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ISSUE 05

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3. Design majors experience working with campus publication services



Getting enough zzzzzzleep?

BY ALEX MORALES
Antelope Staff

It is 7:30 a.m. on a Monday morning while most students are wrapping up breakfast and getting ready for 8 o'clock class, Scott Anderson, a senior exercise science major from Burwell, is wrapping up his overnight shift.

Right after clocking out at 8 a.m., it is off to the races. Anderson knows he will make it to class a few minutes late, but the professor already knows the routine. "After the first couple of times of being late, I let my instructor know what was going on," Anderson says.

Everyone needs a certain amount of sleep, and like most college students, Anderson doesn't get enough.

According to Roz Sheldon, associate

ZZZZLEEP, PG 11

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Domestic violence hits home

S.A.F.E. Center and volunteers team up to spread awareness

BY DEBBIE EPPING
Copy Editor

"It's not a problem around here. It only happens in low-income families. She could just leave." These are only a few of the harmful stereotypes surrounding domestic violence.

"I think it's important to remember that violence happens in all different forms and all different kinds of relationships, and no one is immune," said Nikki Gausman, executive director of the Spouse/Sexual Abuse Family Education (S.A.F.E.) Center.

"Domestic violence is everywhere. You may not see it, but it exists even on college campuses," said Erin Sexton, a senior criminal justice major from Lincoln.

For those with the need, including all kinds of people from every level of our society, the mission of the S.A.F.E. Center is to provide secure and confidential services, programs and advocacy.

Individuals and families who have experienced dating, domestic or sexual violence can safely turn to the center for help. "Everything that we do is confidential and free, so whether it's you or your friend that needs some help, you can call

us 24 hours a day," Glausman said.

Although the majority of their funding comes from federal, state and local grant sources, the S.A.F.E. Center also relies a lot on the community—not just for financial donations, but for different volunteer opportunities.

Direct services range from being on call for the crisis line to helping with the children's group. The S.A.F.E. Center is conducting a Family and Sexual Violence in Our Community seminar series on Monday and Thursday evenings that is mandatory for volunteers involved in direct services. The series began on Sept. 21 and continues through Oct. 22. Held at the S.A.F.E. Center office on 3710 Central Avenue located right behind Dairy Queen, the seminars last from 6 to 9 p.m.

"It seems like a long time, but we have a lot of information to share with the community. In these seminars, we talk about topics surrounding domestic violence, sexual assault, stalking, how children are affected by violence and just lots of different issues including how the community deals with them as well," Gaus-



Photo by Lyndsey Luxford

Sigma Tau Gamma members, Ben Burkland, a senior business administration major from Omaha (left), Brett Brase, a senior accounting major from Aurora (center), and Chris McEntree, a freshman industrial distribution major from Kearney (right), hit the trail from the Holiday Inn to the bridge in Yanney Park for a 5K walk to help raise awareness about domestic violence.

man said.

Training is encouraged but not required for volunteers helping with outreach. "Outreach can simply be going around the community and helping put up posters. It might be helping out with a fundraiser or special event in the community, too," Gausman said.

Volunteers are invaluable resources as demonstrated by criminal justice professor, Dr. Julie Campbell's victimology class.

"Students in my class have double duty. They have to get out and donate their time," Campbell said. Student volunteers stepped out against violence at the annual Candlelight Vigil and second annual 5K walk held at the Holiday Inn on Sept. 29 in recognition of October as Domestic Violence Awareness Month. The evening began with live music by the OK Sisters. Victimology students helped with registration and were there to support the cause.

Volunteers like the students from the

VIOLENCE, PG 9

the antelope

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Pony up for the 'Wild, Wild West' show

BY NATHAN BLAHA
Antelope Staff

Pony up for the Wild, Wild West, this year's theme for the homecoming festivities, Oct. 12 to Oct. 17.

"We've been talking about homecoming since school started," said Sara Sindt, a sophomore Alpha Phi pre-nursing major from Alma.

Across the campus, Greeks have been planning their homecoming strategy with enthusiasm.

"My fraternity is really looking forward to this year's homecoming festivities. We are excited to compete against the other Greek houses and the rest of campus," said Morrill Sigma Phi Epsilon freshman Kasey Deitz, a business management major from Scottsbluff.

"Homecoming is really a lot of work to plan, so this year I have been preparing and planning since I learned what the theme was," said junior Gamma Phi Beta criminal justice major Alisha Harrington from Omaha.

