

Run With It

The Antelope

{ University of Nebraska at Kearney }



MADE AT UNK.

Expert teaches keys to parenting

Matt Ringen
Staff Writer

Nancy Thomas' lecture, cosponsored by the UNK Social Work Program, on nurturing techniques for emotionally-disturbed children brought crowds of more than 500 parents to their feet in applause after a 2 day presentation session entitled "It takes a team to heal a hurting child."

Thomas, a therapeutic parenting specialist from Glenwood Springs, Colo., has taught how to care for attachment disorder victims for more than 20 years. She has entertained over 35,000 parents discussing tools and tips on how to reach out to their children and turn them into loving and caring individuals. Her 85 percent success rate in healing severely emotionally scarred children is one of the highest rates in the

United States.

Most of Thomas's focus is on attachment. "Attachment is how we connect with another person," she said. "When we connect with our babies to keep them close and nurture them, it builds their brain and heart differently, letting them become more successful in life and relationships. We really need to be focused on raising our children right to surround them with love and support that they need to have."

Thomas also talks about limits in her lecture. "We want to teach our children at home to handle the limits we have before they are out in the world," she said.

Thomas explained throughout her presentation how to avoid Reactive Attachment Disorder (RAD). RAD is a disorder in which individuals have difficulties in forming loving and lasting relationships with others. People with RAD typi-

cally do not develop consciences and trust.

Thomas pointed out some infamous individuals with RAD who did not get help in time, including Adolph Hitler, Saddam Hussein, Edgar Allan Poe, Jeffrey Dahmer and Ted Bundy. She said one individual with attachment disorder, who got help in time, was Helen Keller, one of the greatest humanitarians in history.

"I try to teach parents and professionals to understand children with mental illnesses," Thomas said. "If we understand them, we don't get so frustrated and angry. I teach techniques so that the parents are empowered and excited about parenting."

Speaking professionally and performing consultation work, Thomas has received many letters and e-mails from parents that explained what a big difference it makes when they have tools that they can use to help their children build bonds with

the parents. She said her job is rewarding, especially when she hears about the parents' success stories regarding their children's developments.

Since she began her work in 1985, Thomas has acclaimed audiences around the world, teaching in the United States, Australia, Canada, England, China, Japan and Romania. She also had her work highlighted in an HBO special in 1990 entitled, "Child of Rage."

Thomas is also the founder of the nonprofit organization Stop America's Violent Youth (SAVY). She said one of her dreams is to have a country united with peace, love and laughter.

For more information about Nancy Thomas, visit her website at www.attachment.org or e-mail her at ncthomas@rof.net.

Photo by

Nancy Thomas, therapeutic parenting specialist



Actress remembers roots



Photo courtesy of Kathy Morrow

UNK's Kathy Morrow, at left, is shown here with Marg Helgenberger of "C.S.I.," at right, who attended Kearney State from 1977-1979.

Katherine Thomas
Staff Writer

"She was just like everybody else. She came in as a high school senior, naive and unpolished, but she had potential," Jack Garrison, head of the theater program at UNK, said.

"C.S.I." star Marg Helgenberger attended Kearney State College from 1977 to 1979. Helgenberger participated in many plays on campus before

transferring to Northwestern Alumnus School of Speech in Evanston, Ill., where she majored in speech and drama.

After graduating, she moved to New York City where she started her professional acting career.

Garrison remembers Helgenberger as a student at Kearney State. He directed her in several productions and was supportive of her when she spoke with him about her transfer.

"She [Helgenberger] felt like

she was not getting anything new or beneficial after a couple of years here. When she got to Evanston, she really struggled at first," Garrison said.

At the time, Evanston was considered the "Yale" of educational theater. The school had an outstanding reputation because of the amount of people that had come out of the theater program.

Although Helgenberger's time at Evanston was very beneficial to her acting career, Garrison believes a large part had to do with the plays she did

outside of the theater program. He believes her success as an actress is a combination of several elements, including talent, looks, sense, understanding and a strong work ethic.

"I think what makes her successful is that she was not as dynamic in stage theater," Garrison said. "She was in between movies and stage, which made her perfect for television. It takes more than talent to do what Margi did. It takes a

See **C.S.I.** on page 8

NBDC travels to ravaged gulf coast

Chelsie Flanagan
Staff Writer

The Nebraska Business Development Center (NBDC) at UNK is taking part in a project for the Small Business Development Center to help small business owners in the Gulf region recover from the devastating losses of Hurricane Katrina.

Odee Ingersoll, the director of NBDC, left Kearney early last Sunday for a voluntary reassignment position in Hattiesburg, Miss.

Ingersoll is one of a hundred small business consultants from across the nation who will be helping small business owners get back on their feet. He will be in the Gulf region for two weeks helping owners find money to restart businesses.

"Our goal is to help the owners get back in business and help the economy down there to work like it is supposed to," Ingersoll said.

He added that reestablishing business is an important part of restoring economic stability in the Gulf regions of Louisiana, Mississippi and Alabama affected by the recent disaster.

The team of small business consultants will be staying at a local church in Hattiesburg. The town is positioned above New Orleans near the Mississippi River.

"Hattiesburg is close to where the majority of the devastation took place. It was damaged during the storm but Internet, phones and basic infrastructure are still working," Ingersoll said. "Clients will be able to come to us for help."

The United States Small Business Administration will be helping people receive disaster relief loans for businesses that have been devastated by the recent hurricanes. Ingersoll and others will be working with small business owners, looking at past tax returns and the overall financial states of the businesses, to help them calculate the financial cost of restarting their businesses.

"A lot of our time will probably be spent just listening to people and to their stories and comforting them in their losses," he said. "It's pretty bad down there. We are trying to prepare."

With the help of consultants like Ingersoll, more business owners will be able to qualify

"Our goal is to help the owners get back in business and help the economy down there to work like it is supposed to."

Odee Ingersoll
Director of NBDC

for the funds provided by disaster relief loans to restart their businesses.

