



Milliken installed in Nebraska system

Jonathan Rouse
Antelope Staff Writer

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

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

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

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

“We live in a world where we compete with people...across the world,” Milliken said.

Milliken also stated that the education system is a financially tough environment for Nebraskans. He wants college to be affordable for all citizens of this state. To help with that environment, Milliken travels and listens to what Nebraskans have to say.

“People in this state love the University of Nebraska as much as I do,” Milliken said. “It is an honor and privilege

to serve as president of this great institution.”

Milliken made it clear to everyone in the room that the education system will continue to improve, and that the University of Nebraska will continue to grow.

The speakers for the reception varied from Milliken himself to Doug Kristensen, Chancellor of UNK. Kristensen gave an address to praise and introduce Milliken. Milliken had been traveling all around Nebraska to various sites promoting his future plans.

“He has demonstrated an exceptional commitment to things we hold near and dear,” Kristensen said.

Chancellor Kristensen let everyone know that the time Milliken spends in office is

to serve as president of this great institution.” and it was conveyed in the address Milliken gave. President Milliken dwelled on his love of Nebraska immediately after he began speaking.

“I am a Nebraskan, a fourth generation Nebraskan,” Milliken said.

Milliken made it abundantly clear to all, how much Nebraska meant to him and explained that is why the theme is “A Love of Place.” Milliken discussed his plan of attack by referring to the history of Nebraska and how it will stand in the future.

He displayed the state’s qualities by letting people know historical facts. One fact he introduced was that at the end of the nineteenth century, the University of Nebraska was in the big four of the university system.

The issue of higher education and others were brought to the surface to show the strength of Nebraska. Milliken also described situations as examples of how people have given and will continue to give to Nebraska.

Milliken stated that the challenge for Nebraska is how it invests in its people and believes that Nebraskans need to know how to take advantage of talent.

After Milliken had ended his speech he was presented a painting in honor of his installation as the new presi-



Photo by Jonathan Rouse
UNK Chancellor Doug Kristensen, pictured at the right, praises James Milliken, pictured at the left, during the reception speech at the Museum of Nebraska Art in Kearney.

dent.

Milliken was born in Fremont, Neb. He is the sixth president to be elected to the UN system. Milliken has already been actively involved in his office for six months. He took office on Aug. 1, 2004. His formal installation in to the office took place at UNO Jan. 27.

Brandon Benitz, Program Coordinator for Student Support Services at UNK, said up to 250 people were expected to be present at Milliken’s reception.

The formal reception at MONA ended with an award presentation.



James Milliken

“416” raises eyebrows at film festival

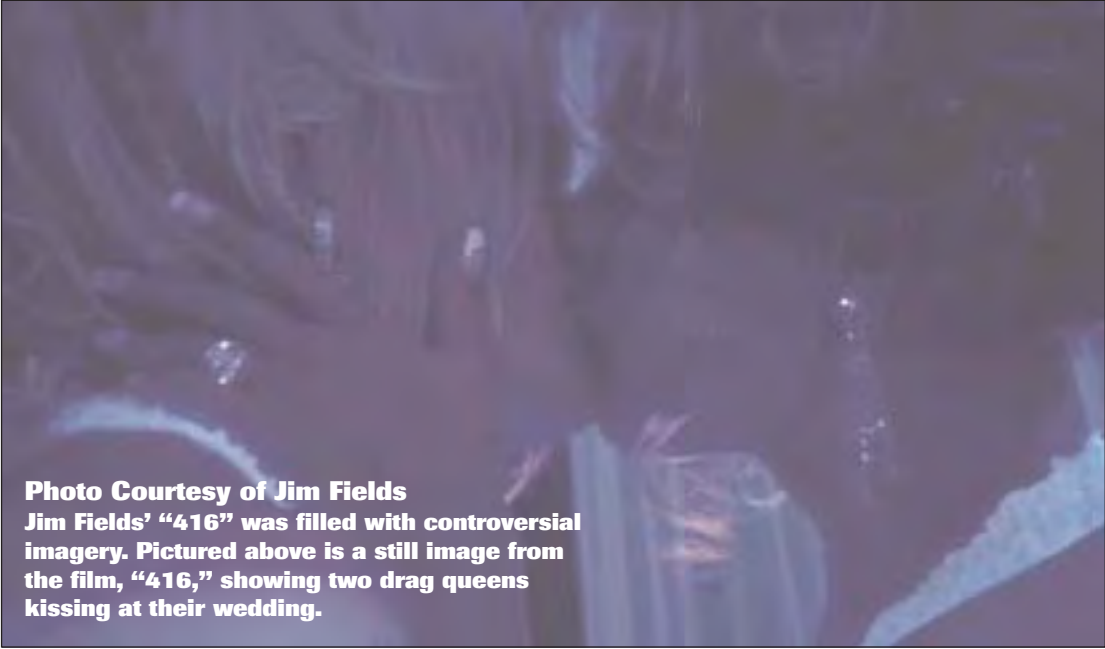


Photo Courtesy of Jim Fields
Jim Fields’ “416” was filled with controversial imagery. Pictured above is a still image from the film, “416,” showing two drag queens kissing at their wedding.



Photo Courtesy of Jim Fields
“416” dealt heavily with the different viewpoints of those against gay marriage and those in support of it. Pictured here is a still image from “416” showing a lesbian couple lighting their unity candle.

Jonathan L. Schilling
Antelope Staff Writer

The documentary “416” was the feature film at the Central Nebraska Film Festival on Saturday, Jan. 29, held at the Kearney Community Theatre. This feature length film discussed the controversial issue of same sex marriage.

Jim Fields, the writer, director, and producer of “416,” interviewed several members of the American Civil Liberties Union, clergymen, college professors, and a few homosexual couples to discuss both sides of Initiative 416. Initiative 416 is a bill that defines marriage as being only between a man and a woman. Nebraska voters

passed it in 2000.

Fields’ film shows both sides of the issue. Not meant to persuade the audience, “416” allows viewers to choose their own side.

The film displayed interviews with many Nebraska residents, including same-sex couples, many pastors of different faiths, and professors from UNK, UNL, and UNO. Dr. Martin, a philosophy professor, was the only UNK interviewee.

Conservative views are outlined throughout the movie. The conservative people’s main argument is that marriage is a all part of God’s plan. Heterosexual relationships are used as a “procreative act.” Same-sex couples defy that point of view and are looked down upon by God.

Several references to the Bible were used as support to back up that view. The Book of Genesis contained many supporting statements that were used by the conservatives.

As stated in the film, the “gay” point of view is that their right to be united is not the government’s business. Some say that the referenced statements of the Bible are either not there or are up for interpretation.

The documentary showed each side’s crafty ways of persuading voters. Those for

Initiative 416 portrayed the sentimental and special views of weddings. They said that allowing same-sex marriages would tarnish the holy act of marriage.

The gay side had their own ways. Knowing that Nebraska is a very conservative state, they had to use strategic ways of getting their views out. They had “good-looking” lesbians and less flamboyant gay men speak at rallies for a better chance that people would listen.

As for the 2000 elections, Nebraska chose to pass initiative 416 by a nearly 70 to 30 percent margin. This margin surprised many people on both sides of the issue. Those against knew they had no

chance of winning but thought it would have been a lot closer.

Much to the delight of conservatives and to the fear of gays, the idea of Initiative 416 is that it would spread to other states. Nebraska’s election was the first in the United States to feature such a bill.

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



Photo Courtesy of Jim Fields
Another still image from “416,” this man is protesting.

