For students, good food is an integral part of the college experience. Struggling for hours at a time and sitting in class all day can trigger quite the appetite for a tasty meal. What a better way to ease the tension of a day, than to grab a burrito, right? Now students have the opportunity to eat at many different types of burritos. Customers can customize their own burritos however they choose by choosing the kind of tortilla, fillings, and add-ons. Originally starting in Fort Collins, Colo., Big City Burrito has won Colorado State University’s best burrito category for the last five years. Sports Illustrated has also listed eating at the restaurant as one of the top things to do. The store is known for its pot roast burritos, open burritos, and a large burrito called the Gut Buster. According to owner Jim Muthart, the burrito originated in Texas.

“The recipe for our burritos is actually the original recipe that has been used for over 30 years,” Muthart said.

In fact, the store is a hearty meal on its own by serving the ingredients in a flour tortilla. For Big City Burrito, it makes what it takes to attract the eyes and please the stomach of hungry students? My curious mind sought to find the answer to this question and share the experience with The Antelope readers.

On a Monday afternoon, tired, hungry and still recovering from post weekend, I grabbed a friend and headed to Big City Burrito. We arrived at about 11:15 a.m. and thankfully the line was small. After examining the menu, I knew the menu of sizzling meat, simmering beans, and numerous ways to choose the ingredients for my burrito. Ordering hues felt more like I was customizing, a new concept than I ordered a regular burrito, with a ton of chili, tortilla chips, brown rice, and chicken mole for the fillings, corn salsa and no sour cream or guacamole. As they wrapped up my choice in a warmed tortilla, I couldn’t help notice what was occurring in the background. It was an open kitchen, meaning they cooked the ingredients not behind closed doors, but in plain view.

I saw one employee diligently trimming the fat off of the roast beef. Another was stirring a big vat of simmering sauce. Another was stirring a colorful mixture of fresh vegetables. I was amused. It appeared that unlike many other eateries, they were using fresh ingredients that weren’t pre-prepared for them. After asking the owner, I found out that I was right. “We use fresh ingredients, and we make the tortillas in the store besides the tortillas,” Muthart explained.

With a medium drink, my meal was about $6.50. Not too bad, but this meal was going to have to be good.

After my friend ordered a regular veggie burrito, and we were off to the sauce counter. What’s the sauce counter you ask? Much to my surprise, they had so many sauces to choose from. There was hot sauce, to good old-fashioned salsa, kiwi chili sauce and pineapple habanero sauce. After I chose a mashed red pepper and garlic sauce, it was time to find a table. For that time, I was at about 11:30, the store was getting pretty busy. The room is limited at the store, and that unfortunately meant eating there was going to be a little crowded and uncomfortable. Despite this, they did eat down to the satisfied level. My friend and I both ordered a large burrito called the Gut Buster. We arrived at about 11:15 a.m. and thankfully the line was small. After examining the menu, I knew the menu of sizzling meat, simmering beans, and numerous ways to choose the ingredients for my burrito. Ordering hues felt more like I was customizing, a new concept than I ordered a regular burrito, with a ton of chili, tortilla chips, brown rice, and chicken mole for the fillings, corn salsa and no sour cream or guacamole. As they wrapped up my choice in a warmed tortilla, I couldn’t help notice what was occurring in the background. It was an open kitchen, meaning they cooked the ingredients not behind closed doors, but in plain view.

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Another One Bites The Dust in Nebraska Senate Race

Nebraska voters currently have three candidates on ballot for Senate seat

Another One Bites the Dust could easily be the theme song for the Neb. Senate race. While Election Day is almost a year away, the race to see who will win the Senate seat that is being vacated by Senator Chuck Hagel has already begun. So far the focus of the Senate race has been on who is running for Senate in Neb. rather than who is running.

Nebraska voters currently have three candidates to choose between on the ballot. The candidates that have declared they are running for the vacant Senate seat include Governor Mike Johanns, Pat Flynn, and Steve Larrick. Flynn and Larrick will be candidates for the Green Party. The Nebraska Democratic Party does not have any declared candidates in the race.

The field for the Senate race has seen many changes the past few months. Attorney General Jon Bruning was the first candidate to enter the race. Bruning announced in June that he would run against Senator Hagel in the Republican primary. After Senator Chuck Hagel announced he would not run for Senate, Attorney General Jon Bruning announced on Nov. 20 that he was withdrawing from the Senate race as well. Bruning said that he left the race because he felt that it was not the right time for him to run and he did not want to run against Johanns and divide the party. The Republican Party now has two candidates, Johanns and Flynn, on the ballot for the May primary.