"Typically when a business

See **NBCD** on page 8

Page 4
College night downtown



Page 5
Cafe Calvin unveiled



Page 6-7
Loper volleyball



Page 8
Amnesty International



Friday

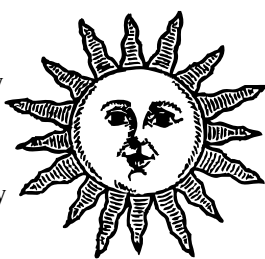
Partly cloudy
High 79
Low 49

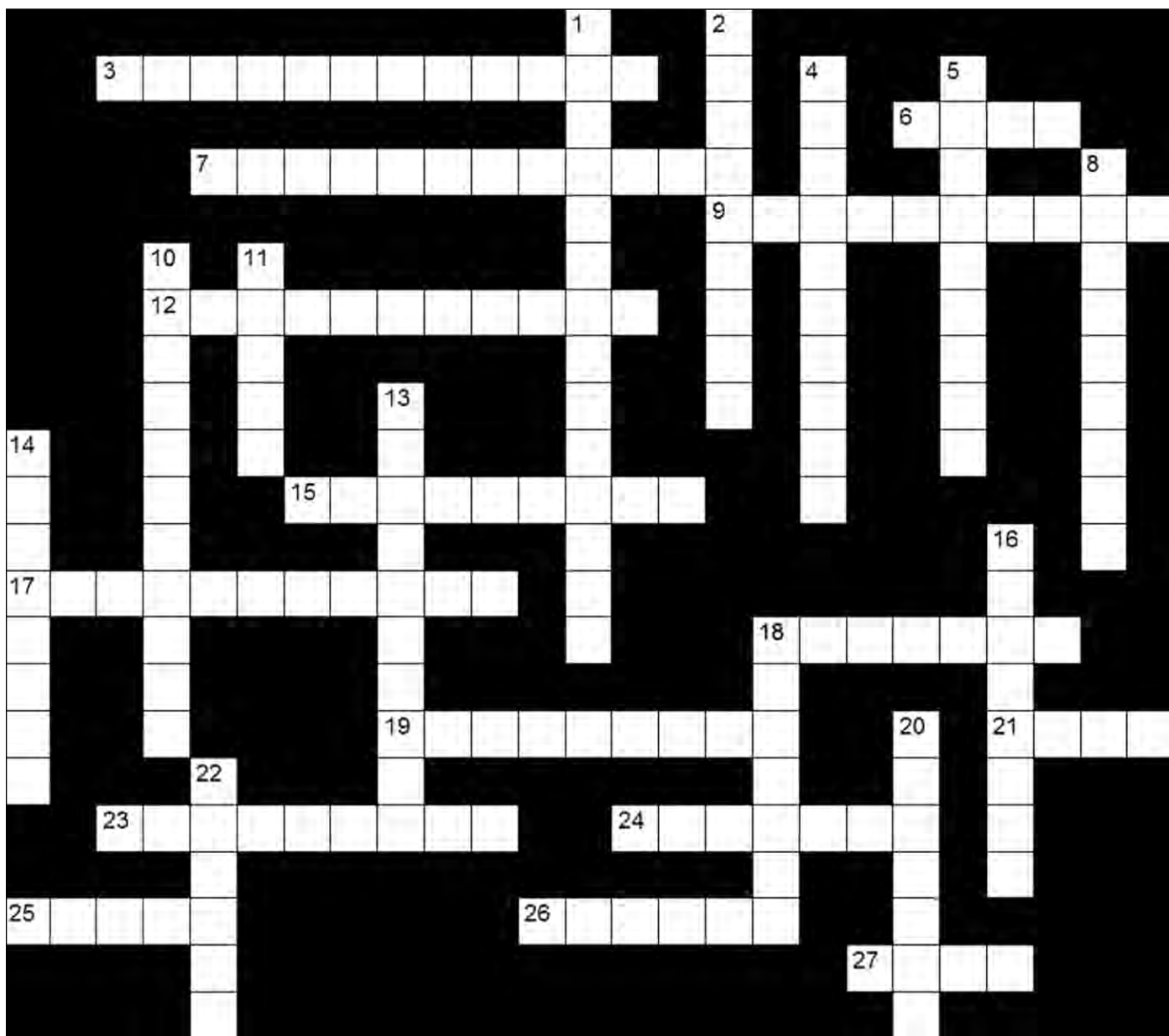
Saturday

Partly cloudy
High 80
Low 50

Sunday

Mostly sunny
High 78
Low 49





Hurricane Crossword

ACROSS

3. Hurricane satire was recently issued by a maverick cybergossip without corporate ties, demanding advertisers or editors to influence him.
6. A tropical storm that became the 17th named of the Atlanta hurricane season.
7. This epic movie drama involving a storm and starring George Clooney is not so perfect.
9. The expertise of Michael Brown, who led FEMA until being replaced recently.
12. This hurricane was foreverafter named after this hurricane tracker because so many died after not going to higher ground in Galveston.
15. Listening to a climatologist who pooh-poohed a Category 4 storm made Galveston the _____ of storm cities.
17. Where many elderly persons died in New Orleans.
18. With 190 mph winds and a storm surge up to 25 feet, on Aug. 17, 1969, said to be the worst hurricane to hit the coast of the United States.
19. Who we can count on during stormy seasons.
21. A 1989 hurricane that took down giant trees in North Carolina after hitting Charleston, S.C.
23. This country offered 300,000 barrels of petrol to aid the Gulf-stricken coast crippled by Hurricane Katrina.
24. This is a deadly massive ocean wave caused by an earthquake.
25. The elected position C. Ray Nagin holds in New Orleans.
26. Rita struck hard in these waterways of Lake Charles, La.
27. The acronym for the federal agency that is said to not have responded quickly enough to aid victims of Hurricane Katrina.

DOWN

1. A good Samaritan in the storm, who believes were are responsible for helping our neighbor.
2. The game that everyone and anyone is playing who failed to respond quickly to the upheaval caused by hurricanes Rita and Katrina.
4. The city in Massachusetts where fishing boats launched that encountered waves as tall as 10 stories high.
5. The hardest hit area of New Orleans in the aftermath of Hurricane Katrina.
8. At least 6,000 citizens of this fair Texas city lying at sea level lost their lives in a 1900 hurricane.
10. This leader of a Carribean island nation offered to provide 1,600 doctors to help victims of Hurricane Katrina.
11. This sold for as much as \$30 a bottle to those who were thirsty during Hurricane Rita.
13. Nickname for the first oil scandal tied up in government, involving President Warren G. Harding.
14. This practice of appointing political friends to public office is said to have hurt those impacted by the hurricane season.
16. These water-borne wildlife were saved by their trainers after being washed out to sea during Hurricane Katrina.
18. Hurricane Rita took down the edifices of these businesses around Lake Charles, La.
20. Helen Hunt starred in this 1996 movie concerning storm chasers.
22. The hurricane that wiped out Homestead, Fla.

