

Public Safety, KPD offer free defense classes

BY VIRGINIE GRADELLA

Antelope Staff Writer

On Nov. 4, students, faculty members and anyone interested will have the opportunity to attend a free self-defense class from 6:30 to 9:30 p.m.

This night class will be taught in the HPER building by UNK Public Safety officers Michelle Hamaker and Chris Olsen and two Kearney Police Department officers. It's the second class in the series; the first class was Wednesday.

"These classes are mainly to teach how to prevent yourself from getting into a bad situation," Hamaker said.

Hamaker said the classes are twofold. She said that the first half consists of a lecture about the correct behavior to display, such as how to carry oneself, how to look at people, how to look or where to be.

She explained, for example, how rapists profile their victims by looking for vulnerable-looking people. They look for someone who looks like a victim, who doesn't look confident and walks in dark and isolated spots.

"This lecture [pointed] out things that make you look like a victim, in order to avoid them," Hamaker said.

She said the second half will eventually put the UNK community into a practical situation, since they will teach them the correct physical response to have in front of an attack.

Olsen said these two night classes

are not scheduled on a regular basis, but rather they will see what the outcome is, in order to evaluate a potential demand for more classes. He said he's taught some self-defense classes for students in the dorms before, when they requested them.

Students who attend UNK come mostly from small communities, which explains the fact that living in dorms with lots of different types of groups, problems and conflicts can arise, Olsen said. Understanding each other and knowing one's needs then become important, he said.

Khadi Toure, Dakar, West Africa, junior, said she is interested in attending the self-defense class. She said her supervisor recently received an e-mail from safety services asking to notify the female employees about someone suspicious driving around campus and trying to get girls into his car, which made her more concerned.

"Right now, after this incident, but even normally, every girl should be aware that these things happen and should know how to protect themselves," she said.

Toure said that these classes are particularly helpful for somebody like her because she has never been in a dangerous situation. She said it will give her some first-hand information and now she will be prepared to face such a situation.

"I never imagined myself in this kind of situation," Toure said. "I am never afraid or anything, so it's a good thing that someone is telling me 'it can happen to you.'"

Diplomats sell university to future students

BY VIRGINIE GRADELLA

Antelope Staff Writer

Tony Dworak, Omaha junior, has been a UNK Diplomat since fall 1997.

"It's a diplomat's job to sell the idea of UNK to prospective students," he said. "You're representing the school."

Dworak said he decided to be a diplomat because it's probably the most prestigious job on campus and because a lot of benefit comes with it under the form of experience. He said he's in a communication major tract, presenting a lot of speeches, so being a diplomat helps him develop what he's working toward as a degree.

"EVERYDAY WE'RE out there, we're giving a presentation about UNK with our own ideas and experiences," he said.

Dworak explained students like to hear other students' view instead of adults. He said it's a matter of how they want to share their views about the campus.

"The whole trick is to be on your toes and answer questions sincerely instead of telling the harsh reality," he said.

Prospective diplomats are currently interviewing for positions, and those who win the coveted positions for next semester will be required to do much of the same duties as Dworak.

ACCORDING TO Admissions Counselor Lee Ann Amm, an applicant should be at least a sophomore, with a minimum 2.5 GPA and should have effective leadership and public speaking skills. Amm said she also looks at the way the applicant presents himself or herself and how he or she behaves in a formal interview process.

Amm said these requirements are essential, since the job of a

"Diplomats conduct tours to prospective students and occasionally their parents throughout the campus," she said.

Amm explained there is a training to go through before conducting the tours.

"They (diplomats) are shadowing, [which] is following along a seasoned diplomat," she said.

THEN, she said, she gives the new diplomats a training manual with different information that they are supposed to know about the University of Nebraska Board of Regents, the history of buildings, the names of the chancellor and the vice-chancellor, the residence halls, Chartwells, the costs and the academic areas.

Amm said diplomats usually need two or three weeks to feel ready to conduct a tour for the first time.

"We wait until they feel comfortable," she said. "We don't say 'OK, you have a week to shadow and then you're on your own.'"

SHE SAID a lot of time diplomats have to find their own style and be able to smile and speak at the same time.

