

# the antelope

run with it

SEPTEMBER 16, 2009

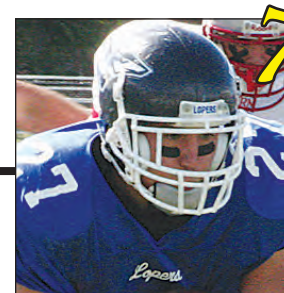
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VOLUME 110

ISSUE 02

7. Victory bell comes back to campus for first time in seven years.

9. Twilight sets high hopes for 2009 cross country season.



## Campus crime rates down

BY CHEVONNE FORGEY  
Antelope Staff

Maybe it's the economy? Crime rates on campus are down this fall.

Students could be more involved with their studies and less involved in the partying because the campus crime rate has continually decreased over the last four years.

In the first two weeks of classes, UNK campus police have had only a handful of traffic violations, four liquor violations, three disturbance/harassment calls and one DUI, as reported by the UNK Police public safety call list.

Sheila Scott, UNK Police Services Office Manager said, "We don't really

**POLICE, PG 2**

**September 17, 2009  
Constitution Day Talk**

6:30 p.m. Copeland 142  
Chancellor Kristensen

"The Constitution Closest to You:  
The Nebraska Constitution"

Sponsored by: Phi Alpha Theta  
(History Honory) and Locke & Key  
(Poli. Sci. Club)

**September 18, 2009  
Times Talk**

12:15 p.m.

Dr. Christopher Stevens  
Fireside Lounge of the Union  
Free Pizza and Pop

"Constitutional Lessons From The  
Former Soviet Union"

Sponsored by the NY Times & ADP



## Drummers take a beating to keep in line

BY EMILY WEMHOFF  
Antelope Staff

Over a week before classes began and days before the remaining band members arrived for band camp, the UNK drumline pounded out a beat ten hours a day learning their music.

It didn't come easy for all. To keep the beat and beat the heat, these drummers found that they had to rev up a hearty dose of self-discipline, focus and endurance.

First obstacle: individual practice to hold the sticks correctly— even if it doesn't feel right. It seems like a long process, but according to senior David O'Neill, an industrial distribution major from Kearney and captain of the drumline, "Once we get going, we go fast and furious."

Indeed they are furious. Every day, the drumline, made up of 17 members and one instructor, practices for upcoming performances. Not once is there a complaint about being tired. They practice to perform— each individual on the drumline focused on every motion and movement.

Most members played on the drumline in high school, but some had never experienced marching on the field.

As for Mackenzie Cochran, the drumline instructor, "It's a whole new ball game," she said. "We don't have any music when we perform, and our job is to really know our music so we are always

**"Nothing will come easy, you have to work for it."**

David O'Neill  
Drumline captain

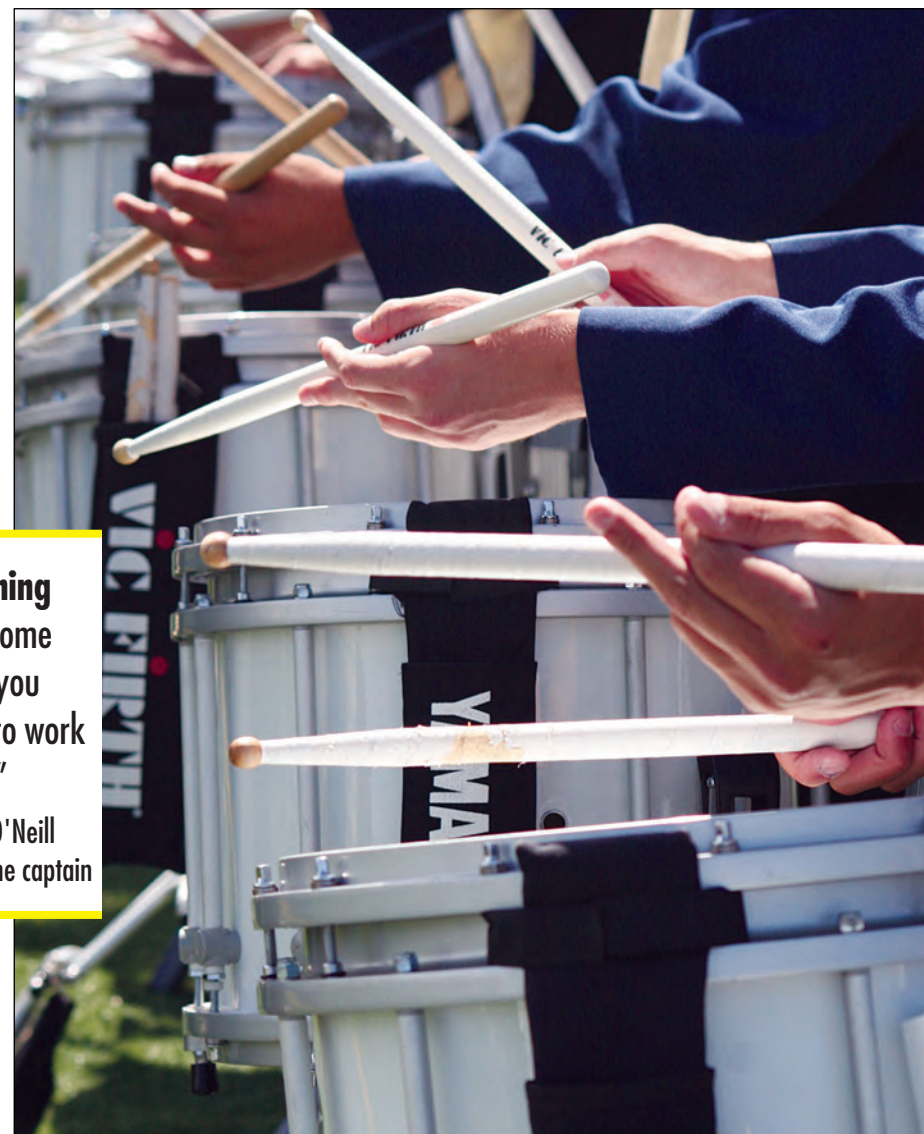


Photo by Emily Wemhoff

Drumline performs for the crowd at a Loper football game. The drumline started practicing for their performances over a week before classes started.

ready for the band."

The drumline works the beat with five bass drums, two tenor drums, five snare drums and four cymbals. Players also perform on sideline instruments for halftime shows including xylophone, bells, gong and suspended cymbal.

The UNK drumline has certainly marked their spot. "We are one of the loudest groups on campus. When people hear the drums, they know we're coming

and they just have to move along with the beat," Cochran said.

The group takes their show on the road too. This year they performed at Wayne State. They travel to high schools and organize small clinics for high school band members.

Members of drumline do master tempo and beat, but the experience also teach-

**DRUMLINE, PG 14**

## the antelope

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c/o the Antelope editor

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## PeopleSoft to replace WebEASI

**BY ERIK DODGE**

Antelope Staff

Sept. 14 is the target date for the eventual replacement for WebEASI to go live.

All students registering for their first classes on a University of Nebraska campus will be using the new PeopleSoft student information system after that date. Those continuing regular enrollment will continue to use WebEASI and WebSMART until next fall.

The move to the new system affects both students and faculty and has involved years of planning. "The student information system serves as the foundation for the campus," said Kim Schipporeit, the project's campus leader and UNK Registrar. This system houses all student records, course records, transcripts, class schedules and rosters.

The target date for graduate admissions to go online is Oct. 1. Spring and summer information will remain on WebEASI for students and WebSMART for staff, but from fall 2010 forward all of this information will be moved to PeopleSoft.

In late January, students will be invited to set up accounts on the new

system—which will continue to use the NU ID number but will require students to create a new password. Students can expect to have their first PeopleSoft experience when taking care of financial aid in late March, according to Schipporeit.

The student portal, WebEASI, will be replaced by a portal called MyBlue. Students will be able to customize their page, adding features such as news updates and sports scoreboards. Tutorials explaining how to customize the page will be available on the site.

At least 19 UNK representatives are involved with the project as well as representatives from UNL, UNO, UNMC and 30 consultants from the CedarCrestone Technology Consulting Company.

The program, which is scheduled to last two years, has been in progress for more than a year. Members of the administrative staff have been traveling to the project headquarters in Lincoln once a week to receive training.

"We basically try to run the office and run the project at the same time," Schipporeit said.