The week kicks off with a Deck the Halls window display on Monday, Oct. 12. This competition will take the place of the usual banner competition, and each team will be assigned one window on campus.

The spirit competition will be judged Tuesday, Oct. 13 at 4 p.m. This is a one minute cheer competition judged on originality, enthusiasm and crowd response and promotion of the theme.

"The spirit competition is an important competition that we overlooked last year. We learned our lesson and hope to win this year," said sophomore Shad Cooney, a Pi Kappa Alpha from Ogallala majoring in con-



Photo by Kevin Whetstone

Members of the Alpha Phi Omega sorority concentrate on their dance steps with members of Pi Kappa Alpha fraternity. The two houses are working together to come up with a routine for next weeks lip-sync competition. The competition will be held on Thursday, Oct. 15 in the main gym of the Health and Sports Center at 7 p.m.

struction management.

On Wednesday, Oct. 14 at 3:30 p.m., students will show off their smarts in the battle of the brains, a quiz bowl between teams of six players, each battling over many different topics.

Many of the homecoming participants consider lip-sync the highlight of the week of competition. "I think that lip-sync is the most important event during homecoming week because it takes the most preparation, and it is the event that everyone looks forward to," Sindt said.

Harrington agrees, "Lip-sync has always been the most important event in the Gamma Phi house. I think it is because we always have so much fun together coming up with the routine, and practicing is always an interesting event."

Teams of four people, two of each sex who will race around an obstacle

course The trike race on Friday, Oct. 16 at 4 p.m. at the Bell Tower Plaza. The week wraps up Saturday, Oct. 17 at 10 a.m. with the parade. Each team will end the week by entering a float into the parade. "Hands down, the float at the parade on Saturday is the most important part of homecoming," Deitz said.

While the competition can get stiff during homecoming week, students are out to show their school spirit and build new friendships. "I had a great time doing homecoming last year. We were paired with the PIKES and Sig Taus, and I think we really created some great friendships through working with one another during homecoming week," Harrington said.

"Homecoming week will definitely be a challenge," Sindt said, "but I think we can have a really good turnout and show our Loper pride."

Going green

Senior Lisa Dugan of Greeley holds a paprika plant while senior Derek Ruppert of McCook digs a hole to plant it in. The students planted the red spice outside Bruner Hall of Science to liven up the area and add some aesthetic value to the newly renovated building.



Photo by Kevin Whetstone

Seniors gain 'employment world' experience

BY LYNDSLEY LUXFORD
Antelope Staff

"The students get prepared for the real world."

"No, not the real world. How about the other world, the business world? No, not the business world."

"How about we call it the employment world?"

"The employment world it is."

Whatever the phrase is, Publications and Creative Services, a branch of University Relations at UNK, currently has three visual communication majors interning to gain that "employment world" experience. Seniors Amy Jacobson from Kearney, Kacee Geiger from Exeter and Nate Eskra from Beatrice are all visual communication and design majors who work with supervisors behind the scenes for departments across the campus. All three interns have been working closely with Randy Mattley, who has been the director of Publication and Creative Services (PCS) for the past 20 months.

"We help sell UNK. We help identify UNK by overseeing and managing the logos both athletic and institutional, and that they are used consistently. That's what we do, help sell UNK. We help put UNK's best image foot forward," Mattley said.

"You learn the basics in the classroom, but being here in the workflow gets you ahead and gets you prepared for the future," Geiger said.

"One of my goals was to extend the classroom. I wanted them to get the opportunity to work on real projects that are going to get printed, seen and used for campus clients or for us here," Mattley



Senior Nate Eskra of Beatrice shows a few of the pieces that the Publication and Creative Design Services have produced. Eskra is a student worker for the department.

Photos by Lyndsey Luxford

said.

Staff at PCS have three major duties: design, development and production. These responsibilities can range from recruitment pieces and on-campus pieces to athletic pieces.

"When I say pieces, I mean anything in print. For example, we create brochures, posters, direct mail, letterheads, and the list can go on and on. We also are involved with Web design and online video," Mattley said.

Mattley makes sure his team produces products with consistency and that suit

the purpose for which they are designed. It is important that all of the print work corresponds with online. It is important to have the same ongoing theme: colors, typefaces and even the logos.