Answers to last week's Rape Prevention Crossword

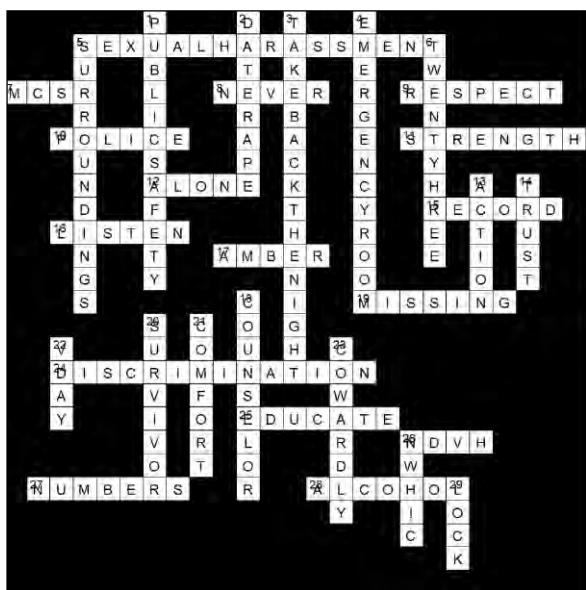


PHOTO of The WEEK

Photo by
Mika Arai

Saeko Zenbayashi, a junior majoring in international studies, focuses on a badminton game in the Health and Sports Center.

To submit pictures for Photo of the Week, save pictures as JPEG files and send them to antelope@unk.edu, or call 865-8716 for assistance.



the bottom line

What do you think of the new Cafe Calvin in the Calvin T. Ryan Library?



"It's a whole lot better than just a Xerox room."

Cory Cicconi, York
Biology



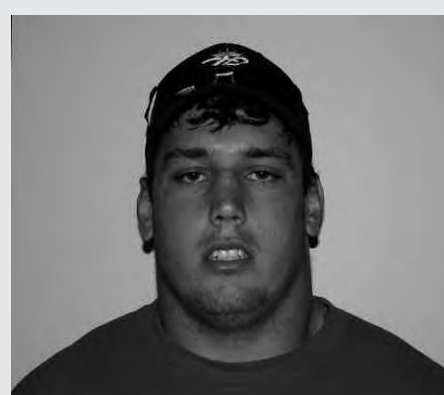
"I'm suprised that the school did it, it's nice!"

Dana Hansen, Sturgis S.D.
Art Education



"It rocks my socks off."

Liz Uchtman, Columbus
Theater



"It gives people a chance to take a break without having to leave the library."

Nick Trampe, Riverdale
Business Management



The institution you attend is not necessarily free of error. Just because the persons who make major decisions appear to be affluent and wise does not mean that every decision they make is for the best of the students. This is not how it should be, and it's where I step in.

-Mike Adelman
Antelope Cartoonist

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Who would help Nebraska?



Tana Kennedy
Assistant Layout Editor

Now that we are in our sixth week of this semester, hopefully we are all fully engrossed in our studies and becoming more enlightened and knowledgeable each day.

Yet, despite all our professors and instructors are presenting and all the information we are being bombarded with from text books, Web sites and various other sources, there is

something happening in the world around us that should be having an impact on our education as well.

I am referring to the hurricanes Katrina and Rita, and even more specifically to the handling of these disasters by the government.

While it is a relief and a blessing that Rita has had so few casualties, this seems to be as much due to nature's will as to the evacuation proceedings.

The three million evacuees from Rita all seemed to be clogged on the same Texas highway. Without the aid brought to these motorists by other evacuees, it is scary to think what may have happened to these people had Rita hit Galveston and Houston.

No doubt directly because of what happened in Louisiana, Texans seem to respond almost 100 percent to the mandatory evacuation, trusting there would

be gas trucks and relief for them on their way out of Rita's path.

Instead, they found themselves in wall-to-wall traffic, running out of gas, food and water.

The disaster of Katrina was a much sadder, frustrating and disappointing event, and I'm only referring to the way the situation was handled by the government.

Pictures of innumerable idle buses and unmoving trucks filled with water, but waiting for the order to bring relief to the victims, are indicative of the impotence of the relief efforts.

As we all know, I could go on and on about the tragedy of these disasters and in complaining about the way the government handled them.

But what I really want to do is to encourage us all to take a look at this situation and what

we can learn from it.

Here in Nebraska we tend to believe we are untouchable by natural disasters and acts of terrorism, but this is really a naive and dangerous attitude.

Have you even thought about what you would do in such a situation? Where would you go?

Do you have the basic supplies that could be vital in saving your life in a disaster?

Does the UNK administration have a plan if something were to happen in Nebraska?

As a student, do you just believe that some higher authority is going to take care of you?

Do you believe that state or government programs would be here if and when we needed them?

Are you willing to trust your life to this belief?

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Wednesdays offer mid-week relief

Sheena Rader
Staff Writer

Where can you sing, dance, laugh and have fun with friends during the week? Shooter's in downtown Kearney is definitely the place you want to be.

Each Wednesday, Shooter's hosts karaoke and draws a great crowd.

Trenton Tophoj, a sophomore from Grand Island majoring in secondary education, has worked at Shooter's for a year and a half.

"We've done karaoke on Wednesdays for several years," he said. "It's popular, and it works well. Every bar has their own thing, and this is ours."

Tophoj reports that on average, 220 people walk through the door to take part in the karaoke fun.

"We definitely see more of a college crowd on Wednesdays," he explained. "Karaoke definitely has a high entertainment value, and it's a combination of our specials and the karaoke that attracts people here."

The specials on karaoke night include \$1 draws, \$4.50

pitchers, \$3 bombs after 11 p.m. and \$1 shots that vary weekly.

Crystal Floyd, a senior from south Sioux City majoring in organizational communications, has been a waitress at Shooter's for seven months.

She laughed and said, "I like the crowd. It's all the young kids, and it's fun to see people make fools of themselves."

"I like the crowd. It's all the young kids, and it's fun to see people make fools of themselves."

Crystal Floyd
Shooter's waitress

If you're not one for getting up in front of a large crowd to

display your vocal abilities, karaoke presents a good opportunity to shake your tail feather out on the dance floor.

Mattie Curtiss, a senior from

Hastings majoring in organizational communications, enjoys going to Shooter's regularly.

"They have the best starburst shots, and I love to country swing dance. I really do love to dance as long as boys don't bonk me in the head with their elbows," she said.

Karaoke allows you to sing and dance, but it also allows everyone who's brave enough to present comedic performances as well. Just think of it as a way to display your best talents.

Tophoj shared some of his favorite performances he's witnessed since he's been bartending.

Laughing, he said, "There's this older Caucasian gentleman who writes his own raps and does his own dances. He usually generates a good response from the crowd. There's also this kid who likes to sing to 'N Sync and dance in the middle of the floor while he sings."

Floyd added, "Yeah, karaoke really does bring out the true talents of Kearney."



Photo by Becca Bunker

Libby Kasselder, an Erickson senior majoring in social work, performs on stage at Shooter's karaoke night Wednesday.

Photo by Becca Bunker

Joe Stansberry, left, Shanna Drumheller, middle, and Robbie Hankins, right, listen to the karaoke singers Wednesday nights at Shooter's.



