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AK-SAR-BEN CORONATION BALL ANNOUNCES HEARTLAND PRINCESS HONOREES

August 3, 2009, Omaha, Nebraska – The Ak-Sar-Ben Coronation Ball Committee has announced the names of the Heartland Princesses of the Royal Court for the 2009 Coronation Ball titled *For One Night Only* scheduled for Saturday, October 10 at the Qwest Center Omaha. A tradition of the Heartland since 1895, the mission of the Coronation Ball is to promote, recognize and celebrate volunteerism, philanthropy, and civic pride. All proceeds raised benefit the Knights of Ak-Sar-Ben Scholarship Fund.

The Royal Court is comprised of Princesses, Heartland Princesses, Escorts, Heartland Escorts, Standard Bearers and Pages from the region and reigned over by a King and Queen who remain a mystery until the actual coronation ceremony. A Heartland Princess is a young woman between the ages of 21 and 24 whose family has actively contributed to their community in Nebraska (excluding Omaha) or western Iowa.

The 2009 Heartland Princesses of Ak-Sar-Ben are:

Sarah Anne Adams, daughter of Kandace and Todd Adams of Ogallala; Alexandra Katherine Ball, daughter of Betty Lou and Thomas Ball of Lincoln; Molly Beth Borgmann, daughter of Beth and Steve Borgmann of Norfolk; Courtney Ann Cockerill, daughter of Jeanine and Dr. Richard Cockerill of Albion; Jennifer Ann Coppa, daughter of Barbara and Dr. Barry Kricsfeld of Council Bluffs, IA and Pat Coppa of Council Bluffs, IA; Summer Adele Froehlich, daughter of Lisa and Monte Froehlich of Lincoln; Moira Gini Groh, daughter of Lezlee Yost-Groh and John Groh of North Bend; Ashley Rene Gutwein, daughter of Sandra and Loren Gutwein of Scottsbluff; Jamie Lynn Hansen, daughter of Terry and Dave Hansen of Lincoln; Kalli Ann Hovendick, daughter of Laurie

and Kirk Hovendick of Hickman; Mary Elizabeth Jacobson, daughter of Julie and Michael Jacobson of North Platte; Erica Catherine Johnson, daughter of Catherine and Dr. Rod Johnson of Kearney; Holly Ann Jones, daughter of Julie and Knox Jones of Lincoln; Amy Lynn Keiser, daughter of Torey and Brian Keiser of Gothenburg; Kinsley Leigh Kopcho, daughter of Denise and Paul Kopcho of York; Janel Marie Meis, daughter of Rosemary and Clyde Meis of Grand Island; Katherine Tess Mueller, daughter of Kim Robak and William Mueller of Lincoln; Alicia Lynn Muhleisen, daughter of Angie and Dan Muhleisen of Lincoln; Blair Elizabeth Navarrette, daughter of Julie and Steven Navarrette of Fremont; Emily Brooke Nesbitt, daughter of Deborah and Roger Nesbitt of Grand Island; Michele Marie Norquest, daughter of JoAnn and Kent Norquest of York; Elizabeth Kalen Ohrt, daughter of Patti and Dr. Thomas Ohrt of Waterloo; Nicole Kathleen Roane, daughter of Kathleen McGinn and Darrell Roane of Council Bluffs, IA; Stephanie Sutton, daughter of Dr. Margaret and Dr. Gregory Sutton of Lincoln; Bethany Abel Tallman, daughter of Susan and Thomas Tallman of Lincoln; and Sarah Mae Warneke, daughter of Susan and Kent Warneke of Norfolk.

The annual Coronation Ball is organized through the year-long dedication of nineteen volunteers led by Women's Ball Committee Chairman, Mary Johnson. "Our committee and all the families of the court are great examples of the spirit of volunteerism that is predominant in our region," Johnson said.

The Ak-Sar-Ben Coronation Ball is one of several recognition programs the Knights of Ak-Sar-Ben Foundation offers as part of their mission "to build a more prosperous Heartland, where communities can flourish and every child can succeed."

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