**Hispanic Heritage Month**

**Matt Ringen**
Staff Writer

The crash of a wooden stick smashing a donkey-shaped piñata marked the kick-off of the National Hispanic Heritage Month on Thursday in the Nebraska Student Union.

Students, community members and children participated in the piñata breaking. They all had equal shots at busting the piñata open and scooping for candy after a portion broke open.

Events planned to celebrate the month include a movie marathon on Sept. 22 in Copeland Hall 335. A musician will perform and give a speech on Oct. 4 in Pend Oreille Rooms A and B. The closing ceremony will feature music and dance on Oct. 15 in Pend Oreille Rooms C, D and E. Individuals from all backgrounds are encouraged to attend and take part in the fun.

Carmen Montes, a senior and president of the Hispanic Student Association, said she believes everyone should get involved with National Hispanic Heritage Month to learn more about the Hispanic culture and share it with others.

“This month gives us an opportunity to celebrate our roots for all Latin-Americans,” Montes said.

Gladyz González, a sophomore who attended the event, said, “This is great having everybody show up to the event, especially kids. It is nice to have celebrations and to help share our culture with others at a college level. People that are open-minded and willing to learn about our culture are more than welcome here. We would love to share our culture with anyone that is interested.”

For more information on events or activities for National Hispanic Heritage Month, contact the Office of Multicultural Affairs in the Nebraska Student Union or visit the organizations Web site at www.unl.edu/organizations/ 

The Nebraska Student Union is located on the main campus of the University of Nebraska at Kearney.

**Emily Ferris**
Nebraska native

Emily Ferris spoke of the importance of seeing things such as this “People are often ignorant, and seeing live footage of the nation’s most desperate people is the most effective way to reach those that are not directly affected,” she said.

Ferris teaches in a school in a community where the vast majority of families live below the poverty line.

Ferris has been on an 8th grade field trip twice, once in New Orleans. The second time was in 2004 when Hurricane Katrina hit.

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“... seeing live footage of the nation’s most desperate people is the most effective way to reach those that are not directly affected.”

Photo by Matt Ringen
Oldebank watch as Annie Friedenreich, undecorated freshman, strikes a piñata in celebration of Hispanic Heritage Month.

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**For more news and sports stories, visit the UNK News Center at www.unk.edu/announcements/**

**Un kok**

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**Children discover fitness on campus**

**Katherine Thomas**
Staff Writer

UNK taught children important aspects of fitness and nutrition by hosting the second annual Nebraska on the Move Fitness and Nutrition Day on Friday.

Fourth-graders from the Kearney area came to campus to participate in numerous activities designed to teach them about fitness and nutrition.

Over 150 children attended the event from Kearney public schools, as well as several schools outside of Buffalo County.

The students were divided into two groups. Half the kids went to Foster Field where 15 physical activity stations were set up, while the other half went to Cushing Coliseum with six nutrition education stations.

Throughout the day, the students broke for lunch and then switched locations.

Activities at Foster Field included aerobics, obstacle courses and pom-pom activities. Students at Desert Island Catholic, Two Rivers Public Health in Holdrege, Nutrition stations in Cushing included teaching stations about hand washing, healthy snacks, MyPyramid and the new USDA standard nutrition guidelines.

Karine Stemmlinger, the associate director of Nebraska on the Move and the health and wellness coordinator, said, “This event was designed to teach kids about energy balance and learn to maintain weight through proper diet and exercise.”

Fourth-graders were taught the basics of nutrition and the importance of nutrition education.

“Fourth graders were taught the basics of nutrition and the importance of nutrition education.”

Photo by Matt Ringen

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**Public Safety is currently investigating two alleged sexual assaults.**

The suspect has been described as a black male approximately 6 feet tall, medium frame.

Both cases occurred on East Campus between the hours of 9 p.m. and 2 a.m.

If you see someone acting suspiciously that matches the description contact Public Safety immediately at 308-867-4811.

Remember to always walk in pairs or more late at night. And if you still feel unsafe, call Public Safety for the Safe Walk Escort at 308-867-4811.

