Milliken installed in Nebraska system

Education was one of the top topics James Milliken, President of the University of Nebraska, discussed at his installation reception last week.

"Education has the power to transform a state," Milliken said.

Milliken’s installation began Jan. 26 in Kearney at the Museum of Nebraska Art. A reception began at MONA with the Nebraska Board of Regents, students, professors and other people from the community gathering to support President Milliken.

Milliken promoted higher education, and told the audience that all students should be able to graduate from a Nebraska college. He described how many more students will in the future.

"We live in a world where we compete with people across the world," Milliken said. Milliken also stated that the education system is a financially tough environment for Nebraskans. He wants college to be affordable for all citizens of the state.

"The theme of the installation was "A Love of Place," Milliken said. After Milliken had ended his speech he was presented a tie in honor of his installation as the new president.

Milliken's reception.

"416" raises eyebrows at film festival

Jim Fields’ "416" was filled with controversial viewpoints of those who defy that point of view and others were��clusive act." Same-sex couples defy that point of views and are looked down upon by others. They had "good-looking" lesbians and less flamboyant gay men speak at rallies for a better chance that people would listen.

As for the 2003 election, Nebraska chose to pass Initiative 416 by a nearly 70 to 30 percent margin. This margin surprised many people on both sides of the issue. Those against knew they had no chance of winning but thought it would have been a lot closer. Much to the delight of conservatives and to the fear of gays, the idea of Initiative 416 is that it would spread to other states. Nebraska’s election was the first in the United States to feature such a bill.

Jim Fields is originally from Omaha and teaches English as a Second Language classes at UNK. Other documentaries produced by Fields include "First of the Century: The Story of the Ramones," and the soon-to-be-released "Saving the Indian Hills." The Central Nebraska Film Festival is the last scheduled showing of "416."
Super Bowl Fanatic Crossword

ACROSS
1. You make this happen in football, you get lottsa points.
2. What were the fewest points scored in a Super Bowl game, which occurred when Miami played Dallas in 1972?
3. Joe Namath is said to have worn these to the field on incliffe day?
10. This was the highest number of turnovers in a game, when Buffalo played Dallas in 1993.
11. What is the last name of the Most Valuable Player in Super Bowl XXXV?
14. He nailed a 41-yard field goal with only nine seconds to play to give the Patriots a 32-29 Super Bowl win.
16. Where Superbowl XXXIV was played, and Kurt Warner showed his stuff.
18. His cocaine binge on the eve of "football."
21. His cocaine binge on the eve of Super Bowl XIII probably is what cost the Bengals the game.
22. This running back played against Miami at Super Bowl XVII in Pasadena.
23. This competitive game is called "the lever of all nations" — where people can actually come to a com-mon field and compete.
27. The proposed football league that actually lasted more than one season.
28. A football term, it literally translates as leather of a swine.
29. This football player made a one-handed catch in Super Bowl I, and finally led to a 37-yard touchdown.
30. He scored, but Sweetness did not, because of Coach Mike Ditka.
31. He scored, but Sweetness did not, because of Coach Mike Ditka.
32. Which team rejoiced when Duane Starks held up the Keys to the City at Baltimore's victory parade.

DOWM
2. These Dallas gals are as popular as the Cowboys.
3. Don Beebe knocked the ball out of the leather of a swine.
4. A notable Steelers coach.
5. You make this happen in football, you get a few points.
6. MVP Marcus Allen played for Los Angeles and Miami this season; this team is playing in the Super Bowl the first time in 24 years.
7. The position Tom Brady plays.
8. He is known for a panic attack in Super Bowl VII, giving the Redskins their only touchdown.
10. This was the highest number of turnovers in a game, when Buffalo played Dallas in 1993.
11. This team lost to the Panthers in a game.
12. The full name of the Cowboy quarterback, who retired in 1993.
13. What is the last name of the Most Valuable Player (New York) in 1987.
14. He nailed a 41-yard field goal with only nine seconds to play to give the Patriots a 32-29 Super Bowl win.
16. Where Superbowl XXXIV was played, and Kurt Warner showed his stuff.
18. His cocaine binge on the eve of "football."
19. He engineered the winning touchdown-down drive that capped one of the all-time great Super Bowls.
20. Most of the world call this game "football."
21. His cocaine binge on the eve of his cocaine binge on the eve of Super Bowl XXVII.
22. This running back played against Miami at Super Bowl XVII in Pasadena.
23. Taylor worked with this player in Super Bowl XXIII to cap a 92-yard drive in the three final minutes.
24. This competitive game is called "the lever of all nations" — where people can actually come to a com-mon field and compete.
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Campus Briefs

