

THE ANTELOPE

THE WEEK OF OCTOBER 2, 2003

Homecoming fun hits UNK

by Chrys Wiebelhaus
Antelope Staff Writer

Leaning under the limbo stick, trekking across the tricycle course and competing with pudding, ketchup and pickle juice in the obstacle course are fun activities students can participate in during Homecoming.

The University of Nebraska at Kearney kicked off Homecoming 2003 on Sept. 29 with the theme "The Spirit of the Century." Participants in 10 residence halls, 10 Greek chapters and three university organizations have organized forces to fight for the win in several Homecoming activities.

Events began on Monday with the limbo contest. Tuesday's activity highlighted UNK students going back to their early years with the tricycle race. The Lopers took on Wayne State College in volleyball action. As students were showcased in Crazylympics Wednesday, they competed in the messy food obstacle course.

The Lip Sync, Spirit Competition and the Royalty Crowning will begin at 7 p.m. Thursday in the Health and Sports Center. Friday, the Lawn Display Competition will be exhibited and judged at 2 p.m. On Saturday, the Homecoming Parade will start at 10 a.m. on Central Avenue in downtown Kearney, followed by UNK battling Adams State in the football game beginning at 1 p.m. at Foster Field.

Last year, more than 1,200 people came to see the Lip Sync competition, Karla Falk, coordinator of Student Activities, said.

The 2003 Homecoming finalists will be crowned Thursday fol-

lowing the Lip Sync competition. Queen finalists are Becky Schneider, Kenda Olson, Mindy Engler and Billie Livermore. King finalists are Dusty Reynolds, Drew Hanson, David Liakos and Jesse Cain.

Representing Alpha Phi sorority, Schneider is the daughter of Cindy and Mick Schneider of Grand Island. Her UNK involvement includes: Summer Advising and Enrollment staff for three years, Panhellenic Director of Recruitment, Student Court Justice, Chancellor's Ambassador, Honor's Program, Dean's List and The Newman Center.

Olson is representing Centennial Towers East. She is the daughter of Peggy and David Anderjaska of Haigler. A senior majoring in Secondary Education-Mathematics, she has been a Resident Advisor for two years, is the Assistant Hall Director in CTE, is a UNK Diplomat, was part of the 2003 Summer Advising and Enrollment staff, is a member of Gamma Phi Beta sorority, and is a member of Kappa Mu Epsilon and Phi Kappa Phi.

Engler is an Elementary Education major with an English as a Second Language Endorsement. She is the daughter of Jim and Lori Engler of Holdrege. Representing Gamma Phi Beta sorority, Mindy is the President of Gamma Phi Beta and has been involved in Nebraskats for four years. Her additional UNK involvement includes: Student Diplomat, 2003 Summer Advising and Enrollment staff, Rho Lambda Honor society, Resident Advisor and Dean's List.

From Omaha, Billie Livermore is the daughter of Tom and Ellen Livermore. She is representing Randall Hall and is an

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Photo by Karri Thunker

"The Spirit of a Century": UNK kicked off its annual Homecoming celebration on Sept. 29. The week's activities consisted of a limbo contest, a tricycle race, a lip-sync contest, a spirit competition and the crowning of UNK's royalty. Eight students were selected as candidates for the honor.

Students embrace cell phone mania

by Jenni Epley
Antelope Staff Writer

Cellular phones are a way of life these days. People don't just use their cells for emergencies anymore; they also use them in substitute of land-line telephones.

Cell phones have many advantages and disadvantages. The benefits of cell phones are that they can be taken anywhere, people can reach each other no matter what time it is or where they are and plans can be customized to fit each individual's needs.

Some disadvantages are the fees for exceeding the number of minutes allotted, the confusing bills and the less-than-satisfactory service provided in some areas.

People all over the world depend on cell phones to keep them in contact with their friends, family and everyone in between. College students are no different.

Brett Bowers, UNK freshman, said, "I like to have my phone with me whenever I can so people can get a hold of me and I can get a hold of others. My mom also likes the fact that I have a cell phone so she can call and see how I'm doing. I think it makes her feel a little bit better about me being out at night if I have my cell phone."

In addition, cell phones are a great way for students to make calls without having to set up a phone plan in their apartment or dorm. Students can also avoid buying expensive phone cards.

Many cell phone plans don't charge for long-distance calls or

roaming in other states. Students are able to travel the country and not have to use pay phones to reach their loved ones. Plans can be arranged that allow enough day-time, nighttime and weekend minutes for even the biggest phoneaholic.

Alltel, one of the best-known wireless service providers in the Kearney area, offers three options for three very different callers.

The largest coverage option is the total freedom plan. Total freedom allows customers to make calls from coast to coast with no long-distance or roaming charges.

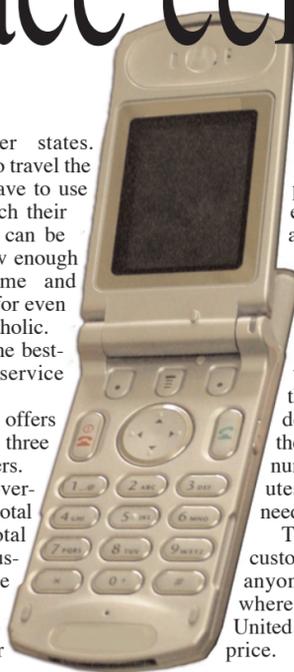


Photo illustration by Francisco Itamar

It's the perfect plan for people who travel extensively and need to stay connected when they're on the go. Customers who choose the total freedom option then choose the number of minutes that they need.

Total freedom customers can call anyone from anywhere within the United States for one price. The minutes range from 200 anytime

minutes plus unlimited night and weekend home minutes for \$39.95 to 3,000 anytime minutes plus unlimited night and weekend home minutes for \$299.95. The disadvantage is that every additional minute used after the allotted minutes are used costs anywhere from 20 cents to 40 cents.

The second largest coverage area is the national freedom plan. The national freedom plans allows customers to keep in touch with friends, family and associates in major metropolitan cities within the coverage area. National freedom plans range from 300 anytime minutes plus unlimited night and weekend home minutes for \$35.00 to 3,000 anytime minutes plus unlimited night and weekend home minutes for \$200.00.

The third plan Alltel offers is

the local freedom plan. The local freedom plan is for those customers whose needs remain close to home. With extended coverage outside immediate calling areas customers get great rates when they need to travel a bit beyond their normal range. This plan also provides no roaming or long-distance charges within the coverage area.

The most inexpensive plan includes 300 anytime minutes and 500 night and weekend minutes for \$29.95. For \$199.95, a customer can receive 3,600 anytime minutes and unlimited night and weekend minutes. All three plans can include caller ID, three-way calling, no answer transfer, call forwarding, call waiting and detailed billing.

See Cells, page 8

Greeks learn leadership skills at weekend retreat



Photo by Adam Wegner

Members of the UNK Greek community met to build relationships at a retreat last weekend in Cozad.

by Stephanie Fielder
Antelope Staff Writer

Sixty students from the Greek community at UNK participated in a leadership retreat at Camp Comeca in Cozad last weekend.

Members of the Panhellenic and Interfraternity Councils, as well as other Greek leaders gathered to discuss and relate problems within the Greek community through the IMPACT program. Facilitators from different Greek communities around the country volunteered to assist with the retreat.

"Some of them drove for 15 hours to be there, which was really awesome," Kristie Artz, Kearney sophomore, said. She is a member of Gamma Phi Beta sorority.

IMPACT was created by the North American Interfraternity Conference Program to improve

the Greek community through influence, motivation, purpose, action, community and trust. According to the IMPACT philosophy, the goal of the program is to develop desired leadership skills, identify new ideas and to develop concrete plans for the campus's Greek community. Thus, the focus of the camp was to identify a unified vision for change.

"Better relationships are the building blocks to working together to create change and often times they don't realize that things they are thinking and feeling are just the same as the others that live across the street...so now they are on the same page and they have the option of building and strengthening the Greek community over the next couple of years," Cami Wacker, Assistant Director of Residential and Greek Life, said.