Steve Schrodt, the director of Copy Services, oversees the process of getting from the concept stage to the actual printed stage. "He works with a lot of the vendors to help get things produced," Mattley said.

Schrodt also oversees production. He coordinates and helps the student interns.

"We all work hand-in-hand. The biggest challenge has been to get all of the media components to look consistent," Mattley said.

The products this team produces are everywhere: in the magazine, New Frontiers, the faculty newspaper, Columns, and



Senior, Kacee Geiger from Exeter adds her creativity to a homecoming flyer. Geiger is a visual communications and design major.

on conference table covers, name tags, banners and even commencement programs. UNK students and faculty cannot go anywhere on campus without looking at a product produced by this team.

"We make sure the public knows who we are, where we are and what we have to offer. Those are the foundational building blocks," Mattley said.

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Students vs. Chartwells

After a student survey showed a mostly unfavorable opinion toward Chartwells, the student government has forwarded this information to the administration and will advise them not to renew Chartwells' contract.

Read more about Tuesday's open student government meeting at www.unkantelope.com

See the video
online at
unkantelope.com



"It's been the same food since I came here three years ago. It hasn't improved at all. I don't like

their hours either."

Hamdan Saad
Sophomore finance major

"I don't know if student government wants to get another food provider, but I do know that student government is concerned about the 15 meal plan not being accepted over the weekend."



Ryan Bastian
Senior economics major

CORRECTION

The fourth paragraph of the Frank House article from Sept. 23 incorrectly states "the total cost of the renovation could be into the hundreds of thousands of dollars." The statement is referring to the current renovation project. To clarify, the current project in the first floor bedchamber area is budgeted at only \$40,000, of which \$20,000 was the abatement of lead and asbestos. If the whole house was renovated, it could be into the hundreds of thousands of dollars. Also, the dressing room will not have new carpet; the floors are oak and will be refinished.

Write the perfect resume

Including quantitative and qualitative information is key

BY KYLIE TIELKE
Antelope Staff

Objective: Landing the job you want after four years of higher education.

Specialized skills: Writing a perfect resume.

When students begin their job hunts in the peak of their senior year, the resume may be the most important aspect, if not the deal breaker. As the economy slows down and jobs become scarcer, employers are overwhelmed with many applications, which is why avoiding common mistakes and perfecting your resume are so significant.

"A resume is a personal statement about yourself and any recommendations you have about yourself," said Denise Christensen, career counselor at UNK Career Services.

According to an article in U.S. News and Report, there are five very common resume mistakes. The first mistake is that too many people are writing the same thing. President of jobbound.com Brad Karsh notes in the article, "You should be honing in on your very individual accomplishments in the position."

"You really want to capture who you are in your resume. Here at the career center, we say the top mistakes are typos and confusing information," Christensen said.

Common mistakes include not using specific numbers and sentence frag-

ments.

Major to dos: always use an objective statement and always put your college accomplishments front and center.

"A resume is a personal statement about yourself and any recommendations you have about yourself."

Denise Christensen
UNK Career Services career counselor

"There is no perfect resume. Each resume needs to be tailored for each person, their experience and the position they are applying for," Christensen said. In addition, there are no concrete rules for writing the perfect resume. Every individual must highlight what best explains their skills and their traits.

According to Christensen, another key aspect for a resume recommended by knowledgeable sources is that you indicate quantitative and qualitative information.

"For example, if you wait tables and indicate this on your resume, don't just say you wait on people each night, say how many, whether it's 10 or 100," Christensen said. According to Christensen, numbers speak volumes and can say a lot about a person's individual traits.

Other important advice about writ-

ing a resume according to Yale Law School: before you write your resume, you must sit down and figure out who you are writing it for. Who is your target audience? Yale Law School advises a resume is a sales tool and should highlight your background and experiences in a way potential employers will find compelling.

"A resume can always be enhanced. One or two words can make all the difference in a resume," Christensen said.

The most important piece of advice that Christensen gives is to make sure your e-mail address, phone number and address are correct. She also advises to have several people review your resume before submitting.

"It is best to share it with several people. That way they can look at it with fresh eyes and catch mistakes that maybe you didn't. After looking at a resume many times, sometimes you do miss small mistakes," Christensen said.

Christensen suggests setting up an informational interview with a professional in your field and having them look at the resume so they can give feedback.

"The whole purpose of Career Services is to help students. We consult each other when reviewing resumes, and we keep up on the latest trends, issues and employers," Christensen said.