Lil' Kim crams before confinement

Sheena Rader
Staff Writer

Thirty year-old rapper Lil' Kim was assigned to a federal detention center outside of Philadelphia on Monday, Sept. 19, to serve a 366-day sentence just eight days prior to the release of her new album, "The

Naked Truth."

The female rapper was also fined \$50,000 after being convicted in March for three counts of perjury and conspiring to lie to a grand jury in connection with a shooting incident outside a Manhattan radio station.

According to an interview on mtv.com, she said, "I plan to write music while in prison, read and pray regularly, and

will come out a stronger, more confident woman."

In an interview with DJ Clue on MTV's Direct Effect, she said, "I owe my fans the biggest hugs and kisses in the world. They were there for me when I was in court every day. I love them."

Lil' Kim was forced to work extensive hours and long days to get her album out before her

sentence.

She said she had to focus to ensure her face and image would still be out there while she's away from the business.

She reported to have been completing up to two music videos in one day. The new album, "The Naked Truth," was released Tuesday.

O'Mally's "Burger and Beer" night draws crowd

Derek Wakefield
Staff Writer

Many believe that every Wednesday night there is always something to do in downtown Kearney. Food, entertainment

and drink specials are a great way to start off your night, that is, if you have your homework done.

O'Mally's, located on Central Avenue is home of "burger and beer" night, where customers can get hamburgers, french fries and Miller or Coors draws for \$1.50 each.

The bar serves drink specials from 5:30 to 8:30 p.m.

There are also complementary peanuts served while customers wait for their orders.

As soon as the kitchen opens, the bar becomes filled immediately. People can be seen at the bar, in booths or at tables chatting amongst friends while they wait for their food.

The bar also has television, basketball, foosball, pool and an outside area for people to socialize or just relax.

Megan Kasselder, who bartends at O'Mally's said, "The bar ends up getting pretty

packed. We usually serve over 100 people, balancing between an older and younger crowd."

Jenny Benesch, a senior from Schuyler said, "I come here for the fun atmosphere, the beer and the good food. I always end up having a good time."

Ashley Kottman, a sophomore from West Point said, "I like eating outside when the weather is nice. I can have a better conversation with people when I'm away from the noise of the bar. I especially like their fries here."

"I come here for the fun atmosphere, the beer and the good food. I always end up having a good time."

Jenny Benesch
UNK senior

After going to O'Mally's, there are many other bars in the area to go to if you are still up for entertainment.

Club 3 hosts college night and offers \$.75 Coors beers from 8 p.m. to 10 p.m., The Roman has whiskey and coke for \$2 and the Chicken Coop also has Windsor Wednesdays for \$2.

Some of the other bars you can visit downtown include Cunningham's, Lumbers, Copperfields and Thunderhead Brewing.

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P036324 10/03

'Cafe Calvin' unveiled at library

Caffeine, comfort, computers change the face of historic UNK building

Blake Mullanix
Entertainment Editor

On Sept. 27, the Calvin T. Ryan Library officially unveiled Cafe Calvin, the latest edition to

a series of aesthetic improvements.

Those in attendance were treated to an assortment of chocolate, desserts, tea, coffee, cookies and fresh fruit.

Cafe Calvin is located to the

right of the main entrance in the library, a space previously filled with copy machines and microfilm readers.

Students and staff agree that the welcoming ambiance of the new cafe is definitely preferred to the old look.

Students the world over are relying more than ever on caffeine to help them through the day and keep them up for those long nights of studying.

UNK freshman Kellee Seidel said, "I think many students come to college not prepared for the long hours of studying and work. I literally need the caffeine to stay awake and study."

Seidel said she believes this cafe is a great idea because so many students rely on soda and coffee.



Photo by Daniel Nickel

The plush layout of Cafe Calvin includes dapper furniture, wireless and personal computers, soda, coffee and snack vending machines, and a flat screen television that would make most theaters green with envy.



Students drink coffee to stay

"We want students to come to the library and feel comfortable."

Larry Hardesty
Dean of the Library

awake, and reward themselves with the beverage when the

work is done.

The cafe now features a stylish lounge area equipped with wireless internet access, a flat screen television, four personal computers, paintings provided by the Museum of Nebraska Art and the addition of coffee, soda and snack vending machines.

Every student spends a majority of their college tenure with their face in a book. Therefore, the atmosphere of a studying area is an important factor on the level of productivity.

Senior computer science major Siva Kommuri thinks the

addition of the Internet cafe to the Calvin T. Ryan Library will make many students happy.

"Having a cafe in the library gives the students a chance to enjoy studying," Kommuri said.

Larry Hardesty, Dean of the Library, said, "We want students to come to the library and feel comfortable."

According to Hardesty, M.O.N.A., Eakes Office Plus, Kelly Electric, Payne Larson, the staff of the library and many others contributed to the construction and furnishing of the new cafe.

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Lopers take win and donations

Megan Kulhanek
Staff Writer

Friday night, the volleyball fans in attendance for the UNK win over Chadron State, contributed more than cheers, donating their spare change for Hurricane Katrina victims in rural Louisiana.

The UNK Loper volleyball team now marks their season with 14 wins and one loss to Seattle Pacific. The win against Chadron State advances the Loper winning streak to nine.

Standout players for the game, outside hitters Alison Glidden, Ashley Solt and Kelli Bunker, executed 35 kills for the evening, 13, 12 and 10 respectively. Also leading the Lopers, Bethany Spilde and Jill Gergen each dug 12 attempts by the Eagles to score.

"After a shaky start, the Lopers figured out how to use the Eagles' weaknesses to their advantage," said Kristin Moncrief, a junior from Kearney majoring in accounting.

Luke Saulsberry, a junior from Auburn majoring in organizational communications, said, "When our volleyball team

competes, it appears a majority of our opponents are high school teams. I'm not going to lie, our athletic ability and coaching staff demonstrate perfectly why we are ranked third in the nation."

Before the game and between the first and second set, a donation was collected to assist farming communities affected by the devastating hurricane in early September.

Jon McBride, UNK athletic director, said, "It's a natural fit to team up with our sponsors to collect donations for this cause as the monies will benefit rural farming communities, like those in the Kearney area and the state of Nebraska."

Friday-night sponsors were the American Farm Bureau and the Nebraska Beef Council. The collection taken will be sent to the American Farm Bureau

Hurricane Katrina Relief Fund.

Heather Bolin, a senior majoring in travel and tourism from Gibbon, said, "The theme of doing farm communities was because of the sponsors - we wanted to incorporate them as well."

"This goes above and beyond class. If it happened here, we'd expect others to do the same."

Heather Bolin
Gibbon senior

same. We're just showing heart and giving back to those in need," she said.

Bolin got involved with the project as a member of the PE 429 sports marketing class that generated the idea and decided to team up with Loper athletics.