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**Vol. 102, No. 5**

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**Un kok**

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**Un kok"**
The Week of September 22, 2005
The Antelope Campus Beat

‘Protect Yourself Rape Prevention’ Crossword

ACROSS
5. If a teacher suggests a student’s grade would improve if he were to get to know her in a more inti-
mate way, this would be ___.
6. This involves someone in authority subjecting less powerful persons to unwanted sexual attention.
8. Leave anything you drink unattended, wherever you might party.
9. If you call 911, you will get help here.
10. If you call 911, you will get help here.
11. The ____ of our nation is ascertained by how well we protect those who are weak in
our society.
12. Remember, you are not ____ if you have been the victim of sexual assault.
13. Allow yourself to get angry if you are sexually harassed, and take ____.
14. Support groups give ____ to those who have been assaulted or who have suffered sexual
harassment.
15. Document sexually offensive behavior by keeping a ____ of it.
16. It is good to be aware of your _____.
17. Document sexually offensive behavior by keeping a ____ of it.
18. 1-800-The-Lost helps find missing and exploited children through ____ Alerts.
19. Yes, things are getting worse. I don’t think there is a home for them. They
are always in demand, even though
they are sending properties to New
Orleans.
20. Someone who works to overcome the trauma of sexual assault.
21. eve Ensler organized this event designed to end violence against women and girls.
22. Acronym for the National Women’s Health Information Center at 1-800-994-9662.
23. The character of someone who would use physical force to harm someone else.
24. A negative manifestation of prejudice, causing a person to be humiliated, ridiculed or reviled in
the workplace.
25. The acronym for the National Domestic Violence Hotline, 1-800-799-SAFE (7233) or 1-800-
787-3224.
26. Acronym for the National Domestic Violence Hotline, 1-800-799-SAFE (7233) or 1-800-
787-3224.
27. It is a crime if she says no, and he forces her to have sexual contact.
28. The acronym for the National Domestic Violence Hotline, 1-800-799-SAFE (7233) or 1-800-
787-3224.
29. ____ yourself to “date rape” drugs: GHB, rohypnol and ketamine.

DOWN
1. Calling this office at the university will bring an escort for a campus woman to get back to the res-
idence hall.
2. It is good to be aware of your ___.
3. Four words to describe the international rally and march organized annually to end violence
against women.
4. Where one would go at a hospital as soon as possible if one is sexually assaulted.
5. 1-800-The-Lost helps find missing and exploited children through ____ Alerts.
6. If you call 911, you will get help here.
7. Support groups give ____ to those who have been assaulted or who have suffered sexual
harassment.
8. 1-800-The-Lost helps find missing and exploited children through ____ Alerts.
9. The character of someone who would use physical force to harm someone else.
10. Even if a victim of sexual assault drinks this, she is not at fault for being assaulted.
11. The ____ of our nation is ascertained by how well we protect those who are weak in
our society.
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Answers to last week’s
‘U-N-K’ crossword puzzle

PHOTO of the WEEK

Photo by Ryota Hayama

Seth W. McBride, Phi Kappa Tau freshman of Kearney,
exhibits his skills on the board after a day at the books.

To submit pictures for inclusion in next week’s Photo of the Week, save
pictures as JPEG files and send to antelope@unk.edu, or call 865-8716
for assistance.

The Bottom Line - The Antelope listens to the voices of UNK

Do you think that the residents of New Orleans are moving back too quickly?

“I would not go back, but it is up to the
individual to make the decision for
themselves.”

Cecil Devers of Chicago, IL
Senior, social work

“If there is no electricity or water for
the people, they cannot live a normal
life like other people.”

Woo Yean Park of South Korea
Junior, English education

“I think they are moving back way too
quickly. What are they moving back
for. I’d be worried about getting sick
and seeing the heartbreak of those that
have nothing.”

Jae Kewn Ryu of South Korea
Junior, public administration

“‘Yes, things are getting worse. I don’t
think there is a home for them. They
are always in demand, even though
they are sending properties to New
Orleans.’”

Joe Kwon Ryu of South Korea
Junior, public administration
Cash and content clash

Kent Lutt
Managing Editor

When the pumping of blood ends in a body, so ends the life of that body. In a similar vein, when the spread of news ends on campus, so ends the life of free speech. Students are the circulatory systems of free speech on campus, sending news through the channels of the entire student body. This coverage and spread of ideas is often found in campus newspapers.