Funding has been acquired from the State Legislature. On Dec. 3, 2007, University of Nebraska President Miliken and Nebraska State College

Chancellor Carpenter discussed funding the new student information system in a joint meeting with Governor Heineman. The Legislature authorized \$20 million for first year expenses in April 2008.

SunGard provides the current system used at UNK for the past 20 years. Now the company has a whole new version of the system.

"It was a matter of us either switching to the whole new system from SunGard or going to something else because the one we are on now is going to discontinue maintenance," Schipporeit said.

Implementing PeopleSoft will increase efficiency and contain cost in the long run, according to Schipporeit. Database Administrators will no longer be necessary on each campus with one system shared by the four University of Nebraska campuses. A few central University employees will be able to run the database while campus administrators run the local operations.

Implementing the new system is "quite a process," and will come with a "learning curve," said Mike Pelster, Assistant Director of Recruitment.

However, Pelster is optimistic about the new system and the admissions department's ability to "work

## Police from page 1

have much of a hassle on this campus. There are no particular problem areas and the weekly reports of crimes and mischief are minimal even at the beginning of a new year."

The decreased crime rate could reflect increased security. Since the 2005 academic year, the campus security has increased. Today the campus has more programs and safety initiatives to help prevent crimes to create a safe campus. There are also seven full-time police officers and three certified part-time police officers on the UNK campus.

Scott said students need to be aware that these campus police officers are actual police officers. "They can arrest and will arrest if needed," she said.

Scott said students need to be smart about their actions and protect their belongings, be aware at all times of favorite targets: textbooks, bikes, I-pods and other personal belongings that can be turned into ready cash.

She said during the end of the

school semester especially, textbooks seem to come up missing, and thieves try to cash in on other's books. "It's not uncommon for students to come into the office and report missing books or personal belongings."

To help identify and protect textbooks, Scott offered the following advice, "When it comes to identifying your textbooks you need to be unique, create a special marking or choose your favorite number and mark that page in every book of yours. In fact, you can use your birthday for example. If it's June 10, 1980, then go to the 80th page in the book to mark the year you were born, highlight six sentences down to represent your birthday month and then highlight the tenth word in that line to mark your birthday day. It's a bulletproof way to identify your books, especially during times when textbook thefts arise. It's also something you won't forget."

UNK police services have also initiated several crime preventative

programs to assist students.

The Safe Walk Program is designed to provide a friendly escort with a trained Community Service Officer (CSO) to a safe destination anywhere on campus and up to two blocks off campus in any direction. Any student, employee or visitor who feels uncomfortable walking on campus can dial 308-224-0853 or 308-236-2488.

SHARP (Sexual Harassment Assault Rape Prevention) offers training to university affiliated women at no cost covering topics such as victim awareness, signs of a predator and risk reduction. SHARP provides hands on training of self-defense techniques and options. This program is available once in the fall and once in the semester or upon request. Students can register for the class by contacting Officer Susan Frerichs at [frerichssm@unk.edu](mailto:frerichssm@unk.edu) or at 308-865-8517.

There are also 10 emergency phones located across campus that link directly to 911 in cases of emergencies.



# Writing Center guarantees students better papers

BY EMILY WEMHOFF  
Antelope Staff

Stumped and staring at the screen? Trying to generate ideas, revise grammar and punctuation or avoid wordiness to amp up a paper that's a big part of your grade? Go to the Writing Center to confer with a writing consultant.

Amanda Granrud, director of the UNK Writing Center and new part-time director of Academic Success, guarantees that "you will leave with a paper that's better than the one you came with."

Writing a paper can be a difficult process for many students whether they are freshmen or seniors. The UNK Writing Center, located on the second floor of the library, provides free one-on-one assistance to help students at any stage in the writing process.

Friendly and well-trained consultants are available to provide tailored instruction based on the student's writing. This year, the writing center has 10 consultants ranging in a unique variety of Honors students, grad students and professionals.

Granrud emphasizes that the consultants were chosen to help guide students towards successful writing skills. "It's not a dry cleaning service or fast food where you drop off your paper and go; it's collaboration between writer and consultant."

Junior Jacqui McCormick, a student consultant from Harrison majoring in elementary education, was recruited from her composition class to work at the writing center. Not only does she enjoy helping other students with their writing, but she is also fascinated with the skills that she has gained.

"When you read someone's writing, you get a view into their world and culture," McCormick said. She said she learns to understand the English language better through working with international students. "You learn about your own language when consulting someone who is just learning it."

The UNK Writing Center, which began in the late 1980s in Thomas Hall, is the only writing center in Nebraska that is open seven days a week. "Writers write at all times in the day and night, and we offer a variety of hours," Granrud said. Walk-ins are



Photo by Emily Wemhoff

Writing consultant, Jacqui McCormick, provides senior Nathan Huebert with ways to improve his paper. "Those at the Writing Center have the skills available to increase your writing assignment grade," Huebert said.

welcomed, but appointments are preferred especially near midterms and finals.

Besides providing one-on-one consulting assistance with students, the UNK Writing Center offers classroom visits and workshops.

Student consultants can also present papers at regional meetings. Writing consultant, Collin Grimes, a junior political science major, will present a program about eConsulting at the Midwest Writings Center Association conference (MWCA) in Grand Rapids, S.D. in October.

Anyone who visits the writing center

will become more competent and confident as a writer, a skill that Granrud believes will last a lifetime. Every year, more students come to the Writing Center and walk out with better-structured papers. From 2008 to 2009, the Writing Center hosted 3,313 consultations, which set a new record in a 20-year history.

"It's important to have the writing center available to students because it's an important part of the University's commitment to students. It's our obligation to support their academic success," Granrud said.

## UNK parking: a slow solution

BY KYLIE TIELKE  
Antelope Staff

"UNK parking is simply ridiculous. You have to drive around forever just to find a spot, especially if you are a commuter," said Heather Sullivan, a senior early childhood and elementary major from Wallace.

"I did live on campus, but did not park on campus. Why pay \$80 for a parking pass when a parking space is never guaranteed?" said Danielle Wuest, a senior music education major from Norton, Kan.

Everyone has different opinions when it comes to university parking, but finally a long-awaited project will finally ease some of these views concerning parking.

"We are doing all we are able to do. We are just making small baby steps in addressing the parking challenges," said Barbara Johnson, Vice Chancellor of the business and financing office.

As of Aug. 22, UNK now owns re-

cently closed Follett's Bookstore and is making plans to develop the area into more parking. On April 8, the University filed eminent domain with Buffalo County according to an article in the Kearney Hub. This allows government entities to acquire privately owned land for public use.

"This seems like a good plan, but really we need more. They are only opening around 20 more spaces and that's just 20 less parking as far over as the football field," Wuest said.

According to Barbara Johnson, next month the Follett's Book Store will be removed which will add 10 more residential spaces. Total the project will add 40 additional parking spaces and 23 will be for residential students.

"One area with no additional spaces is that for commuters. We are concerned with

this challenge, but we have limitations of what we can do," Johnson said.

According to Johnson, there are only two immediate possibilities to address commuter parking. The first is to add parking at the very west end of campus where the fields for intramural sports are located. Second is the space west of the College of Education.

"We want students to know that it's clearly something we want to address, but how? With these two options, someone will have to give up something," Johnson said.

Johnson said that campus administrators do realize that there is a greater need this year for campus parking because there are fewer students on campus and more students commuting.

Another suggestion from students is a parking garage, which Johnson said is not

**"UNK parking is simply ridiculous. You have to drive around forever just to find a spot, especially if you are a commuter."**

Heather Sullivan  
Senior

possible simply because they cannot get the state funds to build it. If they would acquire the funds to build, parking permits would rise by two or three times the amount they currently are.

"We need to have a balance, we need to do what we can and with this acquisition across the street. Many are asking why cannot we not turn it all into parking?" Johnson said.

According to Johnson, this is not possible because they are working with the city and the board has told the University that, they cannot turn the whole space into a huge parking lot.

One thing Johnson and the administrative board wants students to know is that they want to hear students' ideas only if they are feasible and constructive. She said there are three ways for students to do this: (1) Submit ideas to the student government (2) Submit ideas to parking services (3) Submit ideas to the chair of the Parking Services Advisory Committee, Professor Karl Borden

# Senior looks back with some nostalgia

BY BRIANA DUNCAN  
Antelope Staff

Once upon a time, there was a fun freshman girl who came out West to start a new life at UNK. Who knew that the little girl I'm speaking of would turn into a career-driven, fun sponge who did nothing but walk around campus realizing her destiny as someone who is now known as old news.

