

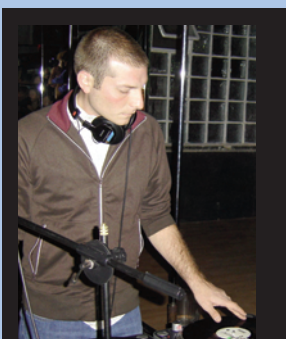
the Antelope

University of Nebraska at Kearney

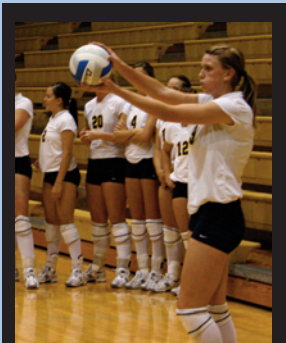
Run With It

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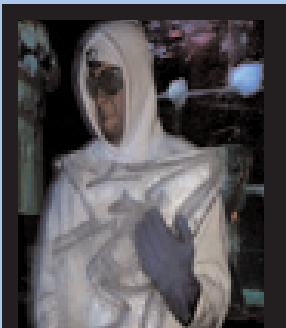
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Photo by Aki Kato
Cars pack the parking lot outside one of the residence halls so that students cruising in late for class have no hope of grabbing a spot.

"The parking at UNK is old news. We might as well forget about it because it will never change." -Casey Hemmingson

Parking woes continue to plague UNK Campus

Weather proves that parking is a problem

Lisa Becker and Ben Webb
Antelope News Staff

UNK faculty and students deal with plenty of difficulties each and every semester, but one problem that routinely tops the list is that of parking on or around campus.

It is a problem that does not have any immediate solutions, especially with the ongoing construction of the new residence halls and the upcoming Morse Lecture Hall project.

So, what should UNK students keep in mind when it comes to parking on or around the campus?

Nancy Garrelts, Office Associate of Parking Services, stressed that the sooner UNK students can acquire parking permits, the better. Parking permits are sold on a first come, first serve basis and Garrelts recommends acquiring a parking

permit around the time of student orientation just to insure that you get one.

If you are unable to obtain a permit, you will have to try your luck in the numerous streets in the neighborhood surrounding the UNK campus. Garrelts said the Parking Services department hears very few complaints from the residents, mainly because those complaints would be placed with the city and not with UNK. Garrelts says that UNK has a good-standing relationship with most of the residents that share their streets

with UNK students.

On the recent rainy Monday, the parking problem seemed evident as students and faculty, circled the lots looking for available spaces even waiting in handicapped zones and parking illegally in 30 minute spaces in desperation.

Garrelts said she is unaware of any solutions being discussed at this point in time but she is well aware of the increased difficulty that a loss of overall parking has brought to

UNK students. Students with parking permits

are free to park in designated spots on campus, but 30-minute loading zones ought to be strictly respected and campus police actively tickets until five p.m.

Guests to the UNK campus are asked to use guest parking is located and to leave the other spots open for the students.

As most commuters and students living on campus may have found out, having a parking permit does not guarantee you a spot.

UNK student Tiffany Pinkel said, "I don't bother getting a permit anymore because by the time I get on campus all of the lots are full."

Many students have adopted the "don't bother" attitude. Casey Hemmingson said, "The parking at UNK is old news. We might as well forget about it because it will never change." This may be true, but the problem is not going away and it is not being addressed.

"I don't bother getting a permit because ... all of the lots are full."

Tiffany Pinkel
UNK Student

WEATHER

FRIDAY
Partly Cloudy
High 64
Low 44



SATURDAY
Partly Cloudy
High 38
Low 21



SUNDAY
Few Showers
High 77
Low 56



Burglars strike Kearney

Police officer warns students to be on guard

Mark Hayden
Antelope News Staff

It looks as if the local authorities have their hands full as they try to uncover what it seems to be a string of burglaries and vandalisms that occurred two weekends ago in Kearney along Central Avenue.

The events most likely happened Aug. 31 to Sept. 2, sometime between Friday night and Sunday morning in the downtown area.

Due to the nature of the investigation, Officer David Stott was unable to answer questions about which businesses were involved.

Although the police have been able to uncover the person or persons who are instigating these crimes, Officer Stott is feeling

good about the investigation due to some much needed help from the public.

"We have received several good leads onto potential suspects," Stott said.

When asked if he thought that the crimes were linked, Stott said, "Based on the nature of the crimes and the fact they occurred within the same geographical area, in my personal opinion, they have the possibility to be linked."

With burglars and vandals on the loose, it is important that you be aware of what you can do to prevent something like this happening to you. Officer Stott provided a few tips on how to keep these criminals from preying on our others' personal belongings.

"Do not ever leave valuables in your car. If you do, make sure they are out of view," he said.

Although many students at

UNK are able to park their cars in well-lit areas, such as the provided parking, some are forced to park in areas that are not as safe, such as near-by streets, so keep an eye open. These dark areas make it

"Do not ever leave valuables in your car. If you do, make sure they are out of view."

David Scott
Officer

easy for criminals to steal and vandalize.

"Always be aware of your surroundings. If you see suspicious activity, call it into the police department," said Stott. If something looks out of the ordinary, do not hesitate to notify the local police.

"Be aware of your property. If you have a backpack, make sure it is with you. If you have a bicycle, make sure it is locked up," he said.

As a student, you carry many valuables in your backpack—books, calculators, money, cellular phones, MP3 players—which can be hot items for thieves. Also, keep that bike locked up; nobody wants to buy a new bike. And when you lock it up, be sure to lock it by the frame if you can. Many frameless bike tires have been left on bike racks around campus.

Officer Stott also had advice

FRESHMEN ELECTIONS

Sean Takahashi
Antelope News Staff

An election to add two freshmen senators is scheduled for October.

Two freshmen senators represent freshmen students and those who are new to UNK.

As the representatives of freshmen class, the senators attend each student government meeting, bring up issues that freshman students would confront and work for the benefits of freshman students.

According to Tim Danube, the advisor of Student Government and the associate director of the Student Union, there are not strict requirements for running for freshman senator. However, candidates have to be freshman students or new transfer students. "Anybody interested, contact student government probably by next week," Danube said.

Election commissioners are still organizing the election, but they expect the election to take place in early October.

WOMEN'S CENTER WEDNESDAYS

September 26

"Acquaintance Rape: The Ultimate Betrayal," Women's Center, Noon-1 p.m.

October 10

"Hip Hop: Beyond Rhymes and Rhythm," Copeland Room 142, 6:30-9:30 p.m.

October 17

"Men's Role in Domestic Violence Prevention," NSU Room 310, Noon-1 p.m.

November 7-8

"Freedom Writers," Women's Center, Noon-1 p.m.

November 28

"Give Yourself the Gift of a Debt-Free Holiday Season," NSU Oak Room

A night of dance and 'Bliss'

Review: Combined-effort show at the Roman fills house

Mark Hayden
Antelope Staff Writer

I had to be reminded that I was at the Roman on Saturday night, because I felt like I wasn't even on this planet. I was accompanied by many diverse cultures gathered there to enjoy the rhythms, beats and lyrics of Kearney-based hip-hop group, Bliss O'C and Japanese dance group, SID.

If 26-year-old Nick Bliss and 24-year-old Ryan O'Connor of Bliss O'C were not gracing the stage of the dark, smoke-filled room of The Roman in downtown Kearney, the large crowd was being entertained by the hip-hop group SID, composed of five girls from Japan that came to Kearney to study at UNK. The group's members dedicate their free time choreographing their own dance moves to just about anything they can move their hips to.

SID stands for Sawada Ikumi Dojo, which translates into, "Studio of Ikumi Sawada." Sawada is the student in charge of the group.

These two groups collaborated on Saturday night to show Kearney what they had to offer. Having lived only in Nebraska, I had never before had the opportunity to attend a live hip-hop performance. The experience was breathtaking.