For help on creating your perfect resume, contact the Office of Career Services at 865-8501 or visit them online at careers.unk.edu.

BLUNDERGRADS

by phil flickinger (www.blundergrads.com)



Newcomer recovers from knee injury

Rehabilitation was tough, but being forced to sit on the side lines was tougher

BY JASON ARENS
Antelope Sports Staff

Things were only looking up for Riley Newcomer. The sophomore running back from Morrison, Colo., had just come off a stellar freshman year for the Lopers. Newcomer wasn't expected to start his first year on the field but found himself getting carries on a regular basis due to multiple injuries in the backfield.

After rushing for a team-high 679 yards and eight touchdowns last season, he became only the second Loper in school history to have two 200-yard rushing games in a career, doing it in one season.

Newcomer was poised for a better season in year two. He was playing on a nationally ranked team, had an experienced offensive line, help from other talented players in the backfield and was named to the All-RMAC preseason team. But just one and a half weeks into training camp, it all came to a screeching halt—knee injury.

Newcomer had broken off a piece of bone on his kneecap, which required surgery and a significant amount of time on the sideline. The surgery entailed removing the pieces of bone from the kneecap and shaving the kneecap smooth to prevent grinding.

Up next was the grueling task of physical therapy. "I followed a close schedule for the first three weeks. From then on it was a week-to-week basis," Newcomer said. He said it was important to get moving but also to keep the swelling down.

Sure the rehabilitation was tough, but for Newcomer the pain didn't compare to the grief he felt of not being able to play with the team. "It's been hard sitting out and frustrating not being able to participate. I mean, Bill Murphy, Roy Stutz and the training staff did a great job. But it's tough for any athlete in this position, but what do you do?"

A support cast is always crucial for an athlete rebounding from injury. "Pretty much the whole team was there for me. They'd always be asking how the rehab was going during practice. The coaches and training staff were there



Photo by Garrett Ritonya

Sophomore Riley Newcomer receives his first handoff in a game this season against CSU-Pueblo, rushing six times for 16 yards.

the whole way too." Phone calls from the parents were concrete hold as well.

Bill Murphy, the head athletic trainer at UNK, talked about working with him. "Riley's the type of guy you want to work with. He's very respectful and has a great attitude, work ethic and pain tolerance. He's a tough kid, so when he's hurt, he's really hurt. Otherwise the only time he'll stop by the training office is to see how you're doing."

Six weeks after surgery, Newcomer got the OK to suit up for a matchup against CSU-Pueblo. He talked about getting on the field a few days before the game. "It's going to feel good getting back. Our team has had great success early on, and our goal is to win the RMAC. I'm ready to play a role in our team's success, whatever that may be."

On Oct. 3 Newcomer took to the sideline padded up with the rest of his teammates. With around 13 minutes left in the game, the Lopers were well on their way to victory, and No. 34 checked into the game at running back. He carried the ball six times for a total of 16 yards. He looked quick, agile and above all, ready.

Things were only looking up for Riley Newcomer. The sophomore running back was back on the football field with his teammates playing the game he loves. Oh, how sweet it is.

Stroke of luck

Men's tennis looks forward to final tournament

BY NATE BRITTON
Antelope Sports Staff

UNK's tennis program has found some good freshmen to fill in the roster as the final tournament before the spring season begins has come to an end. UNK hosted the ITA tennis tournament on Oct. 2 through Oct. 4.

Most of the UNK tennis athletes like playing the singles better than the doubles because it really shows what a player is capable of. "I like singles better than the doubles when I am playing in a tournament because I have to rely on myself to make the plays," Josh Raymond, a sophomore administration major from Elkhorn, said. "This really makes me push myself to the limit."

Raymond said he likes playing doubles as well, but it helps improve his game when he doesn't get to rely on someone else to make the play.

According to Raymond it was a nice change of pace to have the tournament in Kearney because they travel during the spring season almost every weekend.

"Being able to play against people from around the region on our home court is really nice," Raymond said.

Raymond has a lot of confidence in his team to do well, especially with the new talent they brought in this year.

"I think it is going to be an exciting year for tennis at UNK because of the three new freshmen we recruited," Raymond said. "I think the freshmen will help us at nationals. I think we might even be able to make it to the finals."

Raymond isn't the only one who has a positive outlook on the team.