That fun little girl was once me. I had the freshman year of a lifetime. Don't get me wrong, I love Kearney. I love the people, the campus and activities. But as I walked to class on the first day of my senior year, I realized I didn't recognize too many familiar faces as I ventured out of the usual building that I've been accustomed to for the last two years.

With every student I passed, I could set apart the freshman from the rest. They had their new, crisp, perfectly square book bags and their neon UNK lanyards around their necks holding their student IDs, anticipating the possible interrogation by a passing faculty member.

As a Loper veteran, I have to confess that I don't remember the last time I even owned a UNK lanyard, let alone actually had my UNK ID card ready at my fingertips. It's crazy to think that most of the new students coming onto campus were born in the 90's. To think that they were born in the time when 'Saved By the Bell' was just on as a rerun and the original gray, two-inch thick Nintendo Game Boy was just yesterday's news.

I have come to the realization that time is continuing to fly by and UNK's campus has had many changes since the time of my arrival. The other day as I entered the Student Union for the first time this year, I looked around waiting to see someone I had previously had in a class or at least someone that I had been in an organization with.

I immediately began to feel like a kindergartner on the first day of school. I couldn't name one single person. I was panicked. I tried scoping the crowd to just find one individual who I had seen before.

As I began to walk out of the union, I ran into an old friend who is even older than me, and the first words out of my mouth were, "You know how I know I'm old?" Before I could even say one more word, he looked at me and said, "You know how I know I'm old? I haven't been in the union in two years."

It hit me. Just as this campus has changed over the last three years, so do the people that come in and out of UNK. It's crazy to think there was a time when students bought a Blimpie sandwich instead of an egg roll from the Bamboo Asian cuisine. A time when apartment housing was just a fenced in dirt patch and Martin Hall residents woke up to a bulldozer every morning at 7 a.m.

Thankfully, there are those little things like Taco Bell and the seven-minute walk from library to West Center that we can always count on here at UNK, at least for this year.

# "Obamacare" a poor choice

BY MATT IBERG  
Antelope Staff

Let's be clear about one thing, the reason the health care system is the way it is now is because of government. Democrats want to fix the health care system with— get ready for it—more government.

Medicare, Medicaid and VA hospitals are all government creations. We already have a quasi-national health care system!

## QUIZ TIME:

Question: What costs more, paying for a doctor, or buying a new DVD?

Answer: Buying a DVD

People don't understand that the co-pay for a doctor's appointment is typically just \$20; a new DVD runs about \$24 (Blu-Ray is the best).

Forcing people to be on a government-run health care system would make everyone pay for everyone else's problems. What is the definition of 'insurance'?

"The act, system, or business of insuring property, life, one's person, etc., against loss or harm arising in specified contingencies, as fire, accident, death, disablement, or the like, in consideration of a payment proportionate to the risk involved."

The point of insurance is to protect against a disaster, not provide for daily use.

Home-owner's insurance is to protect against your home catching fire and burning to the ground. Car insurance is to protect you in case you get in a wreck.

Forcing everyone to buy government run health care is like making people with car insurance pay for gas, oil and tires of everyone who drives. It just doesn't make sense.

The system would be overloaded with people for simple ailments: headaches, cough, sneezes. Whatever, get over it.

Because of the overload, some health care Czar will start to make decisions about who to actually allow access to medical providers. I do not want a government official in the way of my health care.

I was RipStik-ing (if you don't know what a RipStik is, you should probably check one out) over spring break, and I had a major wipeout in which I flew into a mulch-laden rose garden. I had thorns, splinters, dirt, rocks and gravel in me.

Now, under Obamacare after they weed out their "competitors," I would most likely be denied a claim to see a doctor because it wasn't severe enough. In their defense, it wasn't. But, no one was on campus and I didn't have anyone to pull out the thorns and help disinfect my wounds, so I went to the doctor. For about \$20, I was able to pay for three weeks of care, without insurance.

Long story short, cheap and easy access to health care is available. That's the joy of a free market system. I can shop around.

Prior to 1965, the year Medicare and Medicaid became a government hand-me-out; health care costs never exceeded six percent of U.S. GDP. After Democrat Lyndon B. Johnson enforced the two atrocious plans, medical costs began to rise.

Today, health care is at 20 percent of GDP.

The reason?

We don't shop around; therefore, health care providers charge whatever they want.

Just because we're paying less out-of-pocket, doesn't mean prices are getting any cheaper. Currently, an individual pays approximately three percent of a total hospital bill. Third parties (insurance, employer or the government) pay the other 97 percent.

According to the National Center for Policy Analysis, only 35 percent of Medicare or Medicaid spending leads to actual care. The other 65 percent allows for prices to keep going up.

Now, let's examine plastic surgery.

For the most part, plastic surgery is an out-of-pocket expense which health insurance does not cover. Between 1990-2005, cosmetic surgery prices have gone up about 15 percent compared to Consumer Price Index (CPI).

Health care prices have gone up more than 80 percent in comparison to the CPI.

Doctors can perform plastic surgery for much less because they don't have to pay for all the red tape that comes with insurance companies, hospitals and unnecessary staff.

We can use Medicare (which currently has about 41 million people 65 years old, or older) and Medicaid (which serves more than 50 million poor people) to show us just how a government-run health care program will force everyone on to their plans.

With the government run program, costs will sky-rocket, leading to fewer and fewer private-sector insurance providers. This is proven by the numerous insurance companies which folded during the first five years of Medicare and Medicaid's existence.

With fewer and fewer private-sector providers, coupled with the inevitable rise in health care costs, employer-based health care will

have no option to go for the cheapest insurance company, which would be the government run program.

Surprise!

The government doesn't have to play by the same rules as a private sector company does. Why does the government need to worry about posting a profit to pay its employees, utilities or taxes when we would foot that bill? (Minus the taxes, the government can't pay its self back... oh wait, yes it can/did...)

Once the government has control of your health care, they will start to deny benefits to help cut costs due to the high costs of health care and the flooding of the system.

Routine operations now become a matter of bureaucratic decision making of whether or not you're "worth the cost" to the government.

This health care being assembled in congress today cannot be passed. It will lead to higher costs, less jobs (currently 14.6 million people are employed by the health care industry) and the government in control of your life.

As this health care reform goes, so go the Democrats. And neither are doing too well.

**DISCLAIMER:** The thoughts and opinions on this page do not necessarily reflect those of the editors or other staff members and are the views only of the individual writers.



## Twitter, Blogger.com both co-founded by Nebraskan

BY TRAVIS SCHOTT  
Antelope Staff

Calling all techno-junkies, there's a new kid on the block making it even easier to share with our friends all those countless and pointless pieces of personal information millions of Americans feel their friends are dying to know. There is one catch, though; keep it short, according to Twitter and Blogger.com creator and Nebraskan, Evan Williams.

Williams, born and raised on the family farm in Clarks, population 381, attended the single public school with 14 fellow classmates, according to The Wall Street Journal. Williams attended the University of Nebraska for a short time but quickly dropped out.

Later, after a brief stint back on the family farm, Williams heard the call of Silicon Valley and began pursuing a career in information technology, an area and expertise in which he had long excelled.

In 1999, after several networking, software and Internet coding jobs, Williams, with the help of friend and current business partner, Biz Stone, created Blogger.com.

At Blogger.com, anyone can create a blog free and easily, making it possible for any John or Jane Doe to become the next Hunter S. Thompson.

However, prospective bloggers, aspiring writers and conspiracy theorists can and do have a platform or soapbox to liberally express and articulate any and all speculative nonsense uncensored and without restraint.

Twitter.com was built on the same premise, but Twitter members have only a limited amount of space to convey their thoughts and opinions—the dull, tedious and seemingly narcissistic personal information no one cares about. Seriously, who really cares if you are waiting in line at the movies or that you decided to go with Captain Crunch this morning instead of your customary Corn Flakes?

Tweeters are limited to 140 characters or less to either babble or attempt to suc-



cinctly pass on bits of useful information.

Hold on, not so fast, Twitter.com is not just for social networking. It appears to be evolving into a powerful new marketing, communications and media tool. Businesses small and large are finding it a very useful and inexpensive way to market. Retailers, coffee shops, even "the evil empire" known as Wal-Mart are employing Twitter.com to quickly advertise and inform their Twitter "followers" about daily specials.