The first to perform was Bliss O'C. With Kearney native Nick Bliss on the turntables, fellow guest DJ Kame on his set of tables and Grand Island native Ryan O'Connor on the mic, I knew right away this was sure to be a night to remember. Both DJs and rapper O'Connor were amazing, and certainly got the crowd going for SID.

I was quick to notice as I arrived at the show that I was surrounded by many different cultures. There were audience members from Japan, China, Nepal, South America and Nebraska, and I even met somebody from Morocco!

Bliss O'C ended the night with an interesting track about growing up in Nebraska, titled "The Return of Padlock Brains." O'Connor, the lyricist of the group, said, "It's about people from Nebraska that [sic] hate being from Nebraska. I think Nebraska is a great place to grow up. Sometimes, there is not a lot to

do, but it's what you make it. The chorus of the song is, 'that's the proof of abstinence of padlock brains' and then it goes through the examples of all the different people that are here and get along ... The hip-hop kids, the hippies and the farmers can all get along here and that's one of the great things about Nebraska. And I can see the stars in that!"

As if Bliss O'C's first 30-minute, turntable-spinnin', rhyme-spittin' and hand-bouncin' set wasn't enough, I was pleased to hear after the show from O'Connor that there would be another 30 minute set after SID's performance.

Soon after Bliss O'C departed from the stage, on came the five hip-hop dancers of SID to perform their choreography in front of the 300-person house. They danced to hit songs, including "Girlfriend" by Avril Lavigne.

Watching those girls dance on stage in sync with one another was very reminiscent of watching a professional music video. It seemed to me like they put a lot of effort and preparation into their performance.

Shoko Honda, a member of the group, said, "This was my second performance at the Roman, and my first was in December."

When asked which one was better, she replied with, "This show was sexier." I couldn't argue that point. Honda added, "The last show there were more guys involved, but this one only had girls. I had so much fun dancing up there."

Kevin Whetstone, a senior at UNK, was present in the crowd during the show and said, "This is the best way to get out and meet new people and have fun." And I can attest to that. I saw many new faces and met a plethora of students from UNK at this event.

When Yuki Kawakami, another student, was asked if he liked the performances of the dance and hip-hop groups, he responded with, "It was pretty good, I liked it!"

This was Bliss O'C's first performance as a group, but SID is a veteran.

"Our first show was last summer around this time here at The Roman, and it was so successful," said leader of the dance group, 22-year-old Ikumi Sawada. Dancing has not always been her passion though, she said that she played a lot of basketball when she was in Japan and did not begin dancing



Photo by Mark Hayden
Nick Bliss and Ryan O'Connor of Bliss O.C. took the stage at the Roman on Saturday night. The group's performance featured turntables, freestyle rapping, and djembe music.

until she came to UNK.

"I saw a show which was a performance by Japanese girls and guys, and became so attracted and interested in it," Sawada said.

The night was not complete until another performance by both groups. SID's performance was very similar to the first one, complete with costume changes.

Bliss O'C capped off the night with another set not too dissimilar to the first, but with one little change-up.

They ended it with some genuine freestyle rapping. This is the art of improvising your lyrics off the top of your head, while a DJ mixes and plays beats in the background.

It is unscripted and what most people would agree with to be "true" hip-hop. Guests from the crowd joined O'Connor on the stage to battle it out with their freestyling abilities.

Just when I thought this night could not have expanded my horizons further, O'Connor and company pulled something else out of their collective sleeve to entertain the rest of the crowd: a full-blown djembe session.

The djembe (pronounced 'gem-bay') is a small drum that is played

by the bare hands.

Followed by the Bliss O'C performance, O'Connor, Matthew Wallace and their fellow Japanese friend put on the Djembe session that filled the ears with beats from Bliss' ten fingers and the palms of these three gentleman's hands as they pounded away at the skin-covered drums to the rhythm of the turntables.

After the show, I asked what inspired O'Connor to start playing the fascinating instrument called the djembe, O'Connor replied,

"I was taught by a gentleman by the name of Morgan Wood six years ago.

"He was my high school janitor in Grand Island and I just became friends with him.

"One night I gave him a ride home one night after school when I saw him walking, and he said, 'Come into my house and meet my family.'

"He introduced me to his wife, children and the djembe. He taught me for a long time: he drilled it into me."

Wood, his inspiration, is in his late 50's and brought his knowledge and love for the drum from Ghana, Africa, where the instru-

ment was born.

I have a love for all different sorts of music, and now I can include the djembe among my favorites.

An instrument I have admired for a long time is the turntables. It was a pleasure to see and hear Bliss play them, and from what I hear, it is not an easy instrument to master. Nick Bliss has been playing the electronic instrument since the age of 13 or 14.

"It was something that was exposed to me at one point or another, and ever since then I've just been intrigued, just got more and more into it. And fortunately I've been able to run in to the same types of people that like the same thing," Bliss said.

But where does one get the inspiration to play such a complex instrument? Bliss said, "I lived in Texas for five years. Fortunately, one of the guys I worked for down there was a former DJ from Austin. He is one of my big inspirations behind what I do now. He was a record collector too, he was into hip-hop. I got my first turntables from that gentleman."

Bliss and O'Connor met just a couple of months ago and collabo-

rated their interests and ideas of hip-hop into what we now know as Bliss O'C right from the start.

"I heard about this DJ and I wanted to meet him because I've always been looking for a DJ. I asked Nick the first day I met him if I could audition," said O'Connor. "Nick Bliss is like a godsend for me, just someone I can work with, and make good hip-hop music with," he added.

"We mean what we say and we mean what we make. And we present it, hopefully, in an enjoyable way," said Bliss.

The positive vibes during their set were most definitely felt, and with O'Connor's positive lyrics and tone, mixed with Bliss's feel-good beats, well, to say the least, I was feeling good, and I think I can speak for everyone else that was in attendance.

"Mainly my topics are just thoughts that come out of my head. Some of our songs are negative, just stuff we've been through. The thing about hip-hop is that, I can take really hard times about my life, things that I really don't know how else I would deal with, and I can write it all down lyrically and make something really positive. Basically, it is therapy for me," O'Connor said.

What was even better about this night was that I did not have to pay a dime for this entertainment. Now how often do you see that happen?

"For one, we wanted people to come out and see us; we worked with great girls tonight to set this up. A lot of people came to see them and a lot of people came to see us. It was two types of art tonight helping each other out, O'Connor said. Bliss added this, "It was unified exposure, opposed to any kind of money."

When asked if they have ever thought about quitting music, O'Connor said, "Absolutely not that's in the lyrics too, I hope that I never break down, hope that I'll never forfeit." Bliss said, "There is no way: it is in my blood."

If you did not catch SID and Bliss O'C on Saturday night, do not worry.

You will have plenty more chances to see great performances. Bliss and O'Connor said they will definitely continue doing what they are doing and will play future shows in Kearney—and maybe even take their shows on the road.

Reynolds series begins

Writers and readers gather to celebrate the written word

Sarah Schreiter
Antelope Managing Editor

program, and will hold the Richard Thomas Chair at Kenyon College in the spring semesters of 2008 and 2009.

Professor Glancy is a playwright, novelist, and essayist with more than 30 volumes of award-winning work.

Glancy's work includes "Stone Heart," "Pushing the Bear," "The Dance Partner," "Monkey Secrets," "In-Between Places," "Claiming Breath," "Asylums in the Grasslands," "Rooms: New and Selected Poems," "American Gypsy," and "Domes of Heaven."

Allison Hedge Coke, the current Reynolds Chair and the series' coordinator, said of Glancy, "Diane has been a phenomenal leader in working to give the authentic typical life a crafted position in literature and history.

"She has been exemplary as a mentor and a role-model for many young writers and readers and serves the literary community wholly.

"Her mark on American Literature is substantial and her multiple national recognitions are testimony to the validity and worthiness of her own authorship.

"It is a pleasure to have this distinguished guest on campus and we, in the English Department, are very pleased to introduce her to the UNK and Kearney community at large."



