



Run With It

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<http://mcluhan.unk.edu/antelope/>

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Dream it, Plan it, Do it!

▼ Career Services has a "road map" to choosing a career.

BY MEGAN OAKLUND
Antelope Staff

With so many career opportunities waiting for UNK students, the decision to choose a major may be a little easier with help from the pros.

Dawn Lenz a career counselor from Career Services said their office holds about six workshops a year to help deciding freshman, sophomores and sometimes upperclassmen decide which direction is right for them.

Lenz said in some cases, "college students spend more time watching a movie than deciding on a major." This life-changing decision is a process, and all resources should be used and considered, and that is where career services comes in.

The first step in choosing a career would be to take an on-line assessment career services offers on their Web site. This assessment works with a student's strengths and weaknesses, likes and dislikes to narrow down a field that may be best for them.

Students then take that assessment to career services to speak with a career counselor. The counselor doesn't pick a career for the student but to guides them as they talk through the results of the survey and narrow it down to a few good choices.

Lenz said she suggests the students talk with people in the fields of interest next. "I call it test driving a career," she said.

During job shadowing, Lenz said students should ask questions such as: "How would I spend a typical work day?" "What type of people would I be working with?" "What are the liabilities and limitations of this career?" Considering these questions allows the student to develop a better understanding of what the job entails, and it also allows for networking to occur, vital when graduation comes.

Seeing an advisor in the areas of interest is also key; find out how many students graduate from that major each year. How many faculty are in that department, and are there any future trends in this professional career?

One of the last steps before making a final decision on a career path would be to get directly involved with field. Job shadowing or volunteer work or part-time work will help students get a better understanding and experience of how day to day operation of that business works.

As UNK students know, an education is not only an investment for the future but takes time and costs money too. With the help of career services, the path to a successful career may be a little shorter and a little easier on the wallet too.

To learn more about career opportunities, have a resume checked or help on interview skills, career services can be contacted at <http://careers.unk.edu> or 865-8501. Career Services is located at MSAB room 140.



Photo by A Sanam Bhalla

Students played poker at the third annual Oksoberfest held in the Ponderosa Room of the Nebraskan Student Union Friday night. Over 300 students dressed up and participated in games arranged in the program organized by Peer Health Education, which is part of Counseling and Health Care.

Oksoberfest alive with Halloween fun

BY JENNY GIERHAN
Antelope Staff

Scandalous costumes, two kegs and puking make for a typical Halloween night at the third annual Oksoberfest held in the Ponderosa Room of the Nebraskan Student Union. Peer Health Education (PHE), which is part of Counseling and Health Care, sponsored the event as a non-alcoholic activity for students to participate in.

Ismael Torres, Peer Health Education Coordinator said, "Oksoberfest began because several students who visit PHE have participated in diversion and say there is nothing to do in Kearney other than go to parties. The event is to show students ways to socialize and have a good time without alcohol."

Over 300 students dressed up in costumes like a gorilla, the Jolly Green Giant, Indiana Jones, a big baby and Raggedy Ann and attended Oksoberfest.

Whether students were lured by video games, fear factor competition, a costume contest or free food, there was definitely a reason each person attended. Every aspect of the event had some sort of large prize.

The participant of Guitar Hero and Dance Dance Revolution with the most points after one turn won the actual game at the end of the night. Out of 20 Fear Factor participants, the fearless winner received the newest model of the iPod Nano. The brave guys that competed had to eat real bugs that

Games, free food draw in students for a non-alcoholic festivities, information

were imported, puke made from cinnamon, peanuts, applesauce, oatmeal, raisins and jalapeno-flavored Cheezits. To win, the students had to devour tuna Twinkies.

Heather Glodt, a freshman elementary education major from Oberlin, Kan., said she came to Oksoberfest because upperclassmen told her it is a really good time.

She said, "I'm having a good time here. My favorite part of the night was watching Fear Factor and my RA Scott puke!"

Many attendees were hoping for the chance at winning a brand new Nintendo Wii, Playstation 3 or door prizes such as a cordless mouse and keyboard, movies and movie tickets to Kearney Cinema 8.

To be in the raffle for the Wii, students took an alcohol screening. It was a survey format with several questions about alcohol and how it is present in each student's personal life. Of the 150 screenings available and by 8:30 p.m. 100 surveys had already been filled out.

Sam Stahlnecker, a freshman graphic design major from Omaha said she came because she had no other plans for Halloween.

"Going to Oksoberfest is way better than people going out and binge drinking, then driving drunk and get-

ting in accidents." Stahlnecker, who was dressed as Sarah Palin, said, "My favorite part of tonight has been watching people attempt DDR. They are either really good or really bad!"

A movie to educate the effects of alcohol and posters charting what happens to the human body when blood alcohol levels soar were all around the walls of the Ponderosa Room. Few students were interested in the educational aspect of Oksoberfest, as most were just trying to win prizes or enjoy a free piece of pizza.

Peer Health Education is an organization of about nine students ranging from freshman to seniors who are there to help educate fellow students about issues that affect them. Alcohol is one of the biggest issues.

Torres said, "The people in PHE get all the credit for this awesome event. They have been planning since the summer and have put a lot of time and energy into the success of Oksoberfest."

Photo by A Sanam Bhalla

Faangis Yuldosheva and Narmina Alieva, both freshmen from Tajikistan, participate at the third annual Oksoberfest held in the student union, their first ever experience of Halloween.