Emergency preparedness organizations have also benefited from the new technology. California firefighters recently utilized Twitter.com to notify, update and inform residents about the recent wildfires.

Unless you have been living under the proverbial rock, you most likely heard of the recent conflicts in Iran and Mumbai, both of which burst on to the international media radar with the help of Twitter.

The now famous Hudson River airplane landing and rescue was also first reported via Twitter.com.

Numerous actors, actresses, athletes and politicians already tweet. Some of these more well-known tweeters include Ron Artest, Chad "Ocho Cinco" Johnson, Jessica Simpson, Arnold Schwarzenegger, even

President Obama.

Obama and his campaign team found Twitter to be a very useful campaigning tool, and the evening America found out she had her first African-American president, Obama tweeted saying, "Tonight we have made history."

Dr. Ralph Hanson, chair of the communications department at UNK, and blogger at [www.ralphehanson.com](http://www.ralphehanson.com) said, "Twitter may become the next great marketing tool, but the important thing is to determine what will it be good for and how will those in the communications field be able to utilize it."

Do you have some ideas about the latest forms of social networking? Are they good or bad? Write in to The Antelope and share your thoughts.

Follow The Antelope @  
[Twitter.com/unkantelope](https://twitter.com/unkantelope)

## UNK seniors intern in pursuit of justice

BY DEBBIE EPPING  
Copy Editor

Searching for fugitives and extracting DNA aren't typically part of the average day for a UNK student. For seniors Matt Marchio and Michael Kling, it was all part of a day's work at their summer internships.

Marchio, a criminal justice major from Omaha, spent 10 weeks this summer as the first out-of-state intern for the U.S. Marshals in Arizona. Marchio applied for the internship after Dr. Danielle Neal, Assistant professor of criminal justice and the criminal justice internship coordinator, made him aware of the opportunity.

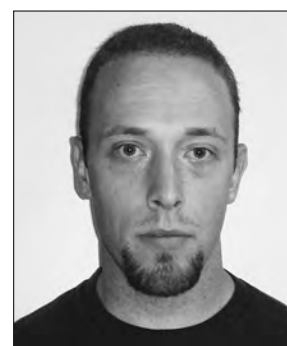
"I wanted to get away from Nebraska and see a different part of the criminal justice system," Marchio said.

Marchio shadowed Deputy Marshals throughout the day and wasn't afraid to get his hands dirty and became involved in the whole process from searching for wanted fugitives to dealing with the inmates in the cell block.

"All of the techniques that are out there that you can find someone by just blew me away," Marchio said.

Marchio's favorite part about the internship was participating in the training week.

"They were practicing searching houses in a controlled house and let me be a bad guy. They gave me a fake gun, and then they put me in a corner with the gun, found me and pulled me out like they would with a normal person," Marchio said.



Michael Kling  
interned for a Kansas City  
crime lab



Matt Marchio  
interned for the U.S.  
Marshals

Marchio plans to work for federal law enforcement in the future.

"All the laws and things we are taught in school are taught for a reason. What you put into it is what you're going to get out of it," Marchio said.

Kling, a biology major with a criminal justice minor from Scottsbluff, also learned from Neal that a crime lab in Kansas City was accepting interns for the first time.

Kling applied and got accepted to work in the crime lab from May 15 to Aug. 20.

Kling's responsibilities included filing and doing miscellaneous tasks around the lab.

"There was a lot more paperwork involved than I

expected. There were just mounds of paperwork," Kling said.

In addition to his daily tasks, Kling was exposed to everything a crime analyst would be exposed to, including gruesome crime scene photos and the DNA extrac-

tion process. Kling found the meticulous task of extracting DNA to be the most rewarding.

"There were so many ways you could mess up. Basically one misstep at any step of the process and you had to start over," Kling said.

Kling's internship helped him realize his aspirations for a future career.

"I want to work in a crime lab. They had mentioned that they had a couple positions that may be opening up later, so maybe I'll get lucky," Kling said.

Kling advises fellow students pursuing internships to talk to a lot of people and don't take no for an answer.

"Just keep pursuing it until someone gives you a good, solid reason why you can or cannot," Kling said.

**"They were practicing searching houses in a controlled house and let me be a bad guy. They gave me a fake gun, and then they put me in a corner with the gun, found me and pulled me out like they would with a normal person."**

Matt Marchio  
Senior

# A GRAND THANK YOU!

The College Store would like to thank the UNK community for helping to make our Grand Opening a success. We gave out a lot of prizes to show our appreciation and we're not going to stop now!

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# Lopers ring Victory Bell after beating UNO for first time since 2002



Photos by Clayton Kush

**ABOVE:** Quarterback Jake Spitzlberger runs the ball for a touchdown at the football game against UNO that was held on Sept 5. **RIGHT:** Spitzlberger celebrates after scoring a touchdown late in the game for the Lopers. UNK defeated UNO for the first time since 2002 with a score of 31-28, bringing home the Victory Bell.

**BY NATE BRITTON**  
Antelope Sports Staff

It has been 20 years since the UNK Lopers beat the UNO Mavericks at home. However on Sept. 5, the Lopers found themselves bringing home the Victory Bell for the first time after an impressive win over the Mavericks 31-28. The quarterback, Jake Spitzlberger, threw for 240 yards to help with their win. The defensive schemes paid off by bringing in two interceptions and numerous defensive stops.

UNK and UNO Alumni Associations commissioned the Victory Bell in 2003 to commemorate the longtime football series between the two schools. The 50-pound bronze bell rests on an oaken base that holds brass plates with the scores etched after each game played since 1915. The winning team gets to keep the bell on campus until the two teams meet again.

Lucas Dart, director of Alumni Relations for the last 14 months, loves the idea of the Victory Bell.

"I think it is great having the involvement of athletics to keep in touch with the alumni," Dart said, "and that's exactly what the Victory Bell does. It makes former football players want to come back and see UNK take home the bell."

The bell does more than bring home the alumni.

"Having the Victory Bell housed at UNK really makes the rivalry real," Dart said, "It gives the players the idea that a win over UNO really means something to the whole campus."

Lopers Head Coach Darrell Morris smiles every time he looks at the Victory Bell.

"I didn't change anything about practice. All we did was go about business as usual, and it paid off in time for the game. The players really needed that win after the loss at Wayne State," Morris said.

The bell means more to Morris than just a win over UNO.

"The biggest thing the trophy shows is that we are a good team, and we can overcome adversity," Morris said, "and because of that fact we are going to keep it shined up all year."

"The win over UNO means a lot to this program and coaches because everyone has put out a lot," said Spitzlberger, a sophomore industrial distribution major from Denver.

The last few years UNK has come close to beating UNO but couldn't get the job done.

"For the past three years we have felt we had the team to beat the Mavericks but just came up short," Spitzlberger said, "so it feels good to get the trophy in Coach Morris's

hands because I know it means a lot to him."

From the Director of Alumni Relations to the head coach to the players, everyone agrees that it means a lot to have the Victory Bell on UNK's campus. The bell will be on campus until UNK and UNO play again, and win or lose, until that time it will be shining like a star in the sky.



## Antelope College Picks of the Week



No. 14 Georgia Tech at No. 20  
Miami (FL)

No. 18 Utah at Oregon

Michigan State at Notre Dame

No. 19 Nebraska at No. 13  
Virginia Tech

Texas Tech at No. 2 Texas

Florida State at No. 7 BYU

UNK at Adams State



**Eric Korth, Hastings**  
*Former Antelope Sports  
Editor, 3-4*

Georgia Tech

Utah

Notre Dame

Virginia Tech

Texas

BYU

UNK



**Jason Arens, Springview**  
*91.3 KLPR Sports  
Director, 4-3*

Georgia Tech

Utah

Notre Dame

Nebraska

Texas

BYU

UNK



**Garrett Ritonya, Omaha**  
*Current Antelope Sports  
Editor, 5-2*

Miami (FL)

Utah

Notre Dame

Nebraska

Texas

BYU

UNK



**Riley Newcomer, Morrison**  
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Georgia Tech

Oregon

Notre Dame

Virginia Tech

Texas

BYU

UNK



# Loper Volleyball spikes competition, off to roaring 11-1 start

## After five-set epic with UNO, UNK takes down first two RMAC opponents

**BY MATT IBERG**  
Antelope Staff

Out hit and out blocked, the ninth-ranked UNK volleyball team found a way to beat 23rd-ranked UNO. If you weren't one of the 2,388 fans in attendance on Wednesday you missed an incredible match.

