

the antelope *run with it*

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UNK enrollment highest in 10 years

BY KYLIE TIELKE
Antelope Staff

As the economy continues to slow down, UNK's enrollment continues to increase. The real question is, "Is this increased enrollment caused from the economy alone, or because UNK is an exceptional university?"

Enrollment has increased this year again by 1.6 percent for the sixth year in a row, according to Dusty Newton, director of undergraduate recruitment and admissions. The current enrollment at UNK, according to Newton, is 6,650—the highest enrollment of students since 1999.

Newton says growth is particularly strong at the graduate level, which has increased by 12.5 percent as both online and on-campus enrollment numbers have

ENROLLMENT, PG 2

September 25, 2009

Times Talk

Mike Wagner

"Is Barack Obama Presiding Over an Electoral Realignment?"

Sponsored by the NY Times & ADP

September 29-30, 2009
County Government Days
Hosted on Campus



Frank Undergoes Face-lift

Renovations make Frank House safer

BY DEANN REED
Antelope Staff

Nope, it's not what you think. This Frank is not a person getting plastic surgery. This Frank is a house, and for the last 39 years, the building has undergone some needed renovations.

The current project is the first floor bedroom's dressing chamber. While plastic surgery patients may receive skin resurfacing or a tummy tuck, this dressing room will have new carpet, a fresh coat of paint, woodwork redone and ceilings repaired.

But before the dressing area, which is the size of an average modern day bedroom, could undergo the renovation, several toxic elements needed to be removed. According to Frank House director KrisAnn Sullivan, the two biggest problems were lead paint and asbestos. An outside agency was hired to remove the toxic elements at a cost of \$20,000.

Sullivan said removing the toxic elements was a crucial step in the renovation and that the total cost of the renovation could be into the hundreds of thousands of dollars. The majority of the work will be done by the facilities department on campus, and this should help save on the total cost.

The rest of the house does need attention, but the focus will be on the

"The workmanship of the house is so gorgeous. It's great they are restoring it back."

Rhonda Berger
Friends of the Frank House volunteer



Photo by DeAnn Reed

The Frank House waits for a few nips and tucks.

main floor. Sullivan said she would like the renovations to be done by Christmas time but thinks it will probably be next May before the small area is completed.

Some of the first renovations were done in the 70's when the house served as an apartment complex. The home's chimneys, tile roof and back porch have all been redone.

Groups like the Friends of the Frank House have helped the university with fixing up the interior of the home. Sullivan said this group has invested their time and money to help recreate the way the home used to look.

"The last project was the kitchen area," Sullivan said. Restoration efforts are all aimed to return the house to its original

Fall Family Fun Day

Saturday, September 26, 2009
at the Frank House

Victorian games for friends and family! Join in sack races, charades, hunt the slipper, spuds'n spoons, flyin' feather, Victorian refreshments, tours of the house and more!

Registration starts at 1 p.m. and games from 1:30-3:30

Let the games begin!

Frank House
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University of Nebraska at Kearney
Kearney, NE 68849
308.865.8284

FACE-LIFT, PG 12

the antelope

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Kearney, NE 68848

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Mitchell Center

News
(308) 865-8488

Advertising
(308) 865-8487

Fax
(308) 865-8708

Web site
<http://www.unkantelope.com>

E-mail
antelope@unk.edu
antelopeads@unk.edu

New minor gains national attention

Journal gives UNK's public health minor recognition

BY DEANN REED
Antelope Staff

The new UNK public health minor focuses on just that. Dr. Debra Mowry, who is a part of the biology and health science department, helped develop the minor. Through classes located in Bruner Hall, students are taught the importance of health issues as it relates to the public, insurance, business and health care policy.

"The university actually started thinking about this several years ago, about 2004," Mowry said.

She said the university understood what was going on in the world of health. Many health issues like West Nile Virus were already playing a big part in public health, and the school already had over 500 students enrolled in health sciences. The public health minor just seemed to be a natural step for the school.

Mowry said that the minor is to help compliment a

MINOR, PG 4



Photo by DeAnn Reed

Dr. Debra Mowry holds the Peer Review journal that showcases UNK's new public health minor. Mowry helped create the minor for the biology and health science department.

Enrollment from page 1

risen since last year. Currently, 1,619 of the record number 6,650 students are graduate students.

"The graduate program has increased steadily over the years because we have good, quality programs, and they are professional programs which say a lot about the quality of our institution," Newton said.

Another significant increase, according to Newton, is the number of students who come from the Omaha metro area—which has increased by 52 percent.

"This is a real improvement for UNK because over 50 percent of high school seniors live in the eastern area of Nebraska including Omaha and Lincoln," Newton said.

A major question of interest concerning these high enrollment numbers is why? Could the slow economy be forcing individuals to go back to school to obtain their degrees?

Deborah Bridges, professor of agribusiness said, "What we know is that many people are choosing to come back to school after going out into the job force or after four years. Some are coming back to get new skills, so yes the slowing down of the economy is influencing people."

According to Newton, a good reflector of economic influence is the fact that students are staying in-state and students are going to two-year institutions locally before transferring out.

"Our freshmen class this year is actually down by 6 percent, but so is our nonresident enrollment. We have seen a downfall in the number of students who come from out-of-state, especially from Kansas, this year," Newton said.

According to Newton, UNK has seen a slight increase in nontraditional students, especially through online education.

"UNK has a program where people can come back after getting their bachelor's degree and get their teaching certificate online, so we have seen an increase in this," Newton said.

According to Bridges, even though the economy is slow, the students in her field who have graduated have all found the job they wanted.

"Students who are aware of how to look for a job and who are flexible in what they take can find jobs. They might start out low, but there are jobs out there," Bridges said.

UNK Chancellor Doug Kristensen

spoke to 10-11 News about enrollment increases. "It is certainly good news that UNK's overall momentum continues with significant growth in the total number of students served. We are proud of our role as a top quality university serving citizens of Nebraska and beyond. This has been a very challenging year for all students, as the economic downturn complicates their choices about attending or continuing in college."

