Interview: Choosing a career

By Megan Oaklind
Antelope Staff

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

Down in the career counselor's office, career counselors can help turn students into the lane of their future career. This helps us to have a road map to our edge. Students must seek out help in their bank accounts, Smart Money Week is here to help with events on campus and at the public library.

With so many events to teach and help the Nebraska State University students learn about the finances, among many other topics. Even if you think you have it all under control, Smart Money Week has many sessions that can further your knowl-

Some of the events highlighted this week include: the event that is a collaboration of the UNK and the Reserve Bank of Chicago. A 15-person advisory committee was created to make the event possible.

Smart Money week is designed to help central Nebraska residents better understand their finances, and sometimes uppersketch decide which direction to go for their money. Lenz said in some cases, "college students spend too much time watching a movie that defines major."

"How would I spend a typical work week?" said. "I would love to have a day off from work, then I would love to have a day off from school."

This assessment works with a student's strengths and weaknesses, likes and dislikes to narrow down a field that may be best for them.

"Remember that you are taking these assessments to career services to speak with a career counselor. The counselor doesn't pick a career for the student but to guide them as they talk through the results of the survey and narrow down it to a few possible career types.

During job shadowing, Lenz said students should ask questions such as: "How would I spend a typical work day?" "What type of people would I be working with?" "What are the responsibilities and limitations of this career?"

Students should try to develop a better understanding of the profession. The counselor will allow for networking to occur, vital when it comes to interviews.

Seeing an advisor in the areas of interest is also key, find out how many students are taking the same course the first time you take it.

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On this career counseling day, students are urged to take advantage of these career events, go to http://www.unk.edu/acad/ career to see if these services are available in your area.

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Give thanks by giving blood this holiday season

Opportunities to Donate:

UNK blood drive at the Nebraskan Student Union on Wednesday and Thursday, Nov. 19 and 20 from 11 a.m. to 5 p.m. (each day).

Please contact Andy Craig at 308-865-8260 for an appointment.

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

“This holiday season, it’s important for eligible individuals to take the time to donate blood,” said Patricia Rubens, CEO of Midwest Region Blood Services. “Your blood is needed more than you think. Everyday, more than 30,000 blood donations are needed throughout the United States.”

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

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

UNK students are looking more into the trendy activities. These activity ideas are as a UNK community, “I think that students are looking for something new and trendy activities,” said Unruh.

Traditional activities classes such as basketball and volleyball have been around for years, but with the changing of times students are looking for new and different to participate in,” Unruh said.

There are also a couple of activities classes that weren’t as well as they are carrying the community over to the 2009 spring semester. These include pilates and body toning for women.

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

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

For new activity ideas or comments please contact:
Nita Unruh
HPERLS Dept. Chair
(308) 865-8335
unruhncl@unk.edu
That’s the case with Greg- ory Frisz’s two-book adven- ture. “Shadowbridge” (Del Rey) 255 pages, $14.40 and “Lord Tophet” (Del Rey, 222 pages, $14.00). The best part of the story unfolds as the gap between the books. What fearneigh brought forward was the revelation of Colemagne to ruin? How did her heroine’s father bring it about, and how can she and her group make it right? This second novel makes an urgent appeal for a lasting answer to perplexing questions.

Leodora is a new talent for fantasy, particularly the Chinese style. The daughter of the most famous puppeteer ever, she has inherited his tools and his library. Leodora is a gifted puppeteer driven by a rebellious spirit and guided by her late fa- ther’s manager, she is quickly building fame as she travels the world over, performing on a bridge over another.

Dr. Edward Podrow, a psychologist and scholar, said what he found in these books were wholly groundbreaking. Se- asonal fantasy readers will spot what has lost its magic in the books. Robert E. Howard, Mad- elaine L’Engle, and others.

One of the icons of the gods of this world becomes a missing resem- blance to the characters in the “Shadowbridge” series. The millennial.at the moment that the book is familiar to anybody who has lived for a life of a slightly higher level of accomplishment than what society might have expected. This first book of the pair, “Shadowbridge” sets the characters and their relationship. Leodora is a single novel within a growing of novels leading to a shared nexus, it introduces a handful of heart of people who have been touched by gods, whose lives are no longer their own. All of them come from backgrounds of violence and fear, cases they desperately need to outrun. And they find themselves on Colemagne, the bridge where Leodora’s fate and mother figure together, the legend of an angry god on an iconic mission. Leodora has the chance to make amends for her father’s trans- gressions. The characters are neither good nor bad, they are like forces of nature. These books are not without their problems. The exposition goes on a remarkably long time, introducing significant charac- ters very late even in the second volume. The final conclusion is very brief. Apart from a couple of brief mentions, Lord Tophet, the title character of the second book, doesn’t enter the story until more than halfway through that volume. And in attempting to avoid the brutal finality that can make endings disappointing, our author gives us a denouement that feels very straight, leaving more questions than answers.