Super Bowl Fanatic Crossword

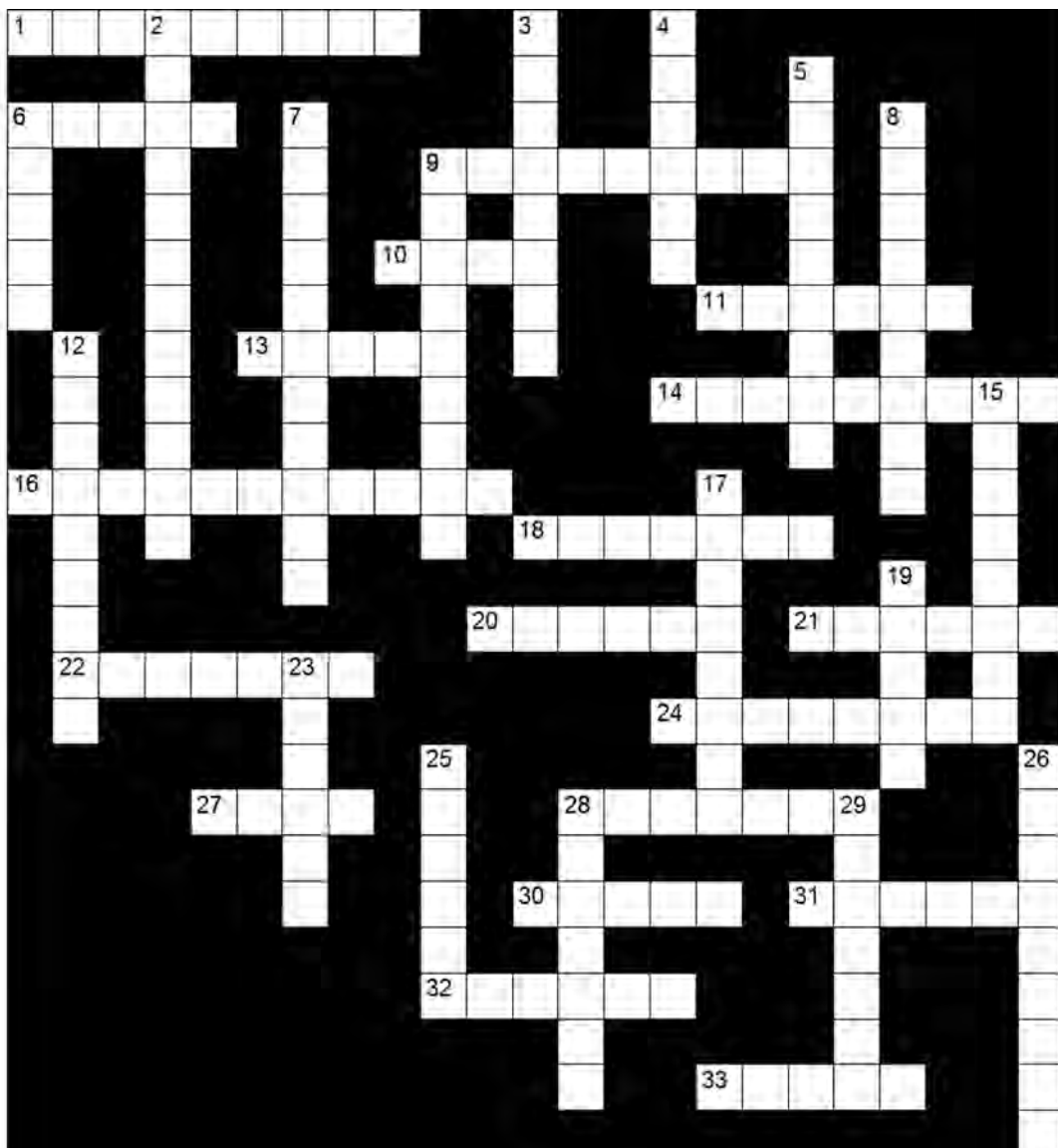
ACROSS

1. You make this happen in football, you get lotts points.
6. What were the fewest points scored in a Super Bowl game, which occurred when Miami played Dallas in 1972?
9. Joe Namath is said to have worn these to the field on inclimate days.
10. This was the highest number of turnovers in a game, when Buffalo played Dallas in 1993.
11. This team lost to the Panthers in a final NFC game of the 2003 football season; this team is playing in the Super Bowl the first time in 24 years.
13. What is the last name of the Most Valuable Player in Super Bowl XXXV?
14. He nailed a 41-yard field goal with only nine seconds to play to give the Patriots a 32-29 Super Bowl win.
16. Where Superbowl XXXIV was played, and Kurt Warner showed his stuff.
18. His name sounds like a state, but San Francisco loves him!
20. Most of the world call this game "football."
21. His cocaine binge on the eve of

- Super Bowl XIII probably is what cost the Bengals the game.
22. This running back played against Miami at Super Bowl XVII in Pasadena.
24. This competitive game is called "the leveler of all nations" — where people can actually come to a common field and compete.
27. The proposed football league that actually lasted more than one season.
28. A football term, it literally translates as leather of a swine.
30. This football player made a one-handed catch in Super Bowl I, finally led to a 37-yard touchdown.
31. He scored, but Sweetness did not, because of Coach Mike Ditka.
32. Which team rejoiced when Duane Starks held up the Keys to the City at Baltimore's victory parade
33. The Joe Montana of our era, he plays for the Patriots.

DOWN

2. These Dallas gals are as popular as the Cowboys.
3. Don Beebe knocked the ball out of this hand while the whole world was watching in Super bowl XXVII.



4. A notable Steelers coach.
5. You make this happen in football, you get a few points.
6. MVP Marcus Allen played for Los Angeles at this stadium, in a city by the same name, in Florida during Super Bowl XVIII.
7. The position Tom Brady plays.
8. He is known for a panic attack in Super Bowl VII, giving the Redskins their only touchdown.
9. Full name of the Most Valuable Player (New York) in 1987.
12. The full name of the Cowboy singer who loved The Angels but was part owner of the Rams.
15. The folks in Pasadena welcome football fans here.
17. Three out of four ain't bad — for this winning New England team.

19. He engineered the winning touchdown drive that capped one of the all-time great Super Bowls.
23. Taylor worked with this player in Super Bowl XXIII to cap a 92-yard drive in the three final minutes.
25. It was 55 points for San Francisco vs. this team for the highest winning points in a Super Bowl game.
26. Richard Dent of Chicago was MVP in New Orleans in 1986, when his team played in this facility
28. The Chiefs tied with this competitor in SuperBowl I, in 1963.
29. His infamous miss was painful for Bills' fans in that it is still the only last-minute, game-winning field goal attempt that has ever been missed.

Campus Briefs

For those looking for a job in advertising, public relations and marketing there will be a Job/Internship Panel Thursday, Feb.10, from 5-6:30 p.m. in Copeland 130. Free pizza and soda will be provided and several speakers are scheduled.

Congratulation to **February Employee of the Month** Charlene Copple, Staff Secretary III of Student Health Services.

MONA will be displaying a survey of recent work by members of the UNK faculty, including emeritus faculty of the Department of Art and Art History. The exhibit will begin Feb. 6 and run through March 10. For more information on MONA, visit the Web site at monet/unk.edu/mona/.

The third annual UNK Chess Classic and Scholastic Team Chess

Championship is open to all and will begin Feb. 5 in the Nebraskan Student Union. The tournament features scholastic team competition at the college, high school, middle school, and elementary school levels.

Competition begins at 9 a.m. and ends at 6p.m. Trophies will be awarded for individual and team performance. For more information contact Randall Heckman at heckmannr@unk.edu.

A seminar teach resume and letter writing will take place on Feb. 7 in Ockinga Auditorium from 12:30 p.m. to 1:30 p.m. This workshop will assist you in preparing your resume and cover letter for your job search. In preparation for this workshop it would be useful to visit http://careers.unk.edu/students/career_

Classifieds

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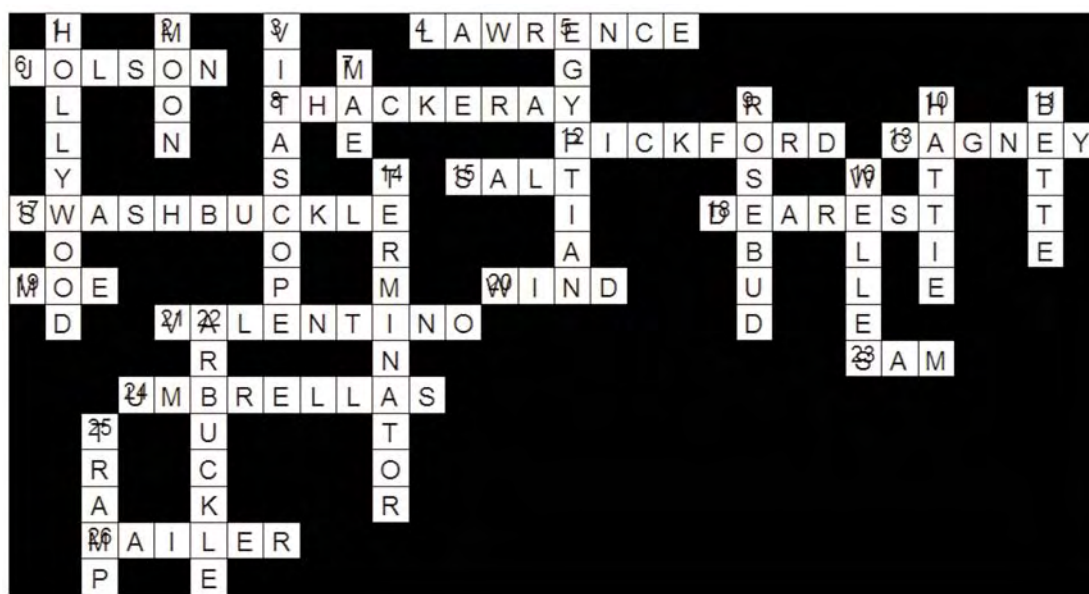
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The Nebraska 4-H Camps at the Nebraska National Forest-Halsey, Schramm State Park-Gretna, and Harlan County Reservoir-Alma, are accepting applications for 2005 summer program staff. Lead outdoor programs - canoeing, tubing, rappelling/climbing, swimming, and many more.