"I think in addition to our top players that have been around for a little while, such as Josh Raymond and Rodrigo Duncan, the freshmen are going to strengthen our team a lot," Jason Lescelius,

a senior psychology major from Columbus, said. Lescelius said the new energetic coach is going to be a big help to the team as well. "I think that we have the talent and the coach to help us make it to the finals in the nationals," Lescelius said.

Also, Lescelius said it is a great way to warm up before the regular season. His favorite part of the tournament is playing in the singles matches.

"The reason I like the single matches the most is it feels like more of a battle, not to mention I have really bad hands on the net, or you could say a fear of the net," Lescelius said.

Another player who likes playing in singles more than doubles is Rodrigo Duncan, a business management major from Mexico. "I like singles more because winning the match depends completely on me," Duncan said. "No one can save the game for me, so it feels like more of a personal victory when I win a match."

"The thing I like most about the ITA tournament is getting to know some of the competition as well as getting in a lot of court time that isn't against my own teammates," Duncan said. He was the No. 8 seed in the tournament and made it to the quarterfinals before he lost to the No. 1 seed of the whole tournament.

He also feels that his team is going to do well this year in the nationals.

"I like my coach a lot because he is good with the team, and a mix of him with our new players should help us get further in the nationals," Duncan said.

The team has a lot of good players and a young coach who can relate to everyone on the team really well. Between Duncan, Lescelius and Raymond, they all feel the same about their team. UNK's tennis team has a lot of confidence and the talent to go along with it.

Reader's opinion: Response to wildcat hype

BY STUDENT OF
THE GAME

I honestly don't know why everyone is so obsessed with the wildcat offense. Sure, it's fun, it's fresh, it's flashy, but it's a fad.

The wildcat has come and gone numerous times throughout football history. As much as I enjoy reading the Antelope Sports Section, they are mistaken on a number of levels when it comes to the wildcat.

Arkansas did not invent the wildcat offense. It started with Glenn "Pop" Warner all the way back in 1907. He originally called it the Carlisle formation; however, fans said that it looked like a wing and so was born the single wing offense. The last team to use the original version of this offense was the Pittsburgh Steelers of 1952.

The wildcat offense shows up when a team needs a spark, or just needs to shake things up. Everyone points to the Miami Dolphins as their example as to why teams should use the wildcat. The wildcat offense was the spark they needed at that time to reinvigorate the players and to catch the New England Patriots off guard to win the game.

Last week's Loper game against CSU-Pueblo had a hint of wildcat mixed in. The Pueblo coaches threw in their version of the wildcat offense to try and confuse the UNK defense. However, the score reflects how well that went as the Lopers rolled, 44-12.

UNK has no need for the wildcat offense. The offensive system currently in use at UNK allows the quarterback to

choose between the run or pass. I guarantee that defenses are more scared of an offense as versatile as Loper's, than one that lines players up at positions in which they are not fully trained.

Quarterbacks study film for an insane number of hours learning how to read and recognize a defense's coverages and patterns. They work tirelessly on the timing and technique needed to navigate down the gridiron. However, in a wildcat offense you want to line up your highly trained, highly skilled and highly valuable quarterback at a receiver's spot where an adrenaline pumped, muscle bound, 50 pound heavier linebacker has a free shot at him? Then you replace him in the backfield with a player who works everyday on running technique, blocking technique, receiving and ball handling? A defense does not have to think too hard about what plays you are able to run.

A one-dimensional offense will never succeed. I dare you to take a pad of paper with you to the next Loper game or use one when you watch the game this weekend on TV. Write down whether you think the UNK offense will run the ball or throw the ball based on the personnel and the formation. Next see if you can guess which way the play will go. I'll bet you'll have a pretty tough time doing so.

The problem with fads is they soon fade back into history. Defenses have already schemed the system and have figured out how to stop it, case and point? Miami started the season 0-3.

Loper Zone tries to raise student spirit in athletics

BY MATT TOMJACK
Antelope Sports Staff

Unfortunately due to class schedules and the busy lunch hour, many students are unable to attend Loper Luncheons featuring interviews with coaches and players hosted every other Thursday over the lunch hour.

Now, a new event, Loper Zone, will offer a chance for spirited students to catch up on interviews with coaches and players in a place convenient for them, Chartwells.

Loper Zone is guaranteed to entertain, and students will come away with more

knowledge as well as great prizes. So students should brush up on their Loper sports knowledge before the event and be ready to compete for prizes ranging from T-shirts to gift cards and promotional items from sponsors. Trivia with prizes will be a part of every Loper Zone.