Publications created by students, for students, are often subject to heavy setbacks due to budgets and costs. It’s not uncommon, in my own experience working for high school and college publications, to have to delete pages of the newspaper, but I find it iron-ic to halt the flow of free speech simply because of the money-matters stop these attempts at free speech, I truly think of funding provided by businesses isn’t buying space for businesses aren’t buying space for them to provide the means for businesses to purchase ads. Without cash, you can’t say what you want to say. Teaching students the importance of free speech seems a waste when high schools and colleges are forced to limit the amount of space to feature these students’ ideas.

I believe that the departments that feature student publications should do more to assist these student-run organizations. The departments could provide more information for the student writers and editors about funding options for their publication. I’m not assuming that the department need to instantly shell out more cash for the students, but make available some options for the writers and editors to receive funds or assistance from other sources. Advertising is always an issue with student publications. It’s also a large problem when businesses aren’t buying space in your publication. Students are new to the business-side of the media, and it is often difficult for them to provide the means for businesses to purchase ads. With more assistance and options of funding provided by departments hosting the paper, advertising and content deletion could become an easier issue to deal with. The problem of weighing content with cash in student publications will likely never resolve itself. The students of high schools and colleges put hard work and soul into their publications in order to continue the circulatory flow of news. If money-matters stop these attempts at free speech, I truly hope the schools and departments host the publications can put as much work and thought into assisting this free speech as their students do.
Thomas flies high after skydive

Shona Radler
Staff Writer

The Oklahoma Skydiving Center provided many thrill-seeking individuals with the opportunity to skydive on Wednesday and Thursday at the Kearney Municipal Airport.

Jamie Thomas, 23 from Kearney, was one of the “brave souls” who climbed up to the plane during this event. “I wasn’t really scared or nervous,” Thomas said. “I was more excited than anything else and just didn’t know what to expect. It’s by far the coolest thing I’ve ever done and I’ll do it again.”

She found out about the event from a press release at work and convinced her boyfriend to go with her. “It’s a fear of heights, but after this, we’re both hooked,” she said.

This was not only Thomas’ first skydiving experience, but also her first time ever even flying. “Skydiving is one of those ‘want to do before I die’ kind of things, but apparently many are,” she said. “I wasn’t really scared or nervous, I was more excited than anything else and just didn’t know what to expect. It’s by far the coolest thing I’ve ever done, and I’ll do it again.”

Jamie Thomas
Skydiver

“Like Thomas, she didn’t know what to expect but will now recommend it to anyone who has an interest. Thomas’ advice to anyone who is thinking about skydiving would be, ‘Don’t talk yourself out of it, and don’t let your fears get you down. It’s awesome that this opportunity was right here in town, and I heard they’re coming back here in May.’”

KidZone to host ‘Chalk the Walk’

The Kearney Area Children’s Museum, also known as The KidZone, is inviting families and community members to “Chalk the Walk,” on Saturday, Sept. 24 from 11 a.m. to 1 p.m. Skydiver Jamie Thomas, at right, and professional skydiver Mark Gerlach, at left, are stoked from the freefall taken at the Kearney Municipal Airport.

The KidZone is looking for donations and volunteers to help run the building. For more information or to volunteer, contact the museum at kearneychildrensmuseum@alltell.net or call 308-469-2228.

Photo by Jack Miller; courtesy of Oklahoma Skydiving Center
Jamie Thomas, at right, and professional skydiver Mark Gerlach, at left, are stoked from the freefall taken at the Kearney Municipal Airport.

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Apple announces new iPod nano

Matthew Fisher
Staff Writer

“1,000 songs. Impossibly small.”

With that short phrase, Apple announced in March an updated version of the iPod. The new iPod nano is only 1.5 ounces, and has 0-5 gigabytes of storage, depending on the version. Apple music lovers sort and playback their songs in the iPod’s digital music world.

Who Participated

The Peer Health Organization at UNK hosted the event, which had over 200 participants. The event was held at the YMCA in Kearney, Nebraska. The purpose of the event was to raise awareness of alcohol, and the dangers that come with it. According to the National Institute on Alcohol Abuse and Alcoholism, one in five college students have an alcohol use disorder.

About the iPod nano

The iPod nano is a small, hand-held device that can be used to listen to music, watch videos, and play games. It comes in a variety of colors and can be personalized with cases and accessories. The iPod nano is a popular choice for people who want to listen to music on the go.