UNK offers six fraternities:

Alpha Tau Omega, Delta Tau Delta, Phi Delta Theta, Pi Kappa Alpha, Sigma Phi Epsilon and Sigma Tau Gamma. There are four sororities: Alpha Omicron Pi, Alpha Phi, Chi Omega and Gamma Phi Beta. There are many leadership opportunities within each chapter, and developing the right skills to be an effective leader is important to the success of the Greek community.

Several different sessions were held for the participants throughout the weekend which focused primarily on team-building exercises, communicating effectively and developing overall leadership skills among the Greek community. "It was a lot of relating situations to Greek life," Artz said.

One skill that the sessions focused on was dealing with confrontation. Students learned a

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News

Greeks plan for year, make new friends

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Entertainment

E.M. Gifford's art on display at MONA

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Sports

Lady Lopers win against Metro State

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Weekend Weather



FRIDAY
Sunny
High 71, Low 43



SATURDAY
Partly Cloudy
High 60, Low 35

SUNDAY
Mostly Sunny
High 57, Low 37

UNK CALENDAR

Wednesday, October 1: Resume Medic, 8:30-11 a.m. at the College of Education. FREE! Resume Critique by qualified Career Counselor!

Wednesday, October 1: Big Fall Career Fair, 10:00 a.m. - 3:00 p.m. in the Devaney Center at UNL. Over 100 employers plan on attending this event. Plan to attend. A great opportunity to visit first hand with top-notch employers looking to hire you!

Wednesday, October 1: Crazilimpics, 4 p.m. at the Mall Walkway/Fountain.

Wednesday, October 1: Sigma Tau Delta-English Honorary, Barbeque and Anniversary Celebration, 5-6:30 p.m. at the Fine Arts green. This annual BBQ welcomes back all students, faculty and staff to campus and commemorates the 75th anniversary of the Xi Beta Chapter of Sigma Tau Delta at UNK.

Thursday, October 2: Loper Luncheon, 11:45 a.m.-1 p.m. in the East concourse of the Health and Sports Center.

Thursday, October 2: "Risky Business" by Ishmael Torres, 4-5 p.m. in College of Education building room A125.

Thursday, October 2: Spirit Competition, 7 p.m. at the Health and Sports Center

Thursday, October 2: Lip Sync, 7 p.m. at the Health and Sports Center

Thursday, October 2: Royalty Crowning, 7 p.m. at the Health and Sports Center

Friday, October 3: Lawn Display Judging, 2 p.m.

Saturday, October 4: UNK Floats and Banner Check-in,

7:30 a.m. at Central Elementary.

Saturday, October 4: Homecoming Parade, 10 a.m. on Central Avenue.

Saturday, October 4: UNK Football vs. Adams State (RMAC game), 1 p.m. at Foster Field.

Tuesday, October 7: Office of Multicultural Affairs Brown Bag Discussion, 12 p.m. in the Oak Room of the Nebraskan Student Union.

Wednesday, October 8: Etiquette Dining Seminar, 5:30-8 p.m. in the Nebraskan Student Union Room 238A and B. Faculty and students are welcome to learn how to make introductions, conversation, the definition of a faux pas and more while enjoying a five course meal.

Thursday, October 9: UNK Volleyball vs. Colo. State-Pueblo (RMAC game), 7 p.m. in the Health and Sports Center.

Friday, October 10: HAS Poetry Slam, 7-11 p.m. in the Food Court Atrium of the Nebraskan Student Union. See Urban Poet or participate with open mic time. Free refreshments. Sponsored by the Hispanic Student Association, the Office of Multicultural Affairs and UPPF.

Friday, October 10: UNK Volleyball vs. Co.-Co. Springs (RMAC game), 7 p.m. in the Health and Sports Center.

Saturday, October 11: UNK Volleyball vs. N.M. Highlands (RMAC game), 7 p.m. in the Health and Sports Center.

Monday, October 13: Pianist Kenneth Huber, 7:30 p.m. in the Fine Arts Recital Hall.

Saturday, October 4: UNK

CAMPUS BRIEFS

UNK HOMECOMING FINALISTS ANNOUNCED

UNK has announced its eight 2003 Homecoming Finalists. Royalty will be crowned on Oct. 2 after the completion of the Lip Sync Competition at 7 p.m. in the Health and Sports Center. Queen finalists are: Becky Schneider, Grand Island, Kenda Olson, Haigler, Mindy Engler, Holdrege and Billie Livermore, Omaha. King finalists are: Dusty Reynolds, Hooper, Drew Hanson, Hot Springs, S.D., David Liakos, Minden and Jesse Cain, North Platte. Best of luck to all the finalists.

THIS WEEK AT UNK: FRESHMEN HONOR STUDENTS' RECEPTION

The Kearney Hub and the Kearney Area Chamber of Commerce recently sponsored the second annual Freshman Honors Reception at the Nebraskan Student Union earlier this week. The reception was in honor of the 150 new freshmen participating in the UNK Honors Program. In addition, Chancellor Doug Kristensen recognized World Herald Scholars Scott Vincent of York and Clarissa Long of Hazard for their achievements.

UNK PROFESSOR SELECTED FOR DIVERSITY CONFERENCE

Samuel Lopez, an assistant health and physical education professor at UNK, was nominated by Congressman Tom Osborne to attend the "Opportunities Conference 2003-Asian Pacific and Hispanic Americans: Building

on America's Promise." The conference, held September 24-25 in Washington D.C., brings Asian Pacific Americans and Hispanic Americans together to discuss immigrant populations' opportunities. Workshops concerning limited English proficiency programs, federal programs, education, small business development, economic empowerment, home ownership and faith-based initiatives were also offered at the conference. Lopez is a project director of the federal program "Access to Higher Education" which helps minority students prepare for college. This conference should greatly assist him with his work here at UNK.

MASTERS OF SOCIAL WORK OFFERED

UNK will begin offering a Masters of Social Work program beginning in the Spring of 2004. The program has been created and will be delivered by the UNO School of Social Work. Twenty-five candidates who already hold a Bachelors of Social Work will be selected through a competitive application process. The program will offer 39 credit hours on a part-time basis with classes being taught on weekends (Friday evening and Saturday). The degree can be completed in three-and-a-half years. Eligible applicants are encouraged to contact the School of Social Work at UNO at (402) 554-2792. Additional information about this opportunity can also be found on UNK's Social Work Program website at <http://www.unk.edu/acad/socialwork/>.

ROBAK TO SERVE FISERVE, INC.

NATIONAL BOARD

Kim M. Robak, Vice President for External Affairs and Corporation Secretary at the University of Nebraska, has been named to serve on the Board of Directors of Fiserv, Inc. (Nasdaq: FISV). Fiserv, Inc. functions as by providing information management systems and services to the financial world. This is inclusive of information concerning transaction processing, outsourcing, business process outsourcing and software and systems solutions. The Fiserv Board of Directors is a team of respected individuals best known in financial, business and investment circles. Robak joins current Fiserv board members: Donald F. Dillon, Daniel P. Kearney, Gerald J. Levy, Glenn M. Renwick, L. William Seidman, Thekla R. Shackelford and Thomas C. Wertheimer. The Fiserv board also includes Leslie M. Muma and Kenneth R. Jensen. More information about Fiserv can be found on the Internet at www.fiserv.com.

REYNOLDS WRITERS AND READERS SERIES ANNOUNCED

Charles Fort, director of the Reynolds Writers and Readers Series, is pleased to announce this fall's upcoming lineup of readers. The series of readings all will be at 8 p.m. in The Brick Room of the Museum of Nebraska Art at 2401 Central Avenue. All readings are free and open to the public with a book signing and reception to follow. Poet Allison Joseph will present Fri., Sept. 26, Cuban poet Jose` Kozer will be featured on Fri. Oct. 24 and poet Jim Daniels will read Fri.,

Nov. 7. The Office of the Chancellor, UNK's Creative Writing Program and the UNK English Department sponsors this series. For more information please contact Charles Fort at 865-8164 or e-mail him at fortc@unk.edu.

APO SERVICE FRATERNITY

Alpha Phi Omega, UNK's co-ed service fraternity is promoting a strong push for membership. This organization provides students with the opportunity to perform service to the school and the community. Come to an information night to learn more about APO. These evenings will only last 20-30 minutes and free pizza will be served. Information nights will be Oct. 6 at 7:30 p.m. in the fireplace lounge with a pop tab drive to follow and Oct. 7 at 7:30 p.m. in the fireplace lounge with pop tab drive to follow. Please come check them out.

