The Antelope wishes you a...

# Happy Halloween!

Check out spooky pics on p. 6 & 7.

# Team McBride rallies for cause

The emotions of this celebration went beyond putting fans in the stands, raising awareness for Parkinson's

> BY ANDREW HANSON Sports Editor

Momentum for the events honoring former Athletic Director Jon McBride started in September, and the excitement grew from there, said Paul Plinske, UNK's new athletic director. "All credit really goes to Chancellor Kristensen, he was the one who spearheaded the idea."

This month, McBride was honored at several events around campus as a part of Jon McBride Day. Plinske said, "For our campus it became two-fold because Jon McBride Day is more than just a day. It's a celebration of Jon McBride and what he has done for this university, but it's also a time to learn and raise awareness for Parkinson's disease."

In 2009, Jon McBride was diagnosed with Parkinson's. After battling the disease for four years while also working as UNK's athletic director,

TEDBEAT PARKINSON'S ANGERDS

Photo by Adam Buerer

Former athletic director Jon McBride shakes hands with guests at one of the special events held in his honor.

# Cold and flu season sets in

UNMC nursing students offer vaccinations to combat illness

BY JESSICA ALBIN Copy Editor

It's that time of the year again, flu season is about to hit with full force just as the stress level for college students hits a peak. Cindy Matson, an RN nurse practitioner and Associate Director of Health Care at UNK Student Health Services says that so far, there have not been any cases of influenza on campus.

However, there have been tons of upper respiratory infections, and multiple cases of strep throat, the common cold, stomach viruses, allergies and mono. "The flu," she says, "typically hits campus between November and March, but we have seen early seasons starting in October and late seasons going into May."

The UNMC College of Nursing hosted annual flu shot clinics on campus just in time. Last year, the UNMC College of Nursing gave around 350 flu vaccinations

FLU SEASON, PAGE 11

MCBRIDE, PAGE 12

#### LAST WEEK WE ASKED:

What is your favorite intramural sport?



22% Volleyball

13% Soccer

3% No Shave November

13% other

9% Archery

4% Racquetball

This week's online poll question: What is your favorite scary movie?

Info graphic by Marie Bauer

# **GO PINK** OR GO HOME

Photo by Joel Cedar

Members of the "Pink Ladies" team compete during their opening match. Ashley Burghart, a member of the "Pink Ladies" team and a freshmen from Colorado, explained why her team entered the competition, "Because we wanted to support breast cancer awareness and have a little fun."







# BY TATE SCHNEIDER Antelope Staff

Halloween is tomorrow, but:

You're not quite ready and that costume you're making out of

Cap'n Crunch cereal boxes needs some last minute finishing touches. But, you're not a peasant and you need to be entertained.

Or, you have a date with your crush and they want to have a night in.

ZOMBIE

WED. OCT.30
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Storm vs Blackhawks
www.StormHockey.com

Maybe you just want to watch something festive before heading out on the town.

Whatever the reason may be, these are the films you should consider watching to get psyched for All Hallows' Eve.

#### "Troll 2"

For those that love irony and terrible acting, this is a movie for you. "Troll 2" is a movie that takes itself too seriously, and that's what makes it so terribly fun to watch. The acting is overdone to the

point of the characters becoming spoofs of what the writers may have originally intended. Come into this movie looking to laugh; you won't be disappointed.

#### "The Mist"

For anybody who wants to stray away from the main formula of traditional movie plots or wants to set a gloomy tone for your Halloween, pick this one.

No meeting the protagonist, getting involved in his life until a problem arises, overcoming said problem and everyone living happily ever after, this movie breaks away from that.

#### "Seven"

Downright creepy comes to my mind when thinking about this movie. This movie, now 16 years old, still delivers. "Seven" is a classic game of cat and mouse between two detectives and a very twisted killer who uses the Seven Deadly Sins as his motive for each murder. Also, it has Morgan – I can make anything sound soothing – Freeman.

#### "Psycho"

Everyone should live by the rule classic is always better. This movie is no exception. Sure, there's a remake starring Vince Vaughan, like you've never seen him before, but Hitchcock's original vision is the definitive thriller.

#### "Young Frankenstein"

Ever wonder where some off the wall references that all of your funny friends get, but you don't, come from? Chances are they're quoting a Mel Brooks movie. He's a genius and has a track record of

classic comedies that spans a lifetime. So, get in on the joke and watch this one.

