with 15 first-place finishes. This was the team's final meet before the RMAC Championship comes to Kearney on Feb. 26 through the 27.

Culbertson sophomore Sara Wagner continued to dominate the long jump and the triple jump finishing first in both events. Wagner finished the long jump with a personal-best distance of 18

feet 10.25 inches. She also had a personal-best distance in the triple jump with a distance of 39 feet .75 inches. Wagner is going into RMAC Championships ranked No.7 in the nation for the long jump and No.3 in the triple jump.

Bertrand senior Mike Ford had a personal-best performance in the pole vault with a height of 16 feet 8.75 inches. Ford's height is sixth best in the nation thus far.

Central City junior Shauna Birchard had a first-place finish in the shot put with a distance of 47 feet 11.50 inches. The distance is good for second best in the nation.

Walthill senior Derek Frese finished first in the weight throw with a distance of 59 feet. Frese is currently fourth on the NCAA Championship List with a distance of 60 feet 11 inches, which was set back at the Kearney Pre-Holiday Open.

Frese also had a personal best toss in the shot put with a distance of 50 feet 7 inches.

"My PR in the shot didn't really feel any better than the other throws until I really looked where it landed," Frese said. "Everything just came together for me."

Frese is looking forward to conference this weekend.

"I am pretty pumped. I am confident that I will place

first in the weight throw and hopefully be in the top five in the shot," Frese said.

Minden junior Amber Burke finished first in the 200-meter dash with a time of 26.18 seconds. Burke also ran in the 55-meter dash and finished second with a time of 7.41 seconds.

Burke believes the RMAC Championship is going to be a battle with Adams State College.

"It is going to be really close between us and Adams in pretty much every event. If everyone gives it all they've got, we should end up on top," Burke said.

North Platte junior Craig O'Dell is going into the 60-

meter hurdles ranked No.16 in the nation.

"I think I will do really well. I am pretty confident that I am going to finish first," O'Dell said. "Al (Stahlnecker) is my biggest competition. Hopefully for the good of the team we'll finish first and second."

The conference championship is based on a points system. First place finishes are awarded ten points; second place receives eight and so on down the line.

The school with the most points at the end of the competition wins the RMAC Championship.

Going into the event, the men's team is ranked fifth in

the nation with 10 national qualifiers and the women's team is ranked third with 13 national qualifiers.

O'Dell believes the men's and women's team can come away with the RMAC Championship.

"Both the guys and the girls team have pretty decent shots at being first at RMAC this weekend. It's definitely within both reaches," the North Platte junior said.

The RMAC Championships start at 9 a.m. on Saturday in the Cushing Coliseum. The meet will continue through Sunday with the last event at 3 pm.

## One run curse continues for UNK baseball team

**Lesley Crutcher**  
Antelope Sports Editor

After rearranging their schedule to accommodate rainy weather in Missouri, the UNK Loper baseball team split a double-header with York College Sunday afternoon. The 7-2 win and 3-4 loss drops the Lopers to 3-6 so far on the season. This also continues the curse of losing games by one run. This split puts the Panthers of York College at 2-4 on the season so far.

On the mound in game one, Ontario, Can. junior Jason Stergiadis threw a five-inning scoreless set that included eight strikeouts and a mere two hits. After three appearances this season so far, Stergiadis has a 1-1 record with an ERA of 3.94.

Offensively, Stergiadis received solid back-up from Tampa, Fla. junior catcher Rich Eber who ended the first game going 2 for 4 with an RBI. Omaha sophomore Cody Lusero tacked on a pair of RBI's while having a strong performance at the plate going three for three. Not to be outdone, Lincoln freshman Brad Hull hit a home run in the sixth inning while going two for three and collecting one RBI.

"It feels good to get my first collegiate home run out of the way. I was sitting on a fastball and that's what he threw me. The rest is history," said Hull about the first bomb of his college career. Hull adds his name beside Colo. sophomore Ryan Bucher and Eber on the team home run list so far.

The second game was an entirely different story as the Loper bats were held at bay by Panther junior pitcher Orlando Aguilera.

The Panthers scored all of their four runs in the fourth inning off of North Platte senior Jason Miller. Miller (0-2 4.30 ERA) was then pulled in favor of Nebraska City freshman Ryan Dettman who came on in the fourth in relief. The fifth inning saw UNK stage somewhat of a comeback after York committed an error, hit a batter, and gave up a walk. Dettman threw three and two-thirds innings of scoreless baseball but York hung on for the win.

