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# Meditating in class?

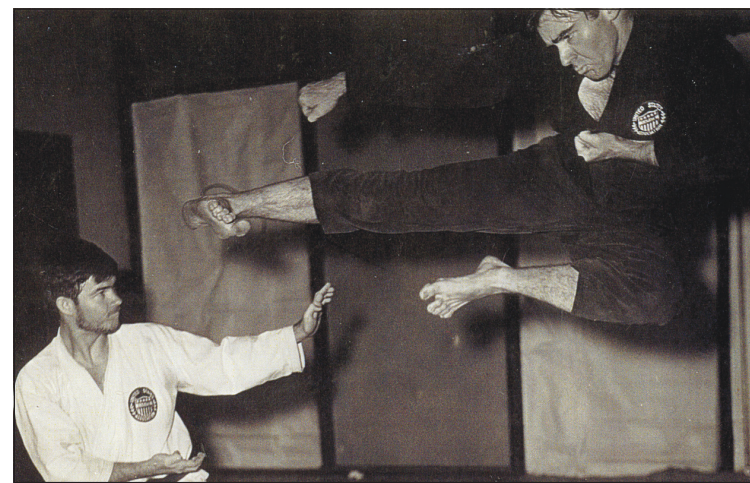
## Psychology professor offers Zen classroom experience

BY HOPE MERRICK  
Antelope Staff

It's hard to know what to think of Professor Mosig on your first day of class. He stands straight and tall with an authoritative look that makes you squirm. His cane rests on the chalkboard edge, reminding everyone who sees it of Gregory "House." He stands for a moment scanning, observing, and taking everything in before he speaks. The voice that comes out seems fitting and yet surprising, a familiar version of Sean Connery. This is psychology professor Yozan Mosig.

Born in Germany during WWII, his family moved to Spain and then to Cordoba, Argentina in 1948. This was home for 15 years, and where his first year of college was disrupted by a motorcycle accident that left him in a cast for eight months.

Mosig came to the U.S. in 1963,



Courtesy photo Mosig (right) demonstrates a flying side-kick (yoko tobi geri). The picture was taken at his dojo in Gainesville, Fla., in 1968. Mosig has a black belt in Okinawan karate and kobudo and has won five world championship titles in karate.

starting his college career anew at Eastern New Mexico University, where he was able to graduate with honors in two and a half years. He attended graduate school at the University of Florida in Gaines-

ville, earning his M.A. in 1969 and a Ph.D. in psychology in 1974, while working at his first teaching job at Georgia

**MOSIG, PAGE 6**

## Platte Valley Brewery

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## OUT FOR BLOOD



Photo by Ashley Leever  
Lambda Theta Nu Sorority and the American Red Cross came together Feb. 2 and 3 to host a blood drive at UNK in the Nebraskan Student Union. Eveyln Ortiz, a junior elementary education major from Schuyler, took time out of her day to donate blood.



## the antelope

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Courtesy

The Big Event happens at universities all over the country on the same day. It's a way for students to thank the community for what they do for the university.

# Time to start planning for this year's Big Event

## Volunteer registration forms due March 2

BY SKYLAR LEATHERMAN  
Photo Editor

Once a year, UNK students take a time-out from schoolwork to wash windows, plant trees, walk dogs, rake yards and offer just about every other service imaginable. It's all for The Big Event. Forms to volunteer are out now and due by March 2 for the April 2 event.

The Big Event is a community service day, connected with over 70 other universities across the country. It originated at Texas A & M University as a way to give back to the local community.

Ali Titus, a sophomore math education major from Aurora, has begun organizing the Big Event at UNK this year as student government director of community relations.

"The Big Event is a day full of community service," Titus said. "It gives students a chance to serve the Kearney community and give back for everything they do for us."

**"The Big Event is a day full of community service. It gives students a chance to serve the Kearney community and give back for everything they do for us."**

Ali Titus  
Sophomore math education, Aurora



Titus also said she hopes it is as successful as it has been in previous years. "Last year we had 430 students and 25 or 30 job sites. We are hoping for that again this year."

Projects include picking up leaves for the elderly or helping businesses clean things up.

Students can participate in The Big Event by registering through student government, organizations or their residence halls to form their own work

# Pink or Blue, it's up to you

## Sports marketing promotes weekend basketball games

BY STEVE FARRENS  
Guest Writer

Students enrolled in marketing in sport, recreation and tourism this semester are looking forward to getting fans in the seats for this weekend's basketball games.