#### "Hocus Pocus"

I really have come to appreciate the old adage as the years roll by: "With age comes wisdom." That being said; hold on to your childhood. Hold on to it as long as you can. "Hocus Pocus" goes back to a time when having to eat ants on a log was the biggest concern in your life, but it's still fun to watch. If you're reading this and passing judgment, the chances are good that you're probably better off watching something more morose.

#### "Sleepy Hollow"

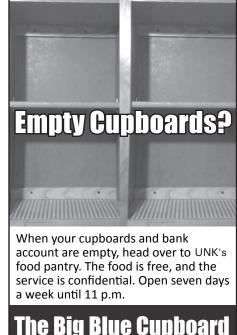
One of the quintessential Halloween stories adapted to the silver screen by the master of gothic style, Tim Burton, is a product of the 90s, which probably makes it that much better. The look and feel of this movie helps make it the joyride that it is. It helps to have a stellar cast lead by Johnny Depp with a classic appearance by none other than Christopher Walken.

These aren't movies that you should consider watching, these are movies that should get the attention deserved to them.

If you have any suggestions for this list or want to make a few additions of your own, sound off on our website at unkantelope.com.

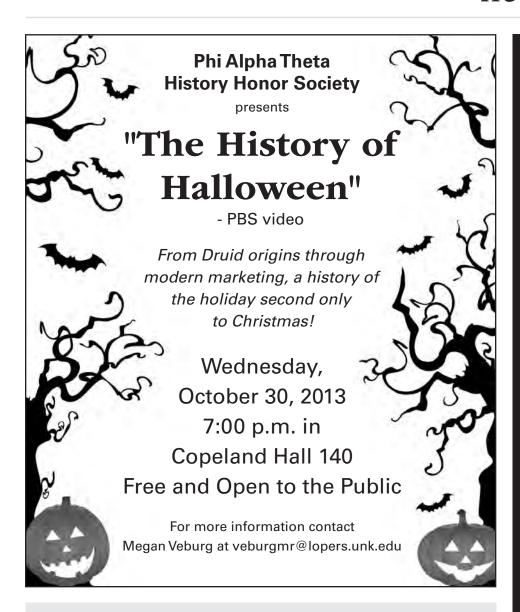
#### Have a Halloween favorite?

vote online at unkantelope.com



Located in the Office of Multicultural

Affairs, Nebraskan Student Union.



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# This bookworm conflicted: Shoot the director; "You ruined my book."



BY ADRIANNA TARIN Editor in Chief

Everyone knows that you should read the book before watching the movie. It's the unspoken rule. Well, I'm taking a stand.

I love books. Being a penny-pinching college student, I have one bookshelf with no more room for books. It's so bad that I've stooped to stacking books on the top.

That's beside the point.

I'm a reader. I read books from all genres whether it be young adult, thriller, fantasy or romance. Yes, I've read everything from Nicholas Sparks books to the "Hunger Games" trilogy and Stephen King's thrillers to books about religion.

In the past, whenever I found out that a book was going to be made into a movie, I found myself needing to go down to the bookstore to find said book. That's the unspoken rule, right?

Here's the problem with this.

The magic of a good book is that it takes you into a whole new world. You get to know characters and the people around them better than you probably know your own best friends and family. You get into the heads of these characters and relate to them.

If you are like me, you read books over and over until you know every word. You may even memorize parts of a book.

So one of your most beloved books becomes a movie, and you can't wait to see it. You wait months to see it, and the day finally comes.

You go to the theater, and throughout the whole thing you can't imagine anything worse in the world. The creators have ruined the entire plot. They've chosen an actor or actress that doesn't even fit the description of the character portrayed. Everything about it is just bad.

If you are anything like me, in the past, you've tried to keep them in your brain as separate entities entirely so that you can forget just how bad Hollywood has ruined a good thing.

Here is my stand.

Are you or have you been thinking about reading a book that is being turned into a movie?

This just happened to me.

ANTELOPE REVIEW

#### The Mortal Instruments

3.5 out of 5 Tacos





Over the past five or so years, I've heard a lot about "The Mortal Instruments" series by Cassadra Clare. My friends have told me how good the series is, and the first book even reached No. 8 on the New York Times Best Seller list in 2007. "City of Bones," the first installment in the series, has been on my reading list for some years, and when I heard it was going to be made into a movie, I really did want to read it. I just never got around to it.