At the plate, the UNK offense was led by Kearney sophomore Cole Archer who went 2 for 4 for the game with a run scored on a sacrifice bunt by Eber.

About the loss, Kearney senior first baseman Josh Krolkowski said, "It was a tough loss. We swung it well in the first game but the second game our bats just fell asleep." The curse of the one-run losses so far this season is not lost on the players. All six of the team losses have come in the final few innings by one run.

"We need to learn as a team how to win the close ball games. This is a frustrating loss for us because we played down to their (York) level. We didn't play our game and execute the way we should have," said Louisiana sophomore Gerald Sell.

The 3-6 Lopers next appearance will be in Denver next week for the RMAC Pre-season Tournament where they will face conference foes Regis, Colorado Mines and CSU-Pueblo. UNK's next home stint will be in March against Dakota Wesleyan at Memorial Field.

# Wrestling dominates

**Brittany Johnson**  
Antelope Staff Writer

On Thursday night the UNK wrestlers triumphed over the No. 13-ranked team in the nation. The dual with Fort Hays State ended with a score of 29-8. This was the last home dual for the Antelopes.

The lineup for the Lopers has gone through many changes. A new wrestler was added in the 184 weight division. Dan Hospodka, a freshman from Gretna, Neb., wrestled his first match for the team. He was beat by one of only two ranked wrestlers for Fort Hays State. Dan has been practicing with the wrestlers for two weeks. Head Coach Marc Bauer said, "I am excited to have someone back in the line-up at 184 lbs. Dan actually did

very well especially for having only two weeks of practice under his belt."

The only other loss for the team was at 157 lbs. David Bossardet, a freshman from Bunnell, Fla., lost to the No. 4-ranked wrestler in the nation at this weight class, David Nordhues.

Adam Keiswetter, a senior from Kearney, Neb., took a pin against Dustin Greenmeyer. This was the only pin in the entire dual.

Travis Martin, a former wrestler for UNK said, "Overall the team performed well. It was good for the team to get a pin at 133 lbs for senior Adam Keiswetter. With regionals nearing, the team seems ready and well prepared." Martin was one of the many supporters that came to watch the team at the Health and Sports Center.

Another spectator at the event was Beau Gamet, a student at UNK. He said, "I have friends on the team, and it has been nice to see all the wrestlers become better as the season moves on."

Six of UNK's wrestlers remain top-ranked in the nation. Aaron Dalton, a senior from Fremont, Neb., is ranked No. 7 at 165 lbs. Keiswetter and Matt True, a sophomore from Mitchell, Neb., are ranked No. 6. Tervel Dlagnev, a red-shirt freshman from Arlington, Texas, is the No. 2-ranked wrestler at heavyweight. Both Bryce Abbey, a senior from Goodland, Kan. and Jeff Slvester, a junior from Lyman, Neb., maintain their No. 1-ranking in the nation at 125 lbs and 197 lbs.

The Lopers find themselves undefeated still in the RMAC. Their dual record is

15-5. The team has tied the school record for dual wins in a season, and this is only the third year that the team has gone undefeated in the RMAC.