While the Democratic Party does not have any declared candidates it cannot be attributed to a lack of effort. Early on the Democracy was looking to former Senator Bob Kerrey to run for the seat. After months of anticipation Kerrey announced in October that he would not return to Neb. to run for his former Senate seat. After Kerrey’s announcement, Democrat John Miller Moyle filed to fill the void. Moyle announced on Nov. 13 that he would not enter the Senate race citing that he did not believe he had enough nomination issues he needed to run.

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The Nebraska Democratic Party has not shifted their focus to Scott Kleeb, the 2006 3rd congressional candidate. The Democratic Party is still waiting on a candidate and some Nebraskans are working hard to show their support for potential candidates. Mike Nolte, a student at UNO, has started the draft Kleeb movement. Nolte said that he feels Kleeb would be a great candidate because “he can bring the kind of independent leadership we need to Washington.”

The race for the vacant Senate seat can only be expected to get more exciting as Election Day gets closer, let’s just hope we do not have too many candidates “bite the dust.”
Top ten songs downloaded at UNK

1. "Bubble" - Colbie Caillat
2. "Apologize" - OneRepublic
3. "Stronger" - Kelly Clarkson
4. "Good Life" - Linkin Park
5. "Crank That" - Soulja Boy
7. "Winter Love" - Beyoncé
8. "Gimme More" - Blackout
9. "The Great Escape" - Kanye West
10. "What I've Done" - Linkin Park

For a fee of $5, you can have the access that your web sites, it also enables you to search for that job in that area of the country that you would most like to live someday.

Nathan Osterloh
Antelope Staff Writer

Once students decide on a major, the next step is to get involved. The sports administration majors on campus can get involved by joining the Sports Administration Majors Club. The club allows students to meet with people from the same interests, major, and questions about their future.

The club is involved in volunteer projects and other opportunities to be involved in that area. Whether it's helping out at the First Tier Event Center after the Storm games, or it's raising money for the conference in Texas coming up in April, this club will help you earn your UNK hours.

In mid April this club will be going to Dallas/Ft. Worth, Texas to AAHPERD, Alliance for Health, Physical Education, Recreation and Dance. The conference involves several majors for the organization. These conferences offer a way for students to meet and network with several professionals in the area of study that can help them following graduation. In addition to the conference, students plan to visit either the new $1 billion Dallas Cowboys stadium, or to visit an actual Texas Rangers baseball game.

Scott Levy, a senior sports administration major said, “I think this club will help a lot for getting resources to finding a job for the future.”

For a fee of $5, you can have the access that your web sites, it also enables you to search for that job in that area of the country that you would most like to live someday.

WEEKEND STAYS!
Earn up to $2,200 in your spare time.

- Healthy men & women
- Ages 19 to 55
- Non-smokers
- Overnight stays required
- Assist medical research

Ask about our referral program!
We are just in the process of adding curriculum, such as a technology course,” said Dr. Gilbert and Dr. Campbell,” Englert said.

Many campuses around the country are just a couple products of the DNA matching and fingerprints technology has had its effects on psychology, social work and other fields. “This campus has what it takes to give students the education that they need and deserve,” Siedschlaw said.

The club is a great opportunity for students to gain access to the people in the area that can help them in their job search. “It’s nice to see people that want to be in the club that haven’t gotten jobs, because sometimes students interested in a career in law enforcement are not sure about how here and about what they are doing. It’s a positive feeling to know that something working for its rewards eventually,” Englert said.

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Lover spirit spirits volleyball tournament

Sean Takahashi Antelope Staff

Marching and choosing football is not the only thing UNK Band do. When the football season is over, they start preparing for their holiday concert and start pump up band as well.

Archerball Southwest Regional Tournament held at UNK last weekend, the volleyball, directed by Dr. James Payne led the spectators to support the UNK volleyball team.

According to Dr. Payne, the volleyball ended with an e-mail. "John McBride, athletic director, sent an e-mail to music department, to myself and Neal Schorr, asking if any of us were able to put together a hand to play at a very important volleyball match," Payne said. "It was October 10th, Saturday.

The UNK Band got together because music was included in their program and as any band that you like to see results.

All pep bands including volleyball is not just a simpler version of marching band for those to participate in the band.

"Basically it's the same, but mainly we have little bit of freedom for playing," Mark Biggs, a senior majored in Music Business from Beatrice, Neb., said. "We chose whole time and it's usually quick game on volleyball and basketball. For marching band, we get food and have fun, but still be able to play songs.

"It's mostly fun, upbeat tunes," Tom Carlson, a senior majored in Music Business from Grand Island, Neb. explained the kind of music the band plays. According to Carlson, the differences between marching band and basketball is: "It's more like let's have fun, scream and yell, rather than let's work hard.