Photos by Sarah Schreiter
Top: Allison Hedge Coke, Reynolds chair, helps speaker Linda Hogan with her microphone.
Bottom: Linda Hogan, the first speaker in the Reynolds series, read to an audience in Copeland Hall Friday night.



Courtesy photo
Diane Glancy was the second speaker in the Reynolds series. She spoke on campus Wednesday night.



NOTICE TO STUDENTS

All students are eligible to apply for a refund of the "A" portion of student fees until September 25, 2007.

(These fees include programming for events like: concerts and bands, comedians, special speakers, Jim Wand, Homecoming and other University events.)

Students claiming a refund will lose benefits provided to Fund "A" users during the Fall semester 2007 and will incur a charge for attending these events.

Application forms are available at the Student Government Office in the Nebraska Student Union 1013 West 27th Street. For more information call 308.865.8523.

the Antelope

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Photo by Sarah Schreiter
Even with the glamour of new residence halls on UNK campus, Men's Hall retains its old-fashioned charm and grandeur. The hall was built in 1939 and had many uses before it became a residence hall.

New Reynolds Chair encourages students to exercise talent

Alissa Roberts
Guest Writer

Allison Hedge Coke, the new Reynolds Chair in poetry, is a passionate teacher, writer, and mentor. Hedge Coke is new to the English department at UNK this fall.

Hedge Coke will be teaching beginning poetry and advanced/graduate poetry this semester.

Hedge Coke said she pursued her career as a poet because of her fervent interest.

"I can't help myself," she said. She described how everything inspires her, and how she is curious about the world around her.

Hedge Coke also works as a mentor for young adults. About eight years ago, Hedge Coke helped to establish the Literary Arts Mentorship for Incarcerated Youth in South Dakota.

The youth in the program are paired with a writing mentor. They can e-mail or mail their writings to their mentor, and the teenagers have a steady mentor for when they are released to go home.

"They hopefully can be convinced there is a place for them in the arts," said Hedge Coke as she described the goal of Literary Arts Mentorship for Incarcerated Youth in South Dakota.

Workshop writers and students often get nervous when they are asked to submit their works for publication. Hedge Coke offered great advice about researching the market and said that knowing the type of conversation that is happening about writing is helpful for determining what to publish.

Hedge Coke passed on the best advice she received as an aspiring young writer.

"Don't be afraid of your talent. It is part of you. You should exercise it," Hedge Coke said.

Friday, Sep 14, 2p.m.-5 p.m.
Ponderosa Room, Student Union

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STUDENT RESEARCH SYMPOSIUM

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Lady Lopers solid at home

3-0 weekend contributes to undefeated record

Kayla Laird
Antelope Staff Writer

There is no place like home. The Lopers caused their opponents to click their Nikes together in hopes of returning home unscathed. The home court advantage took on a new meaning when the Lopers improved to a 10-2 record (2-0 in RMAC play), as they defeated Bellevue on Wednesday, Colorado Christian on Friday, and rival Metro State Saturday night at the Health & Sports Center. The 25th-ranked Lopers reigned over the NAIA 22nd-ranked Bellevue Bruins in three straight sets on

Wednesday, Sept. 5 by scores of 30-22, 30-15, 30-23. Sophomore Nikki Scott led UNK with 13 kills out of only 17 attempts. Scott's .765 efficiency is the third highest in school history for a single game. The Broken Bow native also led the Lopers in blocks with four stuffs. Jeri Walkowiak, freshman starter from Grand Island, pounded home ten kills while Erica Burson supplied seven kills, three blocks, and three digs in only two sets. Reserves Juli Minicz and Chelsie Carson also lifted the Lopers in the final set with six and five kills respectively. Cola Svec, starting freshman setter from Elkhorn, directed the Loper

offense with 42 set assists and 11 digs.

UNK took on Colorado Christian Friday night in the Loper's first conference game of the season. The Lopers beat the Cougars 30-8, 30-25, 30-20. Scott's hot streak continued as she hit .600 and was credited with 16 kills on only 25 attempts. Walkowiak had an all-around stellar performance with 14 kills, nine digs, and four blocks. Burson pitched in 10 kills while the Loper defense remained tough with 53 digs on the night. Setter Svec set up the Loper attack with 45 assists, 10 digs, and two kills. Sophomore hitter Shannon

Clausen said, "In those games (Bellevue and Christian), we were

“
“Instead of being scared to lose, we were relaxed and played to win.”
”

Shannon Clausen
Sophomore Hitter

more worried about our side of the net and concentrated on getting better while not playing down to their level.”

The Lopers would have to pull out the big guns Saturday night as RMAC rival Metro State came to town. In front of a crowd of 1,205, the Lopers swept the Roadrunners in three straight sets, 30-21, 30-18, 30-22. "We knew coming into that game that Metro would play really hard because we're rivals and they'd want to come out and beat us at home," said Clausen. "Instead of being scared to lose, we were relaxed and played to win."

Clausen did just that as the Beatrice native hit a team-high .667 and soared for eight kills. Scott remained unstoppable at the net with 14 kills followed by Walkowiak's double-double performance of 12 kills and 13 digs. Burson stayed strong and steady on the outside with 14 kills and nine digs, while senior Alison Glidden contributed 11 kills.

Not only did UNK outperform Metro by outhitting them .377 to .099, but the Lopers also won the defensive battle. The Blue and Gold

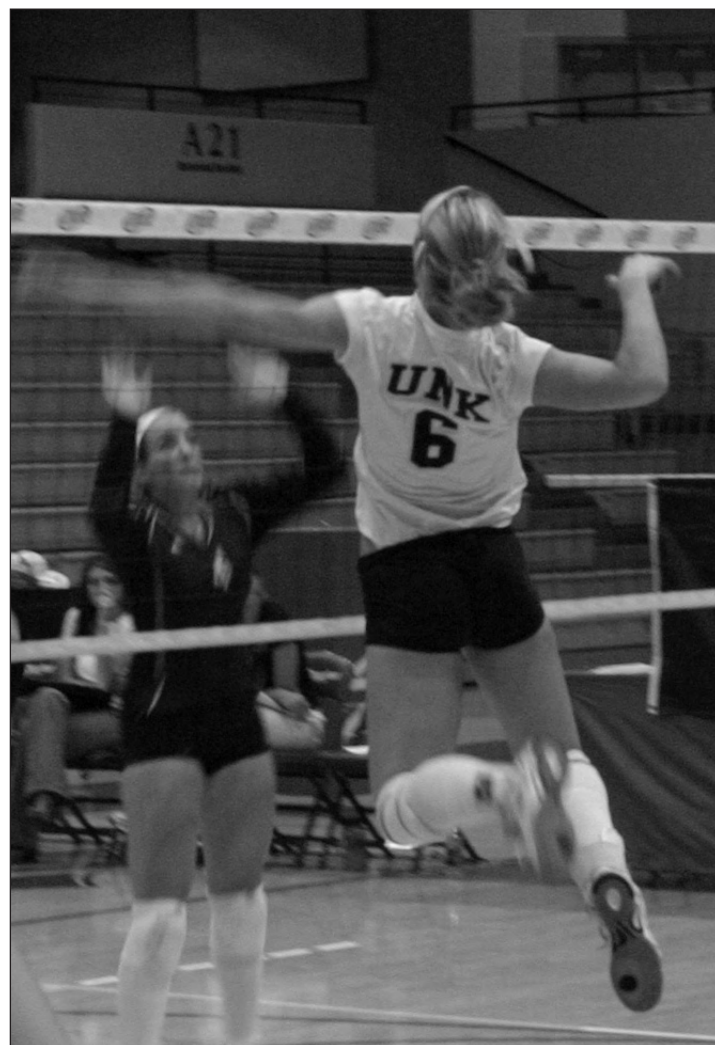


Photo by Brandon Moore

Jeri Walkowiak jumps high to lay the smack down.

dug 64 compared to the Roadrunners' 47, largely due to sophomore libero Kelli Wemhoff's 16-dig performance.