NEW EXHIBITION AT MUSEUM OF NEBRASKA ART

A new exhibition will be unveiled at the Museum of Nebraska Art Sept 12. This showing is the second in a series of yearlong exhibitions focused on education. Artworks from the permanent collection will be featured that demonstrate pattern and repetition as well. The museum is open Tues.-Sat. 11 a.m.-5 p.m. and Sun. from 1-5 p.m. MONA is closed all Mondays and major holidays. For more information contact MONA at 865-8559 or online at monet.unk.edu/mona.

Quote of the week:

If you have an upcoming event you want listed in the Antelope, email us at theantelopewspaper@hotmail.com.

CLASSIFIEDS

Antelope Classifieds Work. Call 865-8487 today!

HUGE MULTI-FAMILY GARAGE SALE
3211 - 11TH AVENUE
(3 blocks N. of UNK Twin Towers)
Thur., Oct. 2 - 4pm to 7pm
Fri., Oct 3 - 9am to 5 pm
Sat., Oct. 4 - 9am to 12 pm
*Clothes (Infant - sz. 6, ladies - mens - M, L, & XL-- humidifier, carpet, kitchen items, toys, lamps, frames, X-mas items-- new quilt racks & ect.)

POLICE BEAT

September 20: Four males and one female were contacted at 11:45 p.m. after having been observed going to a room with alcohol.

September 22: At 1:25 p.m., two female Martin residents reported a suspicious odor on the 3rd floor of their residence. The origin of the odor was unknown.

September 23: Public Safety was contacted by KPD after they learned of a traffic violation in front of Martin Hall.

September 24: A female Ludden resident was contacted at 9 p.m. after keying a female Ludden resident's Ford Focus.

September 26: A Men's Hall custodian reported two suspicious males walking

around the dorm at 7:45 a.m.

September 26: Four males and one female were cited at 11:55 p.m. for MIP after one male was observed driving recklessly in Lot 27. The male driver was subsequently jailed for DUI.

September 26-September 27: A facilities employee reported that an 8' folding table was damaged while in the courtyard north of the fountain. The estimated value of the table is \$100.

September 28: At 12:15 p.m., a female reported the theft of her black purse from the Nebraskan Student Union. The estimated value of the purse and its contents was \$80.

You can lead a horse to water, but a pencil must be lead.

Kearney Dairy Queen

Get a head start on your weekend, with a sundae from Dairy Queen. They have a variety of toppings to fulfill any craving. At Dairy Queen, we treat you right.

3711 N. 2nd Ave

Spring Break '04 with Studentcity.com & Maxim Magazine

Get hooked up with Free Trips, Cash, and VIP Status as a campus Rep! Choose from 15 of the hottest destinations. Book early for FREE MEALS, FREE DRINKS and 150% Lowest Price Guarantee! To reserve online or view our Photo Gallery, visit www.studentcity.com or Call 1-888-SPRINGBREAK!

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Earn \$1,000-\$2,000 this semester with a proven CampusFundraiser 3 hour fundraising event. Our free programs make fundraising easy with no risks. Fundraising dates are filling quickly, so get with the program! It works. Contact CampusFundraiser at (888) 923-3238, or visit www.campusfundraiser.com

THE BOTTOM LINE

QUESTION: As a UNK EMPLOYEE, WHAT'S SOME ADVICE YOU HAVE FOR STUDENTS?



Berneta DeBoer
Chartwell's employee

"Drink more Starbucks Coffee."



Neva Klemme
Counseling Center

"Study, study, study. It will pay off in the end."



Sue Petersen
Interim Associate Director

"Go to class, go to meals, get some sleep. Be kind to yourself and others."

Are we really that selfish?

Searching for a little soul...



Shiloh Nichols
Photo Editor

ish? In other cultures, children are often required to learn more than their primary language, and they usually learn to speak at least two languages fluently, including English. I have had the opportunity to travel to Calcutta, India, and Warsaw, Poland, in the past few years, and their ability to speak and understand English amazes me.

Puedes hablar o entender otro idioma? Cuantos idiomas puedes hablar?

If you can read those sentences and understand them, then you are doing better than most Americans. I am from America, and I speak one and only one language. Most Americans don't see it as a necessity to learn another language and believe that if people from other countries are going to move to America, they should speak English and adapt to our culture rather than Americans adapting to their language and culture. Are we really that self-

In India, from birth, children are taught to speak at least three languages: English, Hindi and Bengali. Without an interpreter, I was able to communicate with the people of Calcutta because of their knowledge of English (certainly not because of my knowledge of Hindi or Bengali).

In Warsaw, college students are required to speak and write English before they can attend the university. Their desire to speak English is remarkable. When I arrived in Poland, my host father could not speak a word of English. For two weeks during my visit, he faithfully studied the English language

night after night. At the end of the two weeks, he had learned enough English to communicate with me without an interpreter. That is how dedicated he was to learn our language.

To be honest, speaking only one language puts me to shame and I am embarrassed to say that my three years of high school Spanish have been mostly forgotten. Sure enough, we can take classes and try to learn a language. But like I said, it is hard to remember any language if you are not submerged in its culture.

Obviously, the best way to learn a language is to go to the country and live there. My sister spent one month in Costa Rica this summer taking summer classes. She came back to America being able to understand a lot of Spanish and able to speak more Spanish than most Americans.

My friend, April, is taking a Japanese class right now and I really admire her for that because I know it is a tough language to learn. Once a week, she meets with two Japanese



students to help them learn our language. During this time, they are not allowed to speak any Japanese.

My point is that Americans are selfish and ignorant (perhaps even snobbish?) when we say that people from other countries must learn our language or go back to where they came from. People from other countries have enough on their hands

without having to worry about speaking our language, too. If Americans were expected to know the language of every country we visited, most of us would NEVER be able to travel, because our language would be limited to English. Through my travels, I have picked up a little Polish and my eyes have been opened to how selfish Americans are when it comes to

learning another language. If you are not willing to learn another language, at least take the time to help others learn English and respect that fact that most of them can speak more than their primary language. That is certainly more than I can say about myself. How about you? Cuantos idiomas puedes hablar?

How much is that puppy in the window?

Good things come in small packages...



Jodi Daigh
Layout Editor

and food for your new pet.

For many of us, falling in love with a puppy is the easiest thing to do. There is no wonder why dogs are man's best friend. They give unconditional love and acceptance to us. The key is realizing that getting a dog is a long-term and serious commitment that takes patience, time, and money. It also requires research to know what kind of dog is best for you and where to purchase your dog.

It can happen to anyone. You see a cute, golden ball of fur staring back at you through the glass with those big, brown puppy eyes just begging you to give him a home. You take one look and the next thing you know you're picking out a leash

Pet stores often cater to impulsive buyers and buyers often are misled as to where the stores get their dogs. Pet stores often get their puppies from puppy mills. According to the

United States Humane Society, puppy mills are large-scale commercial dog-breeding facilities that often house mass quantities of dogs in poor conditions.

The goal of puppy mills is to produce a large amount of dogs for little money. The people who run these facilities are more concerned about making money than producing a happy and healthy dog.

These places often have caged 'breeding stock' dogs continually bred for years without any human companionship. These "breeding dogs" are forced to produce litter after litter with no hope of ever becoming part of a family of their own.

Throughout their lonely lives they are often kept in small

cages through summer's heat and winter's freezing temperatures with little food and water. The dogs are often killed, abandoned, or sent to other puppy mills when they are no longer able to reproduce. Puppy mills produce hundreds of thousands of dogs a year that are sold at pet stores, over the Internet, and in newspaper advertisements.

The puppies produced at puppy mills often suffer from health and socialization issues. Both issues could lead to expense veterinary bills or, even worse, the death of the dog. The dogs are given no human social interaction just like their parents, which is often a critical factor in a dog's life. Documented problems of puppy mills include over-breeding,

inbreeding, overcrowded cages, minimal veterinary care, and poor food and shelter. Time magazine estimated 25 percent of purebred dogs suffered from serious genetic problems in 1994.