Amm explained diplomats do have a reputation to uphold, because lots of students know who they are and what they do, so they somewhat have to be cautious of what they do and say.

Amm said being the position of diplomat definitely looks good on a resumé, but she explained the short-term benefit is important as well.

"DIPLOMATS GET a tuition waiver equivalent to eight hours of in-state tuition," she said.

Amm said a diplomat can remain a diplomat as long as he or she is enrolled. She explained usually at least one position a semester is available because, each

Ex-president's work pays off with fall break

BY VIRGINIE GRADELLA

Antelope Staff Writer

This fall, students and faculty members will experience a change in the school calendar—fall break.

The break will begin Monday, Oct. 19 and continue through Tuesday, Oct. 20.

The idea of such a break began with the campaign and presidency of past UNK Student Body President and Student Regent Amy Kruse, according to Kruse's sister Jen Kruse, Grand Island senior and current UNK student body president and Student Regent.

Jen Kruse said the creation of a fall break was one of the five issues on her sister's campaign. She said students were enthusiastic about the

idea, which was a starting point for research that would begin the project. She said when Amy was elected president for the 1996-97 term, she contacted the other student regents from UNL, UNO and UNMC.

"In each university, the Student Senates drafted a random survey to students," Kruse said. "I was, myself, a part of the UNK team and also a part of Amy's cabinet."

Kruse said they especially needed the University of Nebraska Board of Regents' support, because it represents the governing body of all four Nebraska universities.

UNK, UNL, UNO and UNMC have the same academic calendar, so they have the same schedule and have breaks at the same time, she said.

Kruse said according to the results

of the survey, it appeared that students wanted to have a break after the first eight weeks of class.

She said once the idea of a change in schedule was accepted, Amy Kruse presented a report to the calendar committee explaining and analyzing her entire project. The committee voted to add the break for the universities.

The calendar committee that approved the schedule change is composed of two representatives from each university. Bill Wozniak, UNK psychology professor and Faculty Senate member, is one of the members who represented UNK.

"We went over the idea of the fall break over five meetings to come to a consensus," Wozniak said.

He said the Board of Regents usually requires 15 weeks of class, including 15 Mondays, per semester, but the new schedule reduces the number of semester Mondays to 14.

The Board of Regents approved the proposal anyway, given that Martin Luther King Jr. Day will be honored in the spring, eliminating another Monday of classes. This will balance both semesters' schedules, Wozniak said.

Wozniak said according to a national survey, some institutions meet only 14 Mondays in a semester, which doesn't mean less competence of students or less reliability in education.

"A break after eight weeks is a halfway break, which makes sense to me," he said. "We can live with it, even though there are some dissenters."

Some dissenters, in this case, are science department faculty members who have complained about the loss of a Monday lab. John Hertner, physiology professor, said he has a three-hour lab on Monday, followed by a one-hour lecture on Wednesday and Friday. He explained that the lectures explain about the lab material, and that if he loses one Monday, he loses a whole unit and a whole week.

"In front of this kind of change, we are always called the 'insensitive academic,' [but] that's not the case," he said. "Non-scientist people don't understand scientist people because they don't have the same structure."

"If we lose a Monday, we have to give up something in the program," Hertner said.

Hertner said the calendar committee told faculty members that they could hold a Saturday meeting to catch up on class work. But he said he couldn't realistically do this with regards to his students.

He said the only reaction of the science department was to eliminate what causes the least damage in the program.

"I'm hired to ensure my students will get the competency expected for later on," he said. "Of course, one part of my brain is happy to get a new break, but the other part is responsible for my students."

And Amy Kruse also reported she feels responsible for the students. In Amy Kruse's report she addressed to the University calendar committee, she explained, "The fall academic semester at the University of Nebraska at Kearney is entirely too trying for students because of the strain it creates. Without the kind of mental and physical relief a fall break could offer, students suffer in many ways...A fall break certainly offers an important opportunity to help students be successful by providing a recuperative period to relieve the day-to-day grind."

Sudeep Chetri, Katmandu, Nepal, junior, thinks this change is good.

"I think it's a clever idea, because by October, students will be tired," he said. "They will need a break to catch up with free time and to relax before the rest of the semester."