Saulsberry said, "I like how they realized that there was more to life than winning and losing. Even though everyone is fundraising for it [Hurricane Katrina], people still care."



Photo by Erika Dimas
The team huddles up before the second set against Chadron. The Lady Lopers defeated the Lady Eagles in three sets on Friday, Sept. 23.

Lady Lopers dominate Fort Hays



Ben Goetz, Brandon Wright
Guest Columnists

Our first column of the semester detailed a very unsuccessful attempt at a road trip. If you recall, the car broke down and we never made it to Denver to see the Cubs-Rockies game.

Well, we figured we had enough karma built up and it was time to attempt another

road trip. This time, we hit the road for a Loper game.

Sorry football team, we didn't have the time, money or patience to make the trek all the way to Las Vegas, N.M. Although, it would have been nice to see the Lopers crush a weak New Mexico Highlands University squad.

Instead, we went to Hays, Kan., to see the Loper volleyball team take on the Fort Hays State University Tigers.

We arrived in Hays about 20 minutes before game time to find a raucous FHSU student section ready to support the team. It was quite a scene watching several male students with letters on their bare chests

trying to align themselves to spell T-I-G-E-R-S.

For the first part of the opening game, they sure did a good job cheering for the Fort Hays S-R-I-G-E-T - impressive fellows.

What was not impressive, however, was the Lopers' performance out of the gate. The Lopers did not look like the third best team in the country as FHSU got out to a 3-1 lead before coach Rick Squires called his first time-out.

After Hays rolled off three more strong points, a fuming Squires aggressively called his final time out of the first game.

As the game progressed and the Lopers continued to fall fur-

ther behind, the home crowd fed off their team's momentum.

The Loper players and fans all looked stunned. An inspired Hays team pounded 21 kills and hit .625, staggering the Lopers and closing out the first game, winning 30-16, in what was the Lopers' worse loss since a 30-12 setback to Division I Northern Colorado University in early 2003.

Hoping to motivate his listless squad, Squires made several lineup changes for game two, inserting freshman Jill Gergen into the libero position and also playing freshman Juli Minicz and junior Ashley Solt.

The Lopers responded by surging to a 15-9 lead before

Lopers vs. Huskers

Megan Kulhanek
Staff Writer

If the Nebraska volleyball teams were to play each other, how would they stack up?

Although the two schools are in different NCAA divisions, a fan can compare the coaches, players at individual positions and statistics of each team to develop a picture of what the match-up would look like.

This week, the comparison of the coaches:

Both are in their sixth season at their respective universities. Coach John Cook, head coach of the Husker volleyball team, has an overall career record of 326-84, while Coach Rick Squires, head coach for the

Lopers, has recorded 512 wins and 123 losses.

Cook, named "Big 12 Coach of the Year," has been a part of the UNL coaching staff since 1988, holding such titles as assistant coach, associate head coach, and now, head coach. He has also coached teams at the University of Wisconsin-Madison and the University of California-San Diego. Cook started his career in 1981, at Francis Parker High in San Diego, Cal.

Squires is in his tenth year as a college head coach. Prior to coaching the Lopers, Squires led the NAIA Hastings College team as well as Seward County Junior College in Liberal, Kan. Squires first coached volleyball

at Remsem Saint Mary High School in Remsem, Iowa.

The Huskers' Cook weighs in with 24 years of coaching experience, compared with the Lopers' Squires with 16 years. Although the Huskers' Cook has more years of experience, Squires has a total 635 games in contrast to Cook's 410 games.

By the numbers, Coach Squires' 80.6 winning percentage overshadows Coach Cook's games won by a little more than 1 percent. Cook ranks just under Squires with a 79.5 winning percentage.

This week's comparison gives the competitive advantage to Kearney for games won and on the court experience - UNK 1, UNL 0.



Photo by Tana Kennedy
Setter Bethany Spilde sets the ball in the Lopers match against the College of St. Mary on Tuesday night. Middle hitter Erin Brosz, defensive specialist Steph Hoemann and outside hitter Kelli Bunker prepare to attack the ball. The Lopers won the close match against the worthy opponent in five sets.

Cross Country tops season with high finishes

Derek Miller
Staff Writer

Topping off the new season at the Dean White Invite Saturday in Crete, the Loper cross country men's and women's teams finished first and second respectively.

The men, led by Kearney sophomore Brock Steinbrink with a fourth-place finish of 27:01.39, had 32 points to win, seven points over the closest Northwest Missouri State.

Led by Kearney sophomore

Jordan Pallas with a second-place finish of 20:19.58, the women had 31 points, six points behind the Crete Tigers.

At the Woody Greeno/Nebraska Invite, held Sept 24 in Lincoln, the women placed 20th and the men placed 23rd.

In the 31-team field, the Loper women scored 496 points and came in ahead of Division I Northern Colorado, Wayne State and RMAC-member Metro State. On the men's side, which featured 29 teams, UNK scored

555 points to come in ahead of Division I Creighton, Hastings and Metro State, among others.

Individually, Steinbrink and Pallas again led the Lopers. Steinbrink placed 53rd with a time of 27:03, while Pallas ran a 23:47 to finish in 45th place. Also cracking the top 100 for the Lopers was Imperial sophomore Michelle Dill, with a time of 24:04 and 62nd place.

UNK remains in state the next two weeks. The teams run in Hastings on Saturday and Concordia on Oct. 8.

Placers at the Dean White Invite:		28:41.96	20:40.45
Men's Finishers:		21st place: Zane Peterson – 30:16.44	7th place: Anne McGovern – 21:11.45
4th place: Brock Steinbrink – 27:01.39		24th place: Chris Miller – 30:50.74	8th place: Glenda Branch – 21:18.10
5th place: Rylan Little – 27:35.43		26th place: Chris Hennessy – 32:14.29	11th place: Andrea Herndon – 22:04.09
6th place: Justin Zahller – 27:37.91		30th place: Jeff Teters – 34:25.64	12th place: Kellie Nevins – 22:04.35
8th place: Andrew Heller – 27:54.26		Women's Finishers:	
9th place: Dan Huffman – 27:57.11		2nd place: Jordan Pallas – 20:19.58	14th place: Carrie Niemoth – 22:45.43
15th place: Tyler Hanson –		3rd place: Michelle Dill –	18th place: Faith Maschmann – 23:10.21

Tennis prepares for new season

Brittany Johnson
Staff Writer

To get ready for the season, the UNK tennis team put on a free clinic for the public, Sunday, Sept. 18, at Harmon Park. The team gave lessons to young kids that wanted to learn to play and also to supporters of the team, young and old.

Luke Backhaus, a senior from Omaha, said a lot of fans showed up with their kids, to give them the opportunity to learn more about the sport.

This clinic gave the fans a chance to actually be on the court with the players and become familiar with the individual players of the team.