So the time came. I was home, and it was at the local theater. I went, and let me tell you. I thought it was a decent movie, although many movie critics didn't seem to think the same.

Sure, it was a little cheesy and definitely aimed at the same crowd as the ever-mopey "Twilight" and many of the movies we've all seen before in action flicks and teen romance movies. There is room for improvement for the next installment, which is in the works according to Entertainment Weekly.

However, there were elements worth celebrating. Lily Collins was Meryl Streep in comparison to "Twilight" actress Kristen Stewart. And you can tell that there is much more to the story than you can put into this single flick.

I'm excited to see what they do with the sequel, and I am seriously considering reading the books, although that would probably ruin the sequel for me.

At least this first installment will always have that refreshing feel to it because I didn't know the story before going into it

I love movies more than I love books. Maybe it's just my positive outlook on life, but I just like watching a good movie without having a bad attitude through the whole thing.

In the end, aren't movies, like books, supposed to take you into another world to keep your mind off of your own world for a while?

I'm not saying I'm going to watch the movie before reading the book all the time, but I'll probably do it more often

# Books to read (or not to read) before you see the movie...

Nov. 1, 2013 – "Ender's Game" by Orson Scott Card

Nov. 15, 2013 – "The Wolf of Wall Street" by Jordan Belfort

Nov. 22, 2013 – "Catching Fire" by Suzanne Collins

Nov. 29, 2013 – "Long Walk to Freedom" by Nelson Mandela

Dec. 13 - "The Hobbit" by J.R.R. Tolkien

Dec. 18, 2013 - "The Monuments Men" by Robert M. Edsel

Jan. 17, 2014 - "The Book Thief" by Markus Zusak

Jan. 31, 2014 – "Labor Day" by Joyce Maynard

Feb. 14, 2014 – "The Maze Runner" by James Dashner

March 21, 2014 - "Divergent" by Veronica Roth

Unknown release date - "If I Stay" by Gayle Forman

Unknown release date - "The Fault in Our Stars" by John Green

the antelope

Unknown release date - "Gone Girl" by Gillian Flynn

# Sudoku ★★☆☆☆

**How to play:** Sudoku is a placement puzzle. The aim of the puzzle is to enter a numeral from 1 through 9 in each cell of a grid. Each row, column and region must contain only one instance of each numeral. Completing the puzzle requires patience and logical ability. The puzzle initially became popular in Japan in 1986 and attained international popularity in 2005.

	5			4		9	1	
	3			8	9		7	
	8	2	7			3		
5	7			1				
6	9		3		2		4	5
				5			8	3
		5			7	4	3	
	2		1	3			6	
	4	7		2			9	

Find answer on page 9

www.sudoku-puzzles.net

# Broadcast major reaches out for his audience

A simple invitation changed the content of Cedar's message

BY JOENE CROCKER Antelope Staff

Little did senior Joel Cedar know that an invitation to a campus organization Christmas party from a friend his freshman year would change the direction of his life.

"When I started college, I had a plan and knew what I wanted to do. I was happy with that plan," said Cedar, a broadcasting major and marketing minor. His interest in radio broadcasting gave him a direction for his college career path. He planned to send messages over the airwaves intending to reach large audiences.

The Christian Student Fellowship (CSF) had an outreach opportunity and those involved got extra points if they brought visitors back with them to the end-of-the-semester gathering. Cedar's pal found him, brought him along and introduced him to the campus ministry.

The next semester Cedar began attending CSF regularly, continued to make the organization a priority in his life and currently leads a freshman group. "Joel is great at making freshman feel welcomed," said Rachel Sanderson, a full-time staff member responsible for CSF campus women's ministry. "He has such a heart for people and is just very genuine."

Cedar says his love for others was nurtured and developed while observing his dad and grandfather as pastors. The passion was reinforced while learning family history and hearing accounts of past generations

His great-great grandfather traveled alone from Sweden in the 1800s as a teenager and settled in Minneapolis where his brother was living. One night he went out drinking with friends and as they were walking home from the bars, they came upon a church having a service outside along the sidewalk.

"They stopped to make fun of them," Cedar said. "Some of the guys wanted to leave and they couldn't find my great-great grandpa. He was on his knees bawling, and he gave himself to the Lord that night."