Chetri said he particularly appreciates this new break, because he is taking difficult classes that require all his attention. On the other hand, he said, he doesn't mind losing one day during Labor Day break because it's at the beginning of school.

Wozniak said he values this change in the academic calendar.

"It's great when you think that only one person, one student [Amy Kruse], by making this change, influenced every single person in the four universities," he said.

Festival highlights studying abroad

BY VIRGINIE GRADELLA

Antelope Staff Writer

UNK students were informed about the different experiences studying abroad can offer at the Study Abroad Festival on Wednesday, Oct. 14.

The festival proposed information about organizations and numerous destinations, according to the schedule of events.

International Education Director Jerry Fox organized the festival.

He said the purpose of the festival was to inform people about opportunities available to them for studying abroad.

During the festival, American students who have been abroad talked about their experience and about the program they went with.

Jenny Cook, Grand Island senior, went to Kansai University in Osaka, Japan during the 1997-98 academic year.

"It was life-changing and I think I'll be a different person from now on because of this experience," she said.

Cook said she was really interested in Japanese culture, because her family hosted three Japanese exchange students and because she spent one month in exchange in Japan when she was in high school.

During her exchange year, Cook said some of her course work included a speaking class, a writing and reading Japanese characters class, along with a studio art class, a Japanese history class and a Japanese anthropology class.

She said she really learned about the culture even though she found some similarities between both countries.

"People have the same needs, the same wants everywhere, so even if we don't speak the same language, we still can interact and understand each other," she said.

At the Study Abroad Festival, Cook spoke about her program and advised

students to take advantage of any exchange program.

"It's so good to get out of your environment and see how other people live," she said.

And Fox agrees.

"The main purpose of these programs is to get our students to go in the world," he said. "They think the world revolves around them, and when they come back, they realize they are a little piece of a whole thing."

Fox said the contract that links UNK to these universities or organizations is a memorandum of agreement for cooperation. He said different levels of cooperation are represented—that is professors, researchers and students—who can take advantage of the exchange program. Students are the largest number of participants.

Fox said most of the time these experiences are successful. And, while UNK students exchange abroad, students from other countries attend UNK. For example, more than 200 students have come from Sapporo, Japan, Fox said.

And the connections students make can last a lifetime.

Couples composed of an American student and a Japanese student are common, Fox said, adding that an American woman and a Japanese man got married after they met at UNK and are now running a bar in Sapporo. Another couple, an American man and a Japanese woman, also got married and now live in Sapporo where the man works as a swimming instructor.

Fox said the oldest contract with another university is the one with Sapporo University, started in 1981, while the exchange program with Australia is the most recent.

According to Fox, counting all the exchange programs, including the one provided by the Department of Modern Languages to go to Mexico, an average of 50 students study abroad each year.

Foreign language tables

provide fun, understanding

BY VIRGINIE GRADELLA

Antelope Staff Writer

Every week, students who study French, Spanish or German can converse in one of these languages over a mocha frappe at Coffee Central across from the Fine Arts Building.

The idea of a "foreign language table" originally began around three years ago with UNK French teacher Sonja Kropp.

"We wanted to provide an opportunity to speak the language in a less-structured environment than the one in the class," Kropp said.

She said she explains to her students in class how French students in France hang out together after class and have coffee. With Coffee Central close by, it was convenient and nice to start "La Table Francaise," she said.

Kropp said they could have created a French club, however a club meets once a month only and requires preparation. Instead, the French Table meets weekly, native speakers, who are also French teacher assistants, animate it and the only rule is to speak French.

The Spanish tables, originally called, "Tertulia en Espanol," were created out of the idea of the French tables.

UNK Spanish professor Sue Schuyler said students actually created the Spanish tables.

"[The] 204 [Spanish] class asked if they could get together informally and then they really organized it [the Spanish Table] themselves," she said.

Schuyler said all the professors in the Spanish department participate in this project. The goal here is the same as for the French Table.

"We want to provide an informal setting where students can practice their conversational skills in the same way as if they were living in a country where the language is spoken," she said.