Leodora and “Shadowbridge” and “Lord Tophet” are not high-minded lit- erature, neither are they studied, logical, or theoretical. They are a strange fantasy adventure that invites us on a journey in our mind. And that, in the end, is what fantasy read- ers look for in a book. That, and a middle that justifies the begin- ning and the end.

Over the course of a school year, students hear issues and accomplish. Games and funny things are a reality in Overflow. friends and other games and of course, food. Overflow is a place where people build relationships with others. Ybara plays lead guitar at Overflow. Both Demerot and Mawby play guitar. Vocalist, Mallory Mawby sings. Overflow is represented by building each other up and af- firming. Overflow to grow and be (308) 865-8487.

Oliver plays contemporary worship music and is like a minstrel church aged sisterhood. A feeling of fun and ex cita- tion is very brief. Apart from a few mentions, Lord Tophet, the title character of the second book, doesn’t enter the story until more than halfway through that volume. And in attempting to avoid the brutal finality that can make endings disappointing, our author gives us a denouement that feels very straight, leaving more questions than answers.

But that long exposition

is a middle that justifies the begin- ning and the end. An abrupt ending leaves so many layers and Leodora’s too. And story is just what hap- pens here. The characters relate to the god through narratives and folk tales. Like Chaucer and Aesop, what matters in actual progress. The characters remain alive in our minds. And that, in the end, is what fantasy read- ers look for in a book. That, and a middle that justifies the begin- ning and the end.

Many of your questions, comments, concerns or suggestions should be sent to the Mitchell Center, 308-994-8181, or send an email to Overflow@unk.edu. Overflow and the Mitchell Center are always interested in hearing your comments and suggestions.

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By Jeff Koncaba

Antelope Staff

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

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

"Every season is different, and what happened last year happened last year," Bauer said. "We graduated four kids—two of them being National Champions—but also bring back a lot of talent." He said returning brought in 19 freshmen and two transfers who have some wealth of talent, while uprooting seniors have valuable experience.

"We are a younger team, but we have great leaders in all of our uprooted seniors which is rubbing off on all the young guys," Bauer said. "If I wasn’t for the push that every person gives each other in practice, we wouldn’t have a National Championship." Bauer added.

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

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

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

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

Etherton said the team is ready to get out there and show the nation they are for real and want to prove. "People should get excited. We are ready to have people come out and watch," Etherton said.

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

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

"People should get excited. We are ready to have people come out and watch a nationally recognized team," Mark Bauer Wrestling Head Coach

Tuesday Night Lights

Photos by Lyndsey Liefeld

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

Photos by Amanda Dahl

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

BCS picture still unclear

By Eric North

Guest Writer

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

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

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

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

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

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

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

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

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

Games of the Week

No. 1 Alabama at No. 15 LSU

All predictions point to Alabama to win this one, but here’s the catch. It’s at LSU, and it’s a night. It’s called Death Valley by coincidence. LSU at night is one of the toughest, venue in college football. Last year against Florida, the crowd noise reached 120 decibels during the game. That’s louder than airplane on a runway. Expect crowd noise to play into effect in this game.

No. 8 Oklahoma State at No. 2 Texas Tech

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

And most importantly...

No. 11 TCU at No. 10 Utah

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

And my final prediction, take into account that this is being written on Monday night. Barack Obama will prevail over John McCain in a closely fought election.
Basketball teams look to build off strength of ’07-’08 season

BY GARRETT RITOVNA
Assistant Staff

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

This year, both teams are looking to improve on what was established last year, and other schools around the country will have to watch out for LN’s Lady Lopers.

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

Leading the Lady Lopers is senior guard Jade Meads, who averaged 13.4 points and 9.9 rebounds per game last season. The Kearney native is the second best player from every girl to reach our goal of making an RMAC Championship.

“I know I am going to have to step up my game this year,” said Megan Becker, a junior forward.

Junior forward Megan Becker of Beaver City puts in a day at practice Nov. 3.

“After losing two key starters, Melissa Hickley and 2007-’08 RMAC Player of the Year Amy Mathis, from last year’s team, the Lady Lopers put a "small" lineup that will rely on perimeter shooting.

“Leading the Lady Lopers are the Kansas City Times Cross Country Defensive Player of the Year,” the UDK reported. “It’s an honor to receive this award, but I am more focused on the team as a whole and winning the competition. And when games are back to the NCAA’s,” said Meads, a senior from Kearney, “this team has all the potential in the world, and it will move forward from every girl in our goal of making an RMAC Championship.”

“I know I am going to have to step up my game this year,” said Megan Becker, a junior forward.

Leading the Lady Lopers to the NCAA Tournament before losing to eventual Division II Runner-Up Slippery Rock, Pa. on Nov. 22.

Drake Beranek, a junior from Ravenna, averaged 20.5 points and 9.3 rebounds per game last season for the Lopers while shooting 49 percent from the three-point line. He also averaged 15.4 points and 4.8 rebounds per game.