Thousands of these puppy mills exist in the United States but the Humane Society of the United States has continued to shut down these commercial operations.

This organization recently created a website geared toward stopping puppy mills. This website offers the background on puppy mills and informs buyers on how to safely adopt a dog. Although laws exist that prohibit animal abuse and have minimal care requirements, these puppy mills all too often find

ways to get around them and there are just simply not enough agencies to watch over puppy mills.

Before you fall in love with that puppy in the window, make sure you know where he came from. Don't encourage or support puppy mills. Dogs can be a part of your life for 15 to 20 years. The decision can be very rewarding but only if you thoroughly think it through first.

Wouldn't it be best to know a little background about your dog before getting him if he's going to be a part of your life for so long? After all, a dog is supposed to bring you years of joy and companionship, not months of heartache and confusion.

Cancer: reduce your risk

Exhale and smile...



Traci Witthuhn
Entertainment Editor

ever witnessed this ugly disease in action, you know the pain and suffering that it brings to victims and those around them.

Though a plethora of treatment options have been introduced, nothing has been proven as an absolute cure. It often seems that our only defense against the disease is to be informed.

Cancer will take the lives of 3,400 Nebraskans this year, and an estimated 8,100 citizens of our state will contract a form of the disease.

Sound a little scary? It is. In your lifetime, you will be affected by cancer. If you have

A recent release by About.com revealed the top ten causes of cancer.

The leading cause is genetic predisposition. This does not mean that cancer is inherited,

only the predisposition. Thus, certain environmental factors must be present for the disease to develop. In any case, those with a family history of cancer should be wary of the disease and take extra steps to prevent their demise.

The second leading cause of cancer is female overexposure to estrogen. A woman's estrogen level facilitates cell proliferation. Some ways to decrease estrogen levels include participating in aerobic exercise, minimizing alcohol intake and eating a low-fat diet.

Cancer-causer No. 3 is ionizing radiation, such as that found in X-rays or nuclear radiation, which can injure DNA. By only having X-rays taken when necessary and

abstaining from employment in a nuclear power plant, one can reduce this risk (look out, Homer Simpson).

The fourth leading cancer risk is Ultraviolet Radiation. Your mother knew what she was doing when she slathered that high SPF sunscreen all over your face. Ultraviolet radiation is caused when the sun's rays reach the earth; the most dangerous of these are the UVB rays, which cause 90 percent of all skin cancer. The areas most frequently bombarded by these rays are the ears, cheeks and nose.

Cause No. 5 is carcinogenic chemicals. Over the past 50 years, gigantic steps have been taken to reduce the amount of these chemicals in the environ-

ment. Just to be on the safe side, stay away from asbestos, benzene, formaldehyde and diesel exhaust.

Next in line comes tobacco smoke, which causes 30 percent of all cancer deaths in the U.S. Cancer caused by tobacco smoke is generally lung cancer, which has a high mortality rate and is expected to claim 900 Nebraskans this year.

Cause No. 7 brings another common vice into the spotlight: alcohol use. Frequent users of the drug are susceptible to mouth, throat, stomach, esophagus and liver cancer. Booze is linked to at least 3 percent of cancer deaths each year.

Carcinogenic foods rank eighth among cancer causing factors. Salted, pickled, and smoked foods all make the carcinogenic list, as do charbroiled or grilled meats. This

risk can be reduced by eliminating the intake of such foods or by ensuring that you get your daily dose of vitamin C.

Number nine on the list of cancer-risk inducers is an unhealthy diet. Saturated fat has been linked to colon and prostate cancers. To reduce this risk, one should stock up on soy-based products, fruits and veggies, all of which contain cancer-blocking antioxidants.

And finally--free radicals. These substances are highly reactive DNA damaging chemical compounds. To stop the formation of free radicals, one should consume orange and yellow fruits, which are high in vitamins C and A.

Are you at risk? There may be nowhere to run and nowhere to hide, but stay informed, and perhaps you will never have to hear the words, "You have cancer."

THE ANTELOPE

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Contributions to "Readers' Opinions" must include the name of the writer, as well as the writer's phone number, home town and affiliation with the college. Phone numbers will not be printed but are necessary for verification. Deadline for publication is Monday at noon. Submissions past deadline will be printed in the following edition *The Antelope* staff reserves the right to edit contributions to "Readers' Opinions" for grammar, spelling, content and length.

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Any questions, comments, concerns or suggestions may be sent to the above address.

READERS' OPINION

I was intrigued by the article "Fight the power: download the music" in the latest issue of *The Antelope*. As I continued to read, the intrigue lessened, and the disgust increased. I don't want to completely tear apart this article. It was quite informative, and the research involved seemed reliable, but the manner in which it was written left me confused and annoyed. From the title and the closing paragraphs, one might imagine this article was meant to be a call for action. But please, if you would use such strong language as "We're on the verge of forcing the entertainment industry to do something radical," please don't disappoint your readers with such a jello-y demand as "to listen to the public." What exactly is the public saying? That they don't like being caught while engaging in illegal activity? That bands are whiny, so they don't

deserve to get paid for the service they are providing to the public? There are some valid points to be found in this article, but they are waiting to be given a voice. Music and software does seem ridiculously priced. From the success of such networks as Napster and those that followed, the public is saying very clearly that it doesn't want to pay such high prices. However, the invocation of the name Rosa Parks in such a trivial matter seems highly out of place. Civil disobedience is a serious issue, and one to be considered carefully, putting personal desires aside. No matter how important cheap music is to one person or to many, this issue will have a hard time becoming worthy of such consideration.

Erica Chu
Kearney sophomore

Go on a date with Emmy

by Kaisa Gleason
Antelope Staff Writer

For those of you interested in art, or just looking for something different to do for an afternoon, The Museum of Nebraska Art (MONA) is offering something new for you.

From Sept. 21 until Jan. 4, 2004, the works of E.M. "Emmy" Gifford are on exhibit

her to travel frequently and observe many "high society" functions. These factors would greatly influence her later works.

Her early works consisted mainly of sketches depicting family members, classmates, and vacation landscapes. Gifford had a particular talent for drawing facial features with vivid eyes and figures that were

"twist" on the ideal socialite comes across in many of the artist's pieces.

Gifford was especially interested in the observation of people. Her artwork is often done

and enjoyed her lavish lifestyle. Gifford also saw the humor in some of the "high society" situations she witnessed.

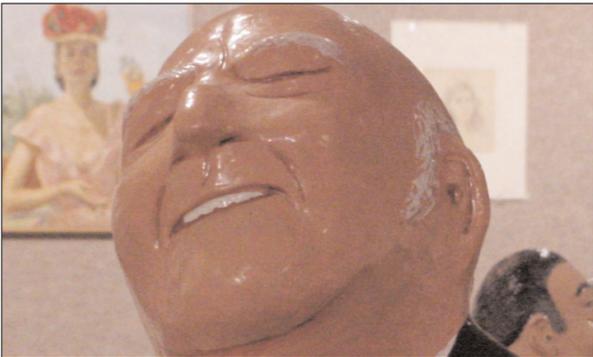
Beginning in the mid 1960s, Gifford began adding substance

One of her most famous pieces titled "Social Kiss" which is on loan to MONA by Ms. Wini Foxley Wells, shows the artist's humorous take on the elite social scene. The sculpture portrays a middle-aged "society type" couple embracing as they greet each other. Although the two are showing their affection physically, both sets of eyes are wandering, as if they are look-

also founded the Emmy Gifford Children's Theater, which grew to be the third largest of its kind.

The E.M. Gifford exhibition showcases pieces of work spanning Gifford's "career" of nearly eighty years.

It is a lighthearted, very personal collection that leaves you with a feeling of actually "knowing" the artist - perhaps because her art was her life and



in the MONA's Brick Gallery.

Gifford, an Omaha native, was born in 1910 to August Fredrick and Jessica (Stebbins) Jonas. A self-proclaimed artist at the age of five, Gifford didn't actually receive any formal art training until her senior year at Smith College.

Emmy was born into a very affluent family, which enabled

rendered anatomically correct.