"The atmosphere was great," Manchester, Iowa native, Katlyn Heiserman said. "This place was rocking."

"I've never heard this place so loud before," Cola Svec, a junior from Elkhorn, said.

"Players and coaches enjoy playing in this type of environment," UNO head coach Rose Shires said. "Every program should take a lesson from Kearney. The fans made it a fun match while treating both teams with respect."

The Lopers outlasted the Mavericks 28-30, 25-23, 25-23, 21-25, 16-14 in front of the third-largest regular season crowd at the Health and Sports Center (and the seventh-largest in Division II). The crowd nearly blew the roof off of the building when the ball dropped on UNO's side to end a 2-hour and 20-minute defensive marathon.

About the only statistical column UNK led was digs. The Lopers out dug the Mavericks 102-100. A small difference, but important nonetheless.

"I felt that we won in every statistical area but score," Shires said. "They caught a few lucky breaks at the end."

UNO had 20 blocks on the night, including 14 from Ellen Thommes, a senior from Omaha. Thommes had three solo blocks and 11 assisted. She tied a school record for blocks in a single match that has stood for 22 years.

"I think maybe we made more hustle plays and covered a lot of balls," UNK head coach Rick Squiers said of his team's defense. "A stat you don't keep is cover digs. A lot of balls come back off their block and we dug a lot of those up and got another swing."



Photo by Rachael Cochran

Grand Island junior, Jeri Walkowiak, kills the ball. Walkowiak had 11 kills and scored 15 points over UNO. UNK defeated the Mavs in five sets in front of a crowd of nearly 3,000.

Thommes was held to a season low .129 hitting percentage as the Lopers played keepaway with her.

"We saw that UNK committed to number 8 [Thommes]," Shires said. "That put a lot of pressure on our outsides to deliver."

UNK beat UNO for the third straight year and the eighth time in the last nine years. The match was close from beginning to end. The score was tied 44 times with 17 lead changes throughout the night.

"In the epic UNK-UNO battles, it consistently goes down to the wire," Shires said.

Less than 24 hours after a physically, mentally and emotionally draining game, the Lopers took the court again against

Colorado Christian. No sweat.

The Lopers pounced on the Cougars, taking the match in three straight sets, 25-6, 25-19, 25-16.

In the match, the Lopers played 17 of their 18 player roster.

"Last night took a lot out of us," Squiers said. "I was hoping to use some of our fresh people. Most of them did very well."

"I think it was harder to prepare for tonight than last night because we were aware the crowd wouldn't be as big, and we had to bring the intensity rather than have so much help from our crowd," Gretina native, Erica Burson said.

Burson finished the night with 12 kills and

a .324 hitting percentage as an outside hitter.

On Saturday, the University of Colorado at Colorado Springs came to the Health and Sports Center with six transfers, five from Division I programs, including former University of Florida starting setter, Cindy Bathelt. The match was over before it even started.

UNK routed UCCS in three sets, 25-11, 25-11, 25-11.

"I thought we played about as well from start to finish tonight as we have all year," Squiers said. "I know (UCCS) is a better team than the scores indicate."

The Lopers once again rotated in subs through out the night, playing 16 players in the sweep.

Junior right-side hitter, Kelsey Werner from Grand Island, led the team with four of the team's nine service aces on the night.

"I didn't count on them to struggle so much on serve receive," Squiers said.

UCCS was never in system, unable to pass, hit or serve tough. UNK easily played one of the best games of the season with eight players hitting above .300. Jeri Walkowiak, a junior from Grand Island, led the team with 13 kills and four blocks.

"I think that coming off a real long weekend," UNK Graduate Assistant, Natasha Marquis said, "playing an intense and emotional match against UNO on Wednesday, only to play again the next night, then to end the week with last night's performance against UCCS, offers a glimpse of the potential this team possesses."

UNK is now 11-1 on the year and 2-0 in the RMAC. They will travel to Colorado over the next two weekends to face Colorado Mines, Regis, Metro State (currently ranked 14th in the nation) and Chadron State.

The team will return home on Oct. 1 to open three straight nights of volleyball at the Health and Sports Center when Colorado State-Pueblo, Adams State and Western State come to town. All games will start at 7 p.m.

## Blue Crush

Photo by Garrett Ritonya

UNK Loper fans have been showing up in record numbers to cheer on the volleyball squad to victory. UNK leads all of Division II in average volleyball attendance, making it a true home court advantage whenever the Lopers play at home. So teams beware of the blue wave waiting to crash on top of you.





# UNK explodes against Western State; wins first RMAC game with 99-yard score



Photo by Garrett Ritonya  
Senior Tyrone Hilton makes a move after catching a pass Saturday against Western State. The Lopers cruised for their first RMAC victory of the year.

## UNK Lopers now only Division II school in history with multiple 99-yard passing touchdowns

BY CLAYTON KUSH  
Antelope Sports Staff

The UNK football team quieted any doubts of a week three letdown following their huge win last weekend against UNO by scoring four first quarter touchdowns against Western State in a 45-13 win in their RMAC home opener.

A big question coming into the game was the depth of UNK's backfield as running back, Rustin Dring, was injured in last weekend's game. Those worries were calmed when UNK scored three of their four first quarter touchdowns on the ground.

Ryan Skogg, a redshirt freshman from Highlands Ranch, Colo., pounded scores in from two and three yards out while Brandon Leiss reached the goal line from 24 yards out. It was the second straight win for the Lopers and a great start in the RMAC Conference as they busted to a 1-0 conference record.

The Loper's dominance continued on the other side of the ball also as the UNK

defense did not give up a point until 6:41 was left in the first half. Pat Ackerman, a six-foot safety and senior captain from Holdrege said the team, "played extremely well, and I was glad that they were able to get on top right away and continued to keep that momentum going throughout the game."

While leading the defense with eight tackles on the day, he knew coming in Western State would be much different offensively than any other team they had faced this year. "They had a strong run attack, and we were able to shut that down early which was a big key to our success defensively," Ackerman said.

Jake Spitzlberger had another solid game passing as he finished the day with 210 yards through the air, 99 of those coming on one touchdown connection with Kyle Kaiser. That 99-yard strike was the second such play in Loper history, making it the only Division II school ever to have to have two 99-yard touchdown passes.

One advantage of the Loper's early

success was that many second and third string players were able to see their first action of the season. "It was really great to see some of the younger guys come into the game and get solid game experience. Those guys really worked well together and were very pleased with the way they stepped up for us," Ackerman said.

The 45 points scored was the largest point total of the season and four first quarter touchdowns leave fans wondering how the team will top that when they travel to Alamosa, Colo., to play Adams State College next week.

"Were going to need to continue to play well together, improve on both sides of the ball and cut down on some of the mistakes we are making for next week's game," Ackerman said. There should be no shortage of excitement when the Lopers kick off at Adams State this Saturday, 1 p.m. Central Standard Time. UNK will be looking to improve to 3-1 on the season. "Hopefully we can keep the momentum rolling from these last two wins all season long," Ackerman said.

# Lopers run wild at Meadowlark

## UNK Twilight brings high hopes for 2009 season

BY ABBY RICHTER  
Antelope Sports Staff

Even though this race was scheduled earlier in the season than any race Brady Bonsall, head cross country coach, has ever been a part of, he was still pleased with the results. The UNK Twilight on Friday, Sept 4 has set high hopes for the 2009 Loper cross country season.

Bonsall was very pleased with both the men's and women's teams.

"The women are a little ahead of where I thought they would be, so I hope we continue to progress from there," Bonsall said. "The sophomores all significantly improved the times they ran on the same course a year ago."

The men were exactly where Bonsall expected them to be. He was especially pleased with team captain, Thomas Neeman.

"After not competing in the spring, he has come back to school really fit," Bonsall said.

As for key performers, sophomore Amy Long will carry the women's team to a successful season this year.

"She was our No. 1 runner as a freshman last year, but looks like she is much more prepared for the college season this year," Bonsall said. "She really gets it in terms of understanding what it takes to be successful."

On the men's side, Tanner Fruit, a junior, has stepped up and taken on the role of their No. 1 runner.

"There are a number of other men who are ready to compete at a high level, though," Bonsall said. "The men's team has a lot of depth."

This was a successful year for recruiting and Bonsall said he felt like all the freshman recruits competed really well for their first college race.