According to Bridges, school is expensive, but the cost of attending lasts the rest of a person's life.

"Education is something no one can take away from you. The biggest benefit of having a bachelor's degree is that you learn to be a learner, which you can take with you for the rest of your life," Bridges said.

Whether it's the downturn of the economy or the quality of our institution, UNK continues to increase in numbers and has hit the highest enrollment in 10 years this fall.

"The challenge economically is whether there is a job to come out to after four years. It is important within the University of Nebraska system and the government to have a concentrated effort to increase the college going rate, and we are actively working to do this," Newton said.

New legislation represents ground-breaking investment, aid for college students

WASHINGTON, D.C. -- Campus Progress Advocacy Senior Associate Pedro de la Torre III released the following statement in response to the passage of the Student Aid and Fiscal Responsibility Act (H.R. 3221) in the House:

"Campus Progress applauds the passage of the Student Aid and Fiscal Responsibility Act. This bill, the largest federal investment in higher education in our history, provides critical and carefully-targeted aid to young people. By prioritizing the needs of students over wasteful subsidies for loan companies, the bill will enable millions to pursue higher education.

Our current system is leaving too many talented young people behind. By strengthening the Pell grant and investing in community colleges and minority serving institutions, this legislation ensures that more young people will have the opportunity to attend college, gain skills that will boost our economy and ease their own debt burdens.

Campus Progress would like to thank Chairman Miller for introducing this legislation, as well as our representatives who chose to take a stand against special interests in order to expand educational opportunity."

Campus Progress is the youth division of the Center for American Progress, a nonpartisan, nonprofit progressive organization. Through programs in activism, journalism, and events, Campus Progress helps young people make their voices heard now on issues that matter, and works with young leaders and organizations nationwide to build a strong, united progressive movement that can bring long-term positive change. Campus Progress runs a daily web magazine, CampusProgress.org; supports student publications on 50 campuses; supports local and national youth issue campaigns; and has held over 700 events and film screenings. For more information, please visit Campusprogress.org.



Photo by Kevin Whetstone

Senior Victor Garcia of Grand Island reads some breaking news to his listeners during his Sunday evening radio show. Garcia is one of the many new DJs to hit the airwaves on UNK's KLPR station. KLPR underwent a make-over before classes began this semester as it welcomed a new broadcasting director, Professor Elle Scholwin. The station has also announced plans for a name change.

Students tune in to KLPR 91.3 for news, sports, music

Broadcast students run campus radio station with help from new director.

BY JESSICA KENYON
Antelope Staff

KLPR-FM 91.3, the student-run campus radio station, has taken a different turn this year with more student involvement and student managers who are fired up for change with new equipment, a new advisor, contests and prizes.

"This year we are taking a more hands-on approach for the entire class to have something to do with the radio station. Everyone in the class has their own task to do as well as their air shift, so the radio station is a collective class effort rather than a few students working while others just play. Whether it is sorting the music we receive in the mail or setting up when we are going to have our next remote, it is all set up by the students," said KLPR general manager Merritt Lawson of Kearney, a senior organizational communications major.

The staff is also looking forward to upgrading and modernizing the equipment in the studio and production rooms. "I'm excited about moving the students and station into the digital age. We are also beginning to broadcast more news-talk, sports, and public affairs programming, in addition to the wide variety of music that has been a hallmark of the station, reflecting the diversity of the KLPR student-staff," said Elle Scholwin, KLPR advisor.

Students have been using the same production board since August 1988, working around broken cords and switches. "Having new equipment in the studio will help things run more smoothly, allowing us to quickly adapt to the listeners needs," said junior broadcasting major Amanda Hodge of Grand

Island.

KLPR will be broadcasting UNK football and basketball games, as well as Tri-City Storm hockey games. While the station did broadcast games in the past, they were covered by different students each game, so students who were unfamiliar with the games would be expected to either do play-by-play, color or run the board in the station.

This year, KLPR sports manager Jason Arens of Springview, a junior majoring in sports communication and Lawson will be covering the home games so the listeners know there are two professionals in the booth giving insight about each game on a consistent basis. There will also be a sideline reporter down on the field who will be bringing another dynamic to the broadcast.

Broadcasting students are very excited about the opportunity to broadcast Tri-City Storm games this year. "We will be working with the voice of the Storm, Skip Berry, to broadcast a good chunk of the Storm games on KLPR. This will give the station more advertising and give the students great experience. We are looking at broadcasting somewhere around 20 games during the hockey season," Lawson said.

Student DJ Jennifer Kardell of Kearney, a senior majoring in public relations, said, "I am really excited about KLPR picking up Storm games. The team is starting its 10th season, and I have been a huge fan since day one. I used to listen to all the away games, but last year there were no broadcasts, so it'll be exciting to have that back. This is a great opportunity for KLPR, and I'm glad I get to be part of it."

Assistant to the director of promotions

Hodge, already started her air shifts, "Our first show went really well. I loved it. There might have been a few mistakes, but that happens your first few times. I'm really looking forward to being able to have contests and getting to give out prizes."

The KLPR staff will be giving away tickets to Storm games and Tri-state cage fighting matches, along with multiple other events and even coupons and gift cards to restaurants and businesses around Kearney.

The staff is ready to work more closely with students this year at UNK remotes, being able to play music from local artists and having the opportunity to give out prizes to its listeners. "The station is a lot more interesting this year, they've been playing better music and I like that they've been adding a more talk show style. It's also great that the station is offering tickets to Storm games and gift cards to restaurants, giving other students an incentive to listen," Kelsey Parr of Grand Island, a senior majoring in elementary education said.

Aside from new station duties, the students have also had to adapt to a new teacher. Elle Scholwin has taken the role as KLPR's advisor and also teaches other JMC classes at UNK.

"I cannot say enough about what Elle Scholwin has done for KLPR. She has brought the leadership to the station that overtime had worn away and has started to build a great foundation that we can build upon to really strengthen KLPR. Her husband [Rick] has also helped in terms of setting us up during remotes and football games, which have allowed us to have better broadcasts and do things we never were able to last year," Lawson said.