The Lopers hit the road this weekend for RMAC matches against the University of Colorado at Colorado Springs and Regis

University on Friday and Saturday. UNK will be at home next Saturday, Sept. 15, taking on Colorado Mines at 7 p.m. at the Health & Sports Center.



Photo by Brandon Moore

Teammates join hands in the huddle before facing off against Colorado Christian.

New Lopers join herd for season

Cross country coach brings knowledge and experience

Nathan Osterloh
Antelope Staff Writer

Collapsed with exhaustion and pumped with adrenaline, cross country runners will look up to find a new face staring back at them.

Former Husker track and cross country stand out, Brady Bonsall, was named the new UNK cross country head coach. Brady will be trying to get the Lopers to the top of a very competitive RMAC conference, which includes several teams who will compete, not only for the RMAC title but for the national title also.

Coming from Burwell, Neb., Coach Bonsall was a state champion in both track and cross country.



Photo courtesy of Peter Yazvac

Team Captains Michelle Dill and Justin Zahler

This success followed him through his college years as well. During his career at UNL Bonsall qualified for the NCAA national meet twice and



excelled in the steeplechase as well. His running career did not stop after his senior year either, as he qualified for national track and field

meets each year from 1995 thru 2001, while also qualifying for the 1995 and 2000 Olympic trials in Atlanta and Sacramento.

For Brady, family and faith come first. For Coach Bonsall, success is not measured by how you finish, but by how well you used your God given ability to the max. He also believes, running should not be your life, but to be competitive it needs to be a part of your life.

There were a few things that had to be negotiated before Bonsall made his trek to Kearney. Bonsall wanted to go somewhere that would make everyone in the family happy. Living close to his relatives played a big role in the decision to

come to Kearney.

The competition in the RMAC conference helped tempt Bonsall to join the Lopers. The RMAC includes more than one national title contender. The potential for recruiting around the Kearney area and the affordability of the school will make it a lot easier to recruit. The coaches and the runners will work together. This is Coach Bonsall's first head coaching job at

“
“I'm looking forward to coaching students who already have a love for the sport.”
”

Brady Bonsall
Cross Country Coach

the collegiate level. Bonsall said, "I'm looking forward to coaching students who already have a love for the sport."

The UNK Cross Country team competed last weekend in a time trial at Cottonmill Park, which did not expose anything that Coach Bonsall hadn't already figured out. The women's team is ranked ninth in the North Central region, and they are looking really strong this year with several of their top veteran runners returning including team captain Michelle Dill. The men's team will be a young and exciting team to watch this year with a lot to accomplish. Team captain, Justin Zahler, will be one of the top runners. The first test of the year for the teams will be this coming weekend in Lincoln at the Woody Greeno meet.

Ideas flourish at intramurals

New director sets new goals

Derek Wurl
Antelope Staff Writer

Name-dropping is no problem for the new Intramural Director Scot Fransk. His resume includes places like Colorado, Creighton, Western Illinois, and the University of Missouri and most recently, UNK.

Fransk received his bachelor's degree in Organizational Communication from Creighton University and went on to Western Illinois to earn his master's degree. While at Western Illinois and Missouri, Fransk was the Assistant Director for intramurals and club sports.

So what brought him here you ask? "I had a great tour when I applied. I always passed Kearney

driving from Omaha to Colorado down I-80, but I didn't know anything about it until I came here" Fransk said. "This campus and town are a lot like Western Illinois."

Fransk also thought that the program here was diverse. Former intramural director Shelly Urkoski shared a similar philosophy with Fransk.

Fransk arrived in June with the intramural events already in place. His first mission: adding dodgeball. He is looking into adding a

Nintendo Wii contest, rock-paper-scissors and possibly a spelling bee.

"Right now we are maxed out at 50 events, and we will evaluate these and see if we should change anything. I want to know if there is interest in these and I am always looking for new ideas." Intramural officials are undergoing new training and Fransk is looking into new prizes for champions.

Fransk is not the only new face you will see in the intramural office.

New Hours For Cushing

Weight Room Hours

Monday-Thursday: 6 a.m. - 12 p.m.

Friday: 6 a.m. - 7 p.m.

Saturday: noon - 5 p.m.

Sunday: noon - 10 p.m.

Pool Hours

Monday, Wednesday: 8 p.m. - 10 p.m.

Tuesday, Thursday: 6 p.m. - 8 p.m.

Sunday: 2 p.m. - 4 p.m.



College Football Week Two

Eric M. Korth
Sports Editor

Week two has come and gone. It left us with an upset over Georgia, a second-half comeback in a Texas win over TCU, a struggling Nebraska team trying to find their groove and a 48-7 blowout of the so-called No. 9 Virginia Tech. When all was said and done a couple questions were posed throughout the college football world. Here is my attempt at answering these questions.

How many wins will Michigan have this year, and how long until they get their first win?

•After reviewing Michigan's upcoming schedule, I think things will begin to look up for the Wolverines. This weekend they play a struggling Notre Dame team in the Big House at Ann Arbor. Notre Dame comes into the game, relying on true freshman quarterback Jimmy Clausen. In Clausen's first start, he was 17 of 32 for 144 yards. He threw one interception and no touchdowns. The statistic that should make the Wolverines happy is that he was sacked six times against Penn State last week. After Michigan was dismantled in back-to-back weeks by experienced mobile quarterbacks it will be nice to square off against a young immobile one. Michigan comes into the game also relying on a freshman quarterback after the injury to Chad Henne last week. No fears, more than 106,000 still-faithful Blue and Gold fans will be at the Big House on Saturday trying to ease the tension off of freshman QB Ryan Mallett. Look for Michigan to pull off a win against Notre Dame this week, but don't get too excited because they face ranked Penn State the following week.

Who should be No. 1? USC, LSU or Oklahoma?

•It's still week three and a lot of football is left to be played. USC had a bye last week and should be well-rested and ready to prove that they should be the No. 1 team in the land. If you didn't know that USC comes into Lincoln this weekend to play the Huskers, than this section is not for you (News is on pages 1 and 8, and Features is on pages 6 and 7). I'm not going to dive into whether or not Nebraska can beat USC, but rather will explain what is on the line for USC. Oklahoma absolutely decimated a rebuilding Miami team, while LSU made Virginia Tech look like a high school football team. Both LSU and Oklahoma have both proven themselves to be legitimate No. 1 teams, if USC doesn't come out with an impressive win this weekend look for a shake-up atop the polls.

KORTH'S HEISMAN WATCH

QB Colt Brennan – Hawaii. Sure it took an overtime win against Louisiana Tech, but the stat that should be catching everyone's eye is that we've played two weeks and he's already 36 yards shy of 1,000 yards passing and already has 10 passing TDs.

RB Ray Rice – Rutgers. With 5 TDs and 359 yards on the ground, Rice leads all running backs in the nation.

If you have any sports ideas you would like to see covered in the Antelope feel free to e-mail me at korthem@unk

UNK mauls Wildcats

Coach Morris earns 50th win

Callie L. Erickson
Antelope Staff Writer

Four hours and 190 miles later, the UNK Lopers arrived in Wayne, but a cramped bus ride didn't keep them from handling Wayne State 31-7 on Saturday afternoon. Not only was Head Coach Darrell Morris excited about the victory, but also about the fact that this game was his 50th career win at UNK.

Having their best game rushing in nearly four years, the Lopers were victorious over the Wildcats for the tenth straight year and now lead the series with an all-time record of 58-16-6.

Junior defensive back, Owen Stubbs said, "We executed our assignments very well. Offensively, we all seemed to be in tune and on the same page and defensively we seemed to be at the right place at the right time."

At the start of the game, Wayne State's quarterback, Silas Fluellen, threw a 68-yard touchdown pass to Brian Chapman on their second offensive play. Despite the quick score, the Wildcats could do nothing more to stop the Lopers from scoring 31 unanswered points and holding Wayne St. to 147 yards for the rest of the game.