"He eventually married the worship leader who was doing that service, and eventually he became the pastor of that same church," Cedar said, "an Evangelical



JESUS SAVES PO.

Free church."

That was the beginning of a legacy of pastors in Cedar's family tree. Four generations of men have recognized the call to preach. Cedar's father oversees the congregation at Wilcox Community Church in his hometown.

Growing up as a pastor's kid, Cedar knew the message of God's love and plan for mankind. But it was his freshman year in college when he understood the magnitude of it to him individually. "Salvation became real on a personal level," Cedar

said

"Then half-way through my sophomore year, I actually started praying, 'God, what do you want me to do with the rest of my life?' Slowly, I felt the nudge to be a pastor," Cedar said.

Cedar said this didn't happen overnight. "It was a process of going back and forth, praying and meditating over it," he said.

Seeking his parents' wisdom, he had

**AUDIENCE, PAGE 11** 

Courtesy Photos

ABOVE: Joel Cedar, right, participates in Human Battleship at the Christian Student Fellowship annual Olympics.

LEFT: Cedar, front left, celebrates with his team after competing in the CSF Olympics this fall. The participatants are part of a freshman bible study group that Cedar helps lead weekly.

# Women's Center

We're here to help.

Anyone can stop in, anytime, for any concern. We are a completely confidential service.

Women's Center 308-865-8248 womenscenter@unk.edu Student Affairs Building Rm 158 Monday - Friday 8:00 a.m. - 5:00 p.m.

Rachel Poots, member of Gamma Phi Beta, is all "dolled up" to scare the pants off of people. Poots spooked those who went throughthe Pike Hauned House on Thursday.

# Over the top for Halloween 2013



**CHLOE CHRISTENSEN** 

# Students get their "dead" on for Pike Haunted House

Story and photos by Jessica Nichols

Chloe Christensen spent an hour on her gruesome zombie make-up and said her favorite part of that night was when groups would first walk up and go, "Oh my goodness; they're creepy but freakishly awesome too."

Christensen, a Gamma Phi Beta member, volunteered to strike fear into the hearts of those brave enough to walk through the Pike Haunted House.

Christensen also did other volunteers' make-up for the haunted house. Ethan McClellen, member of Pi Kappa Alpha, (below) was one of many "zombified" by Christensen.

# Going from normal to scare-ready

Christensen paints, powders zombies in the name of Halloween









# Get your pumpkins in a row



Photos by Joel Cedar

ABOVE: Nichole Nichols and Taylor McCauley, both freshmen, carve their pumpkin during the RHA pumpkin carving. Contestants were given an hour and a half to finish carving their pumpkin.









Photo by Joel Cedar

ABOVE: The finished pumpkins are lined up for review. The chefs for the Market on 27th Street judged the competition.

Photo by Julia Melia

TOP CENTER: Jessica Marisch, a freshman from Kearney majoring in nursing, digs the "pumpkin goobers" out of her pumpkin Friday night at the Newman Center pumpkin carving Halloween party. She said her plan was to get all the goobers out and carve a "beautiful face." Her final product was a "Despicable Me" minion.

Photo by Joel Cedar

TOP RIGHT: This is just one of the quirky pumpkins UNK students carved last Thursday. Although it did not win, it was a crowd favorite.

Photo by Suneun Yoo

LEFT: Freshman Yurina Kawai is quite disgusted while pulling out seeds from her pumpkins during the RHA and UNK Dining Pumpkin Carving Contest Thursday.

# A look into the herd by Sports Editor Andrew Hanson

# **Cross Country:**

Loper women have best finish at conference meet





The women's cross country team finished runner-up at the MIAA conference championship meet Saturday in Pittsburg, Kan. The second place finish is the best in school history for the Lady Lopers.

The men placed fourth in the meet. Each team had a top ten finisher in Liz Damman (10th) on the women's side and Kevin Carder (4th) on the men's side.



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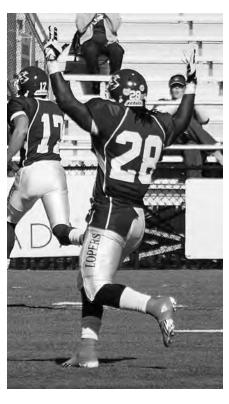
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Left: Loper running back Romero Cotton (28) raises his hands in celebration following a Loper touchdown.