The Lopers contests against Regis University on Friday will be on Breast Cancer Awareness Night, and Saturday's games will feature a blue-out for a challenging match up against Metro State College of Denver.

The PE 429 class, taught by the Tri-City Storm's Director of Marketing and Game Operations, Kyle Means, will work hand in hand with the university's athletic department to promote the four games. Free admission is offered to any fans wearing a pink shirt at Friday's game for breast cancer awareness.

"Breast cancer is a real issue and is affecting women everywhere, even in Kearney," said Ian Miner, a UNK student promoting this weekend's games. "I hope people realize this and come together as a community, and ultimately as a nation, to help support the fight against breast cancer."

Breast cancer is the most common cancer among women in the United States. It is estimated that over 200,000 new cases of the cancer were diagnosed in 2010 alone, and around 40,000 women died. These key statistics are the driving force for doctors, teachers, and now students to inform the public about breast cancer.

Both of Saturday's games feature opponents with dominating records, so the school hopes to see all fans attending the games wearing blue. The marketing students are planning a pre-weekend shoot-out on campus, so keep an eye out if you're interested in free Loper gear.

## FUN FORENSICS



*Photo by Brie Maaske*

Students of the JMC 401 event planning class hosted the Fat Tuesday Forensics Tournament over the weekend as practice for the Forensics Nationals, which UNK will be hosting in April. Front row from left: instructor Rachelle Kamrath, Amanda Raffety and Jennifer Michaels. Back row from left: Ashley Penn and Beth Deardoff.

## 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.

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

Find answer on page 6

[www.sudoku-puzzles.net](http://www.sudoku-puzzles.net)

# ‘Mind expanding’ musical experience

## *New Music Festival offers V-Day alternative*

BY JENNY GIERHAN  
Antelope Staff

Valentine’s Day is typically filled with overly romanticized acts of love that cost a fortune. This year, if you’re looking for something romantic, don’t buy flowers and an expensive meal. Instead, head over to the New Music Festival in the Fine Arts Building for a free taste of what’s new in the music world.

The festival is everything but the typical music concert at UNK.

“The music is very dissonant, beautiful and unusual. It’s not pop, rock or folk, but also don’t think you’re going to hear classical music like the works of Beethoven,” said Dr. Darleen Mitchell, professor of theory and composition.

Eighteen upcoming and seasoned composers from California to New York and even one from Germany will be featured at the 10th annual New Music Festival Feb. 14-15.

Mitchell began the festival 10 years ago in an effort to bridge the gap between Nebraska’s isolation and the evolving composition world. The festival is a rare opportunity for people to experience innovation that happens all the time in larger cities.

“The festival is a mind expanding experience that redefines the concept of what is music and what is noise,” Mitchell said.

Compositions were chosen because they push musical limitations and offer a unique perspective. Attendees can look forward to a little bit of everything including vocal pieces, electronics, a world premier and video accompaniment.

UNK junior music composition major Robert Roth has been chosen as the only student composer featured this year. His piece, “Bugs” will be performed by UNK flute student Brooke Harris at a 5:30 performance.

Three totally different performances will be featured at this year’s festival. All performances are free and open to the public.

**“The festival is a mind expanding experience that redefines the concept of what is music and what is noise.”**

**Darleen Mitchell**  
Professor of theory and composition



*Courtesy*

The 7:30 p.m. concert on Monday will include the Quadrivium Ensemble of Kansas City, Mo., featuring Cheryl Melfi, clarinet; Jonathan Borja, flute; Kari Johnson, piano; and Sascha Groschang, cello.

## NEW MUSIC FESTIVAL

### Feb. 14

**5:30 p.m.** Fine Arts Building Recital Hall  
Look forward to...

- “Bugs” composed by UNK student Robert Roth
- World Premier of “Interior Life” composed by David Wolfson

**7:30 p.m.** Fine Arts Building Recital Hall  
Go check out...

- The Quadrivium Ensemble, which fuses electronic media and music, taking the audience on a trip.

### Feb. 15

**5:30 p.m.** Fine Arts Building Recital Hall  
Who to pay attention to...

- York Höller a composer from Cologne, Germany, will feature his piece, “Scan.” Höller is said to be “...the most consistently impressive of German modernists,” according to The Independent in London.