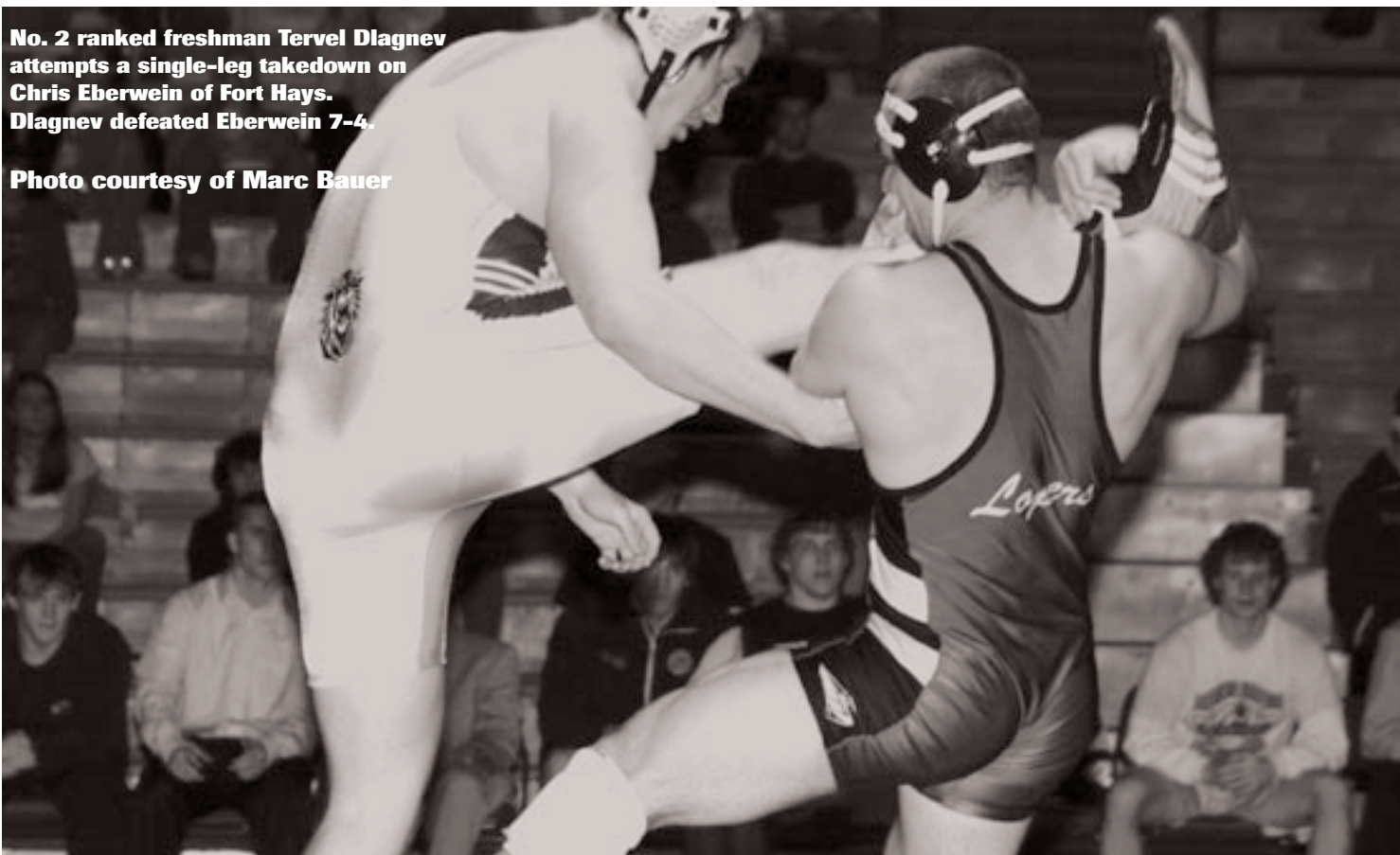
After watching his team take the win on Thursday, Coach Bauer said, "The guys are wrestling very well right now. It is always nice getting a win for the last dual, because it builds the wrestlers' confidence."

Keiswetter finished on Thursday with his 96th win this season, tying two previous wrestlers for 8th place in record wins. Tervel Dlagnev, is still working on taking the record for total wins in a season. He needs four more to get there.

The team is looking forward to the RMAC/West Region Championships in Chadron next week.

**No. 2 ranked freshman Tervel Dlagnev attempts a single-leg takedown on Chris Eberwein of Fort Hays. Dlagnev defeated Eberwein 7-4.**

Photo courtesy of Marc Bauer



# Seniors help basketball shut down CSM Orediggers

**Sarah Stitch**  
Antelope Staff Writer

The Lopers defeated the Colorado School of Mines men's basketball team 84-70 in Rocky Mountain Athletic Conference action last Friday night at the Health and Sports Center.

The Orediggers fell to 16-9 overall and 10-7 in the conference with the Loper setback. CSM is now 1-7 in road games, but the Lopers improve to 13-3 in league play and 19-5 overall.

The game had 43 fouls called and 52 free throws attempted. For the second game in a row, UNK's post trio of California junior Chris Dean, Columbus sophomore Dusty Jura and Colorado Springs sophomore Chad Burger were in foul trouble the majority of the night.

Burger fouled out in the second half of the game. Dean and Jura each collected a total of four fouls during the game.

Senior performances helped Kearney out of this situation. Salt Lake City senior Will Taukiueva had another big game scoring 21 points on 9 of 14 shooting from the field. In

31 minutes of gametime, he had five boards, four steals and three assists.

Bellevue senior Marty Levinson had another big night on offense. He scored a total of 17 points and had seven assists. Throughout the game though, it was his defense that stood out.

For most of the night, Levinson hounded Oredigger senior guard Stephen Bahl. Bahl is the nation's leading scorer at 23.4 points tallied per game. He was only able to score five shots and ended with a mere eight points total for the game.