"Loper Zone is a biweekly event created to provide UNK students access to information about what is going on in the world of Loper athletics and intramurals," said Laura Gormley, a UNK athletic intern from Omaha.

Loper Zone has been put in place to raise game day awareness and foster school pride. "When students were asked last year

why they didn't attend home athletics or other school events, the No. 1 reason was that they didn't know when the events took place.

"With a production like Loper Zone, we are trying to raise awareness of UNK athletics and intramurals as well as other things around campus to get students involved in supporting UNK," Gormley said.

While many note traditions and student support are lacking at UNK, a strong and dedicated band of students and staff are trying to change that. Loper Zone is just one of the steps in extending awareness of UNK athletics and creating a base

Young Aqualopers dive into the season



Photo by Rachel Cochran

Sophomore Heather Glodt practices breaststroke techniques. Glodt was RMAC Swimmer of the Week twice last season.

BY RACHAEL COCHRAN
Antelope Sports Staff

Take four swimmers and add one pool. The result: a swim team.

Two years ago this scene was a reality. Now, however, the small start is a distant memory compared to the five returning sophomores and seven new freshmen on the roster this year. The swim and dive team continues to grow because of recruiting and changes to the program.

"I really feel that our practice changes have helped us. We do more dry land workouts and tempo practices. We're small, but we've already come together as a team. We push each other more," Kansas sophomore Heather Glodt said.

The Aqualopers, though a young team, have a competitive edge and have tasted sweet success; both are qualities to help the girls achieve victory this season.

Last year, four of the five returning sophomores placed at conference and helped the team place fifth at conference in San Antonio, Texas. The divers, both returning sophomores, have experience on the collegiate diving board. Wichita, Kan.

sophomore Jourdan McKevery placed second on one meter at conference.

The Aqualopers began this year's season in Omaha this past weekend. Each team member swam six events; this meet allowed the girls to get times and the freshmen got a feel for meets on the collegiate level.

"We're small, but we've already come together as a team. We push each other more."

Heather Glodt
Sophomore

"As a whole, our team put our best effort forward. We each did every event and tried really hard. We were all pretty fatigued, and our times weren't necessarily where we want them to be. The meet was a good experience for the freshmen and conditioning for all of us," Glodt said.

The swimmers and divers will face Morningside and Colorado School of Mines at home Oct. 24, at 2 p.m. This is the only home meet at Cushing Pool this semester.

for traditions.

According to Gormley, "Chartwells should definitely be thanked for generously letting us use their space to produce Loper Zone. We are also in debt to the Antelope Bookstore for donating our prizes for giveaways. Loper Zone is looking to work with any on campus organizations with the hope of increasing awareness of UNK athletics."

See the video
online at
unkantelope.com

Loper of the Week

BY ABBY RICHTER
Antelope Sports Staff

Amy Long, a sophomore athletic training major from Bayard, had an outstanding performance this past weekend at the South Dakota State Classic Cross Country meet held on Oct. 3.

Despite the rainy weather and the cold temperatures, Long finished 34th out of 109 runners at the meet running an impressive 19:23.9.

"Even though the weather wasn't very great, I feel like I competed to the best of my ability," Long said.

In terms of competition, head coach Brady Bonsall said that this meet had some of the best competition the women will face this year.

Long will go down in the records as the top women's cross country runner for the past two years. She will compete again at the RMAC meet held in Denver on Oct. 24 and then finish up the 2009 season with the regional meet held in Wayne on Nov. 7.

Amy Long Cross Country



Fast facts about Amy Long



The Favorites

Color- green

Food- ice cream

Song- "Don't Stop Believing," by Journey

Quote- "Run fast, kick now."

Hobby (besides running)- athletic training

Movie- "The Notebook"

Photo (Above) Courtesy of Lopers.com (left)
Courtesy of Amy Long

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Holy BCS nightmare, Batman

BY MATT IBERG
Antelope Staff

First few weeks of 2009 season leave preseason polls in ruins

Cinderella, watch out. The top 10 is a dangerous place.

Five weeks into the college football season, very few things are certain anymore.

Out of the 120 FBS (formally Division I) teams, 13 remain undefeated.

The previous two Heisman Trophy winners are out with injuries, teams ranked in the top five are losing at the rate of one per week and teams ranked in the top 10 are losing twice a week.