The students who take part different parts from what is usually chairs. Amanda Dobos, a senior majored in Music Business from Fillmore, Neb., is one of the color guard who march in band, she said that in volleyball, the band plays the piccolo.

"It's different for me because I opened the season in color guard," Dobos said. "So, it's nice to play again and I like the pump up music with my."
The 10th-ranked West Texas A&M Lady Buffs were back in 2000 on the court and then jumped out to a big lead in the third game to beat the 22nd-ranked Nebraska-Kearney volleyball team (25-24, 26-24, 25-19) since 1999; this was in regional final matches. That will be played Nov. 29 at 1 p.m. in a sellout.

With today's win, WTAMU improves to 33-14 all-time in NCAA Tournament matches and picked up fifth. Southwestern State was the last team in the nine years (1999-present). This was a major upset, with Ozark picking up 0-26 in the NCAA Tournament.

Meanwhile, the Lopers defeated by Lady Buffs are obviously demanding more from their athletes but is wanting in the range of a four-year-$80 million contract that Johan Santana has been offered by the New York Yankees for big money. With the off-season acquisition of Santana, I'm sure the Twins are not a free agency but is obviously demanding more money.

The free agent market is very early, but is wanting in the range of a four-year-$80 million contract that Johan Santana has been offered by the New York Yankees for big money. With the off-season acquisition of Santana, I'm sure the Twins are not a free agency but is obviously demanding more money.
Sports

'In the Paint' with Drake Beranek

By Callie Erickson

"To the season for family friends and basketball," said wonder UNK's 6'4," sophomore forward, Drake Beranek. From Newman University of Kansas in the Health & Sports Center.

"It is obvious that Beranek's determination to reach the top has helped him excel in the sport.

Majoring in education, Beranek hopes to someday teach and help him excel in his sport.

It is obvious that Beranek's determination to reach the top has helped him excel in the sport. When someone would have told me before the season had started that it was going to be a battle between Kansas and Missouri for the Big 12 Championship, I would have reckoned that period for hours. It looks like I'm on the line now.

"For me, basketball is a dislike—one of my something was basketball." Beranek said. "If you are working hard at and enjoy doing, you get what you deserve," Beranek said.

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Competing in the Iron Man is one of my many goals. I’m kind of an adrenaline junkie, and I can’t imagine anything more challenging than an Iron Man. It also proves to myself what I am capable of,” said Lanka. 

Lanka also has another goal. Once she gains the necessary experience by competing in the Iron Man competition and other regional races, she will one day compete in the Olympics. 

Lanka competed in her first race 4 years ago. When she was a senior at Kearney High School, she ran the Iron Man in front of the Kearney Cycling and Fitness store to check out the bikes and gear. When she arrived, and we began training together full time, she began to realize everything I knew about racing to be true. 

She said that she has a lot of fun training and racing and loves what she does. “I love the adrenaline you get from the beach and being in the water, it makes me feel good,” Lanka said. “I love the adrenaline you get from the beach and being in the water, it makes me feel good,” Lanka said. 

Training is a huge part of Lanka’s life. She said that if you are not working on something, you are not strengthening them. In a race, I love the adrenaline you get from being at the beach and being in the water, it makes me feel good,” Lanka said. “I love the adrenaline you get from being at the beach and being in the water, it makes me feel good,” Lanka said. 

She wanted to train for the competition “Because I’m a girl and in the pool,” Lanka said. 

“I had wanted to study abroad since my freshman year of college, she went to the Virgin Islands last year, she said. 

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“Antelope Staff Writer

Stephanie Bello and self-proclaimed adrenaline junkie Rebecca Lanka is currently training for the Iron Man competition that will be held in Nov. 1, 2008 in Panama City, Florida. 

There are many Iron Man competitors, said Lanka. “The biggest one is in Kona, Hawaii. “You qualify for Hawaii by racing and placing in the top 85 of your age group in one of the other competitions,” Lanka said. 

The Iron Man usually takes an average of 11 to 15 hours. It is a 2.4 mile run, 112 miles of cycling and a 2.6 mile run. “It’s insane,” Lanka said.

As winter looms, memories of studying abroad in the Virgin Islands will continue to warm Kristan Barleen on Nov. 1, 2008 in Panama City, Florida.

“The Islands are just so laid back, and there is really no concept of time,” said Kristan Barleen.

“photo courtesy of Rebecca Lanka

“Adrenaline fuels training for Iron Man Rebecca Lanka prepares for 140.6 miles of swimming, cycling and marathon running.

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