CSM was looking for its second all-time win over UNK and was led by freshman forward Ben Mohr who tallied a career-best 21 points and seven rebounds.

UNK used a late surge to pull away from Mines. The team was paced by Jura who registered a double double with 18 points and 10 rebounds. This was his sixth double double of the year.

The Lopers managed to score 52 of their points in the paint, while CSM failed at the line. The Kearney men's basketball team plays Fort Hays State Thursday at the Health and Sports Center.

**No. 44 Nick Morrell, No. 5 Marty Levinson, No. 22 Matt Kuchera and No. 34 Chris Dean line up to defend against Colorado Christian University.**

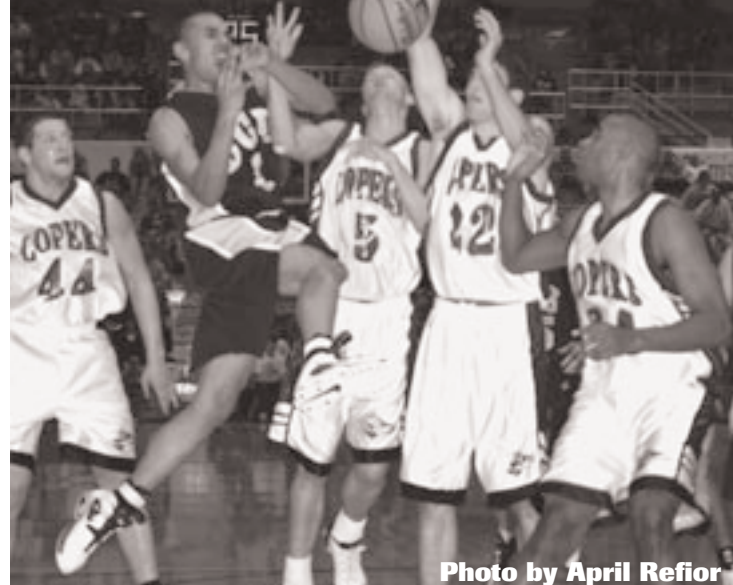


Photo by April Refior

# Women's basketball hands Cougars twelfth loss in a row

**Sarah Stitch**  
Antelope Staff Writer

their way back to a nine point deficit, 43-34, with over 13 minutes left.

The UNK women's team beat the Lady Cougars 71-57 last Saturday night at the Health and Sports Center. UNK had eight players score throughout the game, while Colorado Christian only had seven players on the game's roster.

The Cougars actually used only six players in the second half as starter Ashley Baker could not continue due to an injury. This game is the Cougar's 12th loss in a row and places CCU at 3-21 overall and 2-15 in the RMAC.

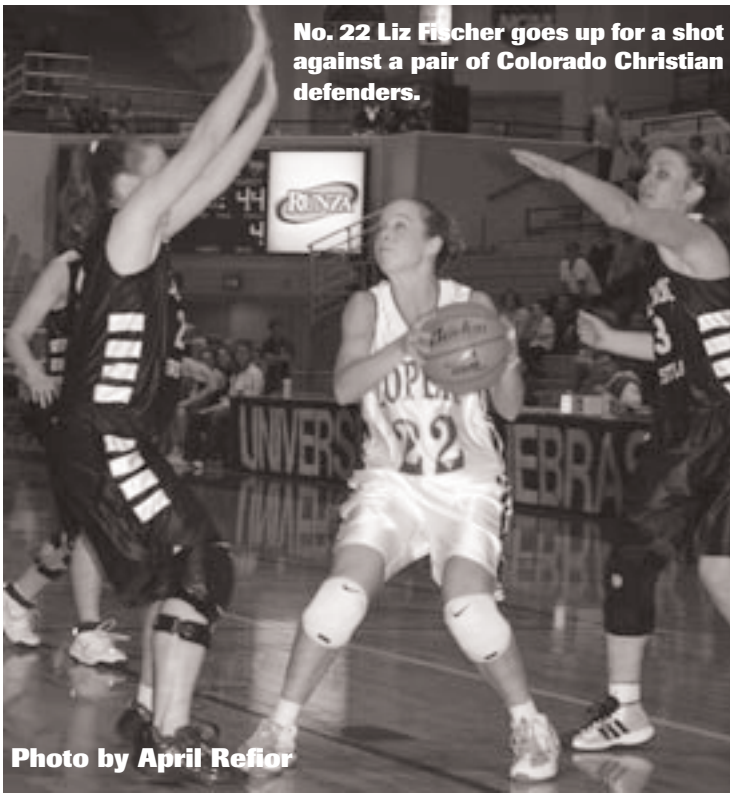
Kearney is now 13-12 overall and 11-6 in league action. The victory moves UNK into a tie for fourth place in the East Division with the Colorado School of Mines. Fort Hays State upset league-leading Regis, disrupting the Lopers chances of hosting an RMAC Tournament first-round game.