# UNK scores a new 'danger' to Loper baseball opponents

## Redshirt freshman Brandon Landanger looks to bring athleticism to baseball team

BY G.J. HENRY

Antelope Sports Staff

There comes a time when every collegiate or professional team has the need to begin building for the future and infuse new blood into the program.

This was true for the UNK baseball team coaching staff as they approached last summer's off-season. With 22 upperclassmen on this year's team, and only two returning players from last year's freshmen class, it was time to bring in a young class of freshmen to prepare for the future.

This year's freshmen class includes 11 student-athletes, three from Kearney. Most of the freshmen class will redshirt this year and be ready to compete next year as the roster thins out with the departure of 18 seniors.

One of those freshmen is Brandon Landanger from Kearney. Landanger was a four-sport athlete at Kearney High School competing in football, basketball, track and Legion Baseball. Landanger was a two-year letter winner in football and basketball, as well as a three-year letter winner in track. In his senior season Landanger was awarded the Area Athlete of the Year for his athletic performances. Landanger, who decided to stay close to home and attend UNK, also considered playing football and running track for the Lopers.

"UNK offered what I wanted athletically but also could help me find what I

want to do with my future," Landanger said. What he wanted athletically has always been baseball. "Baseball has always been my favorite sport, and if the opportunity ever came, I knew I wanted to take it to play at the next level," Landanger said.

A turning point for Landanger came last year when an injury sidelined him from sports and gave him time to think about his future.

"When I broke my foot last year, I had a lot of time to think about what I wanted after sports— because after college who knows what will happen," He said.

Like most college freshmen, Landanger is unsure about what he wants to do after college, and has yet to decide on a major. However, Landanger knew that he wanted to play baseball for the time being and pursue a childhood dream. "Since I was little I've always wanted to be a Major League Baseball player, and when I was younger I always wanted to be like Ken Griffey Jr.," Landanger said.

Griffey Jr. played centerfield just as Landanger will do for the Lopers, and any of his track opponents from the last few years will tell you he has the speed and athleticism to be a great one. For now, it's just practice for Landanger and the majority of the freshmen class, as they will have to wait for the summer and next season to play in games due to their redshirt status.

"I am looking forward to playing with this freshmen class and turning some heads," Landanger said.



*Courtesy photos*

Brandon Landanger was the Area Athlete of the Year at Kearney High School where he competed in football, basketball, track and Legion baseball. Landanger ultimately chose to play baseball at UNK, and is part of a large freshmen class that will step in after 18 seniors depart after this season.

## 5TH ANNUAL ALPHA OMNICRON PI DODGEBALL TOURNAMENT GETS HEATED



*Photos by Bethany Shinn*

LEFT: Teams face off at the Fifth Annual Alpha Omnicron Pi Dodgeball Tournament at the Health and Sports Center last Thursday. Competition got heated throughout the night as teams worked through the double elimination bracket. RIGHT: Members of the Alpha Omnicron Pi take a break from the business of the tournament.



# Just a hop-skip away

*UNK triple jumpers looks to gain All-American honors*

BY NATHAN KRUG  
Antelope Sports Staff

Rewind to three years ago, and it is hard to believe Marty Molina, a junior social work major from Kearney, would be team captain of the jump squad, ranked third nationally for triple jump and a favorite to win the event at the RMAC indoor conference meet.

Coming out of a successful high school track career, Molina, a junior from Kearney, was looking to work right after school and skip out on college. It wasn't until a few people encouraged him that he changed his mind.

"Coming out of high school I had intentions to come to college— but not really the motivation or willingness behind it. I was talking to some of the athletes in 2007-2008, and they kind of encouraged me. So being from Kearney, it seemed like the right pick," said Molina.

Molina was the national leader for triple jump at one point, but fell to third after sitting out a weekend. Such a high ranking might cause an athlete to brag— but not Molina. He knows that attitude is everything and boasting will get you nowhere.

"I do my best to remain humble. I see that being cocky doesn't really get athletes to far, and it's a huge turnoff to people, so I really try not to be that guy."

There's no question that the coaches look for leadership in Molina as captain this year. "I know I'm expected to give a lot of encouragement to the younger guys and really be a team leader," he said.

Molina has set high goals for himself. Taking home first in both the triple and long jump at the indoor RMAC conference will not be an easy task, but he believes he can do it.

"I really want to lead my team to the gold and be there to support them at conference. On the national level, my first goal is to be an All-American, which is top eight at nationals. But I would really love to bring home a championship trophy in triple jump."