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Initial application deadline: **February 10** Applications received after deadline may be accepted until all positions are filled.

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Classic Movies of Yesteryear

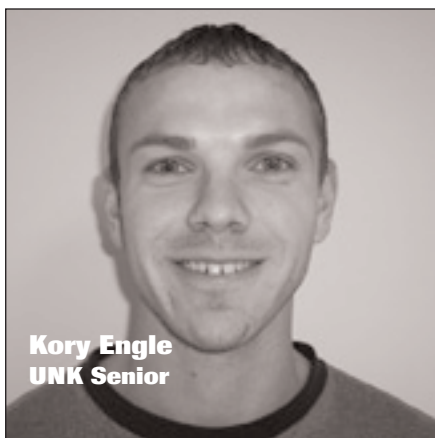
He said... She said...

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



Tara Goetz
UNK Senior

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



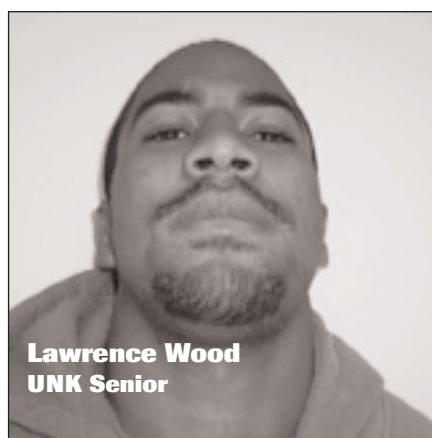
Kory Engle
UNK Senior

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



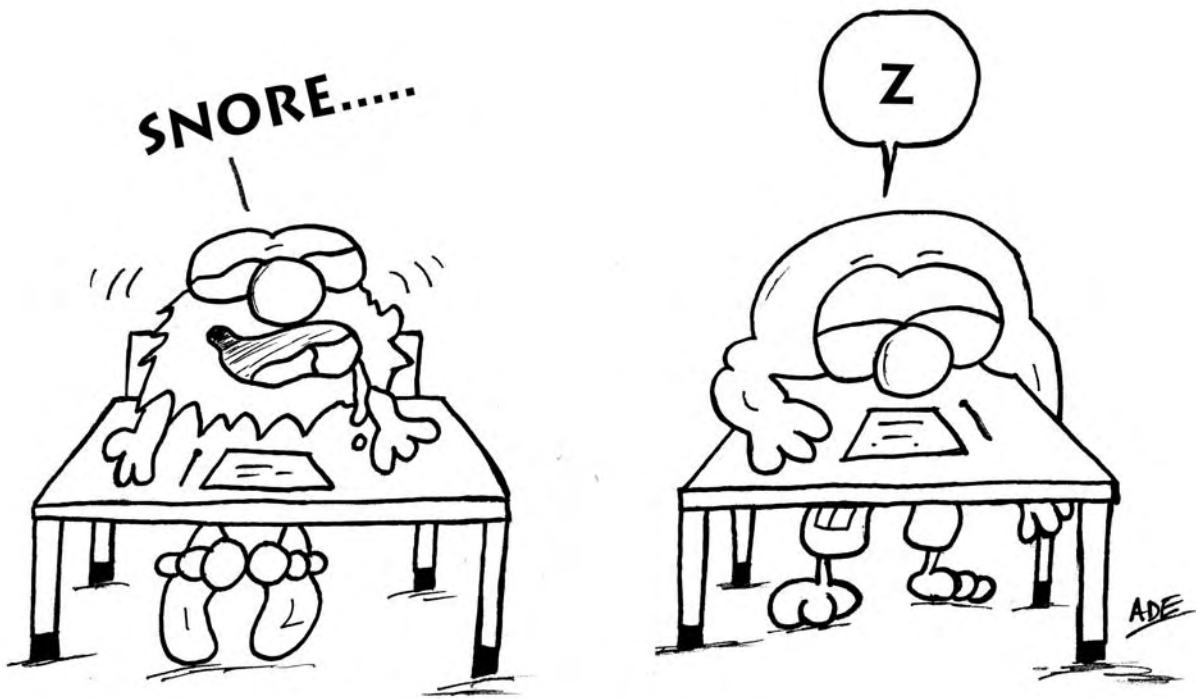
Robyn Samders
UNK Senior

"I'm more excited for the commercials because of the millions of dollars that are spent on them"



Lawrence Wood
UNK Senior

"I'm not even watching the Super Bowl, it's the 24 hour "Monk" special that i will be watching



Please note the proper posture to maintain during your general studies courses.

Shack Shakers go off...the Richter scale!



Photos by Jamie Knuth

Drummer, Paulie Simmonz was electrifying behind the “skins” when the Shakers made their return to the Ham’s. Many claim that the band out played Rev. Horton Heat during their previous performance.



The Colonel and David Lee jammed the Journal for close to two hours on Friday, Jan. 28.



Things got a little crazy when the Shack Shakers took the stage at Cunninghams. Fans paid \$7 to see this southern quartet rock out!



Senior spills beans about surviving college



Scott Barry
Antelope Photo Editor

When I was told I had to write an editorial for this week’s paper, my mind immediately started thinking of subjects to write about. And here I am at 1 p.m. on Tuesday, the day my editori-

al is to be published, without a direction for my writing. Many ideas have floated aimlessly through my head during the past week, but none have landed on that spot of the brain called motivation. So here I go, with no direction in mind, to write down a piece of my brain to entertain and enlighten you readers—buckle up this could get bumpy.

First of all, as an outgoing senior, I would like to pass along all knowledge I have gained during my five year stay in Kearney to the underclassman so that they

may know what college life is all about. College is the best time in everyone’s life, or at least it should be. With that being said, take advantage of every opportunity at this point in your life. Yes, there will be many great events in one’s life after college, and this I have yet to experience. However, never again will you be able to sleep in because you are hung-over from a late night of partying. Never again will you be able to skip class and take road trips or vacations. Never again will you be able to have the most amount of

fun possible with the least amount of responsibility.

Yes, it is okay to skip class. It is necessary sometimes to be spontaneous and take a road trip to Omaha because your roommate woke up and wanted to go to the zoo and see the monkeys—not that this has ever happened to me, this is merely for effect.

On the other hand, I do not want to give off the impression that I am saying school is not important. School should be the most important part in one’s life while in college. That is the

whole reason why you are attending this university in the first place. The key is to find a delicate balance between school, responsibility, being spontaneous, and procrastination.

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

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

My next topic of discussion is relationships. I will elaborate on this subject only briefly, as everyone has his or her own opinion on the subject and I do not want to influence you one way or another. First of all, trying to understand the opposite sex is almost impossible. There are so many differences in the way that both genders think that we may never fully understand where the

other is coming from.

With that being said, it is very important to be patient in a relationship and try your hardest to see both sides of the story. You may take something wrong that your significant other says, but they may have a different meaning behind the message—it may have just come out wrong.

Also, communication, trust and honesty are the building blocks to any successful relationship—friend or otherwise. Try very hard to speak your mind, always say what you feel even when you think you shouldn’t and always tell the other person when something is bothering you.

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

Now here I sit, roughly 35 minutes later, with an 800 word story that I hope you found entertaining and enlightening. I will leave you with a quote by the famous Van Wilder that pretty much sums up my view on life. Wilder proclaimed, “You shouldn’t take life too seriously. You’ll never get out alive.”

Stay tuned for more mindless, meandering experiences from me in the near future.

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.

Letters to be printed should be sent to:

Readers’ Opinions
c/o the Antelope Editor
Mitchell Center

University of Nebraska at Kearney
Kearney, NE 68848

Look for the question



Photo by Silvia Martinez
John Miller speaks about his message,
the Question Behind the Question

Jamie Dusin
Antelope Staff Writer

"Find out how to add value to the lives of others," John G. Miller said to approximately 300 people on Tuesday, Jan. 25 in his defining of the Question Behind the Question (QBQ). Miller, the author of the book "The Question Behind the Question," was brought to UNK by the Leadership Development Council to help local businesses and students boost morale, enhance communication and build effective teams through personal accountability and responsibility. Miller started his own company, QBQ Incorporated, to help himself and others gain accountability. He is from Denver, Colo., where he runs his company with the help of

his wife and seven children. He used his family, his experiences in the business world and interaction with the audience to present his points.