"We have good inside game. Our post players are among the tallest and most skilled in the RMAC," said Coach Carol Russell.

UNK out-rebounded CCU 38-31 and shot 50 percent or 30 of 59 from the field with 17 of 29 in the second half.

"We have been working on our zone offense. We are always looking to improve our defense," said Russell.

CCU put up a good fight trailing UNK most of the game and not allowing the Antelopes to get too far ahead until midway through the second half. UNK opened up the second half with a 14 point lead, 31-17, and then the Cougars clawed



**No. 22 Liz Fischer goes up for a shot against a pair of Colorado Christian defenders.**

Photo by April Refior

Lady Cougar Sara Davis added in her seventh double of the season with 12 points and 11 rebounds. Lady Cougar Monica Chase contributed 14 points, 2 rebounds, 3 assists and 1 steal, while senior guard Ruth Cain added 9 points on 3 for 6 shooting.

The Lady Lopers delivered a knockout punch with a 15-3 spurt, highlighted by back-to-back threes from senior guard Amber Whitlock. This gave UNK a 21 point lead, 58-37, with over ten minutes left. CCU did not get closer than 12 points the rest of the game.

The Lopers did well shooting and scored 21 points off of 15 turnovers. UNK gave up the ball only 14 times throughout the game.

"The girls are all working very hard every day in prac-

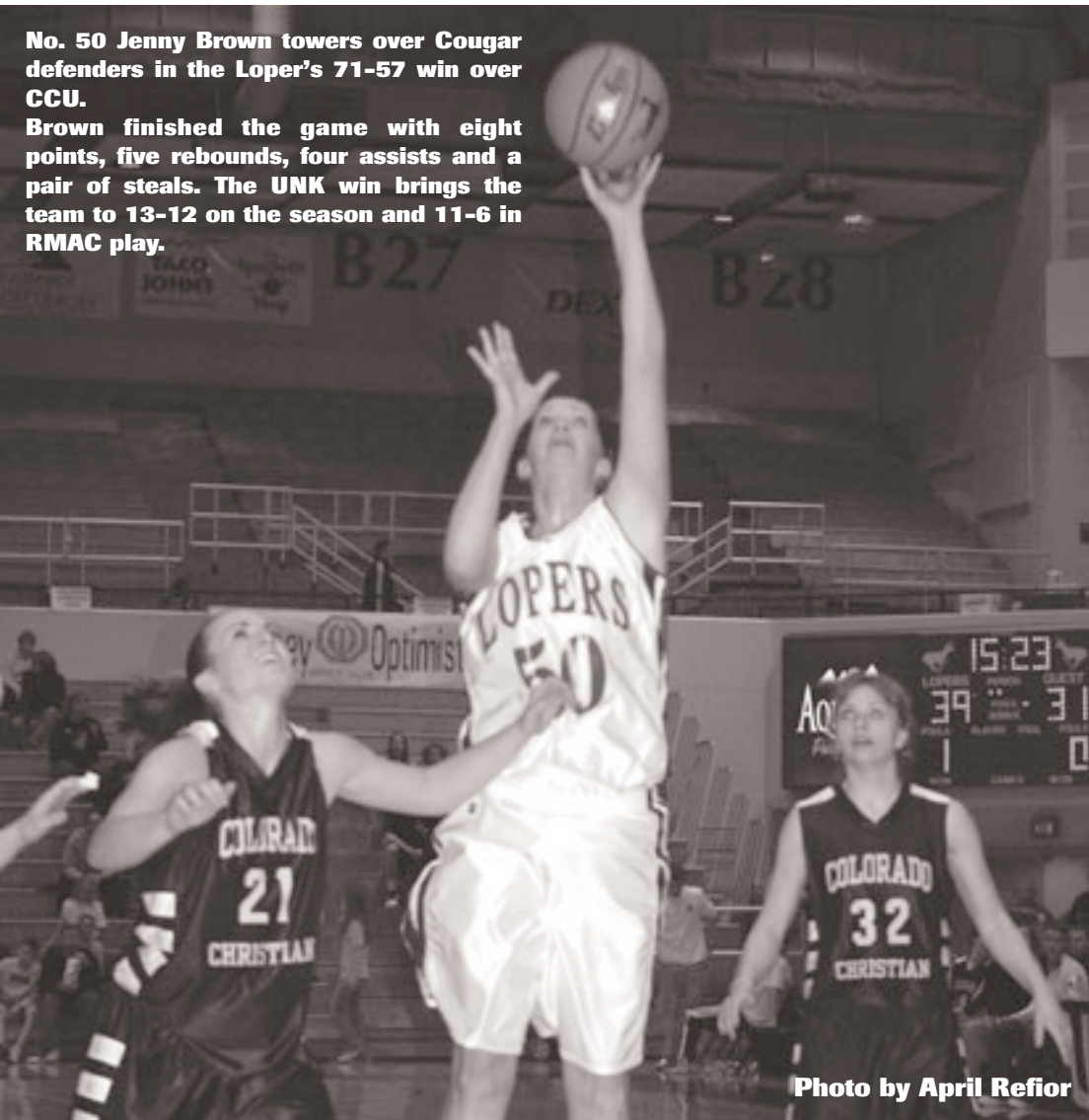
tice," said Coach Russell. Amy Mathis finished the game with a team-high 14