Schuyler explained usually two or three professors go to the Spanish Table every week. However, she said a lot of the credit goes to the international students from Panama, Mexico, Puerto Rico and Colombia

"This very good participation from natives makes this experience so much more valuable for students that are there," she said.

Torston Homberger, a student from Germany, animates the German Table every week.

"These tables are the best way to learn a language because you learn

more if you really talk instead of doing only grammar, vocabulary and getting grades," Homberger said. "It isn't a classroom, it's meeting friends and talking."

Schuyler said the table makes students stretch for vocabulary that they may not have. She said they also make students aware of gaps they need to work on.

Susi Wilkinson, 200-level French student, said she goes to the French

Table every week because her ear needs to get used to hearing French.

"It's more fun than a class but I have always stress around French because I am striving to understand," she said.

Homberger explained that German teacher Christel Detsch and he, both native speakers, are perceived differently by students at the German Table.

"Mrs. Detsch is talking slowly but I'm talking faster with slang, which people don't understand," he said.

Homberger said students first come all excited, but then he said they become quickly embarrassed and want to leave because they don't understand as much as they thought. He said after this first reaction however, his students try really hard.

Schuyler said she thinks the tables have a beneficial effect for students because they give them confidence.

"I think that lots of students who come realize, 'Oh yes, I can actually converse in this language,' so they come back to the class with a lot more confidence and can participate," she said.

The way these foreign language tables are organized also contribute to their success.

Homberger said a while ago his

students and he were talking about politics and history whereas another week they talked about the school system.

"I don't go there with a piece of paper and say 'let's do this.' I just ask how was their week and then the conversation runs," he said.

As well as offering a free oriented conversation, the tables are available to anyone interested in foreign languages.

Schuyler explained that the foreign language tables are for students who are learning the language and taking classes but also for anyone who would like to come. She said faculty members from other disciplines expressed the desire of com-

ing, as well as students' relatives and people from the Kearney community.

Homberger said, for example, one man comes to the German Table because of his German heritage and just listens even though he doesn't speak German.

Wilkinson said she enjoys this diversity of people at the tables.

"I think it's a nice atmosphere to meet and it doesn't matter if you are taking a French class or not," she said. "I like that very much."

Everyone agrees about one point. They all said French, Spanish and German tables are meant to learn the language having fun and drinking coffee.

Foreign Language Tables Schedule

French Table: On Mondays from 7:30 to 8:30 p.m.

German Table: On Mondays from 4 to 5 p.m.

Spanish Table: On Wednesdays from 4 to 5 p.m.

Meeting place: Coffee Central (across the Fine Arts building)

University system shares graduate program

BY VIRGINIE GRADELLA

Antelope Staff Writer

Two UNK history instructors have been asked to serve as advisers for graduate students at UNL.

UNK Latin American History instructor Roger Davis said he was asked to serve as a graduate adviser for two UNL students, a master's degree candidate and a doctorate candidate. He said as a graduate faculty member he can teach graduate courses and supervise students in subdoctoral programs.

"Once you are a faculty member for UNK, you are also a faculty member for UNL, UNO and UNMC," he said.

UNK, UNL, UNO and UNMC are the four campuses that compose the University of Nebraska system. Thanks to this structure, instructors and faculty members can work with and advise students from one campus to another.

Davis explained that the instructor for Latin American studies at UNL recently resigned. He said his replacement was not entitled to advise graduate students, so another solution was found.

"Through e-mail, fax and personal visits, they [two students] are reading materials I have assigned and writing reports," Davis said.

Vernon Volpe, UNK American History instructor was also asked to

serve as a graduate adviser. Corliss Sullwold, a doctorate candidate in History at UNL, asked that Volpe be added to her graduate supervisor committee along with four UNL professors.

"I have all my doctoral class work completed, so I'm not often on the Lincoln campus," Sullwold said. "Having a contact in Kearney is a great advantage to me because I have weekly contact to ask questions and get encouragement."

"Dr. Volpe is a tremendous help to me."

Sullwold said she is excited about the fact that this is the first time a UNK professor has served on a doctorate dissertation committee. Volpe

"... it's our most well developed intercampus program."

—Ken Nikels

Dean of graduate studies and research

explained why.