For those looking for a job in advertis- ing, public relations and marketing there will be a Job/Internship Panel Thursday, Feb. 10, from 7-8:30 p.m. in Copeland 130. Free pizza and soda will be provided and several speakers are scheduled.

Congratulations to February Employee of the Month Charlene Coppie, Staff Secretary III of Student Health Services. MONA will be displaying a survey of recent work by members of the UNK facul- ty, including emeritus faculty of the Department of Art and Art History. The exhibit will begin Feb. 6 and run through March 10. For more information on MONA, visit the Web site at mona.unk.edu/mona. The third annual UNK Class Classic and Scholastic Team Chess Championship is open to all and will begin Feb. 6 in the Nebraska Student Union. The tournament features scholastic team competition at the college, high school, middle school, and elementary school levels.

Campus Beat

I'm more excited for the Super Bowl because I'm a big football fan. The commercials are funny, but the game is more exciting.

A not so local super bowl party

Taking over the antelope valley

I'm more excited for the Super Bowl because I'm a big football fan. The commercials are funny, but the game is more exciting.

Answers to last week's puzzle

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Are you more excited for the Super Bowl or the commercials?

He said... She said...

"I'm more excited for the Super Bowl because I've been an Eagles fan forev- er and finally the 24 year drought is over. Go Philly!!"

"I'm more excited for the Super Bowl! I've been an Eagles fan forever and finally the 24 year drought is over. Go Philly!!"

"I'm not even watching the Super Bowl. It's the 24 hour "Mosk" special that i will be watching"
Tuesday, the day my editor and here I am at 1 p.m. on that of subjects to write about. immediately started thinking the week's paper, my mind could get bumpy. First of all, as an outgoing senior, I would like to entertain and enlighten you. There will be many great stories and events in one's life after college, and this I have yet to experience. However, never again will you be able to be awake from a late night of partying. Never again will you be able to take road trips or vacations. Never again will you be able to have the most amount of fun possible with the least amount of responsibility.

Yes, it is okay to skip class. It is necessary sometimes to be spontaneous and take a road trip to Omaha because your roommate woke up and wanted to go to the zoo and see the monkeys—not that this has ever happened to me, this is merely for effect. On the other hand, I do not want to give off the impression that I am saying I am aimlessly through my head underclassman so that they may know college life is all about. College is the best time in anyone’s life, or at least it should be. With that being said, take advantage of every opportunity at this point in your life. Yes, there will be many great events in one’s life after college, and this I have yet to experience. However, never again will you be able to sleep in because you are hung-over from a late night of partying. Never again will you be able to take road trips or vacations. Never again will you be able to have the most amount of fun possible with the least amount of responsibility.

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Yes, you procrastinate. Everyone has to deal with this wonderful disease, but to be successful one has to conquer and overcome it. I came across a good quote that should help you out when you get caught by procrastination. This is somewhat edited for the newspaper, so keep this in mind. The saying says, “Procrastination is like masturbation. In the end you are only screwing yourself.”

I hope this helps motivate someone when they know they have something to do, but they just don’t want to do it. I should be saying my own words here. You cannot procrastinate worse than this. However, the key is to know your own abilities and have confidence in yourself to get done what you have to by the time it is due. When you get that done, it is somewhat irrelevant as long as it is done.