Last year, Molina was awarded second team All-American honors and now looks to join the first team for 2011.

Molina still has another year left for indoor track after 2011, but he has ideas about what he wants to do after school.

**"I really want to lead my team to the gold and be there to support them at conference."**

Marty Molina  
Junior track and field jumper



*Photo courtesy of Marty Molina*  
Junior triple jumper, Marty Molina, takes a leap in the triple jump last year at outdoor conference held in Golden, Colo. Molina took first in the event, helping to bring the UNK men's track team to a conference championship. This year, Molina sits third in the nation in the triple jump.

"I want to stay in the Midwest, but I'm going into social work."

Molina says he wants to get into the field as a juvenile delinquent case worker or a similar profession. "I want to move to a bigger city because I know there's a lot more opportunity, but I would really love to stay in the Midwest because it's where I'm from," he said.



BY ANDREW TIDWELL  
Antelope Sports Staff

The Lopers are known for winning the RMAC All-Sport Award 16 out of 19 seasons, but with the new move to the MIAA (Mid-America Intercollegiate Athletic Association), a push for more scholarship money is crucial.

The RMAC conference allows its schools to hold 26 full-ride scholarships, while the MIAA allows 36. This number is staggering because the Lopers currently hold the lowest amount of scholarships in the RMAC with an undisclosed amount (well under the limit).

With a combination of top-notch coaching and some of the best athletes in the region, the Lopers have continually had winning seasons.

"The push to get more scholarships available for UNK Athletes does not have the goal of maxing out MIAA limitations, because that's just unrealistic right now, but we do want to have enough available scholarships that is conducive to competing in the new conference," said Shawn Fairbanks, the assistant athletic director of marketing. However, the move to the MIAA was accompanied with a state agreement that there will be no additional funding provided by the state of Nebraska; thus, a need for more fundraisers.

Last year, the Inaugural Blue/Gold Rush for Scholarships was a huge success in raising over \$25,000. This year is already looking to top last year and increase scholarships across Loper athletics.

Junior Rustin Dring knows more

## PURCHASE TICKETS

Ticket prices are one for \$25, three for \$60 or six for \$100. Order forms are available through the UNK athletic office; 865-8330.

The drawing will be held Feb. 15 at 5 p.m. in the Holiday Inn Convention Center. The event is free and open to the public, and light hors d'oeuvres will be served. Prize winners do not have to be present to win.

The event will also be streamed live at [www.lopers.com](http://www.lopers.com).

scholarship money is needed. "God knows we need the money here (UNK). Even without the full amount of scholarships, we still manage to win against schools like Chadron and UNO who have more money than they know what to do with. It's really a tribute to our athletes and especially coaches to do so much with little funding. Once we build up our scholarships, across the board, we'll be unstoppable."

This year's top prizes include a hotel in Florida with two tickets to a Florida Gator football game and a Jaguars or Buccaneers game with \$500 in spending cash. There are also home entertainment packages, concert/Husker tickets, 200 pounds of beef and dozens of other door prizes. All prizes were donated from major local sponsors, including Builders Warehouse, Holiday Inn, Russell's Appliance, Great Lakes Airlines, and the NU Foundation.

# HELP WANTED

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- Wednesday, February 23, 10am-2pm, Nebraskan Union 2nd floor
- Pre-Fair Reception 2/22 at Alumni House 2222 9th Ave. Practice networking prior to reception at 4 pm, followed by a Meet & Greet with employers from 5-7pm \*RSVP requested for Meet & Greet
- Hosted by Academic & Career Services: 865.8501 or visit <http://careers.unk.edu>
- Division of Student Affairs

UNK UNIVERSITY OF NEBRASKA KEARNEY





# One last hurrah for Kaiser

## Kaiser takes talents from the field to the track

BY ANDREW TIDWELL  
Antelope Sports Staff

You may have heard of a two time All-American wide receiver, Kyle Kaiser. You can see his name in the top-ten receiving records of all UNK and RMAC football seasons, and now also, on the track and field teams' roster.

Kaiser currently stands in the top three in Loper history for all-purpose yards (3rd; 5,138), receptions (3rd; 193), receiving yards (2nd; 3,355), receiving touchdowns (2nd; 38) and yards per catch (3rd; 22.07). However, the senior sports administration major from Broomfield, Colo. isn't that bowled over by his own impressive resume.