Above: Pete Trausch (70) blocks against the Lincoln University defense while Tyler McKeone (17) steps back to pass.

# **Loper football strings together** back-to-back wins for the first time this season

The Loper football team won back-to-back games for the first time this season following a 28-14 win over Southwest Baptist University. The win marked the third victory of the season for the Lopers equaling their win total from last season with three games still to play. UNK takes on Central Missouri Saturday at noon.



#### **Cross Country:**

10/26 MIAA Championships

Men - 4th Place Kevin Carder - 4th, Nick Knudson - 13th, Joe Coil - 20th

Women – 2nd Place Liz Damman – 10th. Marissa Bongers - 12th, Morgan Benesch - 15th

#### Football:

10/26 UNK Lopers @ Southwest Baptist W 28 - 14

Pass: Luke McNitt 6-11, 98 yds, 1 td Rush: Romero Cotton 31 car, 155 yds, 1 td Rec: Nate Burns 3 rec, 64 yds, 0 td

#### Soccer:

10/27 UNK Lopers vs. Lindenwood W 1-0 Goal: Becka Talcott (1:07:30)

#### Volleyball:

10/25 UNK Lopers vs. Southwest Baptist

W 3-0 (25-11, 25-9, 25-17)

10/26 UNK Lopers vs. Missouri Southern State W 3-0 (25-18, 25-5, 25-14

For more information on schedule and photos go online at lopers.com

'Search' for your favorite sport, athlete at

unkantelope.com



Photo by Adam Buerer

Above: Return man Andre O'Neal (8) fields a punt in the Lopers 24-14 win over Lincoln. The Lopers will take on Central Missouri on Saturday, Nov. 2, at noon.

# Lighthouses: A beacon for all ages



Courtesy photo

Three members of Lighthouses are currently UNK students with majors involving music. They have played all around the U.S., as well as in the Kearney community.

# BY JENNIFER MALOLEY Antelope Staff

Some musicians complain about the lack of a scene. Some musicians create one. In a town like Kearney, not everyone's musical interests are going to be served by its relatively small music scene. Sometimes, however, a band comes along that transcends the matter and takes things into its own hands.

Skilled musicians and a good vibe can

# Sudoku answer:

Upside down, from page 4

ļ	6	8	G	2	9	L	Þ	3
۷	9	G	Þ	ε	L	6	2	8
2	3	Þ	L	6	8	G	9	1
3	8	L	9	G	6	Þ	ŀ	2
G	Þ	ļ	2	۷	3	8	6	9
6	S	9	8	ŀ	4	ε	۷	9
Þ	9	3	ļ	9	۷	2	8	6
9	L	2	6	8	G	ļ	3	Þ
8	1	6	ω	Þ	2	9	G	۷

throw genres and particulars out the window and expand a scene through quality, even if there's a lack of quantity. This is part of what the band Lighthouses does.

Formed three years ago, they have become well-known for playing all-ages house parties and shows at the Knights of Columbus hall here in Kearney. Being accessible to all ages and having an environment that is friendly seems to be a preference of the band.

They have developed a following and alliances with other bands who have similar goals. Nathan Richardson, a senior music business major who is graduating from UNK this year, is the band's guitarist.

"It's an awesome community to be a part of. We had a house here for 2 years that we did a lot of shows through--we had bands from, like, the UK play there," Richardson said.

When asked if they ever play bars, Richardson said they do once in a while.

"It can be a sweet atmosphere. It's a different crowd than going to a venue that is solely open just to help out other bands." Richardson and his bandmates- Kory Reeder, who is from Kearney and a sophomore music major here at UNK, Nate Skinner, of Omaha and a senior music business major, Derek Huebner of Grand Island, and Sam BeDunnah of Lexington- did a 30-day tour

this summer.

They toured a good chunk of the country. "North Dakota to New York City, down to Florida, over to Albuquerque, and back up," Richardson said. "We played lots of house parties. We also played some really nice bigger venues."

One venue they played in North Dakota was somewhat akin to the Bourbon Theatre in Lincoln.

They have also played in thrift shops, the backs of record stores and band-run venues.

"Our favorite place to play is in Midland, Texas, at the Pine Box. It's run by a couple of our friends that also tour and they book a lot of shows there. It's just such a great atmosphere and everybody is super friendly." So, what's the music like?

"The genre is post-hardcore," Richardson said. "It's kind of melodic and ambient music with heavier vocals."