Throughout the years, Gifford sketched and water colored many of her own self-portraits. One portrait in particular, "Self Portrait, Summer, 1946," shows her dressed as a prim and proper socialite, while she is smoking a cigar with one hand, and haphazardly drinking a glass of tea with the other. This



Photo by Hiromi Toyomaki

The artwork of E.M. Gifford depicts a "high society" lifestyle with a twist of sarcasm. Check out this exhibit at the MONA until Jan. 4, 2004.

through the perspective of a detached, but privileged observer. Although she appreciated

to her sketches by modeling in plasticine and producing sculptures in polyester resin.



ing for a more worthy mate.

Upon moving back to Omaha in 1935, the artist married Harold Gifford, and settled down to raise a family. She continued to work as an artist, and designed costumes and sets for the theater in over 135 productions.

She was well known for her philanthropic activities, and

life was her art!

For those interested in viewing this collection, or any of the exhibits MONA has to offer, the hours of operation are Tues.-Sat. from 11 A.M. to 5 P.M., and Sunday from 1 to 5 P.M. There is no charge to visit the museum; however a free will donation is appreciated.

Sydney's offers fine dining

by Sarah Skarka
Antelope Staff Writer

Upon walking into Sydney's restaurant inside the Best Western Hotel, I was immediately impressed with not only the sophisticated atmosphere, but also the service received.

Someone was there to welcome us right away, which is always nice to see. My friends and I were led to a booth near the bar, and left alone for long enough to actually decide what we wanted. (Which NEVER seems to happen!)

We started the meal off with a couple of glasses of Merlot to set the mood, and we were quickly served; bonus points considering they were pretty busy.

Based on how busy they were, it was obvious to see that Sydney's is a popular place. Not only was it a classy place, but it was also comfortable enough for a group of college students in T-shirts and flip flops to enjoy themselves while watching college football on the TV over the bar! (Nothin' like college football and Merlot on a Saturday evening!)

I ordered one of Sydney's signature pastas, made with one of their original recipe sauces, and it was awesome. I ate, and ate, and ate...not only did I eat mine, but I probably consumed the equivalent of another meal if we include the food I ate off of everyone else's plates. I couldn't help myself, they all ordered

steak - Nebraska beef!

The Sydney's menu is great, it covered everything from chicken to seafood, and beef to pasta. They also have appetizers, soups and salads, and sandwiches that look just as good as the 'fancy' stuff.

The bar is stocked with a huge variety of wine, liquor and beer, and the prices range from college kid to college graduate. Whether you're up for wine or shots, martinis or after dinner drinks, beers or mixed drinks, there's something for everybody's wallet...at the bar anyway.

On the other hand, let's look at the food menu. The only downside of Sydney's would have to be on those pages. The prices are a little steep, but then again, maybe that bottle of wine didn't help. Anyway, the food is a little expensive, but if you've got money to blow, this is one way that I would recommend blowing it. Although pricey (for my poor college kid budget anyway), it was very fabulous, and the service and atmosphere was just as commendable.

Sydney's hours are a little confusing, they have separate 'shifts' for breakfast, lunch and dinner on different days of the week, so you have to plan ahead if your arrangements include this establishment. One must definitely have a little bit of time to wait for a table if going on a weekend night. As I said before, I'm not the only one who's figured out that it's a



Photo by Quincy Cromer

Sydney's offers an array of choices behind their swanky bar. The restaurant, located in the Best Western Hotel, gets a thumbs up from Antelope writer Sarah Skarka.

great place to hang out with friends and family and eat some great food.

Sydney's restaurant has

everything needed to have a most enjoyable dining experience: fantastic food, great atmosphere, awesome bar,

excellent service...with the exception that it's a little too pricey for me to pay for with anything other than plastic,

Sydney's is in. When my wallet recovers from this last visit, I'm there.

Allison Joseph visits MONA



Photo by Quincy Cromer

Allison Joseph was the first of three poets that will be presenting readings at MONA this semester as part of the Reynolds Writers and Readers Series.

by Jessie Mohr
Antelope Staff Writer

The Museum of Nebraska Art is staying very active this year, thanks to the Reynolds Writers and Readers Series. The series, which is sponsored by The Office of the Chancellor, UNK's Creative Writing Program and the UNK English Department, brings many poets and writers to the Kearney area.

Charles Fort, the Director and Reynolds Chair in Poetry, said, "The Reynolds Readers and Writers Series has brought many famous poets and writers to the UNK campus in previous years."

All readings will be held at 8 p.m. in the Brick Room at MONA, which is located at 5401 Central Avenue. The readings are free and open to the public with a book signing and

reception following, along with a question and answer session.

The reading last week was done by poet Allison Joseph, who is the author of three collections of poetry: "What Keeps Us Here," "Soul Train," and "In Every Seam."

Joseph's poems are often attuned to the experiences of women and minorities. Joseph has won many awards for her poetry and is nationally known for her literary talent. Joseph has earned degrees from Kenyon College and Indiana University; she is currently an Associate Professor at Southern Illinois University.

The Reynolds Writers and Readers Series has a good lineup of artists expected at MONA the next couple months. Cuban poet Jose Kozar will be featured on Friday, Oct. 24 and Jim Daniels will read Friday, Nov.

7. Jose Kozar's works often stem from his ethnic background. Critic Gustavo Perez Firma described Kozar as, "the first major poet to have emerged from the contemporary Cuban Diaspora."

Jim Daniels grew up in Detroit working in plants and factories. Due to his upbringing, this "urban" poet identifies with the working class. His literature sheds light on under represented world of blue-collar work.

Daniels holds a bachelors degree from Alma College and a masters from Bowling Green University. He has published 16 books, a one-act play, and a screenplay.

For more information on The Reynolds Writers and Readers Series, contact Charles Fort at 865-5164 or e-mail him at fort@unk.edu.

Volleyball sweeps weekend, smashes Metro in four



Photo by Shiloh Nichols

No. 10 Samantha Danner, Burton, Kan., junior, and No. 15 Samantha Harvey, Taylor sophomore, help the Lady Lopers win over Metro State.

by Erica Wendland
Antelope Staff Writer

The Loper Volleyball team once again had a busy week, as they dominated matches with Hastings, Metro State, and Colorado Christian, taking wins from all three teams.

Going into the weekend ranked 16th, the UNK volleyball team started out with a strong performance against the Hastings Broncos.

The Lopers won in three sets (-25, -20, -20), thanks to strong performances by Erin Arnold, Casper, Wyo., junior, Erin

Gudmundson, Kearney sophomore, and Erin Brosz, Grand Island sophomore.

Playing the Broncos for the first time since 1997, the Lopers were led by Gudmundson with 14 kills and six blocks, Arnold with 11 kills, five digs and three blocks, and Brosz with 12 kills.

The Loper libero, Anna Vallinch, Omaha freshman, also added to the strong UNK effort leading the team in digs with 15. Kelli Bunger, Grand Island freshman, also contributed with eight kills. Mikala Gleason, Holdredge freshman, helped out with her tough serving, racking up five straight points for the

Lopers in the first game.

The next game on the Loper schedule was Friday night against then 9th-ranked Metro State. Going into the match, UNK hadn't seen a victory over the Metro State Roadrunners in the regular season since 2000.

"Going into the match, I think our expectation against Metro was that we could win the match if we played well. Our players believed they could win," Rick Squiers, head volleyball coach, said.

However, a strong, consistent effort by the Lopers led to a 3-1 win over Metro (28-30, -27, -21, -28). Backed by an enthusi-

astic home crowd of 1,402, the Lopers were led by Arnold with 19 kills and 13 digs, while Bunger finished the night with a career-high 15 kills along with eight digs.

Brosz also helped out the effort with nine kills, six digs and four blocks, as well as Gudmundson, with 13 kills and four stuffs.

"Our crowd was definitely a factor in the Metro match. We are very grateful to them for helping us make this a tough place for visitors to play. We have the best fans in the country," Squiers said.

The two teams were neck-

and-neck throughout the entire match, beginning with set one, where the Roadrunners pulled off a narrow victory in the last two points.

The second set was just as close, but the Lopers pulled through to win by three. In the third set, with a solid hitting percentage of .239 to Metro's .149, the Lopers dominated.

The game was halted for a short time for a brief discussion between coaches from each team and the officials, and when playing resumed, the Lopers had a surge of scoring to win the game by nine.