During his speech Miller reiterated that personal accountability was the key. He also said to gain personal accountability the question behind the question needs to be asked.

By practicing personal accountability and making better decisions, each person can become a better leader. Once that is completed, he or she can begin to make the lives of those around them better.

A handout was provided to each person who attended to fill out and take home with them to remember what his main points were.

On the handout is printed that the right questions do not begin with why, when or who, and they do not contain blame or whining. Those questions are the bad ones that will not help.

Miller repeated those bad questions in many different examples to make his point. "If I ask a better question, I'll find a better answer."

People need to rely on themselves to gain personal accountability, he said. They need to take responsibility for their actions and to accept the attitude, "If it is to be, it is up to me."

Miller said he talks about personal accountability so much because "we tend to teach to others what we need to hear ourselves. I came all the way to Kearney to talk to myself."

Along with this, he said that "repetition is the motor of learning."

While stressing the importance of personal accountability, Miller also said that "stress is a choice." He said the minute people chase stress from their lives, they will have a better life.

He also added that "if you're not careful, you'll forget that stress is a choice."

He said that it might be hard to let go of things that are not under our control, but his tools will help. A call to action, along with remembering personal accountability, are essential keys.

"QBQ contains the word 'I' because I can't change the 'we,' I can only change me," Miller said.

The Question Behind the Question is about pleasure and contentment and making things right, Miller explained. Once personal accountability is achieved, life will be more fun.

Miller closed his presentation by challenging the attendees to take something from his speech. "Learning is not about attending; learning is equal to change."

The Leadership Development Council encouraged students, professors, campus leaders and local business people to attend. Many people, even though they were instructed to go by teachers, bosses or sponsors, found the presentation interesting and

helpful.

Colleen McMickell, a Freemont sophomore, was recommended by her sponsor of the Spirit Squad to attend.

"It was a good message, as long as people actually take something from it and it was pretty entertaining," McMickell, a respiratory therapy major, said.

Sarah Wald, Stout Hall Director and a second year graduate student in the community counseling program, was looking forward to the presentation since she heard Miller was coming, and also felt the time spent attending was worthwhile.

"As someone who has read John Miller's book, I was excited to finally get the opportunity to feel his energy first hand. His passion for personal accountability inspired me to look inward to my own victim thinking," Wald, a Springfield native, said.

"After experiencing John Miller's personal commitment to the QBQ, I felt a renewed sense of purpose and focus in my life," Wald said.

The Leadership Development Council was also happy about the presentation and the turnout, the group's president, Kelly O'Connor, said.

"It was kind of a gamble because we had never had an event at 4 [p.m.] before, but the business community helped," he said.

O'Connor, a broadcast journalism major, also said that he heard a lot of positive feedback when people were leaving the event. He was pleased with the amount of people who stayed after to talk to Miller.

"It was kind of a different approach than many other," O'Connor, a senior, said. "But it was definitely really good and it was fun to talk to John because he is very interesting."

Stress workshop stresses relief

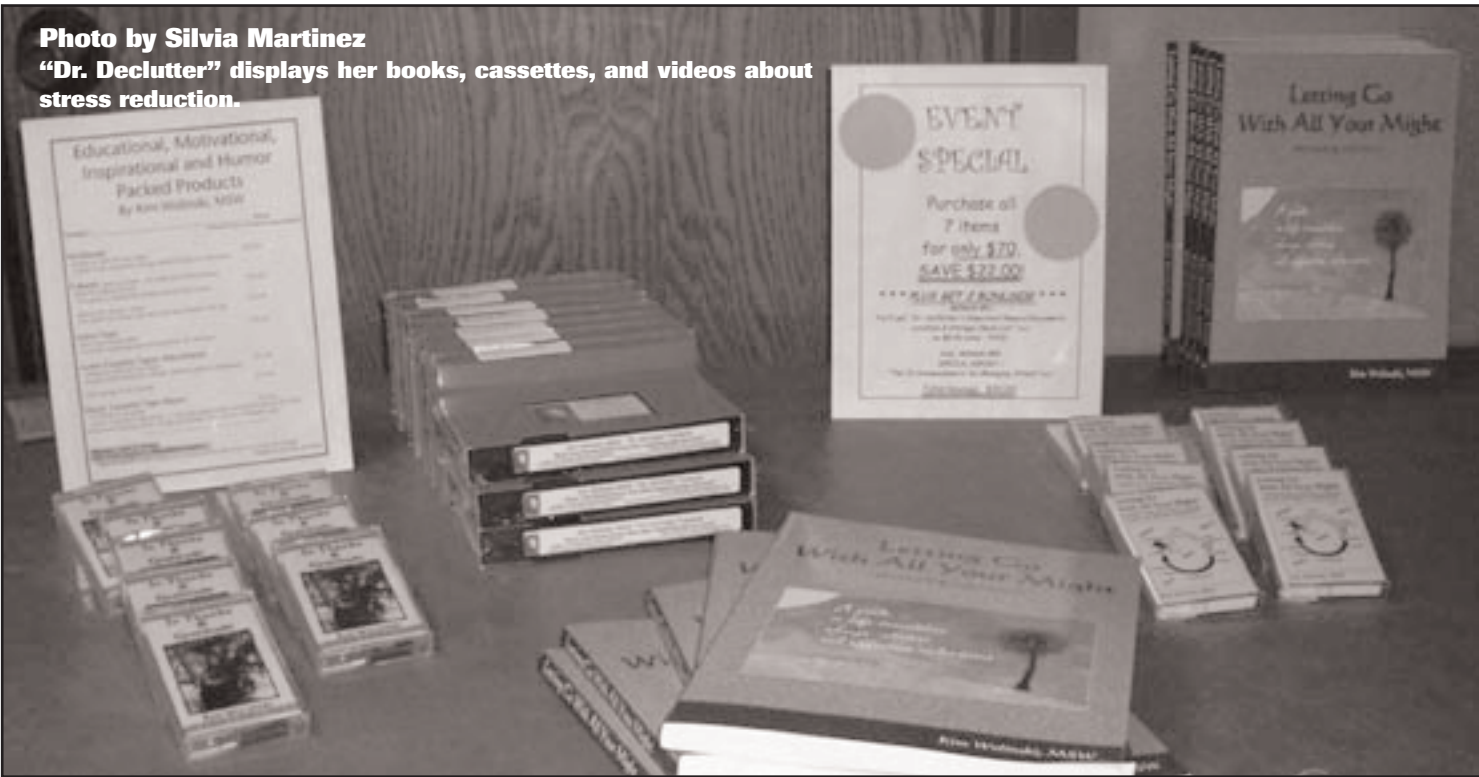


Photo by Silvia Martinez
"Dr. Declutter" displays her books, cassettes, and videos about stress reduction.

Anne Cady
Antelope Staff Writer

Stress is a natural part of life. It is one of the constants in a world of change. There are, however, several steps that can be taken to reduce stress in everyday life.

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

Wolinski, a UNO graduate with a masters degree in social work, explained that humans are programmed and conditioned by their family. For example, if someone grows up in hostile, high stress environment in which yelling and overreacting are common, that behavior is generally passed onto adulthood. In order to reverse this cycle, she suggested letting go of what can't be controlled and taking control of what can be controlled.

She said that this is more difficult for those that grew up with a lot of stress because they are "programmed to have drama," and have a hard time letting go of things that are not controllable.

The tips Wolinski provided to reduce stress and get in balance apply to everyone. She suggested that those who have accepted stress as second nature may have to work harder at getting it under

control.

"A huge part of stress and time management is learning to be where you are. Don't let your mind wander," Wolinski, a Neb. native, said.

She suggested making a list of things that need to get done and adding to it whenever a task comes to mind. This small act is meant to decrease distractions so it is easier to concentrate on the subject at hand.

"You don't need to work harder, you need to be more efficient and commit-

"Do the best you can to your ability and ask for help."

- Kim Wolinski
"Dr. Declutter"

ted to what you are already doing," Wolinski said.

"Dr. DeClutter" also suggested getting tips from others that seem to effectively manage their time and stress. She said not to worry about rejection and to put the ego aside in an attempt to improve performance.

"Do the best you can to your ability and ask for help. That's all you can do," Wolinski said.

She explained that life is not about what happens to you, events are just

events, and it's about how you act and react to what's happening that really matters.

Wolinski said that to reduce stress it is imperative to get good, solid sleep at night, and that sleep is restless when one is unorganized and does not pre-plan. She suggested making a list of what needs to be done in the morning before going to sleep that night. This is to put the mind at ease and get sleep uninterrupted by anxious thoughts of the following day. Small steps such as these are intended to reduce stress and result in a more productive and relaxed environment.