It's music that will go over in a friend's basement or on a bigger stage.

Friday, Oct. 11, they played at the Sokol Underground in Omaha, which is a fairly large venue and Tuesday, Oct. 15, they played at a house here in Kearney with three other bands. The band has released two EPs and a full-length album.

"We're writing for a new record, but who knows what we're doing with it," Richardson said.

They have just been signed to a label out of Virginia called The Motherland Collective, and are preparing for a 5-day tour in December.

Richardson also keeps busy doing his own screen-printing for the band. Not just for his band, but for others too. Lighthouses is part of a healthy DIY music scene that has branches all over. A positive vibe surrounds what Richardson says about their focus.

"It's awesome to meet people just solely because of music and having the same perspectives on music--it's not really about getting famous or making money. It's just about playing and establishing relationships with people throughout--well, even the world. There's something beautiful about that."

A place to play, and a place to hear the music, Lighthouses is part of a scene whose definition of success does not require much more than this. It is a good definition, possibly the best one. These guys are all about the music.

# Upcoming in the Antelope

From the inside:

- -Joene Crocker will cover the topic of immigration and examine different perspectives.
- -Austin Koeller talks about the defensive marriage act.
- -Meet your new student body president and the rest of the crew government.
- -The debate continues on the issue of reading the book before the movie.
- -Feature on Shelby Krause and her artwork.
- -The Antelope Online gets a facelift. Check out the new photo gallery at www.unkantelope.com





Date: Friday, Nov. 15th

Time: 9:00 a.m. to 3:00 p.m.

UNK's Eighteenth Annnal Student/Faculty/Staff Craft Fair

> NE Student Union Atrium Area

If you make it, bake it, carve it, sew it, or create it and you are a student, staff, faculty, or student organization of UNK you are eligible to have a booth. To reserve a table please call 8528 the Office of the Dean, Division of Student Affairs to reserve

Mark your calendar for this UNK Shopping Event

# SORORITIES WELCOME NEW MEMBERS



Courtesy Photo

The University of Nebraska at Kearney sororities held formal recruitment Sept. 6-9 and welcomed a total of 116 new members into the Greek community on campus. On the last day, each new member received a bid, or invitation, to join a particular sorority. Each chapter had a celebration in order to welcome their new members.

The Alpha Omicron Pi sorority added 36 new members to their sorority. The Alpha Phi sorority welcomed 39 new members into their chapter as well. A total of 41 women also joined the Gamma Phi Beta sorority that day.



# Granger Smith/Earl Dibbles Jr.

Thursday, Oct. 18

Doors open at 7 p.m. • Opening band at 8 p.m.

Tickets: presale \$12, day of show \$15

# **Citrus Club**

Friday, Nov. 1 at 9 p.m.

Tickets: \$4 each

# **PARAMOUNT 80's Rock Tribute Band**

Saturday, Nov. 2 at 9 p.m.

Tickets: \$4 each

# Halloween Costume Contest with \$500 cash prizes given throughout the weekend!

For ticket information check out our Facebook page or call Shooters.

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# The Big/Little Reveal



Photo by Alison Buchli

The previous year, junior Amanda Klein from Alpha Phi poses in her car trunk with her matching "Super Mom" cape that she made for her 'little.' The unique part about the Alpha Phi reveal is that many members still call their 'littles' their 'dots,' which is short for daughter.

#### BY ALISON BUCHLI JMC 215

Greek women are often stereotyped as being crazy because so many of their traditions are not understood by non-Greek students (and let's face it, fraternity men as well). One of these traditions is what members call the "Big/Little Reveal." This is when initiated members are given a "little," but they must keep it a surprise until the big night when they reveal themselves to said "littles," usually done in a creative and crafty way.

Different sororities have different traditions. For example, here at the University of Nebraska at Kearney, the Gamma Phi Beta's wear matching pajamas and play hide and seek. The Alpha Omicron Pi's wear matching t-shirts and wrap boxes, and the Alpha Phi's wear crazy, bright colors and jump out of decorated boxes.

"I talked to a representative at a leadership retreat, and we are the only chapter of Alpha Phi that still calls our new members 'dots' (short for daughter)," said UNK sophomore Ana Summers of Fort Collins, Colo.

The mother/daughter tradition was abandoned in the past because many international sororities thought it would make new members feel uncomfortable.