"I teach here [UNK] but I can advise in a committee for Ph.D. students because I'm a graduate fellow from UNL," he said.

Volpe explained that a graduate fellow is an honorary term related to

the completion and publication of a research and scholarly work of quality.

Since UNK entered the University of Nebraska system, any professor who qualifies to be a graduate fellow can serve on a supervisory committee for doctoral programs, he said.

A partnership also exists between UNK and UNO.

Ken Nikels, dean of graduate studies and research, said UNO public administration master (MPA) classes are delivered at UNK.

"I think it's our most well developed intercampus program," he said.

He explained a UNK faculty

member is teaching these classes to UNO students who are actually living in Kearney. He said none of these students are going to UNO to study.

Nikels explained also that a student seeking a masters, and a doctorate as well, will obtain a diploma having the insignia of University of Nebraska instead of the name of the particular campus.

He said it was so because of the structure of graduate education organized as a single university wide.

UNL, UNO, UNK and UNMC campuses, as far as graduate studies are concerned, are unified in one Nebraska university, he said.

Mall to greet UNK guests

BY VIRGINIE GRADELLA

Antelope Staff Writer

Within a few weeks, it will be easier for visitors to access the UNK campus when the construction of an entryway is completed.

The entryway, at the corners of 26th Street and 9th Avenue, will lead up to the Ron and Carol Cope Memorial Fountain, west along 26th Street. The area will include a circular drive, a mall area with informational signs, physical disabilities accommodations, a walkway, benches and green spaces.

"Identifying and developing an entryway to the campus was recognized as one of the highest priorities of the next 25 years," said Barbara Snyder, vice chancellor for student affairs.

Currently, off-campus visitors, alumni, prospective students and parents can't find a clear location of the campus entrance, Snyder said.

According to Cpl. Wilma Heimowski, visitors who come to UNK are finding it difficult to find a spot to park and directions as to where to go for what on campus.

Heimowski said this new area will constitute a visitor-friendly place that is visible from the road

and therefore accessible.

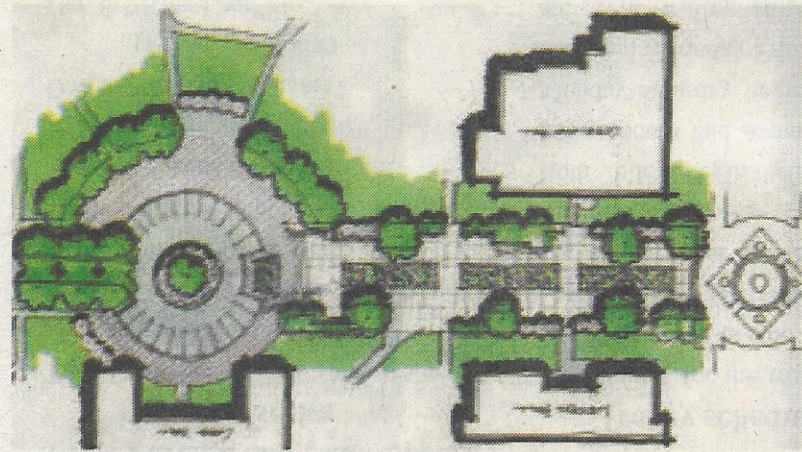
Although the entryway will enhance and beautify UNK, Snyder said, aesthetics are not the focal point of this project.

Snyder said this additional green space has to be welcoming and pleasing, but especially efficient. An electronic kiosk will be a valuable addition to the area, she said.

It would provide an interactive system of communication between visitors and UNK offices, she said.

The new entry area, which was previously a parking area, will become a pedestrian-safe area. Safety, not beauty, must be the first concern, Heimowski said.

Sixteen parking spots will



Graphic courtesy of UNK and Borhani Associates

Snyder said the pedestrian mall project began in the summer and was originally to be completed by Aug. 14. Rainy weather delayed construction, she said.

Snyder also said UNK eventually plans to transfer the Memorial Student Affairs Building services to Case Hall, which is north of the entryway, or Founders Hall to the south. However, no plans have been finalized as of yet, she said.