The Lopers started the scoring

streak when junior quarterback, Dennis Havrilla, capped off a 59-yard drive by running it in himself from the one-yard line.

From then on there was no stopping the Lopers. Senior receiver, Cory Sleeth, caught Wildcat defenders off guard by hitting fellow wide receiver Eric Myrick on a 46-yard pass for a touchdown to pull the Lopers ahead for good.

Only minutes later junior kicker, Geoff Carnahan, ended a 57-yard drive with a 24-yard field goal.

Four minutes later, Carnahan, whose career as a passer is 4 of 4 for 106 yards and two touchdowns, threw a 14-yard touchdown pass to senior Tyler McNitt on a fake field goal play.

Halfway through the fourth quarter, the Lopers scored again. After a 70-yard drive, Havrilla connected with McNitt from 15 yards out.

The Lopers relied mostly on their

ground game to move the ball up the field, carrying it 57 times for 275 yards and one score.

This is no surprise as the Lopers have averaged more than 250 rushing yards in the last three years against Wayne. "We definitely had most of our success come from running the ball. Wayne had a hard time stopping us and getting us down," Stubbs said.

Defensively, UNK held Wayne to 32 yards rushing on 26 carries. Junior linebacker Cheikh Fall, led the Lopers with six tackles and redshirt freshman Chris Fant added five stops. Outside linebacker, Kirk Peterson and safety Mark Dunaway each had an interception for the day.

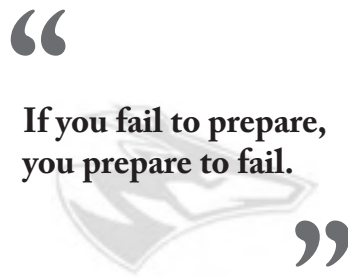
UNK begins RMAC play as they take on Fort Lewis at home. The game is scheduled for Saturday Sept. 15 at noon. The last three years, Fort Lewis has been victorious over the Lopers. "In order to beat them this year, which we can, we need to make better tackles on defense and on offense we must secure the ball

and not have any turnovers," Stubbs said.

Placed at the number two spot in the RMAC preseason rankings, one of the Lopers' goals is to win the RMAC this year. "We could win RMAC this year. We definitely could. All of us—players and coaches, are very determined to win. The coaches push us hard at practice everyday so winning RMAC would show all our hard work in practice paid off," Stubbs said.

In preparing for a battle, the Lopers receive scouting reports from the coaches on their upcoming opponents. These reports give the guys an idea of what they can expect offensively and defensively from the opposing team. "We read the scouting reports to give us a head start on what to prepare us for as far as our opponent's formations, tendencies and what they like to do," said Stubbs. Along with the basics of lifting, hydrating and eating right, the Lopers also watch film from their past match-ups so they can see for themselves exactly what they can improve on.

On a final note Stubbs said the scouting reports are crucial to prepare for victory. "It's great that we have the coaches eager to prep and prepare us for our upcoming games. If you fail to prepare, you prepare to fail."



If you fail to prepare, you prepare to fail.

Owen Stubbs
Defensive back

UNK golf teams in full swing

Men's and women's teams begin fall season

Koji Kuwahara
Antelope Staff Writer

The women's golf season has officially teed off. Last Friday, the women's golf team and their new head coach, Amy Harder, put themselves to the first test of the season. The Lady Lopers participated in the Hastings College Invite at the Lochland Country Club. The ladies team finished seventh overall, shooting a team score of 374.

The women's team had a short rest over the weekend before teeing up in the RMAC Fall Invite here in Kearney on Monday and Tuesday. They improved on their team score by shooting a 357 the first day and a 349 the second. Their combined score of 706 placed them third overall. Senior Kami Hehn shot a two-day total of 159 to win the tournament.

"We should continue to improve our skills over the course of the season, and get a good idea for improvement for upcoming tournaments. If we don't finish at the top of the conference, we just work to improve for the next tournament," Harder said.

"I really expect my girls to realize to just have fun, keep improving, be able to relax, and to believe themselves even if they don't win," Harder said.

"Good golfers bring a positive mental attitude, and realize that golf is just game," Harder said.

"For the student athlete, they should bring positive attitude, keep relaxed during the round and learn from experiences outside of golf," Harder said.

"The most important thing is to practice hard, believe in yourself, just relax, and keep positive. All of these things are really difficult to obtain at first, but I believe my golfers can achieve these factors of winning," Harder said.

"There is no difference between the work ethic of a professional golfer and a student athlete. All golfers practice hard and they try to improve their skills everyday," Harder said.

Coach Harder feels that the most difficult thing to teach is course management. "To keep mentally positive is a really difficult thing to teach, because it is really delicate problem," Harder said.

"All players have their own personalities and characteristics. Coaches have to find how work with each player," Harder said.

The women's golf team travels to Lakewood, Co. on Saturday for part two of the RMAC Fall Invite. They will compete on Sunday and Monday against other teams from around the RMAC.

Melissa M. Hinkley
Guest Writer

The UNK men's golf team is looking to rebuild after graduating three of their top golfers last season. A good place to start the rebuilding process is with Andy Bednar, a junior from Sioux Falls, SD, who led the Lopers last season.

"If I would have to summarize this season, I would say that we have lost three of our top players," Bednar said. "We have a group of young and talented juniors so we will be rebuilding for the next couple of years. I'm pretty stoked about it."

The Lopers just finished narrowing down their roster from 17 golfers to 10. They played four rounds of golf, three at the Kearney Country Club and one at Meadowlark Hills to determine the top golfers. The top five to emerge were Preston Foster, Andy Bednar, Grant Babcock, Max Hadenfeldt, and Alex Farrell.

"When we qualified, Preston and Andy played the best golf by quite a few strokes," Dick Beechner, head coach for the Lopers, said.

The team's first competition took place at the Nebraska intercollegiate golf

tournament in Lincoln. This was a brand new tournament composed of six schools from Nebraska.

"We hope to make it an annual thing," Beechner said. "There were teams from Wayne, Wesleyan, Hastings, Midland and Central community college at the tournament."

UNK finished just seven strokes behind Nebraska Wesleyan, giving them a second place victory with a total of 609. Preston Foster, a junior from Broken Bow, led the way for UNK. He finished the tournament with a second place finish.

The Lopers now look forward to their first RMAC tournament, which will be held in Pueblo this upcoming weekend. The men will continue their fall schedule as they travel to Hastings, MN. the following weekend. They will finish off their fall season with a tournament in Kearney and finally with a tournament in Fort Hays. As they compete this season, the Lopers will look for the guidance of Bednar, a pre-season All-RMAC pick who finished the season strong last year.

"I had a pretty good spring season," Bednar said. "The coaches pick the teams so I guess somebody thinks I am good. I am just excited for this season because we have a good group of guys."