"Yeah, I knew I had some records, but the team's record was the only thing that really mattered," said Kaiser about his success.

After completing one of the most successful careers the Lopers have ever seen, Kaiser is wrapping up his senior year on the track. During a pickup game of basketball in Cushing Coliseum, jump coach Ross Fellows was able to convince Kaiser that his abilities could be utilized not only on the football field but on the track as well.

His first meet at Doane College showed his all around athleticism with a win in the 55 meter with a time 6.62. The next week at the Charlie Foster Open, Kaiser took the second spot on the podium, losing only to UNK Senior Cody Klein.

Not only is Kaiser running the 55 meter, but he is also long jumping. The senior has been learning to adjust to coming out of the starting blocks rather than standing in front of a cornerback and is getting faster starts every week.

"I'm really looking forward to pre-qualifying. My times are getting better every week. As long as I hit my mark when I long jump, I should be close to qualifying in that too," said Kaiser after taking first at Doane.



Courtesy Photo

Kyle Kaiser makes a run for a touchdown against Fort Lewis this past football season. Kaiser is in the top three at UNK for all purpose yards, receptions, receiving yards, receiving touchdowns and yards per catch.

At a recent meet at Concordia, Kaiser set a new personal record (6.92) in the 60 meter and is just four hundredths of a second from a provisional time to qualify for the National Championships. He took third in the meet.

The now two-sport athlete sets his sights on the Division-II National Championships held Albuquerque, NM, this February. He is currently undecided about continuing to the outdoor track season but is looking forward to showcasing his talents the rest of this upcoming

## Mosig from page 1

Southwestern College.

Mosig has earned a black belt in Okinawan karate and kobudo with over 50 years of training in martial arts. He has won five world championship titles at the United States Karate Alliance World Championship/Grand Nationals.

Mosig says he has always sought knowledge in his life. In 1980 Mosig met Zen Master Dainin Katagiri and in 1994 became a Zen Buddhist monk himself.

"I was greatly impressed with Zen Master Katagiri, under whose guidance I was privileged to practice meditation for 10 years. When he died in 1990, I decided to honor him by continuing my training and becoming a full-fledged Zen monk," Mosig said. "What compelled me to become a monk was the same motivation, albeit in reverse, behind my competing in karate tournaments: to honor my teacher. When karate grandmaster Robert Trias died in 1989, I stopped tournament competition, for I felt I no longer needed to demonstrate the excellence of his style," Mosig said.

Even though Mosig stopped competing, he did not stop his daily practice of meditation. "I still meditate every day. With practice it becomes part of one's life, nothing special. One brushes one's teeth, takes a shower, meditates, eats breakfast... actually, if done with mindfulness, every activity becomes meditation."

Mosig teaches Zen meditation as part of eastern psychology, a course offered every fall semester. "Students practice 20 minutes of meditation at the start of every class, and learn also walking meditation and much more," he said. "While it is best to practice meditation for its own sake, without seeking or expecting any benefit, I

have found it transformative, and others have told me that my personality became more focused and compassionate as the result."

Mosig has also accumulated books on different writers and historical figures for the last several decades. In 1977, when Mosig came to teach at UNK, he had a library of books on the famous horror writer H.P. Lovecraft. Most of Lovecraft's horror stories were based on his own dreams, which Mosig analyzed through the lens of psychology.

He is currently researching the Punic Wars and the life of Hannibal Barca, a military commander from Carthage who fought against the Roman Republic for over 16 years. His research on Hannibal has led to a home library with over 5,000 books based on Hannibal's life. He writes about Hannibal for the British History Times and the International Journal of the Humanities and has also over a dozen psychology publications to his name and presents his research internationally.

"I like teaching psychology because of the classroom interactions with students as well as the occasional feedback — sometimes years later — that my students have found what they learned in my classes valuable in their lives," Mosig said. "I love teaching, there is nothing I would rather be doing!"

Mosig is an inspirational man and an even more compelling speaker. It's not hard to figure out why students ask to be in his classes.

"I love all of Mosig stories," says sophomore Ellen Thomas, an elementary education major from Omaha. "He's lived through so much that you can't wait to go to class and hear what he has to share."

## Sudoku answer:

Upside down, from page 3

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

## CLASSIFIEDS

### OUTSTANDING LEADERS NEEDED

The Nebraska 4-H Camps at the Nebraska National Forest-Halsey, Schramm State Park-Gretna, and Harlan County Reservoir-Alma, are accepting applications for 2011 summer program staff. Lead outdoor programs- canoeing, tubing, rappelling/climbing, swimming, and many more.