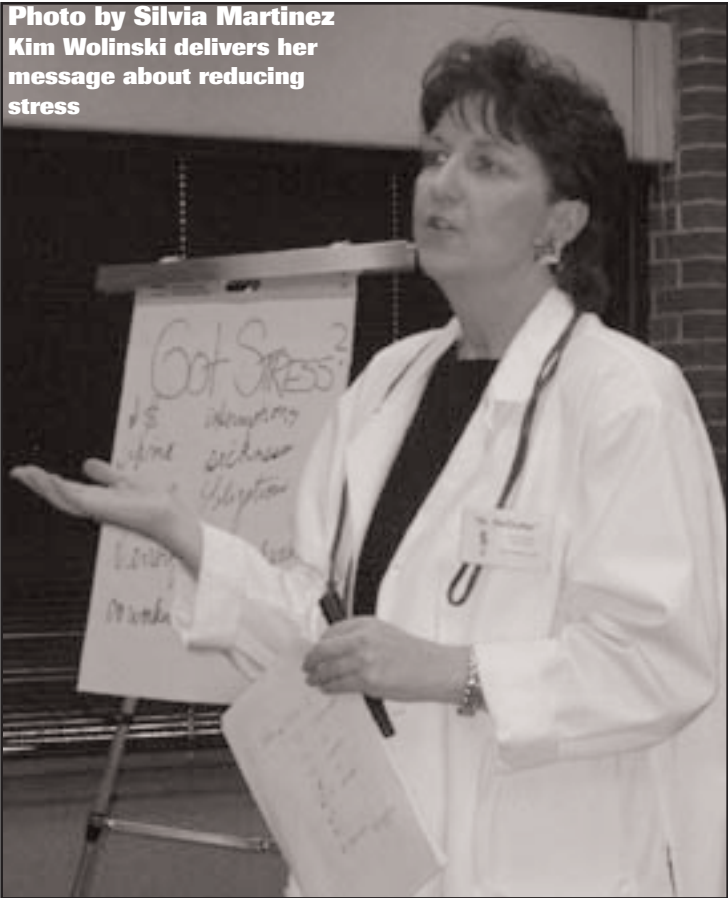
"Start living more in the now. Usually we're living in the future and the past. Plan for the future, learn from the past, but stay here and do what you can right now," Wolinski said.


Cheryl Bressington, member of the Public Sector Task Force of Staff Development, was pleased with the number of UNK staff members in attendance at the presentation.

Julie Carver, member of the Education Service Unit #10, said, "Overall I thought it was an excellent presentation and she was very much to the point on specific topics we tend to avoid."

Information on topics mentioned and several others can be found at Wolinski's Web site at www.DrDeclutter.com. A free monthly newsletter providing tips for managing time and reducing stress is available.

Photo by Silvia Martinez
Kim Wolinski delivers her message about reducing stress






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New Year’s day is not always Jan. 1

Julia Stumkat
Antelope Staff Writer

It’s not too late to be wishing someone a happy New Year in some countries. While the United States turned over its calendars to a new year over a month ago, 2005 has not yet arrived in some countries. They celebrate New Year’s on different dates established by their religions. Author Ruth W. Gregory writes in her book, “Anniversaries and Holidays,” about the significant days that are celebrated by different countries. She writes that a calendar is a complicated system of reckoning and recording time that we take for granted. “The major problem in determining the date of a holiday is that there are three basic kinds of calendars in use in the twentieth century: the solar, the lunar, and the lunisolar,” Gregory writes. “In addition, there are local or regional variations of these calendars.” In the United States and other Western nations, people use the solar calendar that is based on the seasonal year, the time taken by the earth to go once around the sun.

In other countries, such as Saudi Arabia, China, and Vietnam, people use the lunar calendar that is based on the cycles of the moon. Omar Ghamedi, an international student from Saudi Arabia, said that people in his home country celebrate New Year’s on Feb. 21, a date that varies every year. He said that Arabians used to be traders traveling in caravans through the desert. “They traveled at night because it was too hot during the day,” Ghamedi, an international studies major, said. “They used the moon for dates and the stars for directions.” “Nothing is ever set,” he said. “When we coordinate events, they are based on days, not on dates because the moon is not predictable.” Ghamedi, a senior at UNK, said that the first day of the Islamic calendar represents the day when Muhammad left Mecca, the city of his birth, and went to Medina, the first capital of Islam. He added that people celebrate the year 1425 in Saudi Arabia this year. Grace Wei, a senior originally from China, said that China will celebrate New Year’s on

Feb. 9 and that this day is based on an old legend. “Long ago, there was a monster called ‘Nian’, which means year,” she said. “The monster would come and take one of the boys or girls. One day a strong boy started looking for the monster. He found it and killed it. Since then, people celebrated the victory over the monster.” Wei, a chemistry major, said that Chinese people clean their houses before New Year’s, a custom that they call “dust off the old”. She also said that it is important to educate other people about different celebrations and traditions around the world. “To get to know other traditions, it is important to broaden your knowledge, to give you a better understanding of other people and to create unity,” Wei said. Tram Nguyen, a student originally from Vietnam, said that the Vietnamese New Year’s, which is called “T?t,” is similar to the Chinese New Years. She said that to symbolize the start of a new year, everybody cleans the house and wears new clothes. Nguyen, a business administration major,

said that children in Vietnam receive money on New Year’s. “The color red means luck,” she said, “and that is why the children get a red envelope with money in it.” Nguyen, a freshman at UNK, added that New Year’s is also celebrated for the dead people in Vietnam; for instance, they burn fake money and fake clothing made from paper as gifts for the dead people. Akbar Javidi, associate professor of communication at UNK, said that people in Iran use the solar calendar and that they celebrate the beginning of the spring with New Year’s. He said that the people have certain items on the table for New Year’s, such as seven items that start with the letter “S”, the holy book “Koran”, and a mirror. Javidi, originally from Iran, also said that most of the people in Iran eat rice and fish on New Year’s. Javidi’s wife, Mandana, a part-time teacher at the communication department at UNK, said that Iran celebrates New Year’s on Mar. 21. She also said that the date varies because every four years Iran has one day more a year.

Internships spell post-college success

Brittany Thalls
Antelope Staff Writer

According to a study by the National Center for Education Statistics, nearly 1.5 million more students were enrolled in degree-granting institutions in 2000 than in 1990. This number is expected to exceed another 2 million by the year 2012. That translates into more graduates out in the ‘real world’ looking for jobs, and that is where a competitive edge may come in handy. In 1992, nine percent of college graduates hired had worked as an intern. The next year that number nearly tripled to 26 percent. In the year 2000, 80 percent of college seniors said that they had an internship during college with two-thirds of that group having two internships, according to VaultReports.com.

Tews said. This applies in any area that a student in interested in, from journalism and communications to retail sales and management. Buckle district manager Jim Kolbo of Kearney said that it makes a lot of sense for a student to explore the possibilities of an internship experience. “Whether or not you are successful in an internship says a lot to a future employer about the kind of employee you’ll be,” Kolbo said. “We really like giving college students the chance to learn and test their skills.” Kolbo related an internship experience to that of student teaching in an education program. He said that when an individual gets out into a real work environment and becomes familiar with the everyday jobs in a business, they can decide if that is what they really want to do in the future and if they will be successful in that area. Randy Mattley of Mattley Advertising and Design in Kearney said that the recent statistics did not surprise him in the least. “An internship is like a free spin for both the student and the employer to see the strengths and weaknesses of both,” he said. “Interns get to see the environment of a real-life workplace, and employers get to see how that intern performs.” Mattley mentioned the tendency of students to take a job unrelated to their field of study over an internship because of a difference in pay. “An internship is a big plus to a résumé . . . even if you’re just pouring coffee and licking stamps, it says that you are competent in a work atmosphere.”

at his or her disposal. The most accessible on-campus means resource is the Career Services office on campus. Students can also contact Mary Ann Lawson, the director of Business Internship Programs in the College of Business and Technology. Web sites are also becoming more useful to college students by providing detailed information about internships and job openings. Vault.com offers tools to execute an internship search that covers companies and organizations across the nation in nearly every area of business. It also has a tool to submit résumé information for an expert writer to complete or for an individual to submit their résumé for professional review.

Another popular site is Internships.com. At this site, students are able to specify a certain region or state in the United States that they are interested in finding an internship. They can even look at an international database of internships in their field. Michael Konz, managing editor of the Kearney Hub, said that when it comes to internships, try to get a foot in the door no matter what. “There’s no doubt that having one will give you an advantage over someone else that doesn’t,” he said. “There’s no substitute for preparation . . . when someone has an internship, I can get a good idea of what they’re skill level is and if they’ll be successful.”