Sports Picks

This Week's Top Games

- UNK vs. Fort Lewis
- ²² Tennessee at ⁵ Florida
- ²¹ Boston Coll. at ¹⁵ Ga. Tech
- Florida St. at Colorado
- Notre Dame at Michigan
- ¹⁴ Nebraska vs. ¹ USC
Game of the Week
- Record**



Eric Korth
Sports Editor

University of Neb-Kearney
Florida
Boston College
Florida State
Michigan
USC
10-2



Cory Helie
Sports Fan

University of Neb-Kearney
Tennessee
Boston College
Florida State
Notre Dame
Nebraska
10-2



Chad Borowski
Sports Fan

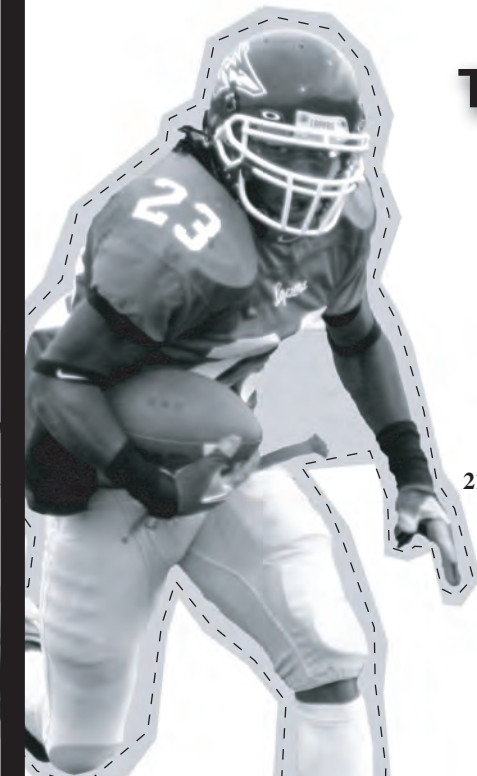
University of Neb-Kearney
Florida
Boston College
Florida State
Michigan
Nebraska
11-1

SPECIAL GUEST



Lisa Elson
Assistant Managing Editor

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Florida
Georgia Tech
Colorado
Notre Dame
USC
11-1



Guitar, saws, ice please campus crowd

Skilled singer/guitarist and ice sculptors delight crowds at UNK

Jared Hoff
Antelope Staff Writer

Kearney students and residents showed up in large numbers last Friday night to see a musical performance by accomplished singer/songwriter John Rush and ice sculpting display by the team known as Fear No Ice.

John Rush, who has been nicknamed the 'Human iPod,' played original music as well as cover songs by other artists. The show was played on the east side of the bell tower on UNK's campus.

Rush grew up in Alabama and attended the university of Georgia on a classical guitar scholarship.

"I started playing acoustic guitar when I was 12, singing when I was 21, and playing harmonica shortly after that," he said. After graduation, he moved to Nashville, Tenn. and began traveling and playing shows.

With more than 200 tour dates a year, Rush continues to make a



Photo by Jill Kempt
The two performers of Fear No Ice carve "UNK" and a Loper head out of ice with a chainsaw.

name for himself on college campuses, and in clubs and bars. He was a finalist for Favorite Special Event Music Entertainer by CampusAwards.com, and has opened for headlining bands Fuel, Eve 6, and Vertical Horizon.

The performance marked the fourth time Rush has come to play at UNK.

"I always look forward to playing in Kearney. The people here like good music. So it's always fun," Rush said.

In between Rush's musical performances was an energetic ice sculpting display put on by Fear No Ice. Two men who wore masks and all-white sweatshirts and white pants came running through the crowd dancing to music and waving chainsaws. The exciting atmosphere only grew in enthusiasm when the duo carved out a big "UNK" and then cut out a Loper head logo.

Junior Carter Blauvelt said, "John Rush was cool because he could play pretty much any song, and Fear No Ice was crazy with those chainsaws!"

Elisa Eberspacher, who is a

UNK alum and is now student teaching, said it was a great time for the community to come together.

"John Rush was cool because he could play pretty much any song, and Fear No Ice was crazy with those chainsaws!"

Carter Blauvelt
Junior

"It was a great event to have on campus," she said, "it's a nice, safe activity for everyone to enjoy."

Freshman Lisa Cochrane

enjoyed the performances.

"The ice show was original, I've never seen anything like it," Cochrane said. Fellow freshmen Matt Day agreed.

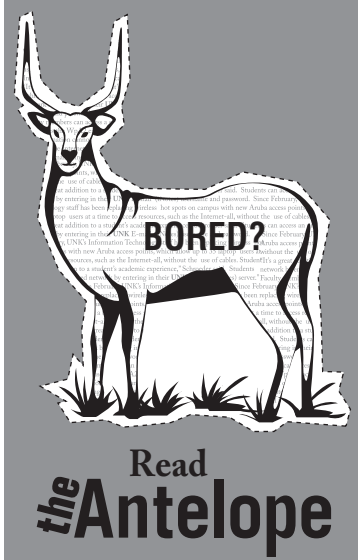
"They all had a lot of talent," Day said, "I am glad I came to see them."

Alex Loyi, a freshman at UNK, also had a positive assessment of the performances.

"I thought it was very interesting," he said. "[Rush is] funny and the ice sculptors did a great job. I'm very happy to be here."

Mohammad Aljarad, also a freshman, added, "I thought it was fantastic, it was a very enjoyable environment."

People who attended the performances were treated to free pizza, popcorn, and drinks. Local businesses Yanda's Music and Pro Audio, Domino's, Old Chicago, and Come and Get It all helped sponsor the event.



Read
the Antelope

Living in Antelope Hall

The good, the bad, and the oh-so-pretty



Photos by Eric Korth
Top: The carpeted floors, molding, and large windows all make it easy to tell the difference between the new suite-style rooms and traditional resident hall rooms.

Left: These new rooms have a much more complete kitchen, including a full sink and refrigerator, microwave, and plenty of cabinet space.

Derry Stover
Antelope Staff Writer

As students return to campus and their respective dorms this semester, some 160 students were lucky enough to move into the University of Nebraska at Kearney's newest residence hall.

Antelope Hall, home to mostly upperclassmen, offers suite-style rooms that will make students feel like they're living in an apartment rather than a dormitory. The building features 20 two-bedroom and 30 four-bedroom suites and boasts a number of modern features and amenities.

Now that residents have had a couple of weeks to settle in to their rooms, many have formed their opinions about their new home. So what are they saying about Antelope Hall? For the most part, they love it.

Bethany Chandler loves it. "It's nice to have that apartment feel but still live on campus," said the junior from Gretna, Neb.

Chandler, who works at the front desk for work-study, said her favorite things about Antelope Hall are the layout of her 4-bedroom suite and the convenient location of the dorms.

Gustavo Cruz, a sophomore, originally from Los Angeles, enjoys having better temperature control of his room compared to when he lived in the Centennial Tower resident halls.

Cruz also likes his newfound privacy. "You get your own room—that's tight," Cruz said.

Mandy Propp, a Gering native who is majoring in Middle Level Education, said one her favorite features is each bedroom door having a lock that only opens by entering its code on the door's keypad.

A previous resident of CTE, Propp said the new hall is the best fit for her. "It's amazing, it doesn't even compare," she said.

Other aspects of the hall that sit well with residents are the full-size fridge, computer lab, and abundant closet and cupboard storage.

Although many students have favorable opinions of Antelope Hall, some express concerns.

The chief complaint from several students is the lack of ovens in the suite's kitchens.

"We have nice kitchens, but we can't really cook," Propp said.

Antelope Hall's community kitchens are locked due to improper stove hoods, which adds to the student's cooking frustrations.

Propp also expected more from the new hall's laundry facilities, which she described as plain.

While residents enjoy the hall's privacy, some said they also noticed the loss of the community feeling usually experienced in dorms.

Other dislikes varied among residents, one being the lack of drinking fountains. Another complaint is the lofted beds have no ladders.

Overall however, most students seem very pleased with the new facility.

Two new apartment-style resident halls, Nester Hall North and South, will open their doors in August of 2008, joining Antelope Hall. Nester Halls will feature 172 bedrooms and will connect via a bridge named University View.



Photo by Eric Korth

Antelope Classifieds

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Forensics team clears throat

UNK's forensics team is preparing for a new season

Elissa Martin
Antelope Staff Writer

this season.

Kamrath also contributes the strength and success of the forensics team to the work ethic of her com-

petitors as well as the experience of her returning members and the excitement of the new recruits. "We have recruited a very strong class of first-year competitors," she boasted. "[Their enthusiasm] will compliment the experience of our returning competitors."

Major in the pre-med program, Katie Gayman from Hastings, Neb., majoring in English, Allison Henri, a Speech Communication major from Bellevue Neb., and Gayle Smallcomb of Gibbon, Neb., who is majoring in German and International Studies.