Features

- Allows users to select and buy music from the iTunes Store.
- Plays music and video content, including podcasts.
- Features a color touch screen.
- Comes in black, white, red, and blue.
- Measures 2.47 x 0.88 x 0.15 inches.
- Weighs 2.9 ounces.
- Holds up to 20,000 songs.
- Offers a 14-hour battery life.
- Includes a universal serial bus (USB) cable for charging and transfer.

Conclusion

The iPod nano is a versatile device that offers many features to users. Whether you are a music lover or someone who enjoys video content, the iPod nano is a great option to have.

By 11 p.m., when the tournament was over, the arena was empty. The Peer Health Education students were satisfied with the turnout, and felt that the event was a success. They hope to continue hosting similar events in the future to raise awareness of alcohol and other issues.

Photo by Erika Dimas

Ryan McMahon, left, president of Peer Health and Jessica Ouko, right, vice president, smile for a picture.

“College students need to know that(dates) outside of alcohol.”

Adston Kikha
UNK sophomore

The real question is, ‘how do you involve them?’

Who Do You Involve?

The Peer Health Education students were able to involve a wide range of people with the event. Students, faculty, staff, and even some community members were engaged in the activities. The event was a success, and the students look forward to hosting more events in the future.

“Use my iPod all of the time. I use it when I work out and jog, so I’m really glad I bought it.”

Amy Johnson
UNK sophomore

A variety of new products released

Apple released several new products recently, including the iPod nano. The iPod nano is a small, hand-held device that can be used to listen to music, watch videos, and play games. It comes in a variety of colors and can be personalized with cases and accessories. The iPod nano is a popular choice for people who want to listen to music on the go.

The iPod nano has a 14-hour battery life and can hold up to 20,000 songs. It also has a touch screen that can be used to control music playback.

The iPod nano is available in black, white, red, and blue. It measures 2.47 x 0.88 x 0.15 inches and weighs 2.9 ounces. It comes in two-gigabyte and four-gigabyte versions.

“I use my iPod all of the time. I use it when I work out and jog, so I’m really glad I bought it.”

Amy Johnson
UNK sophomore

The Peer Health Organization at UNK hosted an annual “Alcohol Free Night” at the YMCA on Thursday.

By 11 p.m., when the tournament was over, the arena was empty. The Peer Health Education students were satisfied with the turnout, and felt that the event was a success. They hope to continue hosting similar events in the future to raise awareness of alcohol and other issues.

Photo by Erika Dimas

Ryan McMahon, left, president of Peer Health and Jessica Ouko, right, vice president, smile for a picture.

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A Day in the Life...

Darnell Wood

Staff Writer

Last week, you gave a preview of the top five Big Ten teams and a prediction of the order the teams will finish. Here are my predictions for the bottom five teams in the Big Ten.

Minnesota: The Golden Gophers offensive attack is one of the best in the nation.

Running back Laurence Maroney is a very skilled runner and will be a very dynamic player for the Golden Gophers this season.

The defense must improve, however, to stop a team like the quarterback, or it is going to be a long year.

Michigan State: Let’s face it, the Spartans can score on any team in the nation, but for the second consecutive year, the team finished fourth in the nation, but they are down to Mark Dantonio.

Michigan State is the best team of the exact opposite of Michigan State.

The defense is one of the best in the nation and the Spartans are pressuring the quarterback and attempting to knock him off balance.

Illinois: This is a team looking for an identity.

Quarterback Drew Stanton is a very accurate passer. He throws a deep ball and has some very good receivers.

Mariotta is a very accurate passer. He has a strong deep ball and has some very good receivers.

Ohio State: The Buckeyes are a very physical team and they can stop the Big Ten teams on defense.

The secondary in average and the defensive line is down right terrible. This team will win shootouts, but will lose the big games if the offense is off.

Penn State: This team is the best team in the nation.

A defense that is very good, but quick, if they can keep the quarterback off balance, but they may play some close games in the Big Ten.

Democratic Rep. of the Congo (DRC) has been a major player in the ongoing conflict in the region, which has resulted in tens of thousands of deaths and millions of displaced people. The conflict in the DRC is complex and multifaceted, involving various armed groups, national and regional leaders, and international actors. The United Nations has played a critical role in efforts to resolve the conflict and promote peace, security, and development in the region.
**Swingin’ away**

**Megan Kishoban**
Staff Writer

"This sport is as important to these athletes as basketball is to those fans," said Dick Beechner, head coach of the men's golf team.