Letter to the editor: In response to last issue's "'Obamacare' a poor choice"

'Public option' is the best choice for all

BY GIBRAN MANCUS
Guest Writer

I do not understand some people's complete mistrust of the government. We have fire, police and sanitation which are government run. We have schools that are government run, one of which Mr. Matt Iberg is currently a student. We, you and I and everyone else in this nation are the government, Mr. Iberg.

I want to start by identifying myself as a supporter of a single payer system. I believe this is the best care model. I would rather have Washington "bureaucrats" deciding the outcome of my care than "corporate" insurance companies. The first reason is the government officials answer to me as they require my vote to stay in office, whereas the corporate executives answer to the majority stockholders. Secondly the government is required to follow best practices using scientific research, and corporations are required to follow the stock market.

I believe that fear is Mr. Iberg's major motivation. The challenge is how we respond to fear and if we are able to adapt

to change. I believe Mr. Iberg is afraid someday in the future he will not get the care he or his family needs. I honor his fear. The problem is right now there are people not getting the care that they need right now. Just because Mr. Iberg had an extra \$20 to go to the doctor does not mean that families, especially those with children, are able to make the choice between groceries and health care.

According to the National Coalition on Health Care, 46 million people of the USA do not have health insurance and by some estimates an additional seven million will lose it in the next two years. I realize that a single payer system will most likely not make it into the final bill that will come across President Obama's desk. President Obama and I differ on this point as he has publicly stated that he does not believe a single payer system to be the

best option, and he is backing the public option. I honor our difference of opinion as I honor Mr. Iberg's opinion. That is how this country works. We find a balance by seeking the middle ground. President Obama has found the middle ground with a public option. The balance between a single payer and a purely private system is having a public option.

I really wanted to go point by point in debating Mr. Iberg's editorial but that would have taken up the whole paper. In the mean time I am contacting our state representatives on a regular basis and encouraging them to include a public option in the final draft of the bill. I encourage Mr. Iberg as well as my fellow students to educate themselves and contact Senators Ben Nelson and Mike Johanns as well as their prospective representatives and participate in this democratic process. I also want to invite Mr. Iberg to a public debate on the public option.

According to the National Coalition on Health Care, 46 million people of the USA do not have health insurance and by some estimates an additional seven million will lose it in the next two years.

Write a letter to the editor

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Minor from page 2

student's major, "...if they were a biology major, then perhaps they could help work with developing new vaccinations. If you were a business major...this would help you a get job working in the hospital or nursing home."

The minor, according to Mowry, could also help students be better citizens. She said it will give them insight into public health care policies and how they impact the community. Mowry also said she hopes that as students educate themselves about public health they will get involved in shaping public health issues.

The program has gained national attention through a journal article in Peer Review. The magazine focuses on, "Emerging trends and key debates in undergraduate education." Colleges from all over the country are featured in the magazine.

Mowry said she believes the best way to encourage students to enroll in the program is for them to understand the importance of their own health. "I think the most important person in the world is you, and what better way to take care of you than to learn about you and learn about your health, what choices you have and what's out there in the public that might help you."

Loper Women's Walk a success



Photo by
Garrett Ritonya
Carol Cope leads off the Loper Women's Walk on Sept. 19. Members of the Tri-City Storm hockey team line up on each side to create a tunnel for walkers to go through. The Women's Walk was held in Cushing and featured guest speakers, a raffle and door prizes, and a free lunch provided by Runza. The money collected at the Women's Walk will go to support future Loper athletics, including scholarships and uniforms.

**WOMEN'S WALK
PHOTOS, PG 6**

Don't tell me about the "real world"

Secondary education: a result-oriented field?

BY TRAVIS SCHOTT
Antelope Staff

Instructors and professors often remark about the "real world." What is this real world they speak of? Often, our professors make comments assuming students are unaware of how the real world works.

Do a mortgage, life insurance and an attorney on retainer finally give one a membership card to the exclusive club known as the real world?

Answer me this. Do we not all breathe in and out each day, are we not all subject to experience tragedy or the loss of a loved one despite social class, occupation or education? Can we not all be affected by disease, death and desire?

How is this not the real world?

In contrast, one could very well argue that those among the academic field are no more part of the real world than you or me. Individuals who choose a career in education often times have never worked outside the business of education or among the private sector, for lack of a better term. It's one degree after another. It's undergrad, graduate degrees, a masters and finally a doctorate, and so on.

With that said, is education, especially secondary education, a result-oriented field? I would argue it is not.

However, with the No Child Left Behind Act introduced during the Bush administration, public education systems are now being held accountable for a lack of results, decreasing graduation rates and declining standardized and aptitude test scores. Penalties are issued via a decrease in funding, even the closing of schools.

Universities are not held accountable in the same way.

University administrations rarely demand quantifiable results. Apparently, faculty evaluation tools are simple

fill-in-the-bubble forms ran through a scanner magically giving a rating of one through 10. Those are utterly ridiculous, a waste of money, and 90 percent of the time, students simply note the same letter throughout in order to leave class a little early.

Graduation rates are surely expected to remain consistent, but if a student doesn't manage to graduate on time or chooses to drop out, are their instructors and professors held accountable? No, they are not.

A student choosing to leave school was surely not influenced, detracted or put off by an instructor, right? If one asked the university, they might assume the student just didn't care.

No doubt we have all had an experience with those professors who make us feel as though they are simply trying to make it through the day. They stick to some predetermined, cookie cutter lecture, regurgitating facts that roll up on their PowerPoint slides. Which, by the way, PowerPoint is slowly destroying teacher-student relationships one click at a time by drastically decreasing the level of student participation. There is hardly any interaction among students and teachers who choose to implement PowerPoint, but that is a rant for another day.

On the other hand, however, in defense of those professors and instructors who truly

demonstrate passion, they are primarily the ones most responsible for inspiring us to stay in school, reach for that goal we once felt unattainable and push ourselves to become better and brighter students, guiding us toward a life of more substance.