My next topic of discussion is relationships. I will elaborate on this subject only briefly; as everyone has his or her own opinion on the subject and I do not want to influence you one way or another. First of all, try to understand the opposite sex to an almost impossible. There are so many differences in the way that both genders think that we may never fully understand where the other is coming from. With that being said, it is very important to be patient in a relationship and try your hardest to meet both sides of the story. You may take something wrong that your significant other says, but they may have a different meaning behind the message—it may just have come out wrong. Also, communication, trust and honesty are the building blocks to any successful relationship—friend or otherwise. Try very hard to speak your mind, always say what you feel even when you think you shouldn’t and always tell the other person when something is bothering you.

Lastly, when you think you have found someone that is special to you, do everything possible to keep that person. Make sure that you have no regrets and think before you act. The key to relationships and life in general is in the small stuff—pay attention to detail because if you don’t, somebody else will.

Now here I sit, roughly 35 minutes later, with an 100 word story that I hope you found entertaining and enlightening. I will leave you with a quote by the famous Van Wilder that pretty much sums up my view on life. Wilder proclaimed, “You shouldn’t take life too seriously. You’ll never get out alive.” Stay tuned for more meaningless, meaningless experiences from me in the near future.
Stress is a natural part of life. It is one of the constants in a world of change. There are, however, several steps that can be taken to reduce stress in everyday life.

Kim Wolinski, also known as “Dr. Declutter,” offered her expertise as a life strategist at a presentation last Thursday at UNK. She was invited to UNK by the Public Service Task Force on Staff Development to present “Stress, Time & Workplace Management – How to Get and Stay in Balance.”

Wolinski, a UNO graduate with a masters degree in social work, explained that humans are programmed and conditioned by their family. For example, if someone grows up in a hostile, high stress environment in which yelling and overreacting are common, that behavior is generally passed onto adulthood. In order to reverse this cycle, she suggested letting go of what can’t be controlled and taking control of what can be controlled. She said that this is more difficult for those that grew up with a lot of stress because they are “programmed to have drama,” and have a hard time letting go of things that are not controllable.

The tips Wolinski provided to reduce stress and get in balance apply to everyday personal commitment, and business. “A huge part of stress and time management is learning to be where you are. Don’t let your mind wander,” Wolinski, a native, said. She suggested making a list of things that need to get done and adding to it whenever a task comes to mind. This small act is meant to decrease distractions so it is easier to concentrate on the subject at hand.

“You don’t need to work harder, you need to be more efficient and commit control.

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Brittany Thalls

New Year’s day is not always Jan. 1

deciding factor when a job is on the line,” a candidate as he or she handles the complexities an internship.

Companies like internships because they offer the edge that they need to land the job of their dreams. Internships at their universities, according to VaultReports.com. The number of students who participate in internships has increased significantly over the past decade, with two-thirds of college seniors said that they had participated in an internship. In 2000, 80 percent of college freshmen said that they intended to take a job unrelated to their field of study over an internship because of a difference in experience. An internship is like a big plus to a résumé — even if you’re just pouring coffee and licking stamps, it says that you are competent in a work atmosphere,” Mattley said.

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new year, everybody cleans the house and wears new clothes. Nguyen, a business administration major, said that children in Vietnam receive money on New Year’s. "The color red means luck," she said, "and that is why the children get a red envelope with money in it."

Javidi, from originally Iran, also said that most of people in Iran eat rice and fish on New Year’s. Javidi’s wife, Mandana, a part-time teacher at the communication department at UNK, said that Iran celebrates New Year’s on Mar 21. She also said that the date varies because every four years Iran has one day more a year. Another popular site is Internships.com. At this site, students are able to specify a certain region or state in the United States that they are interested in finding an internship. They can even look at an international database of internships in their field. Another popular site is Internships.com. At this site, students are able to specify a certain region or state in the United States that they are interested in finding an internship. They can even look at an international database of internships in their field.

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In other countries, such as Saudi Arabia, China, and Vietnam, people use the lunar calendar that is based on the cycles of the moon.

Omar Ghamedi, an international student from Saudi Arabia, said that people in his home country celebrate New Year’s on Feb. 9 and that this day is based on an old legend.

"Long ago, there was a monster called ‘Nian’, which means year,” he said. "The monster would come and take one of the boys or girls. One day a strong boy started looking for the monster. He found it and killed it. Since then, people celebrated the victory over the monster.”