Smart Money Week: managing finances 101

BY MEGAN WENZ
Antelope Staff

As the economy continues to struggle and everyone is feeling the squeeze in their bank accounts, Smart Money Week is here to help with events on campus and at the public library.

Smart Money Week is a series of events to teach and help the Nebraska community know how to manage their finances, among many other topics. Even if you think you have it all under control, Smart Money Week has many sessions that can further your knowledge.

Some of the events highlighted this year included Dollars and Donuts at West Center when local professionals shared tips and success stories with participants. The Three R's: Renters

Rights and Responsibilities to be held at the Kearney Public Library Wednesday is focused for students. Many of the events are geared towards UNK students in order to help them in their quest to graduate and make money.

Mary Rittenhouse has coordinated over 100 sessions and events to help local residents. Each day around 20 events that vary in topic and location are scattered all around Kearney. Everyone should be able to find something that suits a need.

"This event is a collaboration of 100+ businesses and organizations that have the correct information to share with those who need it to make smart financial decisions," said Rittenhouse, UNK economics professor and organizer of the event.

The event came to aid south central

Nebraska in 2005 and was modeled after an effort in Chicago by the Federal Reserve Bank of Chicago.

A 15-person advisory committee was created to make the event possible.

Smart Money week is designed to help central Nebraska residents better advocates of their finances and smart investors in their future. Each event is geared to help people become more involved and knowledgeable in their financial future, whether it be to become an entrepreneur or know how to invest in the market.

The fourth annual Smart Money Week is still free and open to the public. Participants are urged to take advantage by "Learning to manage your money, because money doesn't come with instructions."

Upcoming events:

Welcome to the Real World
Wednesday, Nov. 5 3:30-4:30 p.m. *Student Union Cedar Room*

Growing Your Score!
Thursday, Nov. 6 4 p.m.
Kearney Public Library

Money at Your Library
Friday, Nov. 7 9 a.m.-5 p.m.
Kearney Public Library



Smart Money week continues through this Saturday. For a full schedule of events, go to <http://www.unk.edu/acad/cee/index.php?id=40548>.

<http://www.unk.edu/acad/cee/index.php?id=40548>

Give thanks by giving blood this holiday season

Opportunities to Donate:

UNK blood drive at the Nebraskan Student Union on Wednesday and Thursday, Nov. 19 and 20 from 11 a.m. to 5 p.m. (each day). Please contact Andy Craig at 308-865-8260 for an appointment.

For many families, Thanksgiving is a traditional time to give thanks with friends and relatives. In the spirit of this holiday season, the American Red Cross is asking eligible blood donors to give thanks by giving blood.

"This holiday season, it's important for eligible individuals to take the time to donate blood," said Patricia Rubens, CEO of Midwest Region Blood Services. "Your blood is needed more than you think. Everyday, more than 38,000 blood donations are needed throughout the United States."

Blood transfusions are needed everyday for the treatment of many diseases, including cancer, and surgeries. The blood supply is particularly vulnerable throughout the holiday season because donors are traveling and forget to schedule a blood donation appointment.

Add a new family tradition to your Thanksgiving and donate blood. You can change a life, starting with your own.

HOW CAN I GIVE BLOOD?

Simply call 1-800-GIVE-LIFE (1-800-448-3543) or visit givebloodgivelife.org to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license, or two other forms of identification are required at check-in. Eligible donors must be at least 17 years old, or 16 years old with a signed Red Cross parental/guardian consent form where state permits, must weigh at least 110 pounds and be in general good health.

New activities classes offer fun ways to get in shape

▼ "The more choices we give our students to be physically active the better off we are as a UNK community." - Nita Unruh, HPERLS Chair

BY AMANDA BAILLIE
Antelope Staff

students are looking more into the trendy activities.

Coming in spring 2009: Tae Kwon Do and defensive cardio are the two new activities classes that UNK has popular demand for. Dr. Nita Unruh, HPERLS Department Chair, is in charge of finding the most popular and trendy activities and implementing them into UNK classes.

"I think that students are looking for something new and different to participate in," Un-

ruh said. There are also a couple of activities classes that went over so well they are carrying them over to the 2009 spring semester. These include pilates and body toning for women.

"The more choices we give our students to be physically active the better off we are as a UNK community," said Unruh.

UNK has offered activities classes such as disc golf, archery, kickboxing and walking for fitness. These activity classes have received tremendous response and Unruh is hoping the new spring activities classes will receive the same rave reviews.

For new activity ideas or comments please contact:

Nita Unruh
HPERLS Dept. Chair
(308) 865-8335
unruhnc@unk.edu

photos of the week



ABOVE LEFT: Dr. David B. Nabb, woodwinds professor from Eldridge, Iowa, plays his saxophone with his right hand only. After suffering a massive stroke in 2000, he was paralyzed on the left side of his body. He performed in the one of Concerts-on-the-Platte UNK faculty/guest-artist recital series, which was held at the Fine Arts Recital Hall on Oct. 27. *Photo by Sophie Lee*

ABOVE RIGHT: UNK freshman Elizabeth Manfull, of Gibbon, braces as UNK Level Four nursing student Shannon Bauer, of Hildreth, administers a flu shot Thursday at the Health and Sports Center. Flu shots were available Thursday for \$20.00, and will be available again Wednesday, Nov. 5, from 5:30 p.m. to 9:30 p.m. *Photo by Matthew Noffke*