Some may feel this little diatribe is an attack on all professors. It is not. Most instructors illustrate a high level of fervor and enthusiasm for what they do. Although, there will always be those rare few who treat it as nothing more than a job.



Q: What do you expect from the United States' economy in five years?

Photo by Maki Chikuie



Sophomore Natalie Valalik
Grand Island
Art

A: "I hope it gets better and there will be a higher demand for jobs. I think people are too concerned about saving their money that their lack of spending is hurting the economy."

Poll Question

Do you think the swine flu is a real danger, or has it been blown out of proportion?

Yes, it's an epidemic!

No, it has received too much coverage and now people are just scared.

It's probably a little bit of both.

I'm not sure.

Vote at www.unkantelope.com, then check back next week for results and a new question

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Science anyone can understand

Biweekly science cafés open discussion of important scientific issues

BY NATHAN BLAHA

Antelope Staff

Do you want to talk about serious, tough topics over some pizza and a coke or maybe a glass of beer?

The acceptance of torture in society, solar energy, H1N1 and stem cell research are just a few of the topics discussed during Sigma Xi science cafés.

"We provide people a comfortable setting to take in available information and give people the chance to realize that scientists are regular human beings."

Bill Wozniak
Psychology professor

Scientists are regular human beings," said Bill Wozniak, a professor of psychology and member of Sigma Xi at UNK.

"Sigma Xi is composed of 30 to 40 chemists, psychologists, biologists, and physicists from all over the UNK campus, with many students active at the science cafés," Wozniak said.

Sigma Xi, a national science society, hosts science cafés every other Monday at 5 p.m. on the second floor of Thunderhead Brewery to provide available science to the public so a regular person off the street can understand it.

"We provide people a comfortable setting to take in available information and give people the chance to realize that scientists are regular human beings," said Bill Wozniak, a professor of psychology and member of Sigma Xi at UNK.

Don't miss out!

Who: Sigma Xi

What: Biweekly Science Cafés

When: Every other Monday starting September 28

Where: Second floor of Thunderhead Brewery

Why: Ensure regular people can understand relevant science

How: Through guest speakers and casual discussion

Faculty members usually nominate students who show promise as researchers in their field to become associate members of Sigma Xi, although anyone is welcome at the science cafés.

Past topics at the science cafés have included talking about the H1N1 virus with Brad Ericson from the biology department, solar energy with Dr. Scott Darveau from the chemistry department and the acceptance of torture in society with Dr. Richard Miller from the psychology department.

Wozniak said the topic of the next science café Sept. 28 will be science education led by Darveau and Miller.

Oct. 26 Dr. David Krause from the Omaha Med Center will lead the café about stem cell research. "This discussion will take place right after the Nebraska board of regents meets about stem cell research, a meeting that Dr. Krause will be attending," Wozniak said.

For more information on Sigma Xi national science society, visit SigmaXi.org.

Women's Walk photos from page 4



Photos by Garrett Ritonya
Sponsor Bob Sahling fires the starting gun to kick off the Loper Women's Walk Saturday, Sept. 19. Sahling, along with walk co-chairs Jackie and Lee Ann Purdy, started the walk to raise money for women's athletics at the university. The money raised will be used for everything from scholarships to uniforms and travel. Members of the walk took a journey throughout the UNK campus, starting at Cushing, making their way around the Fine Arts Building, cutting through Founders Hall and snaking through University View before the final steps took them across the football field and back to Cushing. There were chances for raffle prizes, face painting, and a chance to meet your favorite athletes.



Members of the Loper Women's Walk are greeted by UNK student-athletes on the final stretch of the walk. At each checkpoint, UNK athletes were there to offer support, whether it be a kind word or a handshake in thanks of their support of Loper athletics. Upon completion, walkers were treated to a lunch provided by Runza.

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.



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Daily improvements along with commitment bring depth to volleyball team early in season

BY ADAM MCLAUGHLIN
Antelope Sports Staff

Deep. That's one word to fittingly describe the UNK women's volleyball team. From front row to back, depth has helped propel UNK into the No. 5 ranking of the Division II polls. But it's the attack line up front that makes this team stand out.

Coming off a season opening sweep at the Best Western/Runza Fall Classic, UNK quickly found their strength to be up front with girls of height and hitting power. Whether coming from the outside edge, or the middle, talent and depth is a term head coach Rick Squiers agrees on. It's a part of his team that he hopes will be a strong point all season long.

"I would say we are deep," Squiers said. "It is part of our philosophy to make sure we have competition in every position. It also allows us to play a lot people and keep them fresh in a long season."

Since 1999, Squiers has been one of the school's most successful coaches. He's counted on strong outside hitters to lift his teams, from NCAA All-American's Erin Gudmundson to Erin Arnold. But this year his team is stacked with girls of equal talent from starters to role players. Squiers said he's always recruited athletic players with high potential, and prefers a roster "full of intelligent, self-



Photo by Garrett Ritonya

Head Coach Rick Squiers gives his team some advice for the game during a time out.

motivated and competitive people."

This year, his team fits that mold. They're tall and lengthy up front with an average height of 5'9". They spike and block efficiently. It's a group of girls led by Jeri Walkowiak, Erica Burson, Kelsey Werner and Nikki Scott that Squiers calls special.

Over the years, he's added girls as pieces

to his puzzle. Here and there, everyone counts. In Nebraska, volleyball is a pool of talented girls. Squiers said there is a lot to sell about having great volleyball traditions and outstanding programs that sway recruits.

This year, nearly all girls see playing time too. There are many combinations of girls that Squiers can throw out there. Specifically, 84

formations in all between his loaded front row. But "quality playing time" can decisively describe these types of moments. This is a balance of girls that all gel, according to Squiers, whether it's a senior like Burson or a freshman like Jena Isaacson stepping into the spotlight.

"The team has really bought into the team concept," Squiers said. "This is one of the best groups of people we have had since my arrival at UNK. They are committed to each other and willing to sacrifice for the group. I admire this about them."