Wei, a chemistry major, said that Chinese people clean their houses before New Year’s, a custom that they call “dash off the old.” She also said that it is important to edu-
The UNK track and field team was at home on Saturday, to take part in the Charlie Foster Classic. The open meet featured colleges and universities throughout Nebraska and Kansas including UNK’s conference rival Fort Hays State University. Fans packed the Cushing Coliseum and saw the Lopers win 13 events.

Mik Dickson
Auburn Place Staff Writer

The Lopers defeated the Roadrunners 76-59 in front of a packed house Saturday. A crowd of 4,016 filled the Health and Sports Center to watch Metro State, ranked second in the nation, play UNK.

“The crowd was great, they gave us extra incentive to play well, and they kept our adrenaline up,” sophomore Drew Jura said.

“The game was a lot closer, 17 points,” Head Coach Tom Krupp said.

The Roadrunners dropped a six-point lead with the score 32-26 going into halftime. UNK struggled with the Metro defensive style and a lot of new guys struggled because they have not seen it before,” Jura said.

The game was the tale of two halves. In the first half Metro State out-rebounded (31-22) and out-scored UNK. In the second half the Lopers seemed to out-play the Roadrunners for the rest of the game. The Lplers win 13 events.

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Wrestlers put opponents to the mat

Antelope Staff Writer

Brittany Johnson

UNK single season record.

just eight away from matching the Tervel’s 29th win of the season, pin at heavyweight. This was from Arlington, Texas, won with a score ending at 23-18.

ended this dual with another win, faced Western State, the no. 14 history.

for the most career wins in UNK added a win to his current record senior from Goodland, Kan.

suffering from a back injury.

Sophomore from Perry, Okla., was at 184 lbs. because Caleb Young, a junior from Lyman; Adam Keiswetter, a junior from Kearney, Matt Trux, a sophomore from Mitchell; and Aaron Dalton, a senior from Fremont, assisted in this final win by winning their individual matches. The final dual was in Golden, Colo., against Colorado School of Mines. This dual ended in a final score of 22-12 and a Loper win. Seven of the ten matches were wins.

Six of these wins were decisions including Tervel’s win which was a major decision over no. 5 Derek Thompson. Abbey took another win at 125 lbs. leaving him undefeated throughout the weekend.

Head Coach Marc Bauer said, “All and all, I was happy with our conditioning.” He was speaking of the much higher altitude that the men had to wrestle at in Colorado. He said, “Championship teams find ways to win, and that is what we did.” Bauer said that a few of the men are battling with their weight and there are some lower confidences levels throughout the team.

Junior, Jeff Sylvester said, “Making weight three times last weekend raised the level of intensity for all of us. Competition will be just as tough if not tougher in our next two duals, because we will be wrestling two of the top ranked teams in the Nation.”

With a new dual record of 12-3 and a conference record of 5-0, UNK is looking ahead to taking on fourth-ranked Central Oklahoma in Kearney on the Feb. 3. The Lopers will compete in another dual against top-ranked UNO in Omaha on Saturday. During the National Dual Tournament the Lopers went up against UNO, and UNO came up with a win. These two teams have had winning seasons just as the Lopers have, and the level of competition will be high.

Photo Courtesy of Marc Bauer
Loper's Matt Trux shows a straight double-leg takedown against Chris Ferraro of Colorado School Mines.

Junior colleges offer many benefits

Lesley Crocetti
Antelope Sports Editor

For many student athletes, junior colleges offer an alternative to a four-year school or university.

Athletes’ reasons for choosing a junior college over a four-year school vary.

UNK is home to several athletes who choose to spend their first two years out of high school at a junior college.

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Unwritten Law rocks out new album

Mike Saniuk
Antelope Staff Writer

Unwritten Law, a punk rock band based in Mesa, Ariz., has released a new album that hits stores this Thursday, Jan. 27. Titled "The Mourning," this is the band's second CD since the group formed in 1995. The single "Save Me" was released in December during the charts at number 48.

"Here’s to the Mourning" is the band’s second album with Luna Records since its formation in 1995. The group, which has been named their official follow-up to "Elva," a CD that features tracks of the new album.