“An internship is a big plus to a résumé . . . even if you’re just pouring coffee and licking stamps, it says that you are competent in a work atmosphere.”

-Randy Mattley
Mattley Advertising and Design

Why are these statistics important? What exactly do they have to do with the average UNK student? The answer is simple: the average UNK student is going out to a very competitive work force. And an internship may offer the edge that they need to land the job of their dreams. “Today, internships are serious business,” Mike Tews, managing partner at the Nebraska Agency of the Northwestern Mutual Financial Network in Omaha, said. “Companies like internships because they offer a ‘sneak preview’ of a prospective candidate as he or she handles the complexities presented in a ‘real world’ environment.” “The more than 1.1 million college graduates entering the work force each year are discovering that an internship can be the deciding factor when a job is on the line,”

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Loper track stars triumph

Mik Dickson
Antelope Staff Writer

The UNK track and field team was at home on Saturday, to take part in the Charlie Foster Classic. The open meet featured colleges and universities throughout Nebraska and Kansas including UNK’s conference rival Fort Hays State University.



Photo by April Refior
Seth Yount prepares to land in the triple jump.

Fans packed the Cushing Coliseum and saw the Lopers win 13 events.

Marshland junior Randi Furman finished first in the 55-meter dash in a time of 7.28 seconds. Finishing second was Minden junior Amber Burke in a time of 7.37 seconds, and following her in third place

was Wayne senior Amanda Maryott.

“This was one of my better races because I had my two best friends next to me,” Furman said.

In the preliminaries Furman finished in a time of 7.26 seconds setting a new Foster Classic record.

Kearney senior Luke Garringer finished first in the one-mile run in a time of 4:25.60. Also from Kearney, freshman Brock Steinbrink finished first in the 800 meters with a time of 1:58.14.

In the women’s shot put, Central City junior Shauna Birchard, finished first with a distance of 46-01.00 and second in the weight throw with a distance of 52-05.75.

“There were a lot of people here today, it was easy to get motivated,” Birchard said. “This was the biggest turnout of the year. It was good to feed off the crowd noise.”

Bancroft senior Derek Frese finished second in the weight throw with a distance of 56-08.75.

“This week was good because it was

more competitive. This was the most competitive setting we have had so far. This was a good opportunity to compete against one of our conference rivals, Fort Hays State University,” Frese said.

In the women’s 600 meters, Lexington senior Andrea Andersen broke her own Foster Classic record with a time of 1:28.68. Andersen is also part of the 4x400 relay team that finished second with a time of 4:05.01. The other members of the relay team were Bellwood senior

Kate Semin, Springfield senior Denise Kolar and Mitchell sophomore Katie Schaneman. Culbertson sophomore Sara Wagner had a first place finish in the long jump for the fourth consecutive meet with a distance of 17-06.50.

The women’s distance medley team Kearney freshman Jordan Pallas, Imperial freshman Michelle Dill, Lincoln freshman Jennifer Fritz and Lincoln senior Andrea Herndon set a new Foster Classic record with a time of 12:58.62.

In the high jump, Elkhorn senior Lesley Crutcher finished second with a height of 4.25. Also finishing second was Hooper senior Cali Cordes in the pole vault.

In the men’s shot put, Eustis red-shirt Lance Pfeiffer finished first with a distance of 55-9.50.

“Today I had some good consistent throws but my technique was breaking down so it wasn’t all quite there,” Pfeiffer said. “The competition was really good at this meet; overall it was a good meet.”

The Lopers will be at Doane College this weekend to take part in the Tiger Classic.

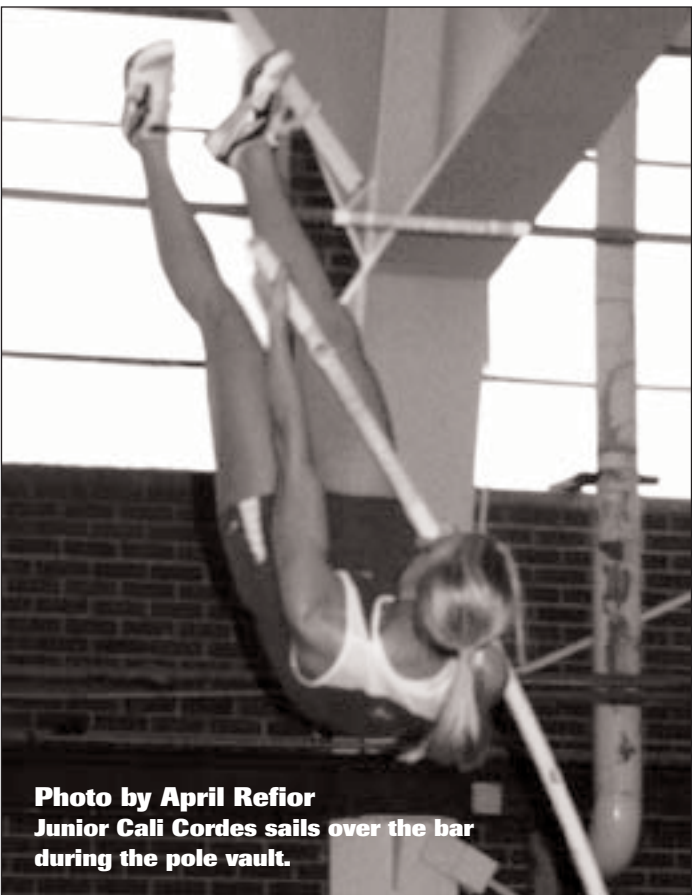


Photo by April Refior
Junior Cali Cordes sails over the bar during the pole vault.



Photo by April Refior
Senior Luke Garringer rounds the curve while running the one mile.



Photo by April Refior
Sophomore Sara Wegner readyies for landing during the long jump.

Lopers hoop it up against Metro State

Loper men run over Roadrunners

Jason Miller
Antelope Staff Writer

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

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

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

The Roadrunners enjoyed a six-point lead with the score 32-26 going into halftime. UNK struggled with the Metro defensive style in the first half turning the ball over nine times.

“Metro has a different defensive style and a lot of new guys struggled because they hadn’t seen it before,” Jura said.

The game was the tale of two halves. In the first half Metro State out-rebounded and outscored UNK. In the second half the Lopers seemed to out-play the Roadrunners in every aspect of the game.

In the first half both teams shot around 40 percent from the field. In the second half Metro stayed

around the 40 percent mark while UNK shot around 66 percent from the field including a season high 13 of 22 on three-point attempts. Metro missed all 13 of their three-point shots.

“We wanted to be aggressive, 95 percent of the time in sports the aggressor wins,” Kropp said.

UNK opened the second half with an 18-2 run. The Lopers improved play on offense and defense.

“We were more comfortable with their defense and made a lot of defensive stops,” senior Marty Levinson said.

Levinson’s stellar second-half performance was a key factor in the win for UNK. Levinson scored 15 of his 18 point in the second half to lead the Lopers. Junior guard Matt Kucera came off the bench and was three for three on three point shots. Jura had his fourth double double of the year with 12 points and 11 rebounds.

“Everyone stepped up and played well,” Levinson said.

Three Lopers scored double digits and four players had nine points.

The senior trio of Mark Worthington, Michael Morse and Keith Borgan led

Metro State. Worthington, Morse and Borgan had 26, 12 and 10 points respectively.

“It is what you work for,

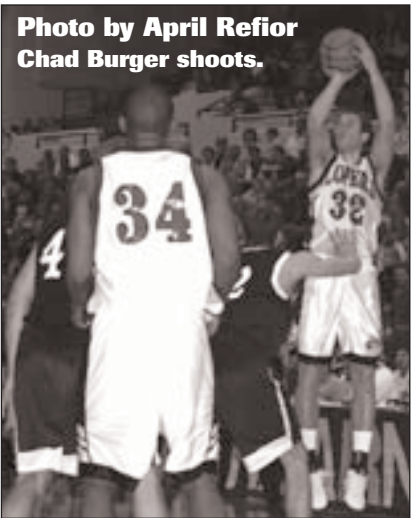


Photo by April Refior
Junior Chad Burger shoots.

it’s a great feeling,” Levinson said about winning in front a packed house against a big time opponent. “It needed to be done. We needed the win to get ranked in the region.”

UNK is not ranked in the region and hopes that defeating Metro will help them earn a bid in the regional tournament.

The Lopers’ schedule doesn’t get any easier. UNK will play host to Wayne and then travel to Colorado Christian and Colorado School of Mines.

“Beating Metro was a big game to build momentum and give us confidence going into the next road trip,” Jura said.