Between them, the new Forensics competitors boast accomplishments such as qualifying for the Nebraska School Activities

Association State Speech Contest, advancing into final rounds at the state level, qualifying for national high school competitions, and experience in well-established high school programs.

They join the seasoned veterans of the team, sophomore Jeralynn Stanton, an Elementary Education major from Grand Island, junior Brandon Pettigrew, a Political Science and Speech Communication major of Kearney, and senior Christi Sedrel of Omaha, who is a double major in Special Education 7-12 and English as a Second Language (ESL) K-12.

Sedrel's favorite part about being involved in the Forensics team is the chance to practice and improve her English skills. She says that learning to slow down and enunciate when speaking is beneficial to her in her ESL major. Sedrel's goal for this season is to "qualify two events [for national competition] by the end of the semester."

The Forensics team will begin their season September 29-30 when they travel to Manhattan, KS. As always, the team's biggest obstacle is their very long travel schedule. "Our schedule is a challenge every year; our season is longer than any athletic season," Kamrath remarked with a smile. The Forensics season stretches through April 7, 2008 and includes competition at 30 tournaments and 17 weekends.

Since 2005, when the program was reestablished, the students on the UNK Forensics team have been making their voices heard. Their first year back in competition, they qualified to compete at the prestigious American Forensics Association National Individual Events Tournament, something no one expected.

During their second season, they enjoyed twice the success of the previous year, qualifying 14 individual speaking events and moving up eight spots in the national ranking.

This year, the team anticipates their best year yet. Rachele Kamrath, Director of Forensics at UNK, is excited about the upcoming season.

"Our team goal is to finish in the top 30 schools in the nation. To achieve that, we must work hard to qualify as many team members and events as possible. The more events we qualify, the more points we put on the board at the national tournament," Kamrath explained.

At the team's helm with director Rachele Kamrath are assistant coaches Amanda Young and Abby Kovanda. Kamrath stated that the assistant coaches are both very dynamic and bring new insights to the team, which she thinks will contribute heavily to the team's success

competitors as well as the experience of her returning members and the excitement of the new recruits.

"We have recruited a very strong class of first-year competitors," she boasted. "[Their enthusiasm] will compliment the experience of our returning competitors."

The Forensics team welcomes five new competitors to the team: Laura McAtee of Alma, Neb. who is majoring in Mathematics Education, Benjamin Clancy of Humboldt, Neb., a Psychology



Photos courtesy of the Forensics team
The UNK Forensics team is anticipating a successful year when their season begins on September 29. Team members include, front row from left: sophomore Jeralynn Stanton, freshman Laura McAtee, and Rachele Kamrath, Director of Forensics. Back row, from left: freshman Gayle Smallcomb, Assistant Coach Amanda Young, freshman Allison Henri, junior Brandon Pettigrew, senior Christi Sedrel, and freshman Ben Clancy. Not pictured: assistant coach Abby Kovanda and freshman Katie Gayman.

Take a chill pill

Five ways to conquer stress this semester



Klarissa Bellamy
Antelope Advice Writer

School has only been in session for a couple of weeks, but for some of us the work is already piling up. With papers, quizzes, and reading assignments on your mind, it's easy to get caught up in this homework mess. Here are a couple of ways to handle the heat.

1. Prioritize. To-Do lists are not just for Mom anymore. Making short lists on paper are an easy way to visualize what needs to be done, and in what order it should be done first. Crossing off the items you have already completed will show proof that you are making progress, and give you motivation to continue.

2. Simplify. Yes, watching Grey's Anatomy might seem like it's important, but in the greater scheme of things, is it really worth your precious time? Eliminating things from your schedule that show little rewards will keep you on track for the things that do matter.

3. Relax. After working hard, don't forget to take a break. Whether it's taking a few minutes from studying, or sitting down after work, giving yourself time to catch your breath will stop you from feeling overwhelmed.

4. Keep Going. After your break, you might feel like stopping, but the finish line is in sight. Check out that To-Do list again and see what else you can cross off. You will rest easier if you know everything is done.

5. Reward. You went to class, typed your papers, and read your books, now stop and smell the roses. Or at least grab your favorite beverage. Hard work deserves a reward, and you should do just that. Remember though ... it's work before play.

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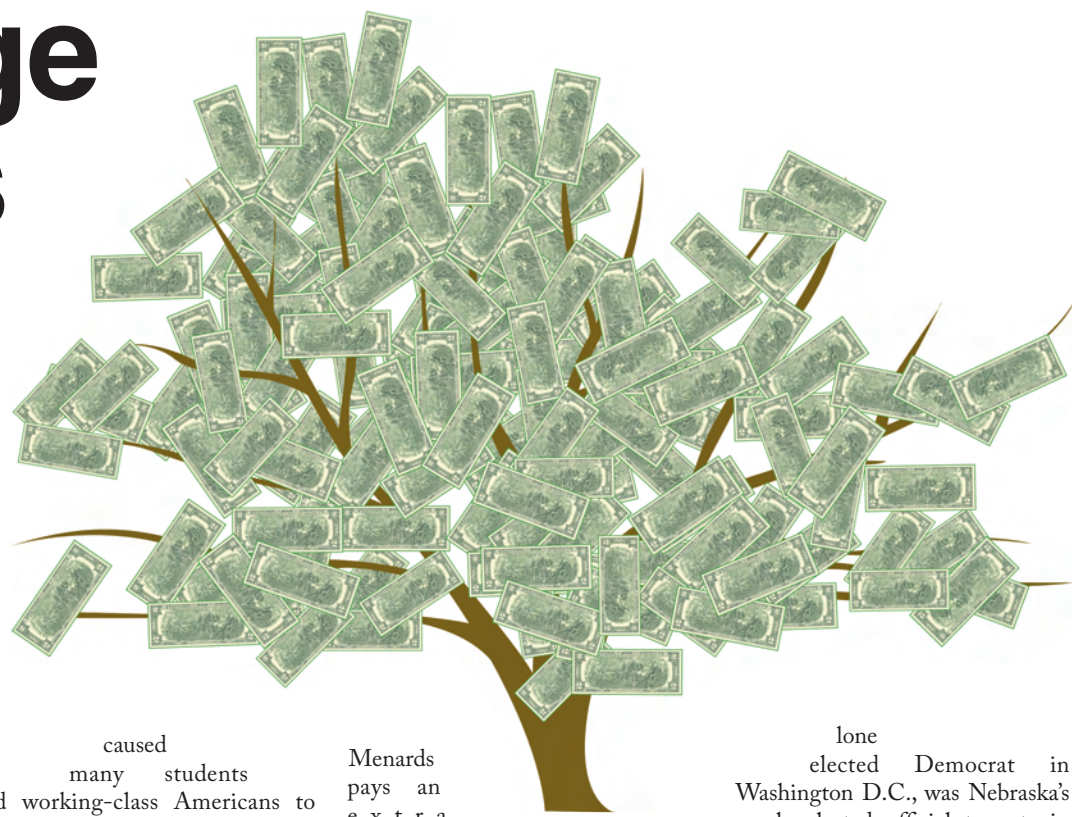
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New minimum wage feeds money trees

Congress moves to raise minimum wage, rescue poor working students



Victoria Althage
Antelope Staff

Working college students may be able to relax a little more, thanks to a rise in the federal minimum wage passed by the United States Congress. In May of 2007, Congress approved the first increase in minimum wage in almost a decade. The increase means a boost in wages for blue-collar workers and those on the bottom of the "wage-chain," moving from \$5.15 to \$7.25 an hour over the next two years.

The first of three jumps in wage increase came on July 24, 2007, when the federal minimum wage was increased to \$5.85 nationwide. The second raise will come one year

after that on July 24, 2008, will require employers to pay workers \$6.55 an hour. The government's new rate will stop increasing in the summer of 2009 when businesses will have to comply with the \$7.25 an hour rate.