"International hasn't made us change because we have been calling them that for over 50 years and it's a big tradition for us."

Alpha Omicron Pi had their reveal on October 10, Alpha Phi had theirs on October 11, and the Gamma Phi Beta's reveal will be scheduled for the week before their initiation.

See more photos and list of new members online at unkantelope.com

## **Flu season** from page 1 —

to UNK faculty and students. This year, their goal was to increase that number to 400 to help prevent the transmission of the flu.

To achieve this goal, the UNMC students said they brainstormed different ways to persuade more students to get the flu shot. Statistically, students are at high risk for getting the flu due to influenza being highly contagious, students' communal living spaces and the effects of stress and lifestyle on their immune systems.

Acknowledging that some organizations appeal to students with food and other prizes, the UNMC thought it would be a good idea to appeal to students academically.

The College of Nursing sent an email to UNK faculty proposing that students who receive the flu shot at the UNMC flu shot clinics be given a small amount of extra credit.

Initial faculty responses to this proposal were positive. Whether or not every faculty member jumped on board with this proposal, it is still a good idea to get the flu shot. "Absolutely get the flu shot," Matson said. "You cannot get the flu from the vaccination. Some may

experience a low fever or a case of the sniffles while their body adjusts to the vaccine, but it does not cause the flu. Students with the flu typically miss a full week of class, so getting the vaccination is advised."

The UNMC flu clinics were held in various places around campus over the past two weeks. One clinic remains for faculty members only on Nov. 23rd from 1:30–4:30 p.m. at the Benefits Fair in the Nebraskan Student Union.

For students who were unable to make it to the UNMC clinics but would still like to receive the flu vaccination, Walgreens, on the corner of 25th and 2nd Avenue, offers flu shots daily. No appointment is necessary, and most insurance companies are accepted.

In the meantime, build up your immune system by getting a goodnight's sleep and eating healthy. Exercising and washing your hands regularly will also help keep you healthy this cold and flu season.

If, however, you do find yourself feeling ill with flu-like symptoms- fever, achy joints and muscles, sore throat, head ache, cough or congested sinuses - visit Student Health Services in the Memorial

# **Audience** from page 5

a two-hour conversation via telephone discussing a future as a pastor.

By summer, he accepted a complete confirmation. "OK God, you got me," Cedar said. "This is what I was created to do. This is what I'm supposed to do with the rest of my life."

Cedar and three other CSF senior interns all plan to become pastors. This semester they are getting leadership experience because of a vacant pastoral position in the organization that will be filled in January. Former CSF campus pastor Kyle Dellevoet left in June for a position at McCook Christian Church, creating the vacancy, and the four interns have been sharing pastoral duties. They are on a preaching rotation and share different parts of the ministry such as small groups, oneon-one ministry and big events.

"CSF is a student led ministry. We want to equip leaders, train them while they are in college," Sanderson said. "God very much placed the people that we needed there. Our guys (interns) were so pumped about the opportunity just to step up and they weren't scared, just excited."

Cedar, originally from New Jersey, wants to be involved in the New Eng-

Layout by Kyleigh Skaggs

land area, which he described as a very dark, dead spiritual atmosphere where less than two percent claim to be Christian. In church planting, he would find a core group who are passionate about Jesus with the intention that they could grow into a thriving congregation.

The rebuilding process of the fraternity Phi Delta Theta gave Cedar a foundation for this type of leadership. He is one of the 10 original signers and has watched the chapter grow from an introductory group to a colony. In March of this year, the fraternity officially became a chapter after all qualifications were met.

Cedar continues passionately with his broadcasting major, with plans to acquire a biblically-based degree someday. With no doubts and worries, he's not exactly sure what his future looks like but knows God has a plan. He wants to carry on the tradition and become the fifth generation pastor in the Cedar family.

Cedar will be preaching Halloween night in the food court area at the Nebraskan Student Union. The CSF event starts at 9 p.m.

## **CAMPUS CRIME LOG**

Oct. 11: The cement/brick bench on the north side of the view was damaged by an unknown source. A UNK staff member reported the damage.

Oct. 14: The hall director reported a disturbance occurring in Centennial Towers West on 10/4 in the early morning hours. A female subject advised she had a verbal argument with a male subject. She said she was annoyed by the situation but was never threatened.

**Oct. 15:** A male subject was issued a Ban and Bar notice for the entire UNK campus after repeatedly ignoring requests from faculty to not attend their events. The subject is not currently a UNK student.