"There was some suggestion

that our crowd was not in compliance with certain RMAC regulations on conduct. However, I thought they were well within the bounds of sportsmanship and did a great job supporting us with class," Squiers said. "In an even match, usually it comes down to a couple of key plays and key times and we simply made a few more than Metro. We were excellent for the 25th point on in each game."

The Lopers then hosted Colorado Christian Saturday at the Health and Sports Center, which proved to be an easy match. Finishing the match in

See Volleyball, page 6

Bremmer leads Lopers to a 55-6 triumph over Highlands

by Byron Bell
Antelope Staff Writer

Another loss for the UNK football team and their chance for a second RMAC championship is out of sight.

The Lopers entered Saturday's contest 1-2, 0-1 in RMAC, facing a New Mexico Highlands team that has not won a game for a while, 14 games to be exact, and the Lopers did not want to be the first team to give them that win.

Racking up 581 total offensive yards, 310 of those on the ground, UNK was on their way to a 55-6 rout over Highlands.

"Coming off the loss to Western State we knew that our backs were against the wall. We realized that we had to step up our game and get back to the basics," James Poynter, Plainview sophomore, said.

In a game that found UNK's all-time leading rusher, Mike Miller, Littleton, Colo., junior, sidelined with a minor knee injury, it was a trio of running backs that showcased their talents.

Steve Bremmer, Northglenn, Colo., sophomore, starting in his first collegiate game, rushed for 123 yards on 24 carries for a total of three touchdowns. Entering the game Bremmer had only carried the ball 28 times for 97 yards. Bremmer was named Nebraska's Offensive Division II Player of the Week, an honor he shared with Nathan Leiss of Chadron State College.

Making an impact in a short amount of time was Todd Mader, Grand Island sophomore. Mader finished the game with only two carries, with one carry resulting in a 74-yard scamper for a touchdown.

Kevin Partch, Bird City, Kan., freshman, also had a productive day carrying the ball five times for 55 yards and a touchdown. The running game was not the only thing that was effective against Highlands. The UNK passing attack completed 16 passes for 271 yards. Starting quarterback Pat Korth, Hastings senior, threw for 188 yards and two scores.

The UNK offense started the game fast jumping out to an early 14-0 first quarter lead and did not look back. Richie Ross, Lincoln sophomore, led all receivers with seven catches for 160 yards and a touchdown. Ross' highlight was not him catching the ball, but him throwing it. Ross completed a 42-yard pass to receiver Darnell Wood, Aurora, Colo., junior, in the second half.

"I think we had the game pretty much won when we completed the long pass. That play I think broke their backs and we were determined to control the game as much as possible," Poynter said.

See Football, page 6

Women's cross country competes as team for first time this season, share title with Doane

by Amy Reis
Antelope Staff Writer

Competing at the Dean White Invitational in Crete, the Nebraska-Kearney women's team grabbed a share of the first place title with a total of 46 points tying with Doane College. This is the first time this season the women have competed with enough participants to be eligible for the team scoring. The men finished in third place, tallying up a total of 85 points.

Laura Emmerich, Cody, Wyo., junior, placed third and led the way for the UNK runners. Emmerich ended the race with a final time of 20:13.

Finishing in the top 10 in the women's division were three more UNK runners. Just on the heels of Emmerich was Kathryn Alt (20:33), Hildreth senior, in fourth place. Kelly Johnson (20:48), Omaha senior, and Sara Whitehead (21:12), Auburn freshman, closed out the top ten in fifth and tenth place, respectively.

Four other Loper women competed in the race and assisted the team to a victory including Andrea Andersen (23:35), Lexington freshman; Lindsay Higgins (25:18), Papillion sophomore; Andrea Garry (25:39), Grand Island freshman, and Jocie Krull (28:07), Lincoln freshman.

"The whole team ran really well. We were really excited because we finally had a full group of five girls so we could score as a team. That was really exciting," Alt said.

Nebraska-Kearney tied in the team standings with Doane College (46 each) followed by Northwest Missouri State (61),

Hastings College (61) and York College (139).

"Doane is rated 15th in NAIA and to be able to compete against them on their own course was something we were really happy about. It is a great stepping point for the upcoming weekend," Alt said.

Andrew Heller, Omaha sophomore, led the Loper men's team for the third straight week. He finished with a time of 27:15, securing ninth place overall.

"Northwest Missouri State and Doane are pretty talented. I was chasing all Northwest guys who filled the third through eighth spots. It was fun to be there with them, you have to concentrate and find your own pace," Heller said.

Three more Loper runners placed in the top 25 in the meet. Jason Relph (27:42), McCook sophomore claimed 16th place while Dan Huffman (27:58), Potter sophomore, grabbed the 18th spot with Nolan Little (28:30), Kearney junior, completed the day in 23rd place.

Other Nebraska-Kearney finishers included Dan Kiesling (31:38), Omaha freshman, Lenny Ogomo (33:07), Kenyan freshman, and Jeff Teters (34:30), North Platte freshman.

"The meet went good. It was nice that the five guys that have been running for us so far all had personal bests. Plus, we had two new guys running for us, Dan and Lenny. They both ran very well for their first race," Heller said.

The overall team winner in the men's division was Northwest Missouri State with 25 points.

The UNK cross country teams return to action this Saturday on Oct. 4 for the Pre-NCAA Regional in Wayne, Neb.

Men's golf finish fifth at RMAC's

by Kara Mueller
Antelope Staff Writer

After ending the first day at seventh place, the men's golf team finished fifth at the RMAC Tournament in Loveland, Colo.

The Lopers shot a 300 and 289 in the last two rounds of the tourney to jump past Fort Hays State and Colorado School of Mines, and into fifth place.

Greg Davis, Cozad sophomore, led the Lopers by firing a

three-round score of 219 (76-74-69).

"We always try to place in the top five, and hope to do the best that we can. My goal, personally, is to shoot consistently around my average and try to place in the top five," Davis said.

Josh Weaver, North Platte junior, fired a 69 on the last day of tournament to earn a three-day combined score of 224 (76-74-69).

"The last two years, I have

been getting used to the fact that I am playing against better competition than I did in high school. I want to try and shoot around my average of 74. Another goal that I have is to try and place in the top ten," Weaver said.

Three other Loper players also placed in the event. Lance Kosch, Humphrey senior, tied for twenty-second by shooting a 227 (75-76-76). Wes Bernt, Stratton junior, placed in a tie for twenty-sixth (228/76-77-

75). Matt Jochum, Osmond senior, finished in thirty-seventh with a 233 (78-77-78).

"Parody is a fact in RMAC golf. A different team has won each of this season's tournaments. Golf is volatile. The team was disappointed with the first round, but they have been getting better each week," Dick Beechner, head men's golf coach, said.

The women's golf team was also in action at the RMAC

See Golf, page 6

Enninga places second at tournament with 164

From Golf, page 5

Tournament in Lakewood, Colo. this past week. Because only four schools in the conference sponsor a women's golf team, the tournament does not qualify as a RMAC championship event.

Sara Enninga, Arvada, Colo. senior, placed second in the tournament firing a 164 (84-80) in the 36-hole contest.

Also playing strong for the Lopers was Mandi Schlaepfer, Gerring freshman, who finished

in sixth place shooting a two-round score of 170 (82-88).

Three other UNK golfers finished outside of the top ten. Lindsay Vivian, Grand Island sophomore, placed in eleventh with a score of 176 (83-93). Bobby Kosch, Minden freshman, came in at thirteenth by firing a 182 (89-93). Carly Hill, Kearney freshman, finished in fifteenth for the Lopers with a two-round score of 184 (92-92).

"The Wildhorse affair was perhaps the most competitive

field we will see during the fall tournament schedule. There were outstanding players from several teams. The RMAC field was competitive also, but not as deep. The Lopers were struck by illness in both tournaments in that Kelly Benjamin, Holdrege junior, was unable to participate. Normally with our strongest team we would expect better results, but it these two tournaments it was not meant to be," Mark Brosamle, Head women's golf coach, said.

Loper defense forces four turnovers in stellar victory over New Mexico

From Football, page 5

by committing four turnovers and not converting on several occasions when they had the ball deep inside the red zone.