HAPPY



HALLOWEEN

Halloween traditions a bit spook

The following is a commentary on America's Halloween traditions through the eyes of Virginie Gradella, Antelope Staff Writer from France.

Halloween. Pumpkins, candles and candies. This combination is the first impression I got from this celebration.

I'm not an American.

I came here in fall 1996 from France and I discovered Halloween like a 6-year-old girl.

I was going through my first American semester, trying to survive between learning the language and getting to know and understand the American culture, when people around me started talking about Halloween. Meanwhile, those big, orange and chubby pumpkins began to invade stores.

For me, this celebration suddenly sounded like a nice and original truce. Of course, I knew about the existence of Halloween back home since some nightclubs, wanting to be fancy, tried to incorporate it as an original theme every Oct. 31. But I never really realized that I would actually participate and enjoy it when I came to the United States.

This very first experience of Halloween was then unforgettable because of a succession of fun stuff like the ones I did a long time ago when I was a small and unconcerned child, whose main worry was to pick the cake for her birthday party.

This little-girl side in me rose again then. From the time I heard about Halloween until the moment came, I bathed delightfully in an electrified atmosphere, stuck my nose up in the air to smell the essence of preparations and opened my eyes as largely as I could to make sure I wouldn't miss anything: lights and fancy garlands on trees and porches.

mentation, banners and significant signs that promote Halloween events. All of them were the signs of an exciting and mysterious activity that I was about to discover.

The feeling of anticipation was thrilling and I was growing more impatient every day. Choosing the costume I wanted to wear was the first thing I had to accomplish. A modern witch was my choice. I guess that was a common and obvious choice for I saw so many witches during Halloween night, but oh well. It was the first time ever I had some magic powers and a satanic look, so it didn't bother me that much.

Anyway, I had all the regular trumpcards of a witch directly taken from a modern-day witchcraft movie: my hair dyed deep violet, black lips and black nails... I felt my everyday me disappear little by little behind an unusual mask. You'd tell me, of course that's what costuming is all about! And it was!

Thus dressed, we are eventually at Halloween night, I joined the traditional door-to-door succession of kids from the neighborhood, claiming this trying-to-be-dreadful "trick or treats?" I was surprised to see there were two kinds of kids—the genuine ones and mischievous college students. The first ones, which range in age from 4 to 14 years old were touching to see, lost in their unusual and cumbersome outfit of Batman, Dracula or Snow White. They were half-scared and shy, half-tempted to get all these candies.

However, the other group—college students—was enjoying itself much more. They were actually "tricking and treating," overexcited, giggling and screaming, fully assuming their outfit as they were impatient to harvest the biggest amount of candies from their "defenseless victims." They were respect-

denly had a thought about the origin of Halloween.

I thought about this old European tradition of middle-age banditry. During this era, when unfortunate fellows, riders or carriages who crossed woods or go their way along the roads would be stopped gentlemanly by bandits who would politely ask, and gallantly for ladies, "money or your life!" They would thus leave choice to the traveler about his or her destiny. Old-fashion hold-up action looked like this more and amusing way of threatening people to get candies. Of course, the banditry process was ended up and adjusted to primary school bandits.

However, I was wrong in my assumptions. Later on explained that the Oct. 31, Halloween is the day preceding the day of the dead, which is Nov. 1. I learned that the Halloween celebration is actually a way to chase evil spirits in order to protect the dead in peace.

Well, I found it kind of paradoxical to chase evil thanks to witches, draculas, ghosts or "Crow" characters, but I guess Halloween lost its meaning to the generations little by little and became more an occasion to have fun, to celebrate and to have parties and to eat candies.

In my country, the day of the dead isn't preceded by anything, and during it, people buy flowers on the grave in which their beloved ones rest. After a meal follows, during which guests recall memories from events that happened at the time the deceased were alive. During that meal, it's as if the souls were floating around guests, like a revival of the mind.

But I lost myself in the details. By then I was ready to go out and dance and that's what I did. I only have one regret. I never got to carve

Payment system not the best possible plan

As everyone of us painfully knows, Sept. 14 was the last day during which we, students, could brace ourselves and gather our little savings in order to pay the semester bill. Well, as a good fellow student, I went to the finance office and paid the amount due on time.