CENTER: Gibran Mancus is seeking out fellow UNK students in the Student Union to inform them on anything they would like to know about Barack Obama on Oct. 30. *Photo by Jason Arens*

RIGHT: Sapana Upadhyay, a senior journalism major and Krishna Dallakoti, a senior accounting major, both from Nepal, perform a dance about a boy rejected while chasing a girl to date on Tuesday, Oct. 28, at the first ever NESAK public meeting. Students from Nepal welcomed other UNK students and Kearney community members to help them celebrate the Nepalese Dashain and Tihar festivals. *Photo by Mandy Brabec*



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Two-book fantasy series stimulates the mind



BY KEVIN L. NENSTIEL
Guest Writer

My favorite part of any fantasy novel is the middle. In the center of the book, the story could go any direction; the tale is made of nothing but possibility. Beginnings are freighted with scene-setting, and ends close doors that can never open again, but middles could unfold into anything. They are the most promising part of the book.

That's the case with Gregory Frost's two-book adventure, "Shadowbridge" (Del Rey, 255 pages, \$14.00) and "Lord Tophet" (Del Rey, 222 pages, \$14.00). The best part of the story straddles the gap between the books. What fearsome blight brought the city of Colemaigne to ruin? How did our heroine's father bring it about, and how can she and her group make it right with nothing more than an unerring talent for storytelling? These are the sorts of questions that make for heroic exploits.

Leodora has a rare talent for shadow puppets in the Balinese style. The daughter of the most famous puppeteer ever, she has inherited his tools and his library of myths. Driven by a rebellious spirit and guided by her late father's manager, she is quickly building fame as she travels the world over, performing on one bridge after another.

Oh, did I mention this is a world made entirely of bridges? The world of Shadowbridge is a trackless ocean, spotted with a few islands and an eternal ribbon of bridges on which people

live. Every bridge has its own traditions, its own culture, and its own puppet-play myths that let Leodora bloom into an ever-better artist. It's hard to imagine an editor who would actually approach a fantasy writer these days and ask, "Say, Gregory, would you mind making your work a little less like 'The Lord of the Rings'?" Yet that's what this author has done.

That's not to say these books are wholly groundbreaking. Seasoned fantasy readers will spot the influence of Michael Swannick, Robert E. Howard, Madeline L'Engle, and others. The icons of the gods of this world bear more than a passing resemblance to the characters in "The Matrix." And the relationships that inhabit the book are familiar to anybody who ever longed for a life at a slightly higher level of accomplishment.

The first book of the pair, "Shadowbridge," establishes the characters and their relationships. Less a single novel than a grouping of three novels leading to a shared nexus, it introduces a handful of people

who have been touched by gods, whose lives are no longer their own. All of them come from backgrounds of violence and fear, curses they desperately need to outrun. And they find themselves on Colemaigne, the bridge where Leodora's father and mother brought the wrath of an angry god on an innocent city.

Then all at once it begins again—and the novel ends. The second book takes up just moments after the first, when old secrets begin to come out, and blood guilt must be paid.

There are hints in these volumes that something bigger even than the story is going on. Brief encounters reveal that this world is full of elves, fauns, and fairies, but they don't play much of a role. And the myths and revelations of the gods imply that this world is built on the ruins of an older world. But this is only hinted; it's not really part of the story, which moves on without ruminating on anything that doesn't advance the heart of the story.

And story is just what hap-

pens here. The characters relate to the world through narratives and folk tales. Like Chaucer and Aesop, what matters in actual events is only comprehensible in these novels according to how the characters relate to their stories.

The characters seem to leave ruin and destruction behind, no matter what they try. Violence and abuse shift from one person's shoulders to another. Scarcely a life they enter that they don't leave shattered. But their life and art bring joy and life to their world all the same, and in the final confrontation, Leodora has the chance to make amends for her father's transgressions. The characters are neither good nor bad; they are like forces of nature.

These books are not without their problems. The exposition goes on a remarkably long time, introducing significant characters very late even in the second volume. The final confrontation is very brief. Apart from a couple of brief mentions, Lord Tophet, the title character of the second book, doesn't enter the

story until more than halfway through that volume. And in attempting to avoid the brutal finality that can make endings disappointing, our author gives us a denouement that feels very abrupt, leaving more questions than answers.

But that long exposition also fills us with a pleasing sense of wonder at the world, which is the reward many readers seek in fantasy. Lord Tophet is a complex and compelling villain whose climactic conflict gives us a chance to peel through his many layers and Leodora's too. And that abrupt ending leaves so many possibilities open that the characters remain alive in our minds.

"Shadowbridge" and "Lord Tophet" are not high-minded literature that deserves academic study. But they are a stirring fantasy adventure that invites us on a journey in our mind. And that, in the end, is what fantasy readers look for in a book. That, and a middle that justifies the beginning and the end.

Overflow ministry gives youth a chance to connect spiritually

BY CODY RIEDEL
Guest Writer

It is Sunday night, and the sanctuary at the Kearney Evangelical Free Church could be mistaken for a rock concert. Although the music is pounding and the lights are flashing, there is something different about this atmosphere.

Even though the music is upbeat, the lyrics and the crowd are unlike any other. The difference is that they are worshipping God together at an event called Overflow.

Overflow is a college and 20-something ministry based in Kearney, Neb. This ministry meets every Sunday night from 7 to 9 p.m.

Overflow plays contemporary worship music and is like a miniature church service directed towards college-aged students.