Where will the next two months lead us?

Your guess is as good as mine.

One thing is for sure though; a Southeastern Conference team will be in the BCS National Title game for the fourth straight year. With Florida, Alabama and LSU all in the top five, it's hard to imagine a scenario where all of them are snubbed of the title game.

Along with Florida, Texas and Alabama, LSU, USC and Miami are among the best teams in the nation.

Miami has played four games against ranked opponents in Florida State, Georgia Tech, Virginia Tech and Oklahoma. After going 3-1 against top 20 teams, the Hurricanes are in control of their national title hopes. Their next eight games

are against unranked teams.

Something to note of interest—Miami and Virginia Tech could continue to climb as they both keep winning. Both are favored for the remaining of the season in each of their games.

But ask USC, Penn State, Mississippi, Oklahoma (twice), Oklahoma State, Houston, Florida State, Notre Dame, Miami, Georgia Tech, BYU, Utah, California, North Carolina, Washington and Michigan about being favored in a game. Each have lost while being ranked in the top 25 to a lesser opponent.

Some have recovered (Miami and USC).

Some have not (Oklahoma and Mississippi).

If the first half of the college football season is anything like the second, we will be in for a treat—and a headache.

The BCS computers will likely once again give at least one team the cold shoulder when it comes to getting into the title game. The BCS could dash a few teams' hopes about a national title, but for Boise State and TCU, the computers may determine their fate of a possible BCS Bowl Game birth at all.

So college football fans, buckle up and enjoy

the ride. It's going to be an interesting two months.

The Iberg Awards

Surprise Team of the Season: Miami

Biggest Loser of the Season:

Oklahoma

Teams to Watch: Nebraska, Iowa

Oregon, TCU, and Ohio State

Way too early, end of season predictions

Big 12 Champion: Texas

SEC Champion: Alabama

ACC Champion: Virginia Tech

Pac 10 Champion: Oregon

Big East Champion: West Virginia

Big 10 Champion: Ohio State

BCS Bowl Game predictions

Rose Bowl: Oregon vs. Ohio State

Fiesta Bowl: Nebraska vs. Boise State

Orange Bowl: Virginia Tech vs. West Virginia

Sugar Bowl: Florida vs. USC

BCS National Title Game: Texas vs. Alabama

Matt Iberg's Top 25

1. Alabama
2. Florida
3. Texas
4. LSU
5. Miami (FL)
6. USC
7. Virginia Tech
8. Ohio State
9. Boise State
10. Cincinnati
11. TCU
12. Penn State
13. Oklahoma
14. Oregon
15. Oklahoma State
16. Nebraska
17. Iowa
18. Auburn
19. Georgia,
20. Georgia Tech
21. BYU
22. Kansas
23. Missouri
24. South Florida
25. Wisconsin

Antelope College Picks of the Week



Eric Korth, Hastings
Former Antelope Sports Editor, 15-13



Jason Arens, Springfield
91.3 KLPR Sports Director, 17-11



Garrett Ritonya, Omaha
Current Antelope Sports Editor, 17-11



Tyrone Hilton, Miami (FL)
Special Guest Picker UNK Wide Receiver

No. 21 Nebraska at No. 24 Missouri

Nebraska

No. 15 Oklahoma State at Texas A&M

Texas A&M

No. 3 Alabama at No. 20 Mississippi

Alabama

Wisconsin at No. 9 Ohio State

Ohio State

No. 1 Florida at No. 4 LSU

LSU

Michigan at No. 12 Iowa

Michigan

UNK at New Mexico Highlands

UNK

Nebraska

Oklahoma State

Alabama

Ohio State

Florida

Michigan

UNK

Nebraska

Oklahoma State

Alabama

Wisconsin

Florida

Iowa

UNK

Missouri

Oklahoma State

Alabama

Ohio State

Florida

Michigan

UNK



Photo by DeAnn Reed

Singing "Tiny Dancer" by Elton John, Jordan shares his love for music.

Musical theater major hits the right note

BY DEANN REED

Antelope Staff

His fingers moved fluently over the long, narrow ivory keys like a poet conducting a sonnet. It didn't matter that a stranger was watching him play. He kept intensely playing his song, coaxing each note to become more than a staccato or half note, or even quarter note. He was creating music for the pure enjoyment.