"On the women's side, Catherine Paulsen has stepped in to contribute right away, and I anticipate Layne McConville doing the same as the season progresses," Bonsall said.

On the men's side however, most of the freshmen men ran the first meet unattached to delay decisions on whom to redshirt.

"On Friday, I found out what I already knew, which is we have several freshmen who are really close to each other," Bonsall said. "The first five freshmen on the men's team finished within 14 seconds of each other."

For the rest of the 2009 season, Bonsall wants one key thing. He wants both teams to max out. To Bonsall this means doing the things that great students and great athletes do on a daily basis.

"There are so many factors that are involved into developing a quality distance runner that are also needed to excel as a student," Bonsall said. "Most people don't even begin to understand the commitment that it takes to do this because they [distance runners] have to work hard, work consistently, and work intelligently day after day, week after week, month after month throughout the entire year."



Photo by Sanam Bhaila  
Amy Long heads to the finish line, ending in first place. Long is a sophomore and one of the best runners from the Lopers who led from the front throughout the cross country race held on Friday, Sept. 4.



# Loper Legion continues to grow, keeps tradition rolling for UNK Athletics



Photo by Bryan Molt

Members of the Loper Legion cheer on the Loper volleyball team last Thursday against Colorado Christian. You can follow the Legion on Facebook and Twitter.

**BY MATT TOMJACK**  
Antelope Sports Staff

Duke has the Cameron Crazies, Kansas has "Rock, Chalk, Jayhawk," and Illinois has the Orange Krush. Like these fabled traditions, the Loper Legion has become a staple at UNK sporting events, both home and away.

In their second year of existence, the Legion is looking to build upon a great first year and continue creating traditions. With over 300 members by the end of last year, Loper Legion has met that goal already by the fourth week of school. "Our goal was originally 500, and with over 300 already it seems possible this year," said Josh Fink. Fink, a junior criminal justice major from Wayne is on the executive board for the Legion.

While the main goal of Loper Legion

is to support UNK athletics, the executive members have also taken it upon themselves to start new traditions at a school where tradition is not a common word. One of the newest traditions has been showcased at soccer games. Adopted from the All Blacks rugby team from New Zealand, the ancient Haka dance is performed at every soccer game.

The dance to the school fight song, volleyball chants and Loper Alley are all traditions that Loper Legion has had a part in creating. Also becoming a yearly tradition are road trips. Last year's trips included a trip to Wayne for volleyball, Ft. Hays for basketball and Grand Island for basketball. "Nothing is final yet, but we are in the works of planning an overnight weekend of away athletics," said Loper Legion president, Brent Wheaton.

Wheaton, a junior secondary math education major from Haigler, is sending a message out to all UNK students who are not yet Legion members. "Come to a game. Once you see how much fun we have cheering our Lopers to victory, I feel confident that anyone would want to join Loper Legion."

## NOTICE TO STUDENTS

All students are eligible to apply for a refund of the "A" portion of the student fees until September 23, 2009.

(These fees include programming for events like: concerts and bands, comedians, special speakers, Jim Wand, Homecoming, International Food Festival, Fun 5K, Fame Talent Show and other University events.)

Students claiming a refund will lose benefits provided to Fund "A" users during the Fall semester 2009 and will incur a charge for attending these events.

Application forms are available at the Student Government Office, and in the main office in the Nebraska Student Union at 1013 West 27th Street.

For more information call 308-865-8523.

## Abert goes to battle for the ball



Photo by Sanam Bhalla

Sophomore Morgan Abert battles for the ball in a game last week against Colorado Christian. The Lopers are now 1-4-1 as they head into RMAC competition.

# Returning coach and new freshmen are positive aspect for UNK Women's Golf

**BY RACHEL COCHRAN**  
Antelope Sports Staff

It's fall again and time for the UNK golf teams to get back into full swing.

The women's golf team is without seniors this year, but did add Gretna freshmen Kristen Goldenstein and Arielle Huber from Council Bluffs, Iowa.

Huber is the team's only out-of-state Loper golfer this year. Being young hasn't slowed down the Lady Lopers before, though. Last year, Sara Whissing from Hastings, a freshman at the time, qualified for post-season play and finished 17th. Now a sophomore, Whissing is joined by two other sophomores and two juniors to

complete the roster.

"I am excited for this season. We have some great underclassmen. I am anxious to see how everyone does in our first match. I am ready to get the ball rolling," Norfolk junior, Thea Baum said.

Another positive aspect for the women's golf team is the stability of a returning coach. Last year, Chad Lydiatt and wife, Elizabeth, co-head coached the girls as temporary coaches. This past spring, Lydiatt agreed to remain as head coach and Elizabeth agreed to be the assistant coach.

Lydiatt is the golf professional at the Kearney Country Club and played 10 years of professional golf after four years of collegiate golf at the University of Iowa.

On the other hand, men's head coach, Dick Beechner, stepped down this past July. The men will play this season with interim head coach, Adam Neisius.

Unlike the women's team, the men's team roster has five seniors this year including Justin Onken, 2008 Super Regional qualifier. This year's roster has 17 guys that are all from Nebraska; everyone will play.

The men play their first match at the Augustana Invite in Sioux Falls, S.D. The women's first match is in Alamosa, Colo. Both teams will play their first conference matches in Colorado this fall.

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## CLASSIFIEDS

### ANNOUNCEMENTS

**STUDENT EDUCATION ASSOCIATION** is for all educational majors. Monthly meetings on educational skills. Benefits include \$1,000,000 liability insurance. Contact Dr. Elaine Batenhorst, batenhorste@unk.edu

**ATTENTION PRE-HEALTH STUDENTS** First Health Science Club Meeting. Thursday, September 17 @ 5:30 p.m. Bruner Hall of Science - Room 177. Questions? Email stoutea@unk.edu

**WANT TO STUDY ABROAD?** The Study Abroad Office is now accepting applications for the Nebraska Semester Abroad program for the Spring Semester of 2010. Enjoy your Spring experiencing Europe and earning 12 credit hours of UNK credit. For more information, please contact Ann Marie at parkam@unk.edu.

**SEASONAL INFLUENZA VACCINE CLINIC** Cost \$20. September 16 Student Union 238 A & B 1:00-5:00 p.m. September 21 West Center Room 152 4:00-7:00 p.m. September 22 Student Union 238 A & B, 5-8 p.m.

**AMERICORPS SERVICE GROUP** is open to students wanting to serve the Kearney Community. Meetings are every other Wednesday from 4-5 p.m. Questions? Contact Cristine, braddyce@unk.edu.

**SERVICE OPPORTUNITY** with AmeriCorps serving in Buffalo and surrounding counties. Each part-time position has a small living stipend and an education award. For more information and application visit AmeriCorps.gov or braddyce@unk.edu.

**INTERESTED IN JOINING THE UNK WOMEN'S SWIMMING and Diving Team?** Contact Coach Teresa Osmanski at 865-8024 or osmanskit@unk.edu. Practices start soon!

**FORT KEARNY SHOOTING SPORTS ASSOCIATION.** Enjoy trap, skeet, 5-stand, sporting clays & 100M rifle/pistol. Open Tuesday & Thursday 6:30, Sunday 1-4. Information: fkssa.org or 308-236-0721.

**KNOW WHAT TO DO ABOUT THE FLU** Get up to date information on H1N1 flu. www.unk.edu. Look for the H1N1 Information link.

**SUMMER STUDENT RESEARCH PROGRAM SSRP** pays students \$3000 to conduct original, independent research projects in the summer. Information sessions for applicants will be held Thursday, October 8, 11:30 a.m. and 2:30 p.m. in room 2147, Founders Hall.

**FREE! FREE! FREE!** Are you free once or twice a month? Join the Ad/PR Club! Fun,

food, build your resume, make contacts--and learn to get attention without putting "free" in the headline. First meeting: Wed. Sept. 23 at 1:30 p.m. in MC 166. Or contact Mike Marn at marnmf@unk.edu.

**WOMEN'S & GENDER STUDIES** student organization will meet Sept. 17th, 3:00 p.m. in MSAB 158. The Rag open discussion: "What is Feminism?" will be held Sept. 28th at 3:30 in the Fireside Lounge of the Student Union.