points as the Omaha freshman had nine second half points. Junior center Kalee Modlin added 13 points, five rebounds and five assists.

Russell said the team's freshmen are gaining quite a bit of experience, which will help the future of this program. The Lady Lopers also have some beneficial returning players.

"Erin Jones has returned this year after red-shirting last season. She has been shooting the ball extremely well for us," said Russell. She added, "Anne Manning has had some good games."

As for the overall team, Russell said, "I am happy with their work ethic and attitude." UNK host Fort Hays State and Chadron State this weekend at the Health and Sports Center.



**No. 50 Jenny Brown towers over Cougar defenders in the Loper's 71-57 win over CCU. Brown finished the game with eight points, five rebounds, four assists and a pair of steals. The UNK win brings the team to 13-12 on the season and 11-6 in RMAC play.**

Photo by April Refior

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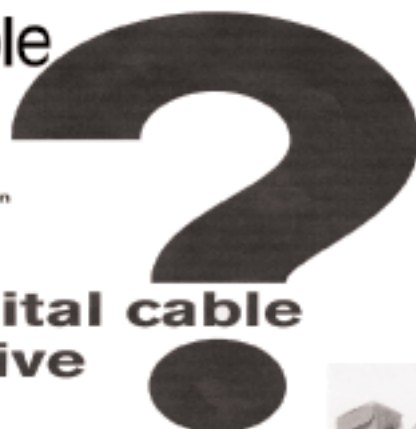
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# What does student government do?

**Jamie Dusin**  
Antelope Staff Writer

"Student Government by no means claims to be above and beyond any other organization; there are many organizations that truly devote themselves to making a positive impact upon this university," John Nuxoll, the speaker of the Student Government senate, said. "But the heart of Student Government is to truly make a difference...to make a lasting impact for generations to come."

But how does Student Government make that impact?

Lindsay Schluntz, a sophomore mass media major said, "I don't think that most people know what all there is [available through Student Government] and I think that not enough people care about it, shown by the low poll percentages."

Schluntz said that the only reason she knows anything about Student Government is because she knows a couple of people who are involved with it, but she thinks that it would be a good idea for people to be aware of what Student Government involves.

"If you know what all is involved, you know how to employ their services," Schluntz, a Franklin native, said.

Nuxoll, an Ord junior, said, "I think that a lot of students have the impression that Student Government doesn't do anything because most of the work done is behind the scenes."

"When students say that, they generally mean, 'well I don't see any changes on campus,' but that is something that Student Government is always trying to [do]," Nuxoll said.

Office hours, committee meeting attendance and senate meetings are some of the roles that senators fulfill each week. But they also have to make time for other events and activities that have to be accomplished along with those jobs.

Many things have been accomplished by the work that these senators and other members of Student Government have done.

"This year, Student Senate has taken strides above and beyond previous years," Nuxoll said.

Examples include the first ever Student Government barbecue, where students were given the option to eat with the senators and express concerns. Student Senate has also considered instituting new technology this

year by trying to find a way for students to send a concern directly to a senator possibly through the Blackboard Academic Portal and they have continued pushing the UNKard program by getting approximately 40 area businesses to join.

Student Senate has worked on other ways to increase the value of student life at UNK by purchasing new karaoke equipment and making it available for the student body to use. They have also worked with facilities to initiate a program to plant more trees on campus and have already planted a tree to start off the beautification process.