Along with familiarizing themselves with the fan base, the tennis players are also practicing hard to gear up for the

approaching season.

Backhaus said, "We lost a couple of seniors that were really good, but our starting line-up is basically the same as last year. We went to nationals last year, and we are hoping to do as good or better this year."

The team lost Tyson Thomas from Columbus and Mike Sanuik from Omaha.

Sanuik said, "They're returning six people from last year, five of which are top players. The sky's the limit with the potential that the team has this

season."

Sanuik still helps and practices with the team.

The women are also working hard to start out the season on top.

"The sky's the limit with the potential that the team has this season."

Mike Sanuik
Former tennis player

Nicole Ruybalid, a senior from Holdrege, said, "We are coming into the season pretty much a whole new team, but we have really good team chemistry."

With a successful season behind them,

Head Coach Jesse Plote is taking his tennis players into the season by working them hard and keeping them involved with the program.

A Day in the Life . . .

Brittany Johnson
Staff Writer

Tennis player Cory Ciccone is not only a dedicated athlete, but also a hardworking student. As a biology major, Ciccone does not spend a lot of time away from the court and campus.

One or two times during the week, Ciccone will wake up early and go to the tennis court to practice. He has class every day until 1:30 p.m. After this, he has practice and conditioning.

During the fall, Ciccone said the team does some different activities to raise money and boost support, such as the free clinic that was put on last week.

"The night before a duel we will get together and have some kind of pasta, because it is really good to build up your energy reserves," Ciccone said.

With extensive traveling,

the athletes spend a lot of time together.

"We are on the road a lot traveling really far, and trying to do homework on the van can be tough," he said.

Though the traveling can be hard, Ciccone also stated that the team has a lot of fun together.

Last year at nationals, he said everybody played putt-putt golf, went to movies and had a lot of fun with each other.

Along with the tennis team, Ciccone spends a lot of time doing homework.

He is part of an organization on campus that is doing biomedical research. The group works with different areas of biology to receive grants.

He said, "Right now I am working with a professor, and we are doing research on diabetes in rats."

Though Ciccone has to juggle playing tennis and school,



he is happy to be a part of the team.

"The tennis program has really turned around, and it's exciting to be a part of the program," he said.

"It's a lot of hard work, but I love being on the team," Ciccone said.

With the tennis season on its way and graduation coming closer for this senior, Ciccone finds himself with plenty to do.

All this hard work and dedication is just part of being a UNK tennis player.

UNK Graphic by Jaime Flores

Football Update

The UNK Loper football team continued their winning ways this weekend. They have now won four games in a row and outscored their opponents 186-50 over that span.

Over the weekend, they manhandled New Mexico Highlands 59-21.

Quarterback Marcus Goldenstein threw four touchdowns, three to stand-out receiver Richie Ross.

New starting tailback Jake Richards ran for 185 yards and three touchdowns.

This week is homecoming on the UNK campus, and the Adams State Grizzlies come to town with a 2-3 record. The game is at 1 p.m. at Foster Field.



have two or three meets in one week," she said.

The team will leave on a Wednesday or a Thursday and come back on Sunday. This takes away Eichman's free time and forces her to get her school work done early.

Between workouts, practice and school, Eichman does not see a lot of free time, but this is the average life of a tennis player, and that's all she knows.

Eichman does not have class on Tuesday's and Thursdays.

"I usually take advantage and sleep in," she said.

On these days off she lifts weights from 1 p.m. until about 2 p.m. when practice starts.

At home, Eichman lives with her boyfriend, Pat Breittkreutz. They like to travel together, going to Lincoln, her hometown of Hastings or his hometown of Ord.

Eichman says she has a new pastime; her boyfriend likes to hunt and she said she's enjoying him teaching her how to hunt.

When the season starts in the spring, the team has meets almost every weekend.

"During season I don't have a free weekend. We usually

A Day in the Life . . .

Brittany Johnson
Staff Writer

Jenna Eichman, a tennis player at UNK, dedicates most of her time to her sport. When she is not working hard getting in shape or working on her game, she spends time doing homework and traveling.

On Mondays, Wednesdays and Fridays, Eichman has class from 9:30 a.m. until noon, and then again from 1 p.m. until 2:15 p.m. This afternoon class overlaps with 2 p.m. practice, so she goes directly to the courts from class. Practice runs until about 4 p.m.

"After practice I go home and eat. Then I usually do some homework and watch TV," Eichman said.

Oklahoma going down this year

Chris Parks
Staff Writer

The college football season is well under way with four solid weeks of weekend couch sitting under most fans' belts. There have been plenty of surprises so far this season, such as the University of Oklahoma at 1-2 and both the University of Michigan and the University of Iowa at 2-2. The Big 12 Conference hasn't garnered much respect around the country but it is yet to be seen whether or not that lack of respect is justified.

The University of Oklahoma's surprisingly dreadful start casts a dark shadow on the conference, but many Big 12 fans would be surprised to hear that the conference is a respectable 31-5 so far this season. Sure, most Big 12 schools haven't exactly played the crème of the crop in college football, but having the most undefeated schools of any conference in the nation, at eight, can't be a bad thing.

The Big 12 South race is shaping up to be very interesting. There are a lot of talented teams in the division and the Sooners have left the door open for other teams in the south to make a step up. I have listed my predicted order of finish for the Big 12 South and discussed each team's outlook.

1. University of Texas
2. Texas A&M University
3. Texas Tech University
4. University of Oklahoma
5. Oklahoma State University

6. Baylor University

University of Texas: If there was a perfect year for the Longhorns to run the table, this is it. The Horns already have a big victory under their belt by taking one from Ohio State University at the Horseshoe.

If Mack Brown's team can win against their nemesis, the Oklahoma Sooners, then they have a legitimate shot to make it to the national title game. Another big game for the University of Texas will be on the road against Texas A&M at the end of the season.

Heisman Trophy candidate Vince Young will lead the Longhorns to the Big 12 title game with his amazing scrambling abilities and improved passing talent.

Texas A&M University: The Aggies have been sporadic so far this season, but they have the talent to make a statement in Big 12 play.

Quarterback Reggie McNeal will make mention for the Heisman Trophy if his consistency improves. McNeal is a respected dual threat quarterback and will get some help with shouldering the offensive effort by junior running back Courtney Lewis.

The one factor against the Aggies this season is the schedule, with tough games at the University of Colorado, Texas Tech University and the University of Oklahoma.

Texas Tech University: Offense and more offense continues to be the theme in Lubbock, Texas. The Texas Tech

University Red Raiders are just one point shy of scoring an astounding 200 points in their first three games of the season. Eighty of those points were dropped upon Sam Houston State University in the second game of the season.

Head Coach Mike Leach's run-and-gun style of football continues to fit well at Texas Tech and Cody Hodges has filled the quarterback position so far this season.