Unwritten Law is Scott Russo on vocals and guitar, Perry "Mr. Get the Bus" Palermo on guitar, and recently-added drummer Tony Russo on drums. Adrian Young, drummer for No Doubt, can also be heard in selected tracks of the new album. Russo, who is a UNK student, hopes that the new single will compare to or even surpass the success of the song "Sein Erde" that topped the charts for six weeks in 2002. This particular song gained recognition from MTV's series "Music in High Places." Unwritten Law appeared on the show and performed several new tracks that were later released in an acoustic album, "From Music in High Places." On the show, Unwritten Law shared the stage with several artists, including India Arts and the Goo Goo Dolls.

With this new CD, the band wanted to create a collection of songs that would flow from beginning to end. In an interview with Billboard magazine, Russo said, "We felt like each of our records have been written and played really well, but they haven’t been cohesive as a piece from front to back. This time, we’re really making sure that all the songs are fused together, so it stands as one piece of music, with a really defined sound as a whole."

Here’s to the Mourning" was produced by Sean Beavan and Josh Abrahams. Beavan has produced bands such as Nine Inch Nails and artists such as Marilyn Manson. Abrahams has worked with Blink 182 and Stand. Award-winning song-writer and producer, Linda Perry, co-wrote the single "Save Me" alongside front man Scott Russo. Perry has written songs for artists such as Courtney Love of the band Hole and collaborated with Gwen Stefani on her most recent solo effort.

Michael Paulieta, editor for Billboard, said, "We love it to the band for its music, which are the strong suits here."

The album was recorded at Glenwood Studios in Burbank, Calif. All of the band members are native to southern California and are credited as the founding fathers of the punk skating scene.

Russo, a freshman at UNK, said, "I’ve been a loyal fan of Unwritten Law since the release of Elva. I like their acoustic stuff the best, but I’ve heard the new CD is more pop punk sounding. I’ll definitely buy it in the day it comes out in hopes that this one is as good as their old stuff."

Last November, Unwritten Law began a headlining tour around the U.S. Recently, the band announced the cancellation of the remainder of the tour, due to a band member's father being admitted to the hospital. On the band’s official Web site, Russo said, "We’re extremely saddened to have to cancel the tour and let down our fans. Due to the unforeseeable circumstances and our concern for Fat and his family, we made the right decision to turn the bus around.

More information can be found around the band’s website, www.unwrittenlaw.com, including a biography, a message board and merchandise. In the multimedia section called "Here’s to the Mourning," the band is played on a Player or Windows Media Player format.

Kirkpatrick and Musician perform with emotion at UNK

Megan Kalnaski
Antelope Staff Writer

Kirkpatrick started writing and performing while he was still in high school. He started an insurance company as he tried to pay for college. At the University of Nebraska-Lincoln, he was committed to being a better writer, Kirkpatrick said. "I woke up early before classes and started working on poetry."

Kirkpatrick has been writing poetry and publishing books since 1989. He has self-published 10 books, including "Winter Morning Walks: One Hundred Postcards to Jim Harrison," which won the 2001 Nebraska Book Award for Poetry.

Kirkpatrick has been a full-time poet for the past 17 years. He has accumulated a wealth of poetry knowledge. He received two National Endowment for the Arts fellowships, the Pushcart Prize, the Stanley Kunitz Prize, the James Wright Prize, and a Merit Award from the Nebraska Arts Council.

Although Kirkpatrick has a lifetime full of awards and recognitions, his latest award was appointed being named to the 135th United States Post Office as the official postmark until 2004. Kirkpatrick succeeded Louise Gluck as Post Laureate Consultant in Poetry last October.

"Ted Kooser is a major poetic voice for rural and small town America," James H. Billington, Librarian of Congress, said.

Throughout the night he was handed out printed copies of his poems to the audience members. He then read pieces of his latest work, "The Poetry Home Repair Manual," which was published in 2004.

"James Kooser is a very special fellow and it was an honor to have him here," Said [He] Kooser has a lot of ways to express himself. He seems like a very happy man, and he made poetry interesting by making me laugh.

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