Rightfully so, all attackers feed off a good setter. Squiers attributes his frontline success so far to junior Cola Svec. He labels her one of the most accurate setters in the country, which puts hitters in good situations.

It's still early in the year, and after nine games, UNK is 8-1. Squiers said this team is still developing in many ways.

"We are always working on ball control and blocking, but our team can also progress in its daily focus and intensity. That seems to be the difference at the top levels."

Instead of getting ahead of pace, Squiers stressed that his team has a ways to go yet.

"We try not to ever let it be about winning, rankings, or how we finish," Squiers said. "We stress daily improvement and commitment to the team concept. If talented people with do this, the rest will happen on its own."

Antelope College Picks of the Week



Eric Korth, Hastings
Former Antelope Sports Editor, 7-7



Jason Arens, Springview
91.3 KLPR Sports Director, 7-7



Garrett Ritonya, Omaha
Current Antelope Sports Editor, 9-5



Josh Moody, Kearney
Special Guest Picker Antelope Photo Editor

No. 9 Miami (FL) at No. 11 Virginia Tech

No. 22 North Carolina at Georgia Tech

Texas Tech at No. 17 Houston

LA-Lafayette at No. 25 Nebraska

No. 6 California at Oregon

Chadron State at UNK

Total passing yards in Tech at Houston, over/under 850

Miami (FL)

Georgia Tech

Texas Tech

Nebraska

California

UNK

Over

Miami (FL)

Georgia Tech

Texas Tech

Nebraska

California

UNK

Under

Miami (FL)

North Carolina

Texas Tech

Nebraska

Oregon

UNK

Under

Virginia Tech

North Carolina

Houston

Nebraska

Oregon

UNK

Under

Lopers shake off slow start, dominate Adams State 44-6 for third straight RMAC win

BY CLAYTON KUSH
Antelope Sports Staff

The UNK Football Team grabbed their third straight season victory and second in RMAC play Saturday with a win over Adams State in Alamosa, Colo. This win improves UNK's record to 3-1 overall and a perfect 2-0 in RMAC play.

The team might not have gotten off to the incredibly fast start they did a week earlier when they scored four first quarter touchdowns, but once the Lopers got it together, they were unstoppable.

Starting the second quarter of play, the Lopers trailed Adams State 6-0. That lead was short lived though for the Grizzlies as wide receiver Kyle Kaiser received a 28 yard touchdown pass from Jake Spitzlberger early in the second quarter. From that point on, there was no looking back for Coach Morris's Lopers as they outscored

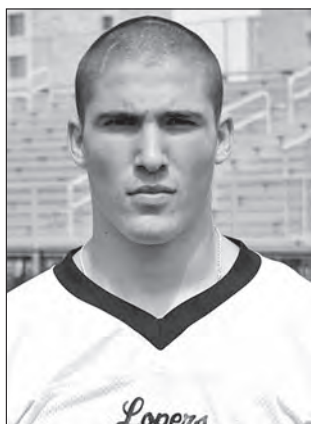


Photo courtesy Lopers.com

Sophomore Rustin Dring of Kearney returned from injury to rush for over 100 yards and score twice. Lopers are now 3-1 and host Chadron State this week.

Adams State 44-0 in the last three quarters of the game.

Jake Spitzlberger, who is having an outstanding year at quarterback, had another terrific game with 165 yards through

the air and another 61 yards on the ground. He was very pleased with how the team had performed overall.

"Our offensive line has really stepped up big, and that has been great for getting our running game going strong," Spitzlberger said.

It was a balanced attack for the offense as they accumulated 229 yards through the air and 210 yards on the ground, with running back Rustin Dring accounting for 113 of those rushing yards.

The current three-game winning streak can be credited to more than just an explosion on the offensive side of the ball as the UNK defense gave up its lowest point total of the year against Adams State. The raised level of play on the defensive side of the football is felt by the Lopers, leading with the offensive side of the ball. "Our defense is playing lights out right now. It really helps out our offense

when our defense is forcing our opponents to three and outs, and we are consistently starting our drives with great field position," Spitzlberger said.

The UNK Football Team puts their winning streak up to a huge test this weekend as they face Chadron State, ranked 16th team in Division II. Kickoff for this battle will take place at 1 p.m. on Saturday, Sept. 26 here in Kearney. This is the RMAC game of the week and will be televised on the channel Altitude.

Despite UNK's struggles against Chadron State in this past, this is a team that comes in with a lot of confidence and no one is more confident than Spitzlberger. "We match up well with Chadron State and a big area for us this week will be playing mentally sound football and not making mistakes."

Bringin' the noise

Defending RMAC P.O.Y Walkowiak learns lessons on and off court

BY MATT IBERG
Antelope Staff

Katy Perry, Sean Kingston and Lady GaGa.

No, not an upcoming concert but Jeri Walkowiak's warm-up routine for volleyball.

Walkowiak, a junior middle hitter from Grand Island, uses those artists' songs to prepare her for her daily two-hour practices.

"I need to make myself better," Walkowiak said. "The singing helps me to get 'in the zone'."

The Lopers are 13-1 on the season and currently ranked eighth in the nation, definitely "in the zone."

Sweeping their first four conference opponents, the Lopers are in prime position to win the Rocky Mountain Athletic Conference title for the sixth time in as many years.

Walkowiak is a key component of this year's team as she is in the top three on the team in attacks, sets, kills, points and also leads the team with 31 blocks on the year.

She tries to keep practice lighthearted while she works out.

At times, you can look over to her and see her keeled over, not out of exhaustion, but in side-splitting laughter.

You can see she is at ease and motivated.

"I feel a little more comfortable this year," Walkowiak said. "We're an older team for once. There is a little more determination this year because there

are more seniors and juniors who are starting to realize that it does come to an end. We want to leave it all out on the court."

Currently in the middle of a two week road trip, Walkowiak must juggle practices, games, school and her personal life.