The schedule is pretty favorable for the Red Raiders getting both Texas A&M University and the University of Oklahoma at home.

University of Oklahoma: Not many would have predicted the Sooners would already have two losses on the season, but it is a reality.

The loss of former Heisman Trophy winner Jason White has definitely hurt the Sooner offense as both Paul Thompson and Rhett Bomar have struggled at the quarterback position. Thompson has been moved to wide receiver in hopes to give the team a spark.

Sophomore running back Adrian Peterson will be the backbone of this team after rushing for 1,925 yards and 15 touchdowns last season. Look for the 2005 Heisman runner-up to be in the mix for the trophy again. He will have to work extra hard with teams now focusing on stopping him.

Oklahoma State University: It could be a long year for the Cowboys who won by only five points against

Montana State University in their opener. The departure of Head Coach Les Miles to Louisiana State University may hurt the Cowboys big time.

Three tough road games grace the schedule for Oklahoma State University with Texas A&M University, Iowa State University and the University of Oklahoma all away from Stillwater.

The Woods' family bloodline is stronger than ever for the Cowboys with brothers Donovan and D'Juan filling starting roles at quarterback and wide receiver, respectively. D'Juan is a very talented player that will need to be looked out for by opponents.

Baylor University: The poor Bears continue to sit at the bottom of the barrel in the Big 12 South, and it doesn't appear that is going to change anytime soon.

Baylor University has already matched their win total from last season, but it is going to be a tough game every weekend from here on out. Baylor University could surprise somebody if a team overlooks them—the Bears pulled a shocker over Texas A&M University last season.

Running back Paul Mosley and linebacker Colin Allred are two players to watch out for on Baylor's squad.

Big 12 South Players of the Year:

Offense: Vince Young, quarterback, University of Texas

Defense: Jaxson Appel, free safety, Texas A&M University



Support your UNK Loper football team

Hustler's Corner

Derek Miller
Staff Columnist

After a 14-2 start, I continue to roll. Going into Monday night, where I have the Louisiana State University Tigers and the Kansas City Chiefs winning, I am 20-2. Add those wins and you get 22-2, wow!

Let's get to the action. In college football this weekend, the No. 1 University of Southern California continued their dominance and scored 45 unanswered points to beat a No. 24 Oregon University team on the road.

USC continues to impress. No. 4 Virginia Tech University solidified its case for being a national title contender by taking No. 15 Georgia Tech University out behind the woodshed, 51-7. The No. 8 Ohio State University Buckeyes put a whooping on No. 21 Iowa University in Columbus, Ohio, 31-6.

In the NFL this past weekend, the Jacksonville Jaguars won on the road at the New York Jets in overtime, 26-20, in what was a great game. New England continued to show they are the team to beat by winning in Pittsburgh, 23-20. This game was the first regular season loss for the Steelers in 16 games.

The surprises of the NFL so far have to be the 3-0 Cincinnati Bengals and Tampa

Bay Buccaneers. They are just flat out getting it done.

Now let's get to my predictions:

- The No. 14 Michigan University Wolverines will lose for the second straight week at No. 17 Michigan State University, 38-31.

- No. 16 Notre Dame will lose at No. 11 Purdue University in a very close game, 28-27.

- The No. 22 Iowa State University Cyclones will beat the Mighty University of Nebraska in Memorial Stadium, 17-14.

- Finally, I get to the upset of the year. The No. 18 Arizona State University Sun Devils will beat the two-time defending national champions, the No. 1 University of Southern California Trojans, 41-35. You heard it here first.

In the NFL this week:

- I like the Jacksonville Jaguars to beat the Denver Broncos in Jacksonville, 17-13.

- The New England Patriots will beat the San Diego Chargers in New England, 31-28. I want to pick the Chargers but I don't have the guts.

- Minnesota will keep it rolling in an upset pick at Atlanta, 28-24.

- Finally, the Kansas City Chiefs will beat the Philadelphia Eagles in Kansas City, 24-21.



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AI UNK seeks out new members



Photo by Kathlene Jordan

The founding group of UNK's chapter of Amnesty International: Vice President Torsten Homberger, left, founder and former President Monica Saenz, middle, and current President Laura Logan (right).

Heather Berney
Entertainment/Layout Editor

Many women are raped and left for dead along the borders of the U.S. and Mexico. Genocide is overcoming a small Darfur town in Sudan. Roma children are forced to attend a school for the mentally challenged, simply

because of the color of their skin.

These issues are a few of hundreds that plague our world. To many, grasping the scope of these issues seems impossible, but to an organization known as Amnesty International, these are issues that cannot be ignored.

A branch of Amnesty International (AI) began on our

own campus last semester. AI UNK needs members for the fostering of new ideas, discussion of world issues and assistance in educating our campus on global topics.

Laura Logan, the president of AI UNK, said she expects an interest in the group for two reasons. The first of which concerns the fundamental reason of

human rights. AI supports the enforcement of ideals stated in the Universal Declaration of Human Rights, such as the right to equality, freedom from discrimination and the right to education.

"We have been reminded recently that people must help people," Logan said. "Distance cannot be an obstacle."

Her second reason involves citizens and their awareness of the world in which they live. The Internet is one way that people from all over the world can interact with those thousands of miles away.

"We belong to a family far bigger than the ones who gather at our tables at Thanksgiving . . . bigger even than UNK or Nebraska or the United States," Logan said. "We are a global family."

John Damon, the adviser for AI UNK, summarized several issues that might be of interest to potential members. The abuse of human rights on an international scale is a primary focus for the group.

"For myself, issues of repression and violence in Africa and Latin America seem particularly acute, since they are so often ignored," Damon explained.

The AI adviser is referring to the treatment of African women through traditional customs and laws, members of minority tribes in places such as Rwanda, and religious minorities, including the aforementioned Sudanese.

AI issues within the U.S. include racial and ethnic conflicts, endemic poverty, issues relating to the death penalty, such as juvenile executions and the government's response to Sept. 11.

Matt Gregory is a Nebraska native currently teaching English in the Czech Republic. Gregory is actively involved in his local chapter of AI. He discussed several issues afflicting

the area. For instance, the institutions for the mentally ill restrain their patients in devices resembling cages, which arguably cause more psychological harm than what has already been suffered. Moreover, Romas, also known as gypsies, are blatantly discriminated against in Prague, CZ.

"Ask any human resources director if they would hire a gypsy and you'll get a laugh for a reply," Gregory said.

He explained that the many chapters of AI typically do not focus on the issues of their own country in an attempt to maintain their status of being unbiased and impartial. Instead, the groups will focus on the issues that challenge other areas of the world.

"It's one thing when the government of one country receives letters from its own citizens and it's another when it receives letters from countries thousands of miles away," Gregory explained. "They then realize that the world is taking notice of what they are doing."