Darnell Crowder who had nine receptions for 159 yards and a touchdown tried to keep the Cowboys alive, but had no such luck against a tough Loper defense.

The UNK defense was solid throughout the game forcing two interceptions and two forced fumbles. Akil Davis, Aurora, Colo., junior, led the way with nine tackles while Jered Butts, Colorado Springs, Colo., junior, had eight tackles.

"I think that the defense is

starting to come together we are starting to build confidence. Even though we were the favorite in the game, we knew that we could not take Highlands lightly," Davis said. "We were very prepared for this game. Our coaching staff put us in the right place at the right time. All we had to do was execute and we knew that we would leave the game with the win."

In addition to getting the dominating win, Darrell Morris, Head Football Coach, earned his 26th career coaching win, tying him for fifth on the career win list with Fred Fulmer (1922-1929).

Morris has a 26-9 record in his fourth year as head coach.

"We told our football team that we had painted ourselves in corner and that if we lost another game that we would no longer be in the hunt for another conference championship," Morris said. "I do not think that by beating Highlands who is 0-4, is a game that we can use to launch our team into defense of our RMAC championship. The Adams State game I feel will be a better indicator on how well we will finish the season."

UNK will have its second home game of the season when they face Adams State this Homecoming Weekend, the kickoff is scheduled for 1:00 p.m. at Foster Field.

Volleyball dominates Colorado Christian, head to Adams State and Ft. Lewis

From Volleyball, page 5

only 65 minutes (-13, -16, -16), all 14 Lopers on the roster saw playing time.

The Loper record is now 13-4 for the season and 5-1 in the RMAC. UNK, now ranked 13th in NCAA Division II, had a hitting percentage of .339 to CCU's .000, and racked up 11 team blocks.

Brosz led the Loper team with four blocks, three assists, and 14 kills on her way to a record .737 hitting percentage. Brosz's effort ranks as the third highest percentage in a match for a Loper with a minimum of 10 kills.

Gudmundson also added 11 kills and four blocks, while Samantha Danner, Burton, Kan., junior, came off the bench to add six kills.

Gleason led the Lopers in digs with 12 and had the opportunity to set in game three, accumulating 17 assists. The Lopers travel to Adams State this Fri., Oct. 3 and Ft. Lewis, Sat., Oct. 4.

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Football fans gather for Husker game, unity

by Jeff VanRoy
Antelope Staff Writer

Nebraska has held a tradition of excellence in the field of athletics since the dawn of collegiate sports. This stems across the state instilling a sense of pride and devotion to the plethora of supporters who religiously live the life of "the Husker fan." The Nebraska Cornhuskers have provided more than decades of athletic events; they have supported an entire lifestyle.

The value of entertainment is the focus of these sporting events. Typical non-athletic college students are given the opportunity to gather in a social setting to live vicariously through the football team in all respects of the game. Without leaving one's home, the enjoyment of the sport can be sought out through the indulging of salty chips and refreshing beverages. This gives the local Loper a sense of mobility. For the next couple of hours they can feel as if they are a part of

something. They know that across this great state of Nebraska, men, women, children, grandparents and other students are in the same mindset to support their team.

Hours of time and planning have been put into these gatherings to insure that they will provide the best and most entertaining football party possible. Although you may not always be able to view the game in a sufficient manner, there is always the option of huddling over the extensive selection of nachos and hot wings.

Some parties kick off as early as eight in the morning, providing three solid hours of social gathering and preparation for the game. Everyone knows once the game starts the only conversation can include random stats and screaming every time there is a solid hit or a touchdown. Commercial breaks are provided to allow the viewer to refill an adult beverage, pile their plate with little smokies and guacamole, or tend to a much needed restroom break. In an effort to not miss a single

play of the game, conversations do not take place.

Football parties are the stepping-stones that enable students to be entertained by their local heroes in a very supportive setting. It has also brought a sense of understanding in the behavior of the die-hard fan.

"Husker games are a great reason to throw a party at 11:00 in the morning," Trevor Tripe, UNK junior, said. "It gives everyone a chance to get together and have a good time, it doesn't matter how much you care about the game as long as you don't talk or block the TV."

The game's outcome doesn't necessarily matter. Sure, when the 'Skers lose, local fans are pummeled by a sense of emptiness that will last for a solid week until they storm out of the tunnel again, but it brings all of us closer together.

We know that for a short amount of time we can all come together for the same cause. It doesn't matter how big of a football fan you are, you will still have fun on game days.

Local band debuts

by Kory Engel
Guest Writer

The spotlight shone down on The Shiva Touch Sept. 25 as they performed at the Thunderhead Brewery.

Deriving their name from that of the Hindu god of destruction and regeneration, The Shiva Touch performed their hard rock debut in front of a packed house.

The songs "Seven Steps" and "Botchla" were crowd favorites. The audience was also impressed by The Shiva Touch's electrifying moves, intensity and emotion.

"They were awesome. The lead singer can really scream. No one can scream like that," Dustin Buresh, UNK student, said.

The band is made up of McCook natives David Salyer on vocals and Torry Hooton on bass, Omaha native Dan Svoboda on lead guitar, and Sioux City native Seth Teager

on drums.

All of the members are UNK students. Balancing their books and their band can be difficult at times.

"It's hard during the school year because we have to practice and then I have to do all of my homework. When practicing a new song, we have to do it over and over until we're sick of it but this is what makes us a better band," Salyer said.

The band just came together this summer, and is taking things one step at a time. They are currently working on a professional level, but hope to eventually establish strong personal relationships between band members.

The group found its love for music through the influences of bands like Nirvana, Deftones, Blindside, and Poison the Well.

Svoboda derived his influence from listening to Nirvana's album, Nevermind. At the age of 13, Svoboda spent hours trying to learn Nirvana's music.

Besides listening to CDs, the

group said they found their interests in music through family experiences.

"I used to take my little brother to drum lessons and sit in. When he was done I would start playing and the drum teacher thought I was a natural," Teager said.

Hooton found his love for music by watching his dad play guitar at church.

"I remember him trying to teach me how to hold the guitar without dropping it," Hooton said.

The band hopes that their music will have a positive effect on listeners.

"The message of our music breaks you down as a person but then should leave you a better person encouraging people to live their life to the fullest," Salyer said.

The future of the band is focused on its short-term goals. "We just want to play a lot of shows locally and see what happens from there," Salyer said.

Goodbye, sunshine

by Lindsey Humston
Antelope Staff Writer

This is a mystery. It is an adventure. Most importantly, it is a tragedy. It is a story of change, and a journey that never ends. It is a story of the seasons.

Every year they come and go, and every year we get to bask in the warm sunshine and the contentment of summer. Picture spending a lazy day laying on the beach at Cottonmill, finding shapes in the clouds, watching kids splash in the water and listening to Jimmy Seals croon "Summer breeze makes me feel fine . . ." On Sept. 22, that lazy day became nothing but a distant dream, ending with the start of autumn.

Autumn--with the bright colors on the leaves of trees, and the marching bands parading down the streets--is bearable. But Mother Nature has played a horrible trick on us. In a few short weeks, autumn will end and winter will begin. And in order to get to enjoy those warm, sunny days, we must also suffer through the freezing cold winter ones.

Picture this: It is a Monday and you have an 8 a.m. class. Because you were dreaming of that wonderful day at Cottonmill, you jump out of bed and run to your window hoping to see flowers and sunshine. Instead, you are greeted by a dreary snowstorm.

You pack on the layers and wade out in the waist-deep

snow to shovel your car out of the driveway. After letting it warm up for 20 minutes, you are late for class, and because you can't find a parking spot, you are forced to park two blocks away from campus, and - once again--wade through the waist-deep snow. Finally, you make it to your classroom, only to see this message on the board: "Due to the inclement weather, class has been cancelled."

That frostbite, those frozen tears--and for what? Now you have to turn around and walk back home again. There must be some way to beat this--some way to keep summer around and reverse Mother Nature's horribly cruel cycle.

One UNK student suggested global warming. "If everyone uses a little more hair spray, it will eventually break down the ozone layer, letting more heat in." Another suggestion was: "A tube. A tube that goes straight from the sun to the Earth that blocks out all snow and only lets in sunshine and warm weather." But really, how environmentally-safe and realistic are those suggestions? We need to think of something practical.