Student Government also continuously works with the director of intramurals to make intramural opportunities better. One of the previous Student Governments played a large role in the new student athletic center in the Nebraskan Student Union.

Government has recently made with the parking situation can be seen from a decision made last year. They strongly contributed to the decision of Parking Services to allow residential and Greek parking to become interchangeable.

A major project that Student Senate is currently working on will not be completely finished until next year, but it has the capability to help all UNK students. They are currently trying to institute an online professor rating system. The system was introduced to Student Senate by the one currently being used by the University of Southern California.

This system will be linked to the Student Government web site and will allow students to rate all professors based on certain criteria. Examples of these criteria include difficulty level, availability and caring. There will also be a place for comments and the results will be tabulated and will provide a top ten list for all those categories that are ranked on.

*"We want change as much as you do, but we need to know where to start and what to change to make this a more positive university and living experience."*

**-John Nuxoll**  
Speaker of the Senate

**Vice president Jesse Cain (left), President Brett Chloupek (center), and Speaker of the Senate John Nuxoll (right) discuss issues at last Tuesday's Senate meeting.**



Another continuous program that Student Senate works with is Parking Services.

"We really do have some of the best parking for a university our size," Nuxoll said. "But we're always looking at ways to improve it, even if only by a little."

One of the accomplishments that Student

"It's not a system that is meant to trash professors; it's set up in a very positive way," Nuxoll said. "It's more of a system to help students in planning for their semester with work load, expectancy and also just teaching style."

Tom Schlund, a College of Business and

Technology senator, is working with Nuxoll to implement the project.

"As a student, I think that it would be really beneficial because I know you're always looking for some advice as to which professor to take on a specific class," Schlund, a Ravenna junior, said. "The more people who would use a system like this, the more potential you have for a good evaluation of a professor."

Along with the online rating of a professor, Student Senate is trying to get The Facebook, another online program, to implement UNK. This program would be like an online directory, but would feature pictures of each UNK student and a way to contact them. It could serve as a way to find classmates or just stay in contact with friends.

This program is still being decided upon whether or not there is enough interest by the student of UNK. If students are interested in this program, they can go online to [www.thefacebook.com](http://www.thefacebook.com) and register UNK for this program. The idea from this program came from Senator Kristan Barleen, who found out about it from a friend who is attending a university that offers it.

Student Government also regularly communicates with Chartwell's to share student views; facilities to share concerns, such as icy sidewalks; and the library to suggest wireless capabilities and beautifying projects.

"The goal of Student Government is to provide students with a better social, academic and living experience as well as provide them with the means to do so themselves," Nuxoll said.

"If anybody has a concern, I would encourage you to talk to your senator. It doesn't do a whole lot to worry or talk about things that need to be changed unless you allow yourself to be the instigator of change," Nuxoll said.

The senators can be contacted by going to the Student Senate Web site, e-mailing them or stopping by the Student Government office.

"We want change as much as you do, but we need to know where to start and what to change to make this a more positive university and living experience," Nuxoll said.

At press time, next year's president and vice president have not yet been decided because of the need for a run-off election. The final voting will take place on Wednesday, Feb. 23, and Thursday, Feb. 24.

## Fight back against rape

**Julia Stumkat**  
Antelope Staff Writer

"In America, a woman is raped every two minutes. There are approximately 683,380 rapes each year," Officer Derek Luke said, during the Sexual Harassment and Rape Prevention (S.H.A.R.P.) program on Feb. 15.

The Kearney Police Department provided the female UNK faculty and staff with information on rape prevention and taught them self-defense techniques.

Luke and Sergeant Kyle Harshbarger started their presentation with information and statistics about victims of sexual violence.

In 2004, the Kearney Police Department investigated 21 cases of adult-related sexual assaults, 19 cases of child sexual assault and 122 cases of domestic violence.

Luke said that rape is the most underreported crime because most of the survivors feel ashamed or guilty.

"Only 16 percent of rapes are reported to the police," he said.

Harshbarger said that rapists look for a certain personality.

"The way you present yourself, tells a lot about you," he said.

Women who are shy, quiet, do not make much eye contact with others and do not have many friends are more likely to get raped than women who are self-confident and out-spoken.

"We call these people a 'perfect' victim," Harshbarger said.

Rapists usually observe and stalk their future victims to get to know their environments.

"All rapists are window-peepers, but not all window-peepers are rapists," Harshbarger said.