With more than 50 hours a week dedicated to practice, conditioning, travel and games, finding time to keep up in the classroom can be difficult.

"Teachers have higher expectations from athletes," Walkowiak said. "As a student-athlete, teachers really expect you to be a student first."

Student-athletes have little time to do their homework. They find time while traveling for games on a bus.

"Sometimes," Walkowiak said, "it's hard to do homework on the bus or over the weekend. I just have to make time for it, whether I have to stay up late or wake up early."

Volleyball adds structure and routine to Walkowiak's life. With a majority of her week devoted to athletics, she realizes her free time is precious.

The tough mix of athletics and academics could drain many people of their energy levels but not Walkowiak.

At the end of a two-hour practice, she still had a spring in her step and a pop to her hit.

A sense of poise and ease hover around the team.

"We still have a lot to learn as a team," Walkowiak said. "Working together, working on fundamentals and being aggressive, once we get that all together, we have no reason not to be confident."



Photo by Garrett Ritonya

Junior middle hitter Jeri Walkowiak of Grand Island prepares for a serve against Rockhurst early in the season for the Lopers. Walkowiak, the defending RMAC Player of the Year, is currently in the top three in most offensive categories for the Lopers, including blocks with 31. The team is off to a 13-1 start, the best in the RMAC.

Woody Greeno Cross Country meet brings new experience for freshmen runners

BY ABBY RICHTER
Antelope Sports Staff

Usually, a regular season high school cross country meet doesn't have more than 100 runners. This weekend's Woody Greeno Cross Country Invite, held on Sept. 19, was a different case for the freshman runners at UNK.

As the UNK girls lined up and waited for their race to start, 256 other anxious runners accompanied them. Despite the fret and nerves that this race brings to many, freshman Lauren Kongsjord, a visual communications major from Seward, felt that the meet was a great experience.

"It was fun, but it was really weird to start out with so many people ahead of me," Kongsjord said. "In high school I was usually more towards the front of the pack, and it is just a completely different experience when you're running with 256 other girls."

On the other hand, the men's race had a few more competitors, as the total number of runners who crossed the finish line was 341. Freshman Travis Walker,



Photo by Abby Richter

Team captain Thomas Neemann of Syracuse finishes up his race on Sat. Neeman finished 59th out of 341 runners. The Lopers placed fifth out of 26 teams overall.

an industrial distribution major from Kearney, had mixed feelings about the race. "I liked the atmosphere, but I didn't like how I raced because with so many people, I got behind and boxed in," Walker said. "All in all though, I like college races more because the competition is at a higher level and the atmosphere is awesome."

Overall Coach Brady Bonsall was really pleased with the freshmen at this meet.

"I think that by having the UNK Twilight meet two weeks ago, it helped the freshmen get a lot of their nerves out about running their first college race," Bonsall said. "Even though it [UNK Twilight] didn't have near the amount of runners as the Woody Greeno meet, it was good to get a race out of the way so that the freshmen wouldn't be coming into their first college race with 250 to 350 runners."

Bonsall did try to ease the freshmen

by giving them a little bit of strategy. "I told some of the freshmen last night to take a race of 300 runners and break it down by finding a teammate and running with them," Bonsall said.

"This is especially true of the men's team because there isn't a lot of difference between the sixth and 12th runners, so it is easier for them to find a teammate to run with."

The women's team finished 15th out of 27 teams overall and the men's team finished fifth out of 26 teams overall. The Lopers will compete again at South Dakota on Oct. 3.

Loper Top 3

Men:

| | |
|--------------------|----------|
| 17 Al Sanabria So | 25:49.80 |
| 23 Tanner Fruit Jr | 25:58.70 |
| 51 Quinn Willet Sr | 26:46.30 |

Women:

| | |
|-------------------------|----------|
| 24 Amy Long So | 22:08.73 |
| 90 Lauren Stengel So | 23:47.93 |
| 100 Layne McConville Fr | 24:00.13 |

UNK athletics' facelift launches Oct. 1 Brand new Lopers.com on the way

BY MATT TOMJACK
Antelope Sports Staff

From ESPN to Sports Illustrated, Internet sports fans have seen big changes in their favorite Web sites. UNK athletics will soon have a site that can run with the big dogs. As of Oct. 1, Lopers.com will be sporting a new face.

"The changes are a long time coming. We have been fortunate enough to have experienced a great deal of success within our athletic program, and having a Web site which parallels this success, communicates it in a positive manner and on several different levels is key. This site brings us up to speed and provides our student-athletes with the coverage options they deserve," said Shawn Fairbanks, Assistant Athletic Director of External Affairs.

Like the old Lopers.com, the new site will offer free audio feed and live updates for all home and away games. "The new Web site will also continue to offer live video feed, for a price, which is provided by the B2 Network agreement with the Rocky Mountain Athletic Conference," said Peter Yazvac, Sports Information Director for UNK athletics.

Yazvac said, "UNK graduate Scott

McLaughlin from Heartland Hosting basically built the current, and the soon to be former, Lopers.com by hand, and we are in much debt to him. He will remain as the web site/computer advisor to UNK Athletics."

Internet Consulting Services, or ICS, is the new host company of Lopers.com. "The creator of the operation system is a former Sports Information Director at a Division II institution. He was very familiar about the media needs of a school of our size as well as the need for something efficient and easy to manage. ICS is also very affordable for a Division II institution and offers exceptional packages from simple to more complex based on the needs of the institution," Fairbanks said.

The new Web site is guaranteed to be a big hit on campus. According to Fairbanks, "The new site will be very interactive and technology driven. One of our goals is to make UNK athletics more accessible to fans from all walks of life. Whether you are a seasoned, veteran Loper fan looking for the latest on the .com site or a student home for the weekend, you will always have access to the latest in Loper athletics through text updates, video/audio feeds and live stats."

Experience spells success for UNK at tennis regional

BY RACHAEL COCHRAN
Antelope Sports Staff

Seniors and juniors led the way this year at the ITA Women's Central Regional Tournament held in Kearney. This is the second year in a row the Lopers have hosted the tournament.