A feeling of fun and excitement is what Overflow tries to accomplish. Games and funny videos are created to bring students together and allow them to get comfortable in a church-like setting.

Over the course of a school year, students hear issues and stories from a biblical sense, that they can all relate to.

Some stereotype church as old-fashioned and very judgmental. At Overflow that mold is broken because it is lead by the mind set that nobody is perfect and there is only one true and perfect God who forgives every-

one for his or her sins.

Overflow's main mission revolves around three basic principles: connect, build and release.

Connect, by bringing everyone together at Overflow, and giving them the opportunity to build relationships with others.

At the beginning of every Overflow, young people are given the chance to eat and enjoy fellowship with others in a commons area.

This area is equipped with couches, a flat screen television, other fun games and of course, food.

Connecting is also defined by bringing people to a lasting relationship with Jesus Christ. People who attend Overflow are also given the opportunity to join small Bible study groups to continue their connections with new friends, and to grow in their relationship with Christ.

People growing in their relationships with others and God also falls in the build category.

Build is represented by building each other up and allowing Overflow to grow with more people and ideas.

There are many opportunities for everyone to volunteer at Overflow. This allows them to acquire new experiences that help them mature in the walk of faith.

For example, a group of stu-



Photos by Cody Riedel

ABOVE LEFT: Matt Demerot strums his guitar as fellow vocalist, Mallery Mawby sings out. Both Demerot and Mawby lead the singing every week at Overflow.

ABOVE RIGHT: Taylor Venema plays lead guitar at Overflow. **LEFT:** Nathan Ybara makes sure he is in tune with the band as they play. Ybara plays in the band almost every week.



dents took an entire week from their busy schedules to go serve the people of New Orleans for Katrina relief work.

The final principle is release, and this is the realization that not everyone is going to be around Overflow forever. This

important mission releases prepared attendees of Overflow out into the world, fully equipped with God's weapons and love. Overall, Overflow is a place that accepts all people, and strives to overflow the love of Jesus Christ to everyone.

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Phi Alpha Theta holds used book sale

Photo by Sean Takahashi

Sarah Wolf, a senior English and history education major from Kearney, and Steve Warren, a senior history major from Kearney, sell used books at the Phi Alpha Theta used book sale, which was held Oct. 27-30.

Photo by Sean Takahashi

Lonnie Baxter, a secretary of chemistry department (front), and Lacey Mayfield, a junior history and political science major from Kearney, choose books at the Phi Alpha Theta used book sale.

Wrestlers prepare to defend title; Lopers learn from past but look to future

BY JEFF KONCABA
Antelope Staff

The motto above the door of the wrestling practice room reads, "Molding champions for life." Wrestlers walking into practice can't miss it, which drives them every day to strive to become champions of the future instead of looking back.

After the success of last year— two National Champion wrestlers and a Division II National Championship— it might look as though there is a little pressure on this team. But Coach Mark Bauer, in his tenth year as head coach, says it's just another year, and he can't wait to see what happens.

"Every season is different, and what happened last year happened last year," Bauer said. "We graduated four kids— two of them being National Champions— but also bring back a lot of talent."

He said recruiting brought in 19 freshmen and two transfers who have a wealth of talent, while returning upperclassmen have valuable experience.

"We are a younger team, but we have great leaders in all of our upperclassmen which is rubbing off on all the young guys," Bauer said. "If it wasn't for the push that every person gives each other in practice, we wouldn't be a National Champion contender."

"All the underclassmen push the older guys and vice versa, which in return makes everyone better," Bauer said.

One returning wrestler who the team will be looking to for leadership and to make an impact is junior Ryan Etherton from Lincoln.

The Lopers, picked to win their eighth straight Rocky Mountain Athletic Conference title, are not worried about any extra pressure. Etherton said the pressure of being the returning champions targeted by opponents everywhere they go will not change how the team performs.

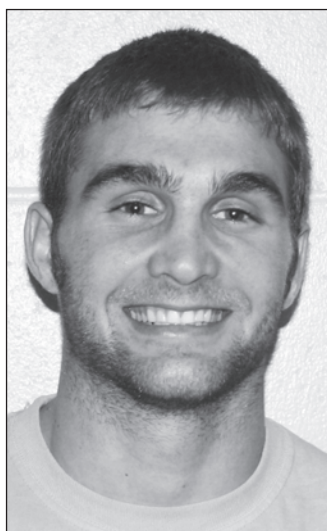
"There might be a little added pressure as far as what other people expect of our team," Etherton said. "But as for us as individuals, we just take it like another match."

Etherton said the team is ready to get out there and show the nation they are for real and want to prove it.

"People should get excited," Etherton said. "We are ready to have people come out and watch us and support a nationally recognized team."

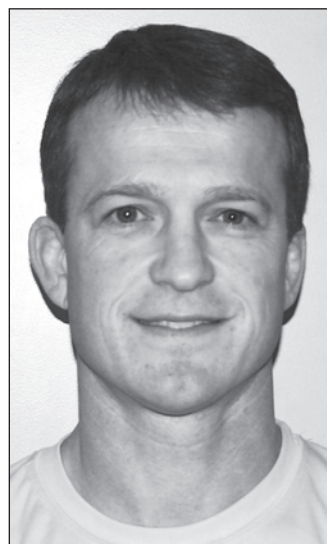
Coach Bauer said that Western State will be the toughest conference competition, and they are also on the look out for Adams State who is always a tough match.