"This is your best bet," Matt Delaney, UNK student, said. "The only thing you can really do is hire a group of fire-breathing dragons to warm up the country. You have to be sure to pay them though--with lollypops."

Well...I value my life, and I want to keep my home, so I guess I will go stock up on those lollypops.

Maybe in order to find a solution, we need to understand the problem. Here it is:

The Earth orbits around the Sun once every year. As it orbits, it spins, which is what causes days and nights. Seasons arise because the Earth is tilted. Different parts of the Earth get different amounts of light and heat. When one part of the Earth is closest to the sun, it is summer in that hemisphere, and winter in the opposite.

The fact that the sun orbits isn't the problem, nor is it the spinning of the Earth. It's all about the tilt. If the Earth was not tilted, one hemisphere would not ever get more heat than the other. Temperature would be more moderate and we'd be able to play on the beach all year long.

What function does that tilt serve anyway? It really isn't necessary. And whose silly idea was it? Didn't they think about how we might like to enjoy summer for a bit longer?

"You know, there isn't anything I can do about it," Leo Schueth, UNK employee, said. "There is only one person who can help you out here." I waited, holding my breath to see who the summer-saver would be. Leo smiled at me and pointed up.

Guess I'll be waiting 270 days for the Summer Solstice.

Whispering Pines Candle Co. offers candles, gifts

by Heather Bunsen
Antelope Staff Writer

It is Wednesday and you have just gotten home from night class. You are tired and still have homework to do for Thursday. When you walk in, you are bombarded with the stench of your nasty roommate. The dishes that he had left in the sink for over a week are finally washed, but the smell is still lingering. Plus, it is apparent that he just smoked another cigarette in the house, after "swearing on his life" that he wouldn't do it again. What wouldn't you do to have the familiar and comforting aroma of your mom's kitchen right here right now in your apartment?

Well my friends, thanks to Whispering Pines Candle Co., it is possible. Whispering Pines Candle Co. is a small business owned and operated by Kirby and Amy Wilson. Located at 2025 Central Ave., Whispering Pines is a store that offers many different items, but is largely based on its candle production.

Grandma's Cookie Jar, Fireside Chat, Mom's Kitchen and Mr. Right are just four of the 50 different fragrances

available at Whispering Pines. Each candle is available in three different sizes, ranging from \$6.95 to \$16.95. You may even purchase just the scent buds, which are used in flameless candles.

Flameless candles, which would be absolutely fabulous for your stuffy dorm room, are lamps that give off just enough heat to melt the scent buds. Flameless candles are also perfect for people like me, who enjoy burning candles but traditionally space off and forget to blow them out.

The Wilsons make all of the candles using a 14-step process. Kirby Wilson said that it takes "several days just to make one candle." That is due to the pouring and re-warming of the wax to create such an authentic aroma.

Not only is the Whispering Pines Candle Co. good for uplifting scents, it also provides other services. Whispering Pines is the perfect place to run to when you have forgotten your mother's birthday and have little time to shop. They have a great variety of home decor that typical mothers (at least in my case) love.

For example they have

those cutesy little wall hangings with clever sayings that moms just can't get enough of. The types of decor ranges from the "Americana" style to angel and fairy figurines. Whispering Pines Candle Co. also offers many items for the kitchen. Gourmet brownie mixes (such as Cherry Cheesecake Brownie Mix), soups, pastas and coffee are a few of the items offered. There is something for everyone's mother in this store.

Even if there is no stinky apartment that needs tending to or it isn't your mother's birthday, Whispering Pines Candle Co. is a store that is worth the visit. Upon entering the shop, you are greeted by friendly staff and a soothing atmosphere. Mustard and coffee samples are immediately offered, putting the shopper at ease. There is no awkward feeling that is sometimes present when you are the only person in the store and the clerk is insistently trying to make a sale. It is a cozy relaxing environment that makes shopping for gifts bearable again.

If you have some extra time and haven't been to Whispering Pines yet, stop in and check out what they have to offer.

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Greek weekend retreat stresses leadership, interpersonal skills

From *Greeks*, page 1

seven-step plan for confronting people with a problem. The plan included initiating contact, establishing rapport, identifying the issue, agreeing upon the problem, obtaining attainable commitment, keeping that commitment and praising success.

Another session gave students the opportunity to discuss and learn about their purpose as members of Greek life. Titled "Understanding Our Common Purpose: Who We Are Is Who We Attract," the session elaborated on the Ritual, Brotherhood/Sisterhood, Club (RBCs) of Greek membership.

The RBCs are the guideposts for members to follow about Greek life. The ritual element includes the religious or idealistic purpose of a chapter.

Brotherhood/sisterhood is the idea that people within the chapter are living together in harmony. Finally, club signifies the social purpose or the team aspect of Greek life.

"The weekend ended with presentations that each chapter gave about different problems and how they could be solved. "I got a lot of feedback from other Greeks, and it gave a lot of solutions for problems that we have been having," Artz said.

The camp was a great learning experience for those that attended. "I learned that you have to be bold and stand on your own to get things done no matter how hard it will be, and as Greek leaders we can really make things change," Artz said.

It was also successful for creating bonds between members of each chapter and between each

chapter as a whole. "I think that many of the leaders there built relationships with people that they had not worked with before," Wacker said.

The retreat was hosted by UNK in the fall of 2000, and with the success of this year's program, Wacker hopes to see more leadership development opportunities in the future.

"It was a very productive weekend, the Greek leaders did an excellent job of self-identifying issues and I hope the most successful part of IMPACT will be what they do in the future," Wacker said. "It wasn't just supposed to be one retreat, it was meant to be the start of a movement for making changes that need to be made, and becoming a better Greek community."

Students prepare for homecoming: parade, lip-sync, activities and football game draws community together

From *Homecoming*, page 1

Elementary/Special Education major. She is a Resident Advisor and has been involved in Summer Advising and Enrollment staff. Her academic honors include Dean's List and Dean's Scholarship.

Dusty Reynolds, King finalist, represents Mantor Hall. He is the son of Robert and Carrie Reynolds of Hooper. His involvement includes: being a Resident Advisor for two years, Assistant Hall Director in Mantor, member of the Industrial Distribution Organization, Fellowship of Christian Athletes, Rho Alpha Sigma, National Residence Hall Honorary, the Herd, Student Government,

UNK Diplomat and 2003 Summer and Advising and Enrollment staff.

Drew Hanson is the son of David Hanson and Diana Bader of Hot Springs, S.D. Representing Centennial Towers West, he is a Health and Science major. Hanson has been named to the Dean's List, was a Resident Advisor for two years, was a representative for RA Council and is a member of the Herd.

The son of Mike and Darlene Liakos of Minden, David Liakos represents Pi Kappa Alpha fraternity. He is in the Elementary Education program and plans to student teach in Houston this spring. He has been involved in Pi Kappa Alpha fraternity for

four years, has played guitar in the Newman Center Church for four years and is a member of the Herd. He also participates in Intramural sports.

Jesse Cain represents Student Government. The son of Rod and Delynn Cain of North Platte, Jesse is the President of Delta Tau Delta fraternity and is involved as a Student Diplomat. He was on the 2003 Summer Advising and Enrollment staff and was named Mortar Board Sophomore of the Year.

All UNK homecoming activities are sponsored by the Loper Programming and Activities Council and funded by UPPF.

Careful consideration must be given when deciding on a cell phone

From *Cells*, page 1

Customers also have the option of sharing minutes with family members.

It's up to the customer what plans works best to meet their individual needs. Total freedom may be unnecessary and quite expensive for the average college students, but people who spend their lives traveling need the total freedom option.

Cody Klingelhofer, a subcontractor for the railroad, chose total freedom for its extensive coverage area. "The total freedom plan is the best option for me due to my line of work. Alltel provides clear service in almost every state I travel to. I feel the prices are high for the number of minutes I receive, but no other wireless service provider can offer me what

Alltel does," Klingelhofer said.

Looking into getting a cell phone is practical for college students on the move. They definitely have their advantages, but don't forget about the disadvantages that may arise if minutes are exceeded.

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