Congress approved the same measure that the House did in January 2007. One difference that Congress added, in order to avoid a presidential veto, was the approval of \$4.84 billion in small business tax breaks over the next 10 years to help with the cost of the increase.

The tax cuts are expected to help combat some of the opposition for

the hike from restaurant groups and small business lobbyists. These organizations are against raising the federal minimum wage for fear of a hurting economy. Those working in these establishments embrace the increase and believe that it is the first step in making minimum wage a livable wage.

What does this mean for the "poor working college student?" Well, it is the first step in combating the inflation that has

“**“I work two jobs so I don't have a lot of time to do extra activities, but it does help me use the free time I have more efficiently.”**”

Sarah Ternus
UNK Senior

caused many students and working-class Americans to sink further in debt because of low-wage dead end jobs. The increase makes it possible for students to be able to afford to live. With the high cost of tuition, books and gas many students are working two or more jobs to be able to stay afloat. Sarah Ternus, a senior majoring in secondary education from Columbus, Neb. said, "I work two jobs so I don't have a lot of time to do extra activities, but it does help me use the free time I have more efficiently."

When employers at the Hilltop Mall were asked about the average starting pay, many said it varied between \$6.25 and \$7 per hour. Other businesses use incentives to boost student employment.

Menards pays an extra \$2.50 an

hour on weekends, which is the prime time students are available to work. This helps compensate for low wages and students trying to work around a class schedule and homework.

Many states already have a state minimum wage that is slightly higher than the federal. So the increase won't affect them until next summer or even 2009. Before Congress enacted the increase, Nebraska only required employers to pay their employees a minimum wage of \$5.15 an hour. The increase has already added a 75-cent raise to bring the hourly rate up to \$5.85.

Senator Ben Nelson, the state's

only elected Democrat in Washington D.C., was Nebraska's only elected official to vote in favor of amending the Fair Labor Standards Act of 1938 to provide for the increase in the Federal minimum wage.

The increase has the same exemptions as previous laws in that those employed in agriculture, private homes, or by the state or federal government along with those working for a parent or child are not eligible.

Information for this story was obtained from the Labor Law Center and Nebraska's Work Force Development and various employers at the Hilltop Mall.

Busy Summer

Ellenberger traveled to Germany added martial arts to training

Mike Vamosi
Antelope Staff Writer

During the summer, most students get summer jobs or take summer classes, but UNK wrestler Joe Ellenberger found time to go overseas, complete an internship, train for the wrestling season and fight in a mixed martial art fight or two.

This summer gave Ellenberger the opportunity to get a lot done which hopefully will help him and the wrestling team this fall, but it also presented him with the chance to gain some new life experiences that many of us may never get to experience in a lifetime.

To start his summer, Ellenberger did his internship for his Industrial Distribution Major in Omaha, Nebraska with Precision Industries. Precision Industries is a distributing company that also does industrial supply. But then June would come, and Ellenberger would be provided with time to travel abroad for two weeks.

Coach Bauer takes his team on a cultural exchange trip to Europe every five years. The last time UNK traveled overseas was to Bulgaria in 2003. This summer the wrestling team went to Germany, where they competed against a wide variety of German athletes. Ellenberger said that the Germans UNK faced ranged in age from 17 years old to 40 years old, which would pit Ellenberger against the FIFA National Junior European Champion whom he was able to beat.

In addition to getting to compete against German athletes, the team was able to see the Berlin Wall, Nazi concentration camps and the Berlin nightlife, which also included checking out some German discos. Ellenberger said that unlike Nebraska, everyone in Berlin walks. In addition to traveling around Germany the Lopers also went to Iceland.

Ellenberger said one surprise was, "The water tasted like bottled water" that we buy here— incredibly pure.

His experience influenced Ellenberger. After his return, he also found a different way to train for his coming senior season: by com-

peting in mixed martial arts. For those who may not know about mixed martial arts, it's a combination of several different fighting forms that has really taken off in the United States over the last couple of years.

Ellenberger said the martial arts help his competition in MMA.

He said, "It keeps the competitive edge and keeps your mind right." He said the mixed martial arts also helps him to improve in his sport. He said that it helps in conditioning and physical health but also keeps him "more focused on position," which helped him in grappling but not on standing.

So maybe you're wondering what his coach thinks about Ellenberger's MMA summer training. Ellenberger said that coach wasn't gung-ho about it at first, but that once he sat down with his coach and educated him on the sport, he said that Coach Bauer has

gotten into the sport still expressed concern that he didn't want Ellenberger to get hurt in the sport.

Ellenberger also traveled to Portland, OR this summer to train with his twin brother Jake for a couple of weeks, which included training with the MMA Team Quest that Jake is a part of. Finally, Ellenberger was able to travel to Las Vegas to see the UFC 74 event at the Thomas and Mack Center.

Ellenberger has a quiet confidence about this year's team. Ellenberger even went to the length to say he thinks this is university's best team to date.

As for plans on how UNK can improve on last year's second-place finish to Central Oklahoma, Ellenberger said he's not focused on wins and losses but on solid performances that may lead to a team title in the sport come next spring. He

“**“No question— we can compete for the title again.”**”

Joe Ellenberger
Wrestler



File Photo by Eric M, Korth
UNK wrestler Joe Ellenberger hugs coaches Marc Bauer and Ty Swarn after one of his matches during the NCAA Division II National Championships held here in Kearney last March. Ellenberger placed fifth in the nation and was named as an All-American.

Race to the White House: Off to early start

Elizabeth Weaver
Antelope Staff Writer

There are exactly 494 days left until George W. Bush leaves the White House for good, and the race to elect someone to move in is off to an early start.

It is hard to go a whole day without hearing something about the 2008 presidential campaign. On every major news channel you hear about caucuses, polls, money raised, the contenders and most importantly, how much candidates pay for haircuts. The campaign season is here and it is in full swing, even though the general election is on Nov. 4, 2008 — over a year away.

Candidates must focus on securing their party's nomination before they can knock on the White House door. The Republicans and Democrats both have a full slate of presidential contenders, each hoping to advance to the general election. The candidates know they must focus on the early caucus states in order to build momentum to carry them through the nomination process. A strong showing in the early caucus states including Iowa, New Hampshire, South Carolina and Nevada will be necessary if a candidate wishes to keep his campaign alive and secure his party's nomination.

The Democratic Party is anxious to send a Democrat back to the White House and has eight candidates vying for the nomination: Hillary Clinton, Barack Obama, John Edwards, Joe Biden, Chris Dodd, Bill Richardson, Dennis Kucinich and Mike Gravel. It is too early to determine who will secure the parties nomination, but Clinton, Obama and Edwards seem to be taking the lead in the early caucus states. Democrats are also excited about the possibility of electing the first woman or racial minority president in our nation's history.

The Republican Party has nine potential candidates looking to keep control of the White House in their party's hands: Sam Brownback, Rudy Giuliani, Mike Huckabee, Duncan Hunter, John

McCain, Ron Paul, Mitt Romney, Fred Thompson and Tom Tancredo. Giuliani and Romney seem to have an early lead over their opponents but the late entrance of Fred Thompson into the race last week could shake things up a bit.

“**Candidates must focus on securing their party's nomination before they can knock on the White House door.**”

Elizabeth Weaver
Antelope Staff Writer

The excitement of presidential caucuses is coming to Nebraska for the first time. The Nebraska Democratic Party has decided to switch from the traditional primary system to the caucus system, in order to take an active role in the nomination process. Democrats in Nebraska will decide who they want to become the democratic nominee at the state wide caucus on Feb. 9, 2008. The Nebraska Republican Party will still operate under the primary system, casting their votes for the Republican nominee on May 13, 2008.

Coverage of the race to the White House can only be expected to increase as the Iowa caucus, scheduled for Jan. 14, 2008, gets closer. While the thought of this may make you happy or compel you to throw your television out the window, one thing is for sure — the 2008 presidential campaign is going to be a showdown, and only one candidate is going to be lucky enough to call the White House their home.