### EVENTS

**HOMEcoming HUSTLE** 5K fun run / walk & 1 mile kids run. Downloadable entry form available at <http://www.unk.edu/academics/wellness.aspx?id=780>

**REYNOLDS SERIES PRESENTS: POET AND RADIO PRODUCER** Jan Beatty, author of Red Sugar, Boneshaker, and Mad River, directs creative writing at Carlow University. September 18, 2009. Fine Arts Studio Theater 7 p.m. Free

**REYNOLDS SERIES PRESENTS: SAM SAMILL**, author of forty books, including distinguished translations of ancient Chinese and Japanese classics, Co-founder of Copper Canyon Press October 6, 2009 Ponderosa Rooms A & B Nebraskan Student Union 7 p.m.

**REYNOLDS SERIES PRESENTS: REYNOLDS SCHOLARS READING** October 09, 2009 Fine Arts Studio Theater 4:30 p.m. 1st Laura Jensen, 2nd Rachel Einspahr, 3rd Ryan DeMoss, Sandra Anthony Honorable Mention Amanda Brabec, Brittany Seawell.

**REYNOLDS SERIES PRESENTS: HODDER FELLOW**, Stephanie Elizondo Griest, author of Mexican Enough; Around the Bloc; and 100 Places Every Woman Should Go. October 16, 2009 Fine Arts Studio Theater 7 p.m.

**REYNOLDS SERIES PRESENTS: AMERICAN BOOK AWARD WINNER** Coptic Egyptian poet Matthew Shenoda, author of Somewhere Else and Seasons of Lotus, Seasons of Bone. October 22, 2009 Fine Arts Studio Theater 7 p.m.

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OK, SO MY SUBS REALLY AREN'T GOURMET AND WE'RE NOT FRENCH EITHER. MY SUBS JUST TASTE A LITTLE BETTER, THAT'S ALL! I WANTED TO CALL IT JIMMY JOHN'S TASTY SANDWICHES, BUT MY MOM TOLD ME TO STICK WITH GOURMET. SHE THINKS WHATEVER I DO IS GOURMET, BUT I DON'T THINK EITHER OF US KNOWS WHAT IT MEANS. SO LET'S STICK WITH TASTY!

*Jimmy John*

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### #13 GOURMET VEGGIE CLUB®

Double provolone, real avocado spread, sliced cucumber, alfalfa sprouts, lettuce, tomato, & mayo. (Try it on my 7-grain whole wheat bread. This veggie sandwich is world class!)

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### #15 CLUB TUNA®

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# Declare war on dreaded 'freshman 15'

**BY ALEX MORALES**  
Antelope Staff

Freshman Justina Snider, an undecided major from Beaver City, acknowledges the phenomenon of "The Freshman 15" and is making adjustments to her new lifestyle. "I have been working out more than I ever have before and I try to eat at the cafeteria instead of the fast food places downstairs," she said.

The term refers to the phenomenon of freshmen gaining weight during their first year in college. The weight gains are real and long-lasting, according to research.

Information on [www.freshman15.com](http://www.freshman15.com), a Web site dedicated to college weight gain issues, says the 15 may be exaggerated, but freshmen do gain an average of five to seven pounds throughout their first year of college. The real problem

is that anywhere from two to four of those pounds come within the first 12 weeks of school and much of the weight gain is still present at the end of the sophomore year.

How does this happen? Cindy Schultz, RN and Associate Director at UNK Health Care, blames an abrupt change in lifestyle for this phenomenon.

"Parents are no longer able to control a balanced nutrition, and once students become independent, an excessive intake of calories becomes one of the primary problems," she said.

Schultz also pointed out that the night-life is one of the major contributors to freshmen weight gain issues. "Alcohol is a huge contributor to the issue because of its calories and it is usually accompanied with unhealthy food," she said.

Other factors that contribute to the abrupt change in lifestyle include late nights, awkward schedules and easy access

to fast food.

According to research done at Cornell University, all-you-can-eat buffets on campus are the primary source for weight gain in college students.

According to Schultz this should not be an issue for UNK students.

"I have been to the cafeteria here on campus, and it is possible to make a healthy meal out of all the options," she said.

Ariane Aten of Kearney, a freshman majoring in pre-dental, has a similar thought. "I try to eat at the salad bar and avoid all of the unhealthy options," she said.

Exercising along with making healthier food choices at mealtime is a common technique for freshmen that are aware of the Freshman 15.

"Whenever I go to class I always take the stairs instead of the elevator to get as much exercise as I can," Aten said.

## Top 5 ways to avoid "freshman 15"

5. Make smart nutritional choices.
- Avoid large portions of food.
- 4.
3. Maintain a regular schedule.
2. Stay active, exercise a minimum 30 minutes per day.
1. Avoid alcohol.

Courtesy of Peg Johnston, lecturer in Family Studies and Interior Design

## Drumline from page 1

-es the tough lessons of life.

"Hard work will get results," O'Neill said. "Nothing will come easy, you have to work for it."

"I don't think people realize how physical marching percussion performance really is because the drums and cymbals are quite heavy, especially when performing for a long duration such as in a parade," Dr. Schnoor, director of bands, said. "The discipline and endurance exhibited by the members of the drum line while performing complex music with unity requires enormous skill and effort."

It is evident that the many sun-blazing days marching on the field have been well spent and the beat will go on. "Our main goal is to get better every day, even if it's just a little bit," O'Neill said.

Photo by Emily Wemhoff  
David O'Neill, captain of the drumline, signals the drumline to make some noise. They start to play after every touchdown is scored during home football games.



# Band member marches to her own beat

**BY CHELSEA ARCHER**  
Antelope Staff

It's that time of year again, football season. But the players and marching band members won't be the only action on the field. Joining the band this year on her trumpet is freshman Heather Walker, operating from a motorized scooter.

Walker, a nursing major from Amherst, was born with spina bifida, or a hole in her spine.

"My prognosis was that I could not move from the waist down and that I would be paralyzed and restricted to a wheelchair for the rest of my life," Walker said.

After 13 surgeries, Walker now rides a motorized scooter and walks short distances with the help of a brace below her right knee.

"Because my legs were out of socket in my hips, they literally sawed off both of my legs, adjusted my hips and put my legs back," Walker said.

After each surgery, Walker's mother exercised her for four hours every day. Something as simple as walking up a staircase was a challenge.

"It was not easy and I did not like it at all. I would scream," she said. "But she has so much determi-

nation, and if it weren't for her I wouldn't be here."

Ten months ago, Walker picked up her trumpet for the first time in four years. Busy with college nursing courses, she didn't have enough time for band. By the beginning of her senior year, Walker set a goal to join the UNK band. She spent each evening practicing until 5 p.m.

Now a member of UNK band, Walker stands on her motorized scooter while playing her trumpet with one hand and driving her scooter with the other.

"It's not the easiest, but you are so focused on that feeling that you don't realize how tired your arm gets," she said.

While practicing, Walker adjusts her movements as necessary to coordinate with the other band members.

"I just try to make it work. If I can't go one direction, then I'll go another," she said. "It's possible; it just takes practice."

"Heather is a remarkable girl, and I'm glad she joined the band," said Dr. Gary Davis, band director. "It's amazing to watch her play her



Photo by Chelsea Archer

Walker performed with the marching band at the UNK vs. Western State football game on Saturday, Sept. 12.

trumpet with only one hand."

When advising students on their goals, Walker reminds them to never give up on their dreams.

"Don't let someone take something away that you know with determination, hard work and perseverance that you will get the job done," she said.



# Part-time jobs harder to find

BY KIMBERLY GERDES  
Antelope Staff

He walks up to the counter and asks the same question 20 other people before him have asked, "Can I get a job application?"

This isn't his first place of the day. It's his fifth application today. He hopes he has the right availability, the right references and experiences. He just hopes to God that he gets a call from just one of them.

He needs a job. He needs the money to support not only his social life but his hungry stomach. He is one of the many young adults fighting for a part-time job in an economic time where unemployment rates are high.

"Looking for a part-time job lately has been tough. There are so many people looking that if you don't meet the exact requirements, someone else who applied does," said Cody Cole, a senior construction management major from Brule.

Nationally there's trouble for young adults facing an unemployment rate of 24.2 percent up from last year's rate of 17.8 percent.