UNK is ranked third in the Division II Wrestling Coaches Association preseason Top 25 poll and start the season on Nov. 15 at the Wyoming Cowboy Open in Laramie, Wyo.



"People should get excited. We are ready to have people come out and watch a nationally recognized team."

Ryan Etherton
Junior wrestler



"All the underclassmen push the older guys and vice versa, which in return makes everyone better."

Mark Bauer
Wrestling Head Coach

"We have a very tough region, the RMAC is one of the oldest, best known conferences in the nation, and we are always in for a tough season," Bauer said.

Looking ahead, UNK will host the 2009 RMAC/West Region Championships Feb. 28 at the Health & Sports Center. The Lopers haven't hosted this event since 2000.

BCS picture still unclear



BY ERIC KORTH
Guest Writer

Just when we thought the BCS picture was beginning to clear up, the Red Raiders from Texas Tech and the Florida Gators decided to state their cases in the hunt for the national title.

As I'm sure everyone is aware by now, with one second left in regulation, a sure to be unanimous selection for All-American, Michael Crabtree, broke the holds of two Texas defenders and scampered into the end zone to put his Raiders ahead of the Texas Longhorns.

The victory catapulted the Red Raiders past the Horns in the rankings and into the national title picture. If the season were to end today, we'd see Texas Tech squaring off against Alabama in the BCS Championship Game. A game, in my opinion, that would be one of the biggest landslide victories in BCS history, with the passing attack of Texas Tech dismantling whatever defensive coverage the Tide has to throw at them. All I have to say is thank God that the season doesn't end today.

I do not feel that either of these teams deserves to be in the national championship! Nor do I feel that Penn State deserves a shot. Undefeated in the Big Ten, you have to be kidding me? Winning out in the Big Ten would be equivalent to a Class A school playing all Class C2 teams, with the occasional matchup of a Class B school (that being Ohio State).

So who do I think have earned the right to be in the national championship? As of right now, I'm still debating, but I can tell you that I feel there are only four teams that should be in consideration. Texas, Oklahoma, Florida and USC.

Sure, Texas just lost to Texas Tech in Lubbock with both their top wide receiver and perhaps the best defensive end in the nation being injured. I think there is no doubt that if Texas had a week off to rest from playing Oklahoma, Missouri and Oklahoma State on consecutive weeks, they would still be the number one team in the nation.

As far as the other teams go, I have not seen teams absolutely steamroll through opponents like Oklahoma and Florida have been doing. I think the best team in football right now is the Oklahoma Sooners, and if they are given the shot to play in the title game, there is not another team that can stop them, even Texas.

And it pains me to keep USC in consideration, but honestly, USC has more talent in their second string offense than some of the teams you find in the Big Ten, Big East or even the ACC. With that talent, and the coaching abilities of Pete Carroll, USC cannot be overlooked.

With that being said, here are my selections and predictions for Games of the Week.

GAMES OF THE WEEK

No. 1 Alabama at No. 15 LSU

All predictions point to Alabama to win this one, but here's the catch. It's at LSU, and it's at night. It's not called Death Valley by coincidence. LSU at night is one of the toughest, if not the toughest, venue in college football. Last year against Florida, the crowd noise reached 129 decibels during the game. That's louder than airplanes on a runway. Expect crowd noise to play into effect in this game.

No. 8 Oklahoma State at No. 2 Texas Tech

If there is a God, He will allow the rushing attack of the Cowboys to break through the weak rush defense of Texas Tech. Because really, if Tech wins this game and then loses to Oklahoma, it leaves a three-way tie in the Big 12 South. And it'd be much easier for the BCS system, and myself, if Tech would just lose.

And most importantly...

No. 11 TCU at No. 10 Utah

Why is this game important? This game will decide which non-BCS conference team will earn the right to play in one of the BCS bowl games. But I don't think it'll be a close match-up at all because TCU's defense is the BEST in the nation and will easily shut down the Ute's offensive attack.

And my final prediction, take into account that this is being written on Monday night, Barack Obama will prevail over John McCain in a closely fought election.

Tuesday Night Lights



Photos by Lyndsey Luxford

Red Barn Elite (offense) lines up against Stalagna (defense) in the UNK intramural flag football championship game on Oct. 28 at Foster Field. Red Barn Elite took the title 20-6.



Photo by Amanda Baillie
Red Barn Elite will be representing UNK at the regional flag football tournament in Lincoln Nov. 22 and 23. If they place in the top four, they will attend Nationals in New Orleans.

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Basketball teams look to build off strength of '07-'08 seasons

BY GARRETT RITONYA
Antelope Staff

In 2008, the University of Nebraska-Kearney Men's and Women's Basketball Teams experienced strong seasons, with the men finishing extremely well and the women moving into the third round of the NCAA Division II Tournament.

This year, both teams are looking to improve on what was established last year, and other schools around the country should watch out for the Lopers.

The Loper women are expected to have another solid season, which was evident when they were selected the preseason number 22 team in Division II.

Leading the Lady Lopers is senior guard Jade Meads, who averaged 15.4 points and 4.8 rebounds per game last season. Meads was selected as the Preseason Rocky Mountain Athletic Conference Defensive Player of the Year.

"It's an honor to receive this award, but I am more focused on the team as a whole and winning enough games to get back to the NCAA's," said Meads, a senior guard from Elm Creek. "This team has all the potential in the world, and it will take solid play from every girl to reach our goal of winning an RMAC Champi-



"I know I am going to have to step up my game this year," said Megan Becker, a junior forward from Beaver City and the Lopers tallest starter at 6'1. "My play in the post, as well as the play of the girls on the perimeter will determine whether we are successful or not."