The UNK men finished last season at 16-13, but did win six of their final 17 RMAC games and were just one game away from advancing to the NCAA Division II Tournament. One of the main returning starters is Preseason RMAC Player of the Year Drake Beranek.

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

The men’s team was selected to finish second in the East Division of the RMAC according to the Preseason Rocky Mountain Athletic Conference Media State.

The Lopers are excited to host their Regional meet and the top six are national in St. Paul, Minn., on Sept. 27. Four of the freshman are among the top five runners on the UNK cross country team get together every year after a good, hard run, and I also love how people think we are crazy for going on ten mile runs.” -Jamie Rudder, Freshman, Beatrice

“I run because I love the feeling of accomplishment.” -Megan McClure, Junior, Lincoln

“Every race is different from the last and you can’t predict the outcome. You just have to step up your game.” -Shiloh Villar, Freshman, Gering

“Practice was perfect today, we just had a five miles easy.”” -Lauren Stengal, Freshman, Beatrice

“I run to make my mom proud.” -Hilke Brandon, Freshman, Alma

“I love the feeling of accomplishment when you finish a hard run, and it makes you keep going.” -Claire Ayward, Freshman, Lincoln

“Running because it makes me forget about everything else when I’m doing it.” -Jenna Smith, Sophomore, Woodland Park, Co.

Many of you may have seen some rather unusual characters running around Kearney this fall. The thought, are they running together? or have they crossed one’s mind. How could they be running together? and it makes me forget about everything else when I’m doing it. I run because it relaxes me and it makes me forget about everything else when I’m doing it. I love how you can genuinely test your limits while feeling that I’ve accomplished something, while feeling that I’ve accomplished something, while feeling that I’ve accomplished something.” -Hilke Brandon, Freshman, Alma

“Every race is different from the last and you can’t predict the outcome. You just have to step up your game.” -Shiloh Villar, Freshman, Gering

“I run because I love the run- ner’s high, and I love when you finish a race you can run back at your accom- plishment when you finish a hard run, and it makes you keep going.” -Megan McClure, Junior, Lincoln

The Antelope Staff takes a picture by the gather every year at the Roy Gris Invitational and the UNK cross country team get together after the race in St. Paul, Minn., on Sept. 27. Four of the freshman are among the top five runners on the team. Pictured (left to right) are Lauren Stengal, Hilke Brandon, Shiloh Villar, Jamie Rudder, Claire Ayward, Shiloh Villar, Jenna Smith, and team captain, Megan McClure.

“The men’s team was selected to finish second in the East Division of the RMAC according to the Preseason Rocky Mountain Athletic Conference Media State.

The Lopers compete in the RMAC Championships on Oct. 25 and begin their regular seasons Nov. 14 through the post season.

“Because running is a sport that combines strength and technique.” -Megan Platt, Freshman, Beaver City

“Every race is different from the last and you can’t predict the outcome. You just have to step up your game.” -Lauren Stengal, Freshman, Beatrice

“I run because it relaxes me and it makes me forget about everything else when I’m doing it.” -Jenna Smith, Sophomore, Woodland Park, Co.
Global Scholars program encourages students and faculty to travel abroad

Imagine earning credit hours toward your undergraduate degree in the Czech Republic, Australia, Germany, China or Ireland.

BY TARA PURDIE Antelope Staff

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

In director of the Center for Rural Research and Development, Deborah Murray said that UNK encourages both students and faculty to engage in cultural experiences. She said this program aims to promote education and training in order to enable students of various ages who were interested in American economy and the monetary policy.

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

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

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

Since the tradition of studying abroad has grown, allowing students the opportunity to travel the world while furthering their education. This new tradition, perhaps spurred by globalization and the increasing interdependence of the global community, has opened many new cultural perspectives for students and enabled them to further shape and cultivate their own unique world view.

Study abroad coordinator Ann Marie Park said that UNK has an average participation of 225 domestic UNK students a year, though there has been an increase in recent years. There has also been an increase in international students coming to UNK.

“A student’s perspective toward everything changes,” Park said, tracing the cultural experience of studying abroad. “You learn what your life looks like from the outside.”

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

“It does great things for you after you graduate,” Park said, explaining that many graduate schools and employers eagerly entice students with study abroad experience.

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

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

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

Those who do decide to study abroad for a semester will benefit not only in the future but also immediately, according to junior Ryan Bastian, an economic major from Nassau, The Bahamas, who is currently studying for a second year at UNK.

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

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

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

Stressing the importance of the involvement of the international student, Bastian said that the university worked toward the development of all students and that the students should therefore work toward the development of the university. “We must contribute to the institution. It shall be a two ways street, the international student helping to develop UNK and UNK helping to develop international student,” he said.

Ten reasons why you should consider studying abroad as an undergraduate

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