Lady Lopers lose fifth in a row

Jason Miller
Antelope Staff Writer

The Lady Lopers dug themselves into a hole early in the game against the Roadrunners from Metro State.

UNK got off to a slow start, missing their first eight attempts from the field and turning the ball over eight times while the Roadrunners scored 19 points in the first six minutes of the game.

“We were focused on beating the press, we were pressing and kept turning the ball over,” junior forward Erin Jones said.

The first half of the game ended with UNK trailing 49-31. The Lopers started the second half with a 20-8 run closing the gap to six. Metro answered with six unanswered points. UNK drew the lead to within eight points twice more, but each time their rally was snuffed out by Metro.

In the second half UNK outscored the Roadrunners 47-43.

“We shot more and were more aggressive. We played Loper ball and didn’t let the other team dictate our play,” Jones said.

Omaha freshman Amy Mathis came off the bench and made major contributions in the second half, scoring 21 of her total 26

game points.

Freshman Kalee Modlin scored 19 points, seven rebounds and four assists.

team since 1992-1993 when Hastings scored 96 points.

After winning seven games in a row the Lopers

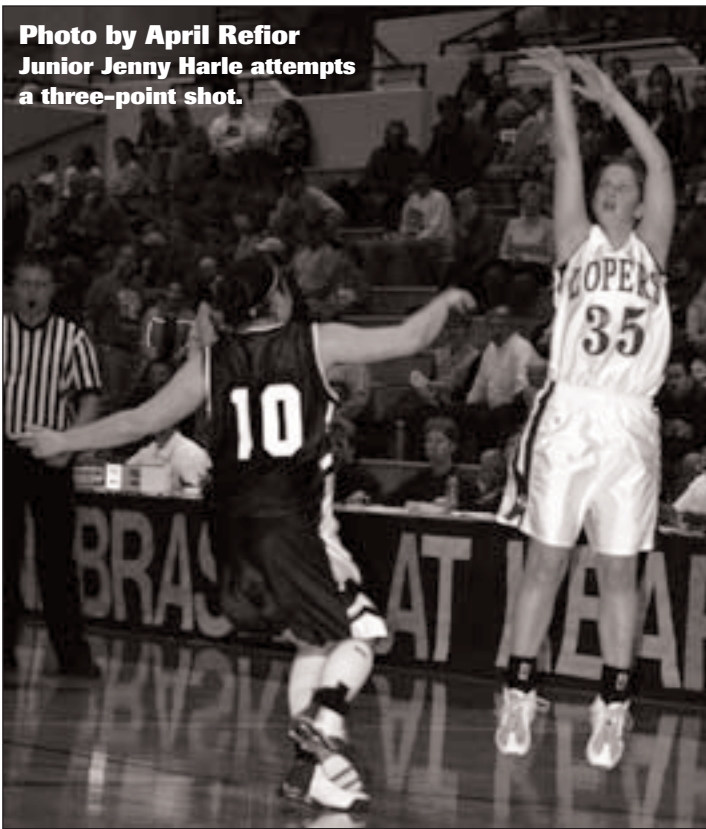


Photo by April Refior
Junior Jenny Harle attempts a three-point shot.

Junior Jenny Harle was also in double digits scoring 11 points.

The Roadrunners had six players in double digits. Metro State was led by senior guard Stephanie Davis with 21 points. Metro was 23-29 from the free throw line and scored 39 point off 24 UNK turnovers. Metro scored 92 points in all.

This was the most points given up by a Lady Lopers

have been on a downhill slide recently, losing their last four games.

The Lopers will hit the road and play their next four games in Colorado.

This weekend they play Colorado Christian and Colorado School of Mines.

“We have got away from having fun, and that puts us on the defensive. We need to play our game and not let the other team dictate our play,” Jones said.

Wrestlers put opponents to the mat

Brittany Johnson
Antelope Staff Writer

The now third-ranked UNK wrestlers beat No. 11 Adams State on Thursday in Alamosa, Colo. The final score was a close 19-20.

The team was forced to forfeit at 184 lbs. because Caleb Young, a sophomore from Perry, Okla., was suffering from a back injury.

Top-ranked Bryce Abbey, a senior from Goodland, Kan., added a win to his current record for the most career wins in UNK history.

In Gunnison, Colo. the Lopers faced Western State, the no. 14 team in the nation. Kearney ended this dual with another win, the score ending at 23-18.

Tervel Dlagnev, a sophomore from Arlington, Texas, won with a pin at heavyweight. This was Tervel's 29th win of the season, just eight away from matching the UNK single season record.

Jeff Sylvester, a top-ranked

junior from Lyman; Adam Keiswetter, a junior from Kearney; Matt True, a sophomore from Mitchell; and Aaron Dalton, a senior from Fremont, assisted in the final win by winning their individual matches. The next dual was in Golden, Colo. against Colorado School of Mines. This dual ended in a final score of 22-12 and a Loper win. Seven of the ten matches were wins.

Six of these wins were decisions including Tervel's win which was a major decision over no. 5 Derek Thompson.

Abbey took another win at 125 lbs. leaving him undefeated throughout the weekend.

Head Coach Marc Bauer said, "All and all, I was happy with our conditioning."

He was speaking of the much higher altitude that the men had to wrestle at in Colorado.

He said, "Championship teams find ways to win, and that is what we did."

Bauer said that a few of the

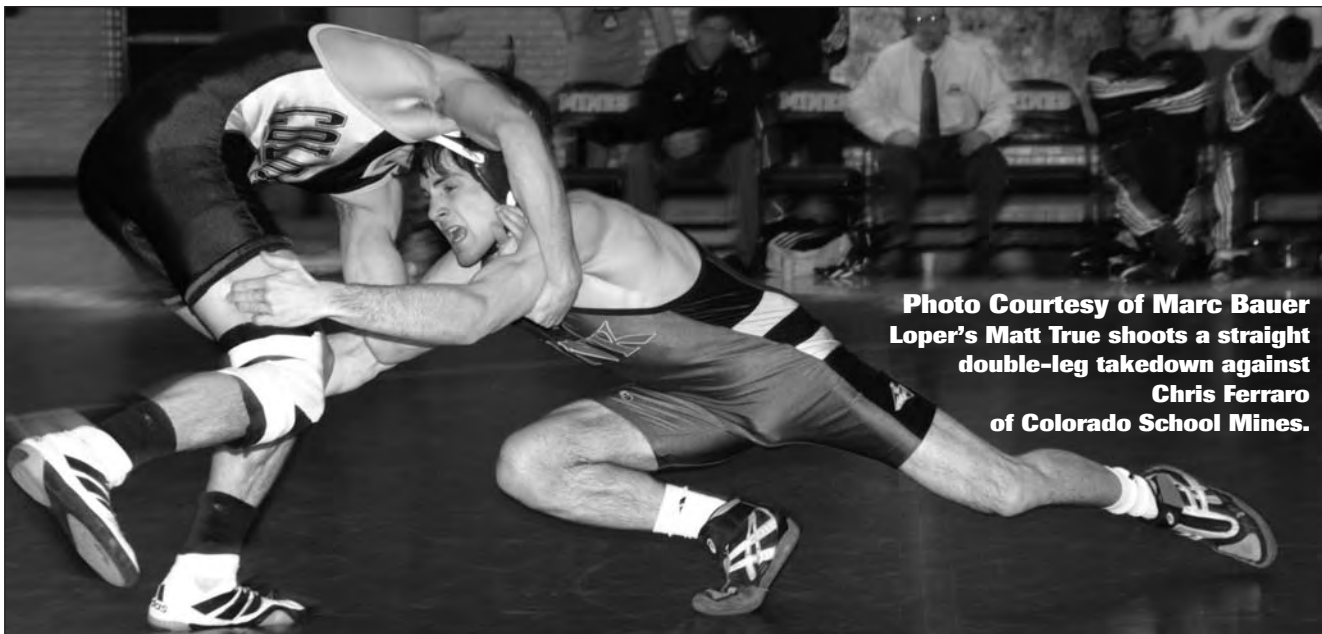


Photo Courtesy of Marc Bauer
Loper's Matt True shoots a straight
double-leg takedown against
Chris Ferraro
of Colorado School Mines.

men are battling with their weight and there are some lower confidence levels throughout the team.

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

will be wrestling two of the top ranked teams in the Nation."

With a new dual record of 12-3 and a conference record of 5-0, UNK is looking ahead to taking on fourth-ranked Central Oklahoma in Kearney on the Feb. 3.

The Lopers will compete in

another dual against top-ranked UNO in Omaha on Saturday. During the National Dual Tournament the Lopers went up against UNO, and UNO came up with a win. These two teams have had winning seasons just as the Lopers have, and the level of competition will be high.