Last season, the Lady Lopers reached the NCAA Tournament before losing to eventual Division II Runner-Up South Dakota. Their 27-win output was the second most in school

Photos by Garrett Ritonya
Drake Beranek, a junior from Ravenna, shoots over a pair of Colorado Mines defenders in a game last season. Beranek is the Preseason Rocky Mountain Athletic Conference Player of the Year.

week, so the Lady Lopers have their work cut out for them.

"We are going into that game knowing we are going to play our hearts out," Meads said. "If we can play solid defense and pressure them to turnovers, we could surprise some people."

The UNK men finished last season at 16-13, but did win 9 out of their final 12 RMAC games and were just one game away from advancing to the NCAA Division II Tournament. One of the main returning starters is Preseason RMAC Player of the Year Drake Beranek.

Beranek, a junior forward from Ravenna, averaged 20.5 points and 9.3 rebounds per game last season for the Lopers while shooting 49 percent from beyond the three-point line. He was also named a Preseason All-American by Street and Smith's magazine.

The men's team was selected to finish second in the East division of the RMAC behind conference rival Metro State.

The UNK men and women begin their regular seasons Nov. 17 against in-state rival University of Nebraska-Omaha at the Health and Sports Center.

history, behind only 28 wins in 1996.

Lady Lopers play their annual exhibition game against Nebraska-Lincoln Nov. 5 in Grand Island.

The Huskers defeated Chadron State 108-30 earlier this

has been to find our groove," junior Quinn Willet of Malcolm said. "We know how to run and are in the kind of shape we need to be in, so the next thing we need to do is find our pace so we feel comfortable and refreshed for this race."

The Lopers are excited to host this year's Central Regional meet. After not competing in a home meet in seven years, the UNK runners get another chance this year to run in front of family and friends.

"Our excitement level is pretty high about being able to run in front of a home crowd," Willet said. We get to stay put and not travel long distances for this race. Also, knowing the course we are running should help us cut some seconds off our ending times."

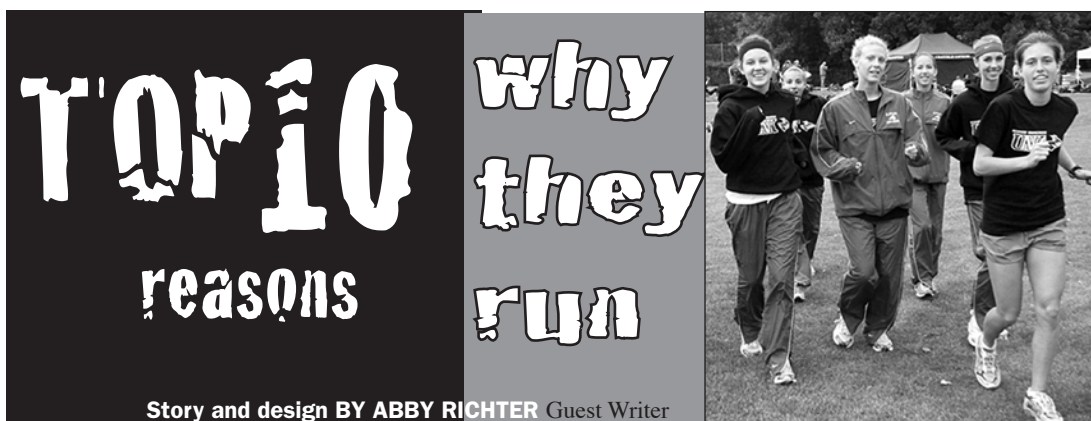
Competing in the RMAC tournament gave the Lopers a look at what the competition may hold for the Regional tournament.

"We got seventh at that meet and the top six are nationally ranked, so we basically were right behind those teams that are nationally ranked," Willet said. "We have the mind set to just do our best and go out and compete the way we can compete."

Those who place within the top 16 of the Regional race will continue on to the NCAA National Championships held in Slippery Rock, Pa. on Nov. 22.

UNK's Tanner Fruit, a sophomore from Ogallala, could be among the group qualifying for the National Championships. Fruit finished 21st in the RMAC Championships on Oct. 25 and was named to the All-RMAC team.

So burn off those extra calories you gained from eating too much Halloween candy and get out and support your Loper Cross Country teams Nov. 8 at the Kearney Country Club.



Story and design BY ABBY RICHTER Guest Writer

The inside scoop on why women on the UNK cross country team run— they run for fun.

Have you ever wondered why they do it? Why they run? Sometimes, they even wonder themselves. But after thinking about it, the UNK Cross Country Team figured it out—they run, for fun. Most of their reasons come down to personal satisfaction and the feeling of accomplishment.