**Oct. 16:** While locking Foster Field, an officer discovered the south white pedestrian gate damaged. It was later determined that it had been struck by the Athletic Department.

**Oct. 20:** An officer observed two parties on Foster Field after hours. When they saw the officer, they jumped the fence. The officer contacted the parties on the north side of the Nebraskan Student Union. A female subject was cited for false reporting, trespassing and minor in possession. A male subject was issued a conduct summons for trespassing and minor in possession.

**Oct. 24:** A golf cart driven by a UNK track coach lost control and crashed into a window on the west side of the Health and Sports Center causing damage to the

**Oct. 24:** A professor from the Health and Sports Center reported a brief case that belonged to him was stolen from Cushing.

**Oct. 25:** A female subject reported that her iPhone 5 and Nike tennis shoes were stolen from University Residence North during the Pi Kappa Alpha haunted house.



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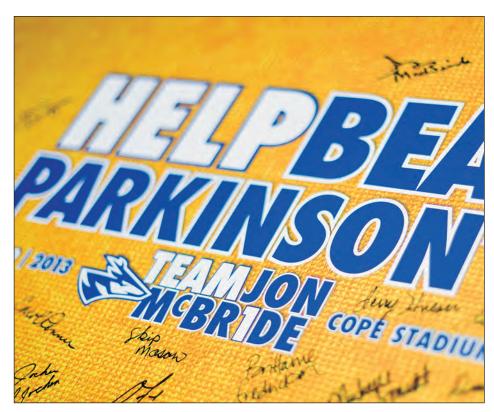
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# Stop by for some good beer with

Photos by Adam Buerer

LEFT: Friends, faculty and family gather to honor Jon McBride and to help beat Parkinson's disease at the University of Nebraska at Kearney's Ponderosa Room Saturday, Oct. 19.

ABOVE: A record of attendance was kept during Jon McBride Day at UNK on Friday. The event was held for Jon McBride and the fight against Parkinson's Disease.





# McBride from page 1

McBride decided last May it was time to step down and focus on his health. Plinske was hired during the summer and stepped into the position this fall.

Assistant Vice Chancellor for Communications, Kelly Bartling, came up with the overall concept for the event which included a meal; an opportunity to speak with Dr. John Bertoni, the director of the Parkinson's Disease Clinic at the University of Nebraska Medical Center and McBride's doctor; and several events honoring McBride and raising overall awareness and funds for Parkinson's disease.

Chancellor Kristensen and Plinske both spoke at the event.

During the Loper Oct. 19 football game against Lincoln University, McBride, McBride's family and his doctors were honored at halftime. While McBride was being honored down on the field, fans waved thousands of yellow rally towels that read "Help Beat Parkinson's – Team Jon McBr1be" throughout the stands during the game.

At a similar event honoring McBride between volleyball games against Missouri Western State, the yellow "Beat Parkinson's" rally towels were in full force.

One of the major focal points for these events was simply to raise awareness for the disease. "In our life we're going to interact with people who have Parkinson's or we're going to see people who are younger than us struggle with it," Plinske said. "We also want to raise money so that there can be more research done to help fight against Parkinson's and hopefully find a cure someday."

Publicity and fundraising brought in over \$3,000 to help fight Parkinson's. Plinske said the donations from supporters were "hugely successful and will help bring more resources to fight Parkinson's."

The event was the first of its kind for UNK. "We've never really had an event focused solely on Parkinson's disease, a lot of times they're focused on breast cancer or associated with the Make-A-Wish foundation," Plinske said. "There's a special focus there for us with Parkin-

son's; it is pretty unique to our department."

Although McBride no longer serves in the athletic director role, he is still involved with athletics at UNK. In his new role as special assistant to the chancellor he will help the athletic department with various activities such as Title IX reviews, the North Central accreditation and strategic planning.

While Plinske said that Jon McBride Day was more of a one-time deal, he did not rule out Parkinson's related events down the road. He said, "It's a conversation that hasn't happened yet, but there's a chance that we could do that somewhere down the road where it could become an annual activity for us just like we do with breast cancer."

Jon McBride Day has come and gone, but Plinske says, "We are still waving the yellow rally towels and it will be an ongoing awareness that we're trying to do, it is an opportunity to celebrate Jon McBride for a long time."