To my great surprise, I received, two weeks later, another bill stating that I still had to pay some money. Obviously, I had relaxed and forgotten that burning wound I sustained from the money I gave away two weeks before. I went there aggressive and ready to spit flames.

The matter was clarified shortly and it appeared that the person who made me pay had made a mistake, and that I actually had some money left to pay. Fuming, I went back to my room and let my thoughts wander...

I admit that everyone of us makes mistakes, I would be in trouble if I claimed



Virginia Gradella
Staff
Writer

to be the exception. I also admit that my way to pay was complicated, for I used cash, a Visa card and a check. BUT ! Big BUT here! These people working in those offices are equipped with numerous, sophisticated tools. They have computers, calculators, data tables, listings, memory and records. They just cannot lose track ! It cannot happen !
Unfortunately, it happened. To me.
Here I am, all happy and relieved to have paid this money, already focusing

of how much to gather for the next semester, when this second, cruel bill comes like a stone in the pond. I am sorry, I say no !

But hold on, the funniest is still to come... They also charged me a \$20 fine for being late... Aaaaargh!!! !!!!! Now, I'm literally boiling inside.

I need to say : "How can such a system be accepted by all of us ?"

Because, anyway, the UNK payment system is not appropriate. After two weeks of school, students are supposed to bring the money for one whole semester. Is this logical? Struggling with loans, scholarships, parents' help or hard work, we are expected to pay the whole money in one time, whereas this precious time is lacking.

Why not creating a monthly payment system? It would leave time so students could apply money management princi-

ples they've learned in class. Dividing the bill in smaller portions would ease the strain/stress and give a break to each of us.

This argument would be especially justified as increasing our tuition, fees and room and board each year. It's getting to be a habit that proves to be painful. At this rate, we're going to pay as much as a top-10 rated university when UNK doesn't offer the same services to students. The increase is too much ! Going to college is known to be expensive, that's a fact, but UNK is also known to be one of the cheapest universities in the country. Soon, not anymore... Well, I guess I got carried away. But I really see red when instead of smoothing and easing the pressure related to money, people working in offices don't do their job correctly and provoke some more stress.

UNK HealthFest draws many

BY VIRGINIE GRADELLA

Antelope Staff Writer

UNK employees had the chance to attend the 1st Annual HealthFest Thursday, Sept. 24.

The event was sponsored by UNK Employee Health and Wellness Program.

Kate Snyder, employee health and wellness coordinator, said the HealthFest was very similar to a health fair. She said 38 booths were created to inform faculty members, custodial staff and people working in offices. Visitors enjoyed an afternoon of free health screenings, fitness evaluations, demonstrations, fitness classes and facility tours.

Some of Snyder's Health and Wellness Program goals are to evaluate the completed wellness needs assessment for UNK employees and to encourage and/or create collaborative wellness efforts on campus by forming a Health and Wellness Task

Force.

"This fest is for UNK employees, because they are part of employee health and wellness program," she said. "The goal is to provide them free health."

Wellness is defined as an active process of balancing the six dimensions of a person, with a goal of achieving optimal functioning, according to Snyder. The six dimensions include physical, spiritual, social/environmental, occupational and intellectual.

Snyder said around 760 invitations were sent. She said employees were a release time by their superiors so they could go to the event.

According to Human Performance Lab graduate assistant Scott Atkins, an estimated 400-500 people came to the fest.

Joy Lindholm, custodial employee in Randall Hall, was one of them. She said she went to the fest mainly to learn what services UNK offered,

but also to join a class or two.

"I wanted to take a water aerobics class, but it didn't fit my schedule, so I traded the free pass I won to take a 'stress reduction techniques' class," she said.

Lindholm said she did most of the activities proposed, but particularly liked the massage booth.

"The massage was great, the guy relieved my headache and put some of my bones in place," she said. "It was wonderful, I want to have him back next year."

Lindholm said she didn't know that many things were going on campus. She said the pamphlets and newsletter were very helpful to learn about health fair matters. Also, she said people organizing this fest did a really good job.

"I am going back next year for sure, unless I am sick," she said.

Snyder said this event will hopefully return next year, due to this year's attendance.