1. "I love how you can genuinely test your character and push yourself to the limit, even when you are running alone."
-Hilke Brandon, Freshman, Alma
2. "I love the feeling of accomplishment when you finish a hard run, and running makes me feel really good about myself because I'm doing something that most people wouldn't do."
-Megan McClure, Junior, Lincoln
3. "I run to make my mom proud."
-Amy Long, Freshman, Minatare
4. "I run because it enables me to eat all the food that I could possibly want and to receive that so-called runners high while feeling that I've accomplished something with my day. I also run to be able to tell my friends, "Practice was perfect today, we just had a five miles easy."
-Mackenzie Schulz, Freshman, Omaha
5. "I run because I love the runner's high, and I love how when you finish a run you can look back at your accomplishment and how far you went. I also love how people think we are crazy for going on ten mile runs."
-Jamie Rudder, Freshman, Beatrice
6. "I love the feeling in my muscles after a good, hard workout."
-Shiloh Villar, Freshman, Gering
7. "I love being able to eat whatever I want! I run because I just love to run... and because it keeps me from going insane."
-Claire Aylward, Freshman, Lincoln
8. "I run because it's an addiction."
-Brittany Clark, Sophomore, Las Vegas
9. "I run because there's no better team than a cross country team and I can improve individually, but I will always have the support of my team. I love the "runner's high" you get after a good run, and I like the shocked look people give you after you tell them that you just ran 10 miles."
-Lauren Stengal, Freshman, Deshler
10. "I run because it relaxes me and it makes me forget about everything else when I'm doing it."
-Jenna Smith, Sophomore, Woodland Park, Colo.

"I know I am going to have to step up my game this year."

Megan Becker
Junior forward

Junior forward Megan Becker of Beaver City puts in an easy basket at practice Nov. 3.



onship."

After losing two key starters, Melissa Hinkley and 2007-2008 RMAC Player of the Year Amy Mathis, from last year's 27-7 team, the Lady Lopers return a "smaller" lineup that will rely on perimeter shooting.

Runners ready for Regionals to be held in Kearney Nov. 8

BY CALLIE ERICKSON
Antelope Staff

Many of you may have seen some rather suspicious characters running around Kearney this fall. The thought, 'are they running from something?' may have crossed one's mind. However, running from something was not the case.

The group spotted was the University of Nebraska-Kearney Cross Country Teams who were running towards perfection as they prepare for the Central Regional meet on Nov. 8 at the Kearney Country Club. The men's race begins at 10 a.m. followed by the women at 11 a.m.

After both the men's and women's team placed seventh in the Rocky Mountain Athletic Conference tournament, the runners are ready to turn up the heat and give it their all during Regionals.

"To better prepare us for Regionals, our focus at practice

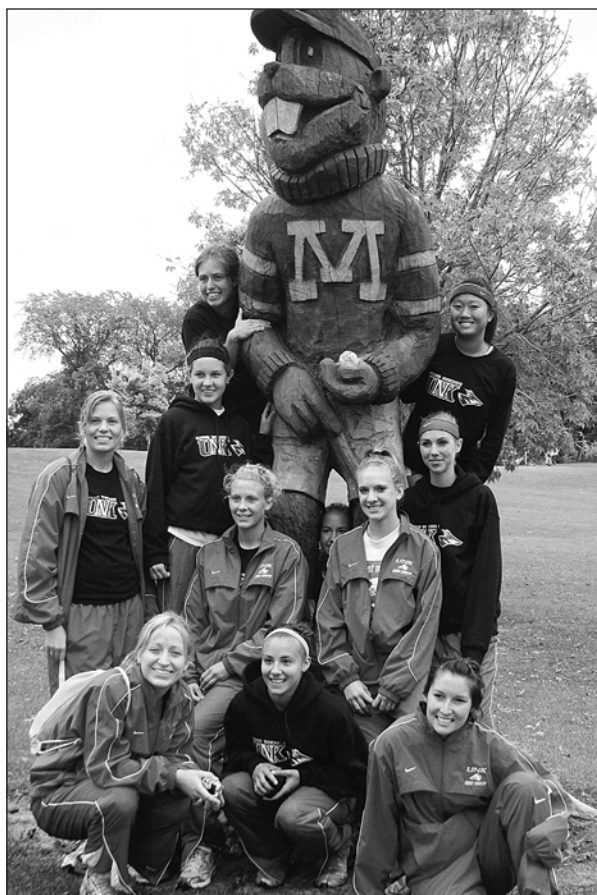
Courtesy Photo

LEFT: Following the Roy Griak Invitational in St. Paul, Minn., on Sept. 27, the UNK Women's Cross Country Team takes a traditional photo. "It's tradition to take a picture by the gopher every year at the Roy Griak Invite," said Megan McClure, a junior from Lincoln.

Photos by Abby Richter

BELOW: The freshman girls on the UNK cross country team get together after the race in St. Paul, Minn., on Sept. 27. Four of the freshman are among the top five runners on the UNK team. Pictured: (left to right) Jamie Rudder, Claire Aylward, Lauren Stengal, Hilke Brandon, Shiloh Villar, Mackenzie Schulz and Amy Long.

GRAPHIC AT TOP: After the Roy Griak Invitational in St. Paul, Minn., on Sept. 27, the UNK women do their cool down mile. Coach Brady Bonsall suggests cooling down after a race to relieve soreness in muscles. Pictured (left to right): Claire Aylward, Shiloh Villar, Jamie Rudder, Amy Long, Lauren Stengal and team captain, Megan McClure.



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BY TARA PURDIE
Antelope Staff

Both students and professors from UNK frequently travel across the world to further their education and gain knowledge and experience from other countries through the International Study Abroad Program.

Director of the Center for Rural Research and Development Deborah Murray said that UNK encourages both students and faculty to engage in cultural experiences. She said this program aims to promote education and training in order to enable U.S. business activity to prosper in an international economy.

Murray said this program provides funds "for the purpose of improving business curriculum and as a means of conducting outreach activities that ex-

pand the capacity of the business community to engage in international economic activities."