The Lopers had three ladies qualify for semifinals and two ladies qualify for finals. Doubles partners Claire Bryan, a senior from Katy, Texas, and Holdrege junior Marcelle Strydom, worked their way up



Photo by Rachael Cochran

Senior Claire Bryan of Katy, Texas, fronts the ball. Bryan qualified for semifinals in doubles at the regional tournament.

to semifinals in doubles. The girls battled Mesa State in semifinals and lost 8-2.

"We played well together. It was a tough game. Marcelle and I worked really hard to get where we ended up. This weekend was a lot of tennis but the whole team did a great job. I'm proud of everyone's accomplishments," Bryan said.

Western Australia native Katie-Mary Outhwaite qualified for semifinals in singles. She was originally seeded first and played through injuries. She finished her tournament play with a loss against fifth-seeded Anastasia Dabiza from Upper Iowa.

Senior Mizuki Takahashi from Japan and Kearney junior Nickola Messbarger were the only Lopers to advance to finals in Regionals. Fifth-seeded Takahashi and Messbarger played top-seeded girls from Mesa State. They played a close match and lost 8-4 in the end.

"This is the first fall season we have played together. I am surprised we did as well as we did. I wasn't expecting to make it that far," Takahashi said.

The finalist qualifiers received plaques and were accompanied by teammates and friends at the early game.

Success continues to follow UNK offensive coordinator/quarterback coach

BY JASON ARENS

Antelope Sports Staff

As the sun beats down on Ron and Carol Cope Stadium during afternoon football practice, offensive coordinator/quarterbacks Coach Russ Martin discusses the game plan for the upcoming week with his quarterbacks. His players listen up because they know coach Martin isn't blowing smoke; he has been around the block. Not only does Martin have an impressive array of coaching experience, but he has also witnessed sports from a different perspective through officiating for roughly 15 years—a weapon in his repertoire that has proved useful to his coaching success through the years. So how did Martin become the successful coach that he is today?

Coach Russ Martin is in his eighth year with UNK and is on his second stint with the squad. He was in Kearney early in his career for two years, starting back in 1987, due in part to his affiliation with current head coach Darrell Morris. Since then he has coached for Kansas Wesleyan, Bethany College, Black

Hills State (where he was head coach), Southeast Missouri State (a Division I school) and back to UNK, where he is currently in his sixth straight year. Being a native of Scottsbluff, Martin enjoys being close to his and his wife's families.

Martin wasn't completely caught up in coaching, so he took time to become a sports officiator. While Coach Martin's refereeing experience is primarily elsewhere from football (basketball, baseball, fast-pitch softball), he still gets the sense of what an official has to deal with during the course of a game. After all, referees in all sports deal with an abundance of the same issues. So just how beneficial could officiating experience be to a coach's success?

When asked if previous officiating experience affected the way he interacted with officials during a game, Martin said, "Yes, because you know that there is always going to be someone unhappy about a call that is made. Refs are just trying to manage the game. As a coach, I try to focus on my job and not get caught up in the refereeing." Martin believes

coaches shouldn't let their emotions take over; instead, they should try to just focus on the game plan. "I feel that I've acquired balance, having been a part of both sides."

Understanding what the officials feel can lead to a better connection on the field. Coach Martin commented on what different interacting strategies can be used to help put your team in a position for beneficial calls throughout a game. "Just treat the officials fairly. Communication is key. Talk to the refs to see if there are any rules to watch out for and alert your players. Inform the refs of any tricky formations you will be running so the refs can recognize it instead of penalizing it."

Obviously, officials are professionals and can't pick favorites, but it couldn't hurt your team if you treated them courteously. "Just let the refs know you care. They appreciate respect," he added.

This is all information that Martin has picked up from his officiating days. When asked if there were any other refereeing experiences that came to mind, he smiled and said, "Well all I can think of off the top of my head

are situations that deal with angry parents." He went on to say how he remembered watching a coach begin to lose focus as he argued a call on the floor, causing his players to lose focus as well, along with control of the game just because of that one incident.

"It would be beneficial for all coaches to referee some games first so they understand and have a greater appreciation for officials," Martin said. He also believes that while most officials are professional during a game, some don't understand the importance and value that the coaches, players and parents put into the game.

Martin believes that coaches and referees must understand and respect the actions of one another during the course of a game as long as the actions aren't inappropriate, because in the end, no one individual is higher than the game itself.

There is no question why success on the football field continues to follow Coach Russ Martin. His experience, techniques, and above all, respect will continue to earn him respect as his coaching career progresses forth.

Emergence of wildcat formation: should Lopers try it?

BY ADAM MCLAUGHLIN

Antelope Sports Staff

If it's not broken, don't fix it. That's the case with the UNK Loper football offense. Another lopsided win this past weekend over Adams State has the team clicking on all cylinders. But with the emergence of the wildcat formation in football, is it crazy to say the Lopers should adopt? It's the new fad in football.

Not at all, considering all the speed the Lopers have.

Three Lopers run a 4.3 in the 40-yard dash, posing problems for any team they face. Lining up a speed guy in place for the quarterback spreads the field wide, just as the formation calls.

UNK is an offense that comes traditionally balanced. But it's considerably more dangerous on the ground led by young sophomore tailback, Rustin Dring. The local made noise in week one when he rushed for 151 yards on Wayne State. He shows explosiveness and isn't afraid to run downhill on defenders, an attribute needed for the wildcat.

But it's not just Dring that's been getting the job done.

Last year's running back-turned-wide receiver, Brendan Liess, comes from the slot at times and lines up in the back field, and has rushed for 117 yards to date. Quarterback Jake

Spitzlberger leads the team in rushing, with an average of over five yards a carry. Speed is evident all-around. Just ask any Maverick, Grizzly or Western State player who has tried to stop it.

In football, you tend to not want players to beat you with their feet. UNK does.

Three years ago, the Arkansas Razorbacks made headlines week in and week out with their version of the offense, the "wild hog." Speedsters Darren McFadden and Felix Jones ran all the way around teams.