Luke said that it is important to pay attention to your instincts. If you do not feel comfortable with someone's presence,

you should leave right away.

"Trust that gut-feeling," he said. "It might save your life."

At the end of the one-hour program, which usually takes about eight hours, the women learned how to defend themselves. Luke and Harshbarger performed self-defense techniques. They showed that everyday objects, such as pens or keys, can save one's life if one knows how to use them as weapons.

Luke said that the goal of the S.H.A.R.P. program is to educate women about risky situations and prepare them with the skills to protect themselves.

"We want them to have the ability and confidence to handle any given situation," he said.

Pauly Rivera-Shah, quality assurance and training coordinator, said that the program served her as a 'refresher' on rape prevention. She said that the program is important to make women aware that it can happen to everyone.

"Awareness is the first step," she said.

Besides the information on rape prevention, Rivera-Shah also learned how to defend herself.

"I learned new self-defense techniques," she said. "I want to protect myself better in case of an attack."

Joni Tschetter, wife of a UNK faculty member, attended the S.H.A.R.P. program with her daughter. She said that the program is a good introductory training that makes women more aware of risky situations.

Another important aspect regarding rape is that some women trust others too easily. Tschetter said that society teaches us to be nice to everyone and avoid fights. In that way, women put themselves in risky situations.

"Do not trust everyone who is nice," she said. "If you have to fight, fight."

*"All rapists are window-peepers, but not all window-peepers are rapists."*

**-Sergeant Kyle Harshbarger**  
Kearney Police Dept.

## News to foam over

### UNK Rodeo Club brings in Lincoln vet to speak about the dangers of rabies

**Jonathan Rouse**  
Antelope Staff Writer

Rabies is a serious disease that something or someone may contract today.

"Be very careful with animals that don't look right," Dr. Annette Bredthauer, a veterinarian from Lincoln, said.

Dr. Bredthauer presented information about the seriousness of rabies last Wednesday. The presentation was held in Copeland 142, and was sponsored by the UNK Rodeo club.

She said rabies is transmitted usually through bites or scratches from an animal and it will be fatal without treatment. Rabies is essentially spread through rabid dogs, but there are other animals that carry the disease and those animals are also serious threats. The disease can spread quickly and it is life threatening.

"It could be as quick as 10 days, but it depends on how severe the bite is," Dr. Bredthauer said referring to the disease in terms of death. "It is 100 percent fatal."

If there are multiple bites the disease will spread more quickly and more severely. The incubation period for the disease is usually two to eight weeks after a bite.

She also said the disease itself is difficult to detect in someone if a test has not been performed. There have recently been some deaths in humans because of rabies. In Atlanta, a man died from rabies but it was ascertained by doctors that he died from other complications. The man who died was an organ donor; since the disease was present in the organs, four more people died from having rabid organs transplanted into their bodies.

Around Nebraska, the disease is most threatening to farmers who raise cattle or have multiple animals, Dr. Bredthauer said. The primary carrier of the disease is not actually dogs. In Nebraska skunks are the primary carriers of the disease. These animals

spread the disease to themselves and also cattle around the state.

Dr. Bredthauer said within cattle, rabies takes on paralytic qualities, meaning the animal has trouble moving or standing in any position.

"They fall down, stop moving and stay away from the herd," she said.

Two forms of rabies to look for in animals are dumb rabies and furious rabies. Dumb rabies can be detected by noticing that an animal has very calm or uncoordinated characteristics. Furious rabies, which is what many people think of when speaking of the disease, can show up through characteristics of extreme rage, such as unusual growling or unprovoked attacking, Dr. Bredthauer said.

A member of the audience asked, "Would someone die from eating an animal that had rabies?" Dr. Bredthauer replied by saying that the USDA condemns all animals that have rabies, but she is not sure if someone would die from eating the animal.

Rabies can be found in any animals around Nebraska no matter how rare the disease is in that species. Animals that contract the disease will die. Vaccinations are given to animals before the disease is contracted, she said. Currently rabies vaccinations are very scarce and therefore expensive. Chiron is the only company currently making the vaccine.

According to information in the presentation that was obtained from the Center for Disease Control, ten million people are diagnosed with rabies every year, usually from dog bites. Of the diagnosed, 40,000 people die each year.

Dr. Bredthauer said that if someone were to notice a rabid animal, it should be put down. The animal should not be shot in the head, because rabies is spread through the brain tissue. The animal should be disposed of by a professional such as a veterinarian.

The audience members said that they liked the rabies presentation and applauded Dr. Bredthauer for her knowledgeable advice.