



ARETÉ: Virtue-Excellence-Goodness

Rulon Gardner has it. Lance Armstrong, Walter Payton, Jackie Joyner-Kersey all have it. Grant Wistrom, Christina Houghtelling, Sarah Pavan, Dane Todd, Kurt Mann and Richelle Simpson also have it. You may even have it.

But what is it?

It is **areté** – the most articulated value in ancient Greek culture. Considered a virtue, the term suggests that Virtue, Excellence, and Goodness are “being the best you can be.” The man or woman of **areté** is someone of the highest effectiveness who uses all their faculties and talents – strength, courage, knowledge and compassion – to achieve their greatest potential. This ancient philosophy places paramount importance on human actions. And even in our modern times human value and meaning are measured against individual effectiveness in the world.

Can it be taught? Can it be developed? Knowledge is taught but the contemplation and application of that which we learn is the highest human ability and happiness according to Aristotle. Shaping who we are based on goals for excellence in personal development is, perhaps, a more practical way of establishing ourselves as dynamic and creative forces in life. By refusing to accept limitations and demonstrating the ability of athletic and academic talents to bring out the best in us, we bring out the best in those whose lives we touch. Mahatma Gandhi maintained that we should be the change in the world that we most wish to see. Simply stated – Act as though you were, and you are.

The Hewit Center’s Life Skills Award of Excellence identifies those who have demonstrated their individual and team worthiness . The commitment to total personal development and preparation for life after sports echoes the sense of **areté**. Those who participate in Outreach Activities, Tours of Excellence, Leadership, Team Enhancement and who continually go above and beyond in serving others, embody the idea of individual effectiveness in the world. The team competition is nearing the end with the standings as follows (as of 2/9/06):

1. Women’s Basketball — 5290
2. Football — 3895
3. Women’s Gymnastics — 3365
4. Softball — 2205
5. Rifle — 2040

ἀρετή

Where does your team stand? Where do you stand? Continue to strive for that excellence of character and make the world your own.

FEATURED SENIORS

Andrew Shanle is our first notable Husker this month. A native of St. Edward, Andrew grew up playing football and running track impressively enough to be a scholarship recruit. A powerful player on the football field, he tackles the books just as effectively with Big XII Commissioner's Honor Roll for five consecutive semesters. His major in family and consumer sciences is extended with service to local hospitals.

One of the Huskers' top basketball back-ups, **Tony Wilbrand**, is recognized for his smart thinking both on and off the court. In fact, Tony is on the verge of achieving First-team Academic All-team honors for three straight seasons—the sixth player to make history at Nebraska. The Alliance native, who is majoring in computer science, applies that same precise analysis as a defending center in the front court. Married last July, Tony plans to graduate this spring.

Senior women's basketball guard **LaToya Howell** is a proven winner academically and athletically. From Chicago, LaToya set records in steals, assists, and scoring while playing for the Air Force Academy her first two years. Fortunately for Nebraska, LaToya decided to

become a Husker. Coach Yori maintains that “We are definitely a better defensive basketball team when she is on the floor.” LaToya's psychology major gives her an insightful edge when competing. Her self-discipline epitomizes a student-athlete.

Bowler **Jamie Martin's** experience has guided her team to several tournament titles including the 2005 NCAA Championship. A striking competitor on the lanes, the Omaha native has achieved a number of honors: twice the Nebraska High School Bowler of the Year, First Team All State Captain, and Second Team All American. Jamie also spares no effort academically with her Big XII Commissioner's Honor Roll recognition. The Husker bowlers continue undefeated thanks to the character and caliber of teammates like Jamie setting the pace.

Husker catcher **Jeff Christy** is expected to make strides offensively for the 2006 Nebraska baseball team. The Lincoln native was drafted out of high school by the LA Dodgers, played for Barton County (KS) Community College, and has returned home

with his excellent defensive and throwing skills. Jeff was a standout during his high school and juco years both athletically and academically. Choosing wisely and well, Jeff opted for Nebraska and a degree in business administration. He had his first taste of fame at a very early age as one of the Christy Quads – the second documented set of quadruplets in the state – which clearly covers all the bases.