Although golf is not largely a spectator sport, the UNK golf program has its own following. The team has been a four-time NCAA qualifier and has been the runner-up in the Heartland Conference during the 2004-05 season. The men's team has been in the National Invitational this year, and with that approach, the team has been in the top five rankings now for the past two seasons. The rankings are based on a point system. The Head-to-Head Top 25 is chosen to vote after collecting information on the head-to-head top 25 teams, and the coaches vote based on that list and other aspects of the teams' performances. Therefore, the record of the team is not a direct reflection of how the team is performing all the time at 21:11.

The UNK men’s and women’s cross country teams traveled to the Woody Greco Invitational this past weekend in Lincoln. The team's six-week team picked up a pair of victories during the fall season at the Conference. The team is performing all the time at 21:11.

**Ladyn Lopers ranked third in nation in DII**

**Brittany Johnson**
Staff Writer

The UNK ladies’ golf squad is ranked number three in the nation. With a record of 12-2, the team is ranked behind only Truman and California Baptist (DII). The team has won each of the last two seasons. The rankings don’t represent what will happen in the future. The UNK golf team, which is ranked number three in the nation, has been in the top five rankings now for the past two seasons. The rankings are not a direct reflection of how the team is performing all the time. The team is performing all the time at 21:11.

"Anchorman"

"Mexican Food. I love Filiberto's Taco Shop in Phoenix. I used to eat there every day."

"Hanging out with friends and playing basketball."

"I transferred here to play golf."

"One year. I transferred from Arizona State to UNK."

"One of the few things stopping me from playing is food in the community."

"Anchorman"

"My favorite food is Mexican Food. I love Filiberto's Taco Shop in Phoenix. I used to eat there every day."

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"One of the few things stopping me from playing is food in the community."

"Anchorman"
by Mika Arai

Katrina
continued from page 1

The news with a careworn eye, Thayer and grandpa reside on the Gulf coast of Mississippi, and have seen the destruction firsthand.

Campuzano said, “My aunt’s emotions changed day to day. One day she was wondering if the gas in the car could get her far enough so she and her husband could just leave, and the next she was determined to stick it out and stay with my grand- parents.”

She explained that this one case in which time is healing the physical and emotional wounds.

“Both are positive and realize how lucky they are that their house is still intact,” Campuzano said. “From here on, they will just be working on getting things back to normal. Though neither my aunt’s or my grandpa’s houses were ruined, they are surrounded by the devastation.”

Ferris said that she, too, will begin to move on. She has hopes to move back to her home in New Orleans soon, but realizes that things will never be quite the same. She said she hopes that, as Americans, we will learn from this tragedy.

“Poverty is on a wide-spread, even in the U.S.,” she said. “We need to teach people to get better jobs, and give them the opportunity to live in better houses. I hope that many people will use this as an opportunity to see what else is out there and what could be available to them.”

Ferris ended the interview with those words.

He added, “I may go down to the Buffalo County Courthouse and watch court now. I might see it differently.”

AXIOUS AND OVERWHELMED BY LIFE’S DAILY DEMANDS?
NATIONAL DEPRESSION SCREENING \nDAY \n\nPeople say college is suppose to be the “time of your life.” You must friends that lost a lifetime and have the freedom to do what you want. But for many, adjusting to college life can be difficult. Many students are left feeling stressed, anxious, disconnected and alone.

In order to help students cope, Counseling Care at the University of Nebraska at Kearney is now offering screenings for a range of common emotional conditions that often go undiagnosed and are misunderstood.

Counseling Care will be offering free, confidential screenings for depression, bipolar disorder, anxiety and post-traumatic stress disorder. At the screening, you can fill out a questionnaire and talk with a counselor about your personal situation. Even if you are just going through a bad couple of days, or know a friend who is having difficulty, you are invited to come and take advantage of the services offered.

Confidential screenings are also offered on the web at www.unk.edu/counseling.

The screenings will be held on October 6, 2005 in the Nebraska Student Union Atrium from 10 a.m. to 4 p.m. Or look for Counseling Care at 864-8208.

308-865-8248.

Nebraskan Student Union Atrium from 10 a.m. to 4 p.m. or...