Junior colleges offer many benefits

Lesley Crutcher
Antelope Sports Editor

For many student athletes, junior colleges offer an alternative to a semi-permanent home at a four-year college or university.

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

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

Kearney junior Erin Riedel, a steeplechaser for the UNK track and field team started her career at a junior college.

"I wasn't ready to make a decision about a major and all the pressure that comes with that. I wanted the more relaxed atmosphere that comes with a community college."

Riedel spent her first two years out of high school running for the Thunderbirds of Cloud County.

Community College in
Concordia, Kan.

Riedel said that the caliber of athletes in junior colleges is just as good as that of athletes in Division II.

"A lot of foreign kids come in, and they are amazing athletes that are coming to junior colleges so they can get recognition from the Division I schools."

Riedel said there is little difference in practice and workout routines between the two divisions.

"The levels of intensity at practices are pretty much the same. It's not like the junior college practices are super easy or anything like that. We work just as hard at practice whether we're at a Juco or Division II," she said.

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Unwritten Law rocks out new album



Photo Courtesy of Ian Jennings
Unwritten Law returns to the music scene with their new CD, "Here's to the Mourning." Their brand of pop and punk rock is winning over a whole new audience for the band.

Heather Berney
Antelope Staff Writer

Unwritten Law, a punk rock band currently on Lava Records, has released a new album that hits stores this Tuesday entitled "Here's to the Mourning." This is the California band's sixth album since the group formed in 1995. The single "Save Me" hit the alternative radio scene in December, entering the charts at number 48.

"Here's to the Mourning" is the band's second album with Lava Records since joining in 2002. This album has been named their official follow up to "Elva," a CD that supposedly widened the band's fan base.

Unwritten Law is Scott Russo on vocals and guitar, Pat Kim on bass, Steve Morris on guitar, Rob Brewer on guitar, and recently-added drummer Tony Palermo. Adrian Young, drummer for No Doubt, can also be heard in selected tracks of the new album.

Scott Russo, lead vocalist, hopes that the new single will compare to or even sur-

pass the success of the song "Seein' Red" that topped the charts for six weeks in 2002. This particular song gained recognition from MTV's series "Music in High Places." Unwritten Law appeared on the show and performed several new tracks that were later released in an acoustic album, "From Music in High Places." On the show, Unwritten Law shared the stage with several artists, including India.Arie and the Goo Goo Dolls.

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

"Here's to the Mourning" was produced by Sean Beavan and Josh Abraham.

Beavan has produced bands such as Nine Inch Nails and artists such as Marilyn Manson. Abraham has worked with Velvet Revolver and Staind. Award-winning song-writer and producer, Linda Perry, co-wrote the single "Save Me" alongside front man Scott Russo. Perry has written songs for artists such as Courtney Love of the band Hole and collaborated with Gwen Stefani on her most recent solo effort.

Michael Paoletta, editor for Billboard, said, "We have to hand it to the band for its lyrics, which are the strong points here."

The single "Save Me" features lyrics such as, "I'm sick of my sickness, don't touch me, you'll get this... I'm useless, lazy, perverted...you hate me."

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

Donny Hjort, a freshman at UNK, said, "I've been a loyal fan of Unwritten Law

since the release of 'Elva.' I like their acoustic stuff the best, but I've heard the new CD is more pop punk sounding. I'll definitely buy it the day it comes out in hopes that this one is as good as their old stuff."

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

More information can be found at the band's website, www.unwrittenlaw.com, including a biography, a message board and merchandise. In the multimedia section, selected songs from "Here's to the Mourning" can be played on Real Player or Windows Media Player formats.

Poet-Laureate gives reading

Mike Saniuk
Antelope Staff Writer

U.S. Poet Laureate Ted Kooser performed poetry and signed books last Friday night in the Nebraskan Student Union Great Room. The event was free and hosted by The Reynolds Writers & Readers Series, said the University of Nebraska at Kearney's Web site.

The poetry reading took place around 8 p.m. on Friday, Jan. 28. The room was packed full of people of all ages. Children, teenagers, college students and adults filled the Nebraska Student Union Great Room. "I was really surprised to see a lot of younger people here," A.J. Rose, a junior from Kearney, said. "It is nice to see UNK students supporting events like this."

To open, Kooser started the night out by reading some of his older poetry.

"Ted Kooser is a major poetic voice for rural and small town America."

-James H. Billington
Librarian of Congress

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

Andres Espinosa, a UNK freshman from Bogotá, Columbia, said, "He [Kooser] has a lot of different types of poems. He seems like a very happy man and he made poetry interesting by making me laugh."

Kooser started writing poetry while at work at an insurance company as he tried to pay for graduate school at the University of Nebraska at Lincoln. "I was committed to being a better writer," Kooser said. "I woke up early before work just to write."

Kooser has been writing poetry and publishing books since 1969. He has now published 10 books, including "Winter Morning Walks: One Hundred Postcards to Jim Harrison," which won the 2001 Nebraska Book Award for Poetry.

Over the years he has accumulated a wealth of poetry prizes. He received two National Endowment for the Arts fellowships, the Pushcart Prize, the Stanley Kunitz Prize, the James Boatwright Prize and a Merit Award from the Nebraska Arts Council.

Although Kooser has a lifetime full of awards and recognitions, his latest award was being appointed as the 13th United States Poet Laureate in Poetry in 2004. Kooser succeeded Louise Gluck as Poet Laureate Consultant in Poetry last October.

"Ted Kooser is a major poetic voice for rural and small town America and the first Poet Laureate chosen from the Great Plains. His verse reaches beyond his native region to touch on universal themes in accessible ways," James H. Billington, Librarian of Congress, said.

Kooser is the former vice-president of Lincoln Benefit Life, an insurance company, and lives on an acreage with his wife, Kathleen Rutledge, near the village of Garland, Neb., said the Nebraska Center for Writers Web site. Occasionally he teaches as a visiting professor in the English department of the University of Nebraska at Lincoln.

Megan Kulhanek
Antelope Staff Writer

Adam Kirkpatrick, an assistant professor with the UNK music program, was the featured vocalist for "Concerts-on-the-Platte" Monday night, Jan. 31, at 7:30 p.m.

Professor Kirkpatrick performed several musical pieces from other countries. Highlighted nations were Germany, Italy, and France for the audience of both UNK students and many Kearney citizens. Much of the concert was performed in languages other than English. Kirkpatrick did provide translations of each of the songs prior to the performance.

Kirkpatrick received his Bachelor of Music and Master of Music degrees from the Cincinnati College Conservatory of Music. He is currently working towards a Doctor of Musical Arts degree at Florida State University. Kirkpatrick joined the UNK faculty in 2004. He teaches applied voice, vocal techniques and core curricula.

Marilyn Musick, an accomplished organist and pianist, accompanied Kirkpatrick. Musick has previously held positions at Dundee Presbyterian and St. Barnabas Episcopal Churches in Omaha, and St. Luke's Episcopal Church in Kearney. She has a Doctor of Musical Arts degree from the University of Nebraska at Lincoln. Musick said of the performance and her experience with Kirkpatrick, "We worked quite a bit together. The ensemble is better when you get to practice a lot beforehand. Adam was fun to work with, and I enjoyed it very much."

Kirkpatrick, commenting on his selections, said, "The fifth song, "Schöne Wiege Meiner Leiden" of the German excerpt, is a very powerful piece. It is about leaving your home and not coming back again. I have to harden my heart before I per-

form this song because the emotions are so strong, and it is difficult to cry and sing at the same time."

Robert Schumann, a German composer from the Romantic era of music, wrote the German compositions. Kirkpatrick's other selections included works composed by Gerald Finzi, Giuseppe Verdi, Gaetano Donizetti, Edouard Lalo and Andrea Bernasconi.

Among those in attendance was Joe Knispel, a freshman from Kearney majoring in musical theater. He was in awe of the performance by Kirkpatrick.

Knispel said, "He is an amazing singer."

Stacey Bonner, a freshman music business and pre-law student from Battle Creek, Neb., said, "He has a very good vibrato, and his range of tone is very wide. The way he uses his face and body to express the emotion of the song is amazing."

Violet Johnson, a citizen of Kearney and resident of the North Ridge Retirement Community, commented, "The singer is well trained, but the pianist is very good too."

The members of the UNK Music Faculty periodically

present recitals for the students of UNK and the citizens of Kearney in each professor's accomplished field. These recitals make up the musical series, "Concerts-on-the-Platte."

Upcoming events include a duo-piano recital by Nathan Buckner of the UNK faculty with Jonathan Sokasits from Hastings College. The event is slated for Monday, Feb. 7, at 7:30 p.m. For more information concerning UNK Music, visit their Web site at www.unk.edu/departments/music/homepage.html.