"Historically, Kearney has been a very generous area for part-time labor," said Allan Jenkins, professor of economics. The unemployment rate for Buffalo County is currently 4 percent, it has nearly doubled since last year's 2.6 percent. This is no-

**"Things are different from when I was a freshman. I have been looking for a part-time job lately, and it seems like there are way more people looking than there are jobs available. It's a tough fight to get one."**

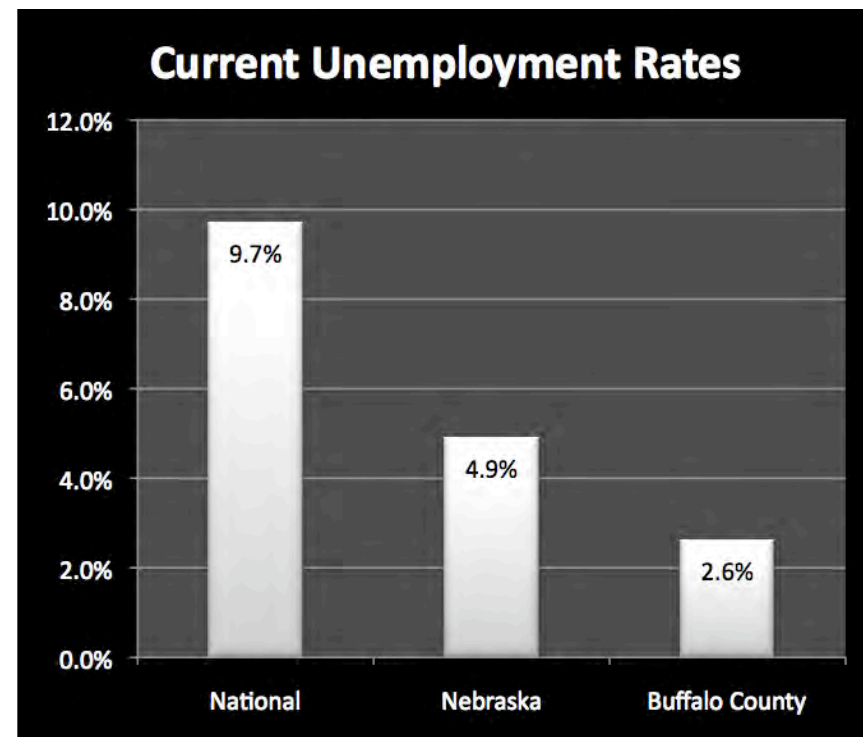
Cody Coll  
Senior

where near as drastic as the national unemployment rate, but it still makes a mark on the businesses in Kearney.

"I've noticed a change in people's buying behaviors and the number of shoppers we get in the store. They come in knowing what they want and only get that. There aren't as many casual shoppers," said David Peterman, a senior secondary history major from Big Springs who works at Sporting Edge.

"Things are different from when I was a freshman. I have been looking for a part-time job lately, and it seems like there are way more people looking than there are jobs available. It's a tough fight to get one," Cole said.

Even though the search for a part-time job is rough, there are things that can be done to help the situation.



Infographic by Kimberly Gerdes

"No matter what kind of job you're looking for you need to network. You need to be in the community meeting the people. You may meet someone who knows of a business looking to hire. It's all about connections with people," Jenkins said.

Volunteering in the community is one of the ways Jenkins suggests for making those important connections with people. "Volunteer for Habitat for Humanity or a church service organization. Put the effort into volunteering," Jenkins said, "Across the nation the economy is going to start stabilizing, but

it's going to take some time. Locally 4 percent will probably stick. There's going to be tentative recovery right now, and it's going to take a lot of time and effort to get things back on track. Kearney is a good area to be in. It swims in its own current."

The search for a part-time job for a student is not going to be fun, but there is hope. "If you sit around waiting for the phone to ring you're being passive in your search, and you're not going to get anywhere. Get out there and get involved. Be active," Jenkins said.



**Q:** What did you do over the summer to offset rising college costs?

Photo by Skylar Leatherman



Senior Susi Miguel  
Wenatchee, WA  
Business administration  
and management

**A:** "I went home and worked in a factory packing fruit for 10 to 12 hours a day. It was the only place I could get a temporary job and get money fast. I also didn't go out with friends to save more money."



**Q:** What do you think about rising costs in the economy?

Photo by Skylar Leatherman



Senior Liz Petto  
Omaha  
Political science

**A:** "It's upsetting to me that the United States has increased the money supply by over 70 percent. I fear inflation is going to hit us hard and pound us to the ground!"

# Going with the flow

Students connect with Christ in young, modern setting

BY JESSICA HUEBERT  
Antelope Staff

Are you gellin'?

How about, are you flowin'?'  
"Overflowin'" that is.

What's with the name, you ask? Imagine a full cup of water, so full that it begins to spill over onto everything around it. The idea of all that bubbling energy forms the basis for "Overflow," a college and 20-something ministry at the Kearney Evangelical Free Church on Sunday nights.

Matt Demoret, a senior exercise science major from Scottsbluff, said "The name represents the love that God has for us and how it spills out onto others." Demoret is the leader of "Sundberg," the official Overflow band. You might think all church bands are quiet and soft, but Sundberg rocks the house every week of the school year with booming sounds, lights and crowds of over 100 young adults.

"Overflow is something different," Demoret said. "It's not the traditional church scene that someone might picture in their head. It's something our generation can

identify with and is by far the best experience of worship and connecting with Christ that I've had. The mission of Overflow is to "connect, build and release."

"Our desire is to see people connect with Christ and others, build their relationships with Christ and be released each week knowing the beauty of the Lord," Pastor Kevin Andres said. Andres delivers the message each week. "I really enjoy being involved in a ministry with young adults and getting to know them," he said. "We would love to have any and all come enjoy the music, fellowship—and of course the free dinner."

Did I mention there's food? Well there is, and lots of it.

"I love being able to have a delicious meal with my friends every week," Jenny Dietz, an undecided sophomore from Kearney, said. "I look forward to every Sunday night. It's definitely a high point in my week, just to forget about the worries and stresses of daily life and have time with God."

If you're looking for other ways to get involved, the leadership team at Overflow has you covered. Re-

treats and mission trips are offered every couple of months for those who are interested. Last year, groups went on a winter getaway to Colorado and a mission trip to Galveston, Texas, just to name a few.

"The retreats are awesome," said Jim Russell, a junior music business major from Kearney. I've formed some of my best friendships through Overflow and retreats. That's one of the great things about this group, you can just go right up and talk to anyone, even if you don't know them."

Maybe huge groups of people aren't your thing. There are also chances to get involved in a number of "small groups" through Overflow. "That's why I love Overflow," said Holly Krahulik, a senior elementary education major from Loup City. "There are so many things that you can get involved in where you can have fun, make friends and strengthen your relationship with Christ."

To get your flow on, head over to the Kearney eFree Church, 4010 7th Ave., on Sunday nights at 7 p.m., or visit [www.myoverflow.com](http://www.myoverflow.com) for more information.



Photo by Jessica Huebert

Matt Demoret (front) and Jim Russell, members of the official Overflow band "Sundberg" pump up the crowd while performing a new song. Overflow meets on Sunday nights at 7 at the Kearney eFree Church, 4010 7th Ave.

## Poet Waldman visits UNK



Photo by Kevin Whetstone

Anne Waldman recites some of her earlier works of poetry Sept. 9 in the experimental theatre known as the "Black Box" in the basement of the Fine Arts Building. Waldman is an American poet who has been acclaimed for her work and is looked to as one of the most influential poets of the beat generation.

## Ladies to walk it out for scholarships in second annual fundraising event

BY LYNDSEY LUXFORD  
Antelope Staff

The second annual Loper Women's Walk is coming Sept. 19. Organizers have high hopes for the event organized last year.

"This is a huge opportunity to fundraise for women's athletic scholarships," said Michelle Smidt, Co-Director of Cope/Sahling Loper Women's Walk.

Last year the walk raised \$2,000 for each women's sport to provide those team's the opportunity to recruit key players or to purchase any needed equipment.

Two commit-

tees are formed in order to successfully run this walk. The strike force committee is assigned to raise sponsorship dollars, and the steering force recruits the team captains. Smidt hopes the walk will provide more financial security for women's sports in the future.

"Last year there were 170 walkers, and 50 percent of the revenue came from the walkers. In five to 10 years we hope to

raise enough money to not have to worry" Smidt said.

Registration begins at 8:30 a.m. There will be a \$10 entry fee, and the walker names will be placed into a prize drawing. The walkers will receive a free T-shirt supplied by the Buckle. The walk will begin at 10 a.m. and go until 10:30 a.m. with a continental breakfast provided by Runza following the walk.