Economics lecturer Mary Rittenhouse visited Weihei, China July 1-13. While in Weihei, she worked intimately with Chinese students of various ages who were interested in American economy and the monetary policy.

Rittenhouse said that she believes everyone benefits from international travel because it provides new experiences and new perspectives.

"I think that it is just as important as studying theory from a book," she said. "You can learn a lot from a book, but you can only experience through actual life."

Rittenhouse said she loves to experience new and out-of-the-ordinary things and would love to revisit China.

She said there were many benefits that came from traveling to China.

"Meeting new people, new cultures, having experiences that provide insights also increase a person's tolerance and knowledge," she said.

Studying abroad changes world view



Photo by Josh Moody
Study abroad coordinator Ann Marie Park works diligently to maintain the tradition of studying abroad. Park's job is to provide information to students wishing to study abroad and to coordinate efforts with other universities on behalf of UNK.

BY JOSH MOODY
Guest Writer

There was a time in the history of the United States when studying abroad was considered unconventional and was not seen as a realistic option for many.

That changed in 1923 when Dr. Raymond W. Kirkbride, a professor at the University of Delaware teaching in the Modern Languages Department, proposed to send eight students to Paris, France, for their junior year. That was the birth of studying abroad as we know it.

Since then the tradition of studying abroad has grown, allowing students the opportunity to travel the world while furthering their education.

This new tradition, perhaps spurred by globalization and the increasing interdependence of the global community, has

opened many new cultural perspectives for students and enabled them to further shape and cultivate their own unique world view.

Study abroad coordinator Ann Marie Park said that UNK has an average participation of 125 domestic UNK students a year, though there has been an increase in recent years. There has also been an increase in international students coming to UNK.

"A student's perspective toward everything changes," Park said, touting the cultural experience of studying abroad. "You learn what your life looks like from the outside."

Park cited many reasons for studying abroad but highlighted one in particular: the future benefits reaped by those who have studied abroad.

"It does great things for you after you graduate," Park said, explaining that many graduate

"A student's perspective toward everything changes. You learn what your life looks like from the outside."

Ann Marie Park, study abroad coordinator

schools and employers eagerly embraced students with study abroad experience.

While studying abroad for a semester is an unparalleled experience, there are options available for students unable to commit to an entire semester abroad.

Options available include summer classes and classes that incorporate studying abroad into the coursework. Two such programs are available this summer, each consisting of a three-credit course of study and 10 days abroad: a Sociology class bound for Thailand and a Family Studies and Interior Design class destined for Ireland are both scheduled for May of 2009.

Dr. Diane Wysocki, a member of the sociology department at UNK who led a group of nine students to Thailand in 2007, said that students are often curious about these types of trips and that the desire to go abroad, coupled with the security of being able to do so in a safe, academic setting, leads many of them to sign up for these 10-day excursions with an opportunity to earn college credit.

Those who do decide to study abroad for a semester will benefit not only in the future but also immediately, according to junior Ryan Bastian, an econom-

ics major from Nassau, The Bahamas, who is currently studying for a second year at UNK.

Bastian has made an effort to involve himself on campus and, as a result, finds himself serving as a Senator for student government, where he is currently the only international student in the student senate.

Bastian also serves on the advisory committee for ISA (International Student Association) and is involved with Model UN on campus.

"It is very beneficial for students to be involved on campus, because you are helping in the building of the institution, its views, norms, belief and culture. These are the things that make or break an institution. So when we are involved, we contribute to these elements," Bastian said.

Stressing the importance of the involvement of the international student, Bastian said that the university worked toward the development of all students and that the students should therefore work toward the development of the university.

"We must contribute to the institution. It shall be a two ways street, the international student helping to develop UNK and UNK helping to develop international student," he said.



Courtesy photo: Mary Rittenhouse
Dr. Mary Rittenhouse and others traveled to Weihei, China from July 1 to July 13. Rittenhouse worked closely with Chinese students who were interested in the American economy.

Pi Kappa Alpha Haunted house

scares food donations out of enthusiastic crowd



Photos by Briana Duncan
TOP LEFT: The table filled with canned food donations for the Pi Kappa Alpha haunted house. Visitors were asked to donate either 2 cans of non perishable food or \$2 for admission with all donations going to the Kearney Food Pantry.



TOP RIGHT: Pi Kappa Alpha members (left to right) CJ Obradovich, Ben Schleiger and Noah Lauby rev up their chainsaws outside the fraternity's haunted house.

RIGHT: Sophomore John Bettles, a deciding student from Kearney, shows his best Halloween spirit during the Pi Kappa Alpha haunted house.



Photo by A Sanam Bhalla
BELOW: Pi Kappa Alpha member Taylor Hyatt, a sophomore political science major from Lexington, spooks visitors at the fraternity's annual haunted house.



Ten reasons why you should consider studying abroad as an undergraduate

- 1 Studying abroad is a life-altering experience.
- 2 Learn about yourself, learn to be independent.
- 3 Make yourself highly marketable after you graduate: 90% of surveyed companies prefer to hire employees with international business experience.
- 4 It is a chance to gain a perspective on your own culture.
- 5 Studying abroad is a chance to gain true language fluency.
- 6 But, you don't have to speak a foreign language to do it.
- 7 Build your resume credentials.
- 8 Programs available for almost every major.
- 9 Why be just a tourist? Learn about your world.
- 10 Make connections that last a lifetime.

Courtesy of Carrie Stithem and Deb Murray