Last year, the Miami Dolphins shocked the New England Patriots when they brought the formation into the NFL. For a decade it has been a college package, until it was taken advantage of last year by a variety of teams.

It's not an offense that will last forever. It could be gone one day here soon. But right now, it's the rage in the game. Quarterbacks are now racehorses. On the defensive end, it's hard to read, between sweep plays, motion passes and reverses. It's an 11 on 11 game—instead of a 10 on 11—meaning no quarterback stands watching.

Whether UNK runs it, it's hard to detect. Only Spitzlberger and backup quarterback Bobby Adamson have lined up behind center this year, conveying that it hasn't been deployed. But why not run some trickery out of it? Why not try it a few times a game?

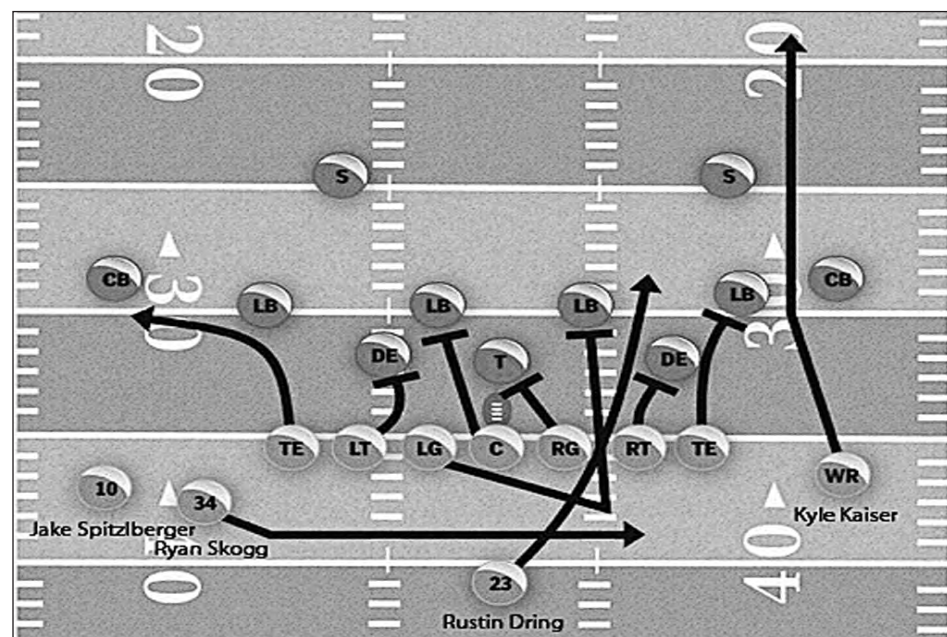


Photo courtesy of ESPN.com

Don't mind the numbers, it's for instructional purposes. In the "wildLoper" formation, the running back lines up in the quarterback spot, with the QB lined up as a wide receiver. With so many options on the field to run the ball, there is an endless multitude of plays.

Who's to say that by the end of the year, the coined term "wild Loper" is thrown around our team? To jumble it in while the offense is clicking is asking too much. But this team is

special in so many ways. And to make some more noise in Division II, the wildcat might be the direction to go. It's short term and the game is evolving fast.

QBQ! teaches personal accountability

BY CHELSEA ARCHER
Features Editor

Does this sound familiar? "I swear all of my teachers get together and schedule tests on the same day," or "Why does this keep happening to me?"

We are all under the pressure balancing classes, work and a social life. So how can we keep ourselves from being so negative? QBQ! or Question Behind the Question, may have your solution.

QBQ! is a personal accountability training program founded by John Miller who developed the idea when selling sales management training programs to business executives.

"He heard a lot of bad questions and thought of a way to turn negative thoughts into positive ones," said Kristin Lindeen, daughter of Miller and speaker of the QBQ! Thursday, Sept. 17, Loper Programming and Activities Council (LPAC) event in the Ponderosa room.

But what exactly does QBQ! teach? "QBQ! is designed to help us ask better questions," Lindeen said. "It helps us recognize bad questions that usually begin with a why, what or who. The program focuses on leadership, how to control our thinking and eliminate the three traps of victim-thinking, procrastination and blame."

According to the QBQ! Web site at www.qbq.com, once those traps are eliminated, productivity, teamwork, morale, creativity, safety, communication and problem-solving are enhanced.

"The information is valuable to learn about ourselves and how we communicate," said Tim Danube, assistant director of the Nebraskan Student Union. "This is something that students can apply to school, work, and their relationships with others, and beyond college into the workforce."

"This is something that students can apply to school, work, and their relationships with others, and beyond college into the workforce."

Tim Danube
Assistant Director,
Nebraskan Student Union

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Face-lift from page 1

“Our mission...is to care for the house and share it, not with our generations, but with future generations too.”

KrisAnn Sullivan
Frank House director

glory. However, while the house’s 1880’s look may be old-fashioned, some of its amenities are very modern. The kitchen has a refrigerator where the icebox used to be, and a cabinet door covers the dishwasher. The director said these modern conveniences come in handy when the house is used to celebrate weddings, anniversaries and receptions. She said she hopes more in the community will access the home.

One of the Friends of the Frank House, Rhonda Berger, said, “The workmanship of the house is so gorgeous. It’s great they are restoring it back.” Berger, who is the lead volunteer gardener, said it’s a lot of work, but she loves helping. It’s people like Berger who are helping to fulfill what Sullivan sees is the mission of the house.

“Our mission...is to care for the house and share it, not with our generations, but with future generations, too,” Sullivan said. And to do that, they are always looking for volunteers to work the gardens and help the inside of the house. She said those interested should contact the Frank House or the Friends of the Frank House.



Photos by DeAnn Reed

ABOVE: See video online about opportunities to volunteer in a place that matters, the historic Frank House.

LEFT: The dressing room area was stripped to the bones, and toxic elements were removed before renovation could begin.

BELOW: Through the curved porch, visitors can see garden areas.