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Initial application deadline: February 1, 2011. Applications received after deadline may be accepted until all positions are filled. Applications are available online at [4h.unl.edu/camp](http://4h.unl.edu/camp). For information call: (402) 472-2846 or e-mail [lshearer2@unl.edu](mailto:lshearer2@unl.edu).

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## GET READY FOR A TASTE OF JAPAN



Photo by Takeshi Yuge

The Japanese Association at Kearney (JAK), which serves as a cultural bridge between UNK students and Japan, has begun meetings about this semester's Japanese activities. "This year marks the 10th anniversary of JAK, so we'll try to bring additional excitement to JAK's activities more than ever," said JAK president Kou Muroga (front row, second from left).

"We hold many events through the year. The Sakura Festival "Samurai Japan" is one of the biggest events of JAK," he said. "This festival takes you during the samurai period, and you can enjoy it because we serve Japanese traditional foods and have fantastic activities."

## Big Event from page 2

teams. Groups then get assigned for certain projects around Kearney.

Titus said that projects are usually day-to-day activities that are forgotten or employees simply do not have time for.

"Last year we helped Head Start by filling sand in the sand box," Titus said. Some of the work done is short-term, like picking up trash along the roadside. But long-term projects can include painting curbs for the city.

The event starts at 9:30 a.m. and lunch is pro-

vided at Harmon Park. It's free to register and includes a free T-shirt.

Helping with a large event like this also helps students meet new people.

"If you are in a group of people you do not know, then you get to meet people you've never known before and may not have the chance to meet otherwise," Titus said. "It's the self-satisfaction for doing something for someone else. It's a fun experience and you have a good time with other people."

Procrastinating on homework? Here's an idea:

[www.unkantelope.com](http://www.unkantelope.com)

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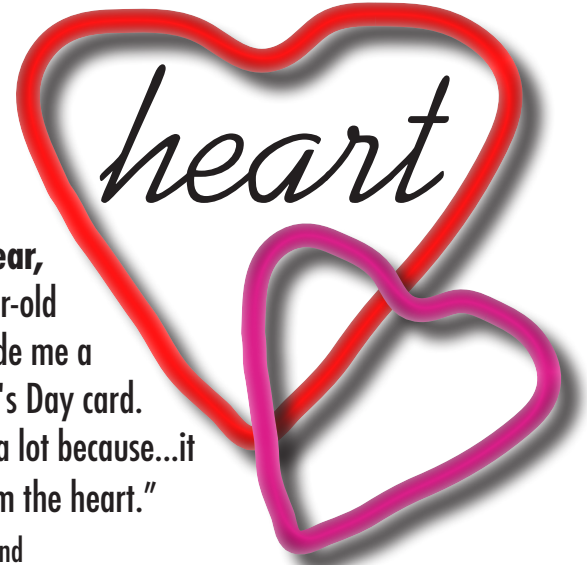
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# Give cards with



**BY BECKY SEIDEL**  
Antelope Staff

Many people might agree that the best gift on a day like Valentine's Day is one from the heart. A great way to show someone how you feel is to get him or her a card, or make one for them yourself.

"Last year, my 4-year-old niece made me a Valentine's Day card. It meant a lot to me because I knew she made it especially for me and it came from her heart," said Cassie Almond, a junior elementary education major from Alliance.

Cards are such a great gift because you can give them to anyone to help make their day a little more special. If you are in a relationship, take the time out to let your significant other know that you care about them.

However, Valentine's Day doesn't have to be all about being in a relationship. It can be about letting people know they are cared about and loved. Cards are inexpensive and easy to find. If you are creative, you can get some supplies and channel that creativity into making a card. Think about whose day you can make this Valentine's Day with the simple gift of a card.



**"Last year, my 4-year-old niece made me a Valentine's Day card. It meant a lot because...it came from the heart."**

Cassie Almond



Photos by Sam Bates

UNK students, staff and members of the Kearney community gathered at the Frank House Sat. Feb. 5 to create Valentine's Day cards for their loved ones. The event was free with donations accepted and open to the public. This was its third consecutive year.



Cards of every shape and size were displayed during the Frank House workshop. Connie Wine, who has held card making workshops in the past, volunteered to teach guests different techniques for making their unique card.

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