Judd Cornell tees off next as an elite player on the Husker golf team. Described by his coach as a “steadying force at the top of the line-up,” Judd had an outstanding fall season built upon a strong summer performance where he competed in a number of amateur tournaments and was named co-Nebraska Amateur Player of the Year. Judd leads the team into its spring season with a career stroke average of 75. Additional honors for his classwork include First Team Academic All Big XII Honor Roll. An advertising major, Judd knows how to promote a winning attitude.

Vern Fitzgerald strengthened and stabilized the Husker soccer team this season

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FEATURED SENIORS

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as a solid force in Nebraska's midfield. Known for her ability to see the field of play and effectively time her attacks, Vern has overcome knee injuries to assist the Huskers to victory. She is a champion academically as well with four consecutive semesters on the Big XII Commissioner's Honor Roll. The Lincoln native plans to graduate with a degree in Special Education – Mild/Moderate Disabilities.

Seven-time Big XII Commissioner's Honor Roll member **KoKo Tacha** is a knock-out for the Husker softball team. As co-captain she leads and inspires her teammates with her outfield endeavors. Coach Rhonda Revelle anticipates that this will be KoKo's best season ever and describes her as "a leader . . . that players respect and look up to for advice and wisdom." This Kansan has always been known for her powerful work ethic. Advancing beyond each year's career-high stats, KoKo continues to score. She has earned recognition as an Arthur Ashe, Jr. Sports Scholar, Nebraska Softball Student-Athlete of the Year, the Rai-

mondi Scholarship honoree, and twice an NFCA Academic All-American.

Husker **Alex King** reigns as one of the top middle-distance, distance, sprint freestyle, and butterfly swimmers on the team. The Amarillo native has been a major contributor to team points as she ties and improves her career bests. Alex has garnered additional recognition with Academic All-Big XII Team honors three years in a row. Most impressively, she has been named to the Big XII Commissioner's Honor Roll every semester of her college career. A chemical engineering major, Alex plans on graduating in May before diving into the "real world."

Derric Wood is described as "the fastest emerging senior" on the men's gymnastics team. Despite a history of health issues, he has battled back to standing on the podium several times this 2006 season. From Lincoln, Derric is nationally ranked in the parallel bars, performs on the high bar, and excels in floor exercise. He was recently named MPSF Gymnast of the Week and earned a spot on the Big XII Commissioner's Honor Roll. A history major, Derric continues

to make Husker history as a dedicated and model competitor.

Freestyle swimmer

Esmie Holderman's goal this season has been to top her three career best marks and score even more points for the Husker squad. A native Californian, Esmie was a three-time YWCA All-American with special recognition as the "Most Inspirational Swimmer" before bringing her talents to Nebraska. Esmie has academically made a big splash in the classroom with her recent naming to the Second Team Academic All-Big XII Honor Roll. She plans to graduate with a degree in Biological Sciences.

B.J. Padden is a serious contender to repeat his 2005 Big XII Wrestling Championship. A regular on the mat at the NCAA championships, B.J. has clinched All American status in the 197 lbs. category. He tied for first on the Husker team with 28 wins last season. B.J. is grappling his way to a strong finish in the classroom too. The South Dakota native made the Academic All-Big XII Team and plans to graduate with a degree in industrial technology education.





March 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 YDF 6:30—4N	3 Last day to change to P/NP	4
5	6 Early Registration for Summer School	7	8	9	10	11
12	13 Break	14 Spring	15 Break	16 Spring	17 Break	18
19	20 SAAC/ YDF 6:30—Level 6	21	22	23	24	25
26	27 Priority Registration for Fall Semester	28 Your Degree First 6:30—4N	29 Ladies Night 6:30—4N	30 International Night 6:30—4N	31 \$CHOLAR- \$HIP CHECK\$	

MIND GRENADES

Q: How did a coffee shortage kill the Confederacy?

Q: To promote Earth Day, what did Lucky Charms once add to its cereal?