Taking notice of world issues is one of many tasks that AI UNK is ready to take on. Members of AI encourage all students, faculty, staff and community members to attend the group's first meeting scheduled for Thursday, Sept. 29 at 5:30 p.m. in the Fireplace Lounge of the UNK Student Union. Those interested in joining, but unable to attend the meeting, can contact Laura Logan at loganls@unk.edu.

Peace Group discusses new plans

Jared Blanton
Staff Writer

The Kearney Area Peace Workers (KAP) held their monthly meeting at St. Luke Episcopal church on Friday. KAP, which is a community group founded in February, promotes peace at the local, national and international level.

According to the KAP's mission statement, the organization actively works for peaceful resolutions to conflict, aids those who seek peaceful alternatives to war and violence, identifies and works for the removal of the causes of war, brings together supporters of peace from all political, social, economic, and religious backgrounds for respectful and nonpartisan discussion and peace work, and works for the elimination of poverty and social injustice in all forms.

"One goal is to create a space here in Kearney where individuals who are of like minds could come together and talk about issues, share experiences and become more educated about particular issues," Aviles said.

"It is also an alternative. I think it would be safe to say that most of the people who organize with this group or show up for this meeting are not really satisfied with the local news media in terms of presenting a message that might be critical of the administration or critical of what we are doing in Iraq."

At their monthly meeting, the group discussed events that will be sponsored in the coming

months. One event includes a yard sale that will raise money for the victims of Hurricane Katrina. The group also hopes to bring political science Professor Solemain Kiasatpour, of the Western Kentucky University, to Kearney to discuss U.S. — Iranian relations and the issues surrounding the current conflict between Iran and the U.S.

Past events have included a brief film series showing political and social movies and a concert held at Black Sheep with performances by members of the group. The group also held a display at UNK that had a plate with a name for every U.S. soldier killed in Iraq. Last spring KAP hosted Aidan Delgado, an Iraq War veteran and outspoken critic of the war, to speak about his experiences at UNK.

There are approximately 45 members on KAP's e-mail list, according to political science Professor William Aviles, one of the founding members of KAP.

Several UNK students are involved with KAP as well, including Justin Sebenker, a graduate student from Grand Island, and Jessica Isaac, a Kearney senior majoring in English. Both were founding members of KAP and sit on the group's executive committee. Sebenker and Isaac believe that one of the main purposes is to learn about issues regarding peace.

"Education is one of the key issues that we promote," Isaac said.

UNK donates for displaced students

Jared Blanton
Staff Writer

The family studies department held a fundraiser Wednesday to aid victims of Hurricane Katrina in Louisiana and other Gulf states. The fundraiser, located outside of the Nebraskan Student Union, was held in conjunction with Chartwells Food Services.

Students and faculty of the family studies department took cash donations for four hours and encouraged those without cash to donate their meal plan points, which would transfer to the Louisiana State University's Chartwells office in Louisiana, to help feed displaced students.

Cash donations in the 4 hours totaled about \$250, according to Dr. Tami James Moore, a family studies professor. All cash proceeds will be donated to the American Red Cross. Totals for meal plan points donated won't

be tallied for a couple of weeks because Chartwells is still accepting donation transfers.

Chartwells served Cajun and Creole food, a trademark of New Orleans' culture.

"We have had a lot of people come in today and they haven't had a place to donate yet, so they think it is really cool," Justine Derr, a sophomore from Kearney majoring in family studies, said.

Derr was one of many family studies students who was eager for the opportunity to help the people affected by the hurricane.

"Our students were very willing to help. They responded to an email a week before when we hadn't even tied down the specifics," Dr. Moore said. "They and our program are all about helping families, strengthening and supporting them. It's what we do."

NBDC

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applies alone, their approval rating [for a disaster relief loan] is below 40 percent, but when they apply with the help of the Small Business Development Center their approval rating is 70 percent or above," Ingersoll said.

According to Ingersoll, he wanted to take this assignment as an extension of the UNK campus and the Kearney community. He also said that he was caught up enough with his local clients to be able to take the time away to help those who are really in need.

"It's a good way to show that UNK and Kearney can help assist the victims of

Hurricane Katrina," he said.

Ingersoll is one of two NBDC directors who are volunteering to aid in business relief assistance. Loren Kucera, who is the director of the NBDC office at the center in Wayne, will travel down to the Gulf region sometime in mid-October.

The Kearney center of NBDC is sponsored by the United States Small Business Administration, the University of Nebraska at Omaha and the University of Nebraska at Kearney. The organization's office is located in the West Center building on the UNK campus.

The center is one of six NBDC centers positioned throughout the state in Omaha, Lincoln, Wayne, North Platte and Scottsbluff. The Kearney center serves 300 clients a year and covers a 20-county area.

Hurricane Benefit Concert

When: October 6th, 4 p.m. to 9 p.m.

Where: The fountain at UNK

What to bring:

- *Books
- *Blankets
- *Money
- *Toiletries
- *Non-Perishable food

Bands: ATO, The Darts, Tenth Hour Calling and many more

C.S.I.

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myopic, single focus, almost an obsession to pull that off."

Helgenberger's first major role was as Siobhan Ryan on the soap opera, "Ryan's Hope." Since then she has also starred on "China Beach," "Erin Brokovich" and now on "C.S.I."

Kathy Morrow, an interpreter for the deaf at the UNK Learning Strategies Office, first saw Helgenberger when she was acting on "China Beach." Morrow had performed in a play with Helgenberger when she was only six years old.

In "A Cry for Players," directed by Fred Koontz, Helgenberger played a prostitute. Morrow remembers her mother insisting her daughter not to be on stage at the same time as Helgenberger since the play was not age-appropriate.

Last year, when Helgenberger was in Omaha hosting a fundraiser for cancer, Morrow went to see her former cast member. On the first day of the fundraiser, Morrow was unable to talk to the star for more than a second before

being swarmed by anxious fans.

The following day, Morrow returned in hopes of getting a chance to converse with Helgenberger. As luck would have it, she had the opportunity to speak with her and reminisce about the play.

"She was really nice. When I was standing there talking to her it felt like a lifetime. I had always wanted to meet her and now I have," Morrow said.

Other UNK faculty members remember attending college with Helgenberger. David Brandt, the assistant director of the Learning Strategies Office, acted alongside Helgenberger in many plays at the college, including "Bad Habits." This was the play, according to director Jack Garrison, where Helgenberger stretched herself and took a lot of chances as an actress.

Brandt remembers Helgenberger as being nice, attractive, pleasant to be around and good at academics. The two were good friends while attending Kearney State.

"I am very happy for her," Brandt said. "It is a wonderful thing and it could not have happened to a better person."