Jordan Peterson, a sophomore musical theater major, began his musical career at the age of seven when his mother asked him if he wanted to take his first piano lesson. He didn't really like the idea, but he decided to give it a try.

It was love at first play. Peterson said it was easy for him to make the transition from sports to playing the piano—because it was obvious that this was something he was supposed to do. Peterson recognizes that he has had some great people in his life who have encouraged him to keep playing—his parents. He said his parents helped motivate him to push himself to be better at what he does.

While music has been at the center of his life since the age of seven, Peterson's journey into musical theater began in junior high. Peterson said it was while he was watching a high school musical that he realized he wanted to become involved in acting. "I had always liked singing and music in general, so I just decided I would combine music and theater." He said he loves being able to use both of those talents on stage, and it was in high school that acting began to take more prominence in his life.

For many musicians, writing music becomes a part of their journey, and Peterson is no different. In high school he would sit

down, grab his laptop and record his songs. He said it was his ability to write music that helped him to win the 2006 Galaxy of Stars competition in Nebraska for "No Wings." The Galaxy of Stars is an annual talent search held at the state fair. The competition was started by Wynne Adams, a professional singer, songwriter and music teacher. She created the talent search to give singers, songwriters, musicians and dancers of all ages the opportunity to perform, gain experience and receive some media exposure.

Peterson's prize for winning the statewide competition was eight hours of professional recording time in a studio in Kearney. The talented piano player used the opportunity to mix the songs he had done at home with what he had accomplished professionally at the studio. He said if dreams were possible, he would like to be a recording artist or a singer.

There are always challenges in becoming a good musician, and for Peterson, the biggest challenge is retraining his voice. Without formal voice lessons in high school, he just sang not realizing that the way he was singing could actually damage his voice. Voice lessons, he said, help you sing correctly and help you think about the longevity of your voice. Peterson said when he sings around his peers, he feels relaxed. He is more nervous when he is in voice lessons and is forced to think about what he is doing.

Peterson is currently involved in many of UNK's musical and drama performances. One of Peterson's goals when he leaves UNK is to get a job working in a big city like Chicago. He said there are other jobs he could do like regional theater. Over the summer he worked for a theater in Missouri, and he hopes to be able to do more of it when he leaves school.

Violence from page 1

victimology class learn that education is extremely important for everyone. Violence is a choice, and it's imperative that we don't tolerate it.

"Everyone needs to help prevent violence, and it needs to be stopped," Jordan Glesmann, a junior criminal justice major from Omaha, said.

At the beginning of the ceremony, Mayor Stan Clause read the Domestic Violence Proclamation, declaring October as Domestic Violence Awareness Month.

"The relationship with the university and the students shows tonight. We really appreciate that the students are out here giving back to the community. It really means a lot," Clause said.

Two survivors spoke prior to the walk, offering inspiration to others. "It takes a great deal of strength. I've started a new life, and I have no fears anymore. 'I'm not afraid of storms for I'm learning to sail my ship,' and I'm always learning to sail my ship."

Another survivor described the S.A.F.E. Center as "the light at the end of the tunnel." "They were my spine when I thought I didn't have one, someone to listen to me or someone to encourage me. They were always there for me."

Glausman said, she thinks what is needed most is probably empowerment for the victims. The center is there to help victims know there are healthy relationships,

and there is support for them. The S.A.F.E. Center helps by "just being that support for someone, by not judging them, by helping them find the resources they need and not pushing them to make a decision until they're ready."

Wal-Mart has been honored as the corporate sponsor of the year. Wal-Mart's contributions included donating damaged merchandise, hiring S.A.F.E. Center clients, encouraging employees to volunteer at the S.A.F.E. Center and participating in the Giving Tree.

During the annual Candlelight Vigil, guests were given glow sticks to light during a moment of silence honoring domestic violence survivors.

One hundred eighty people registered for the second annual 5K, a dramatic increase from last year. While students from Campbell's victimology class lined the trail offering support and information, walkers made their way to the bridge in Yanney Park.

Among those hitting the trail were members of Sigma Tau Gamma. Brett Brase, a senior accounting major from Aurora, said he took part in the walk to help support the community.

For more information on volunteer opportunities contact the S.A.F.E. Center at 308-237-2599 or e-mail safecenter@safecenter.org.

A Musical Trio



Photo by Kevin Whetstone

Music and modern languages professor Franziska Nabb plays a section of Bach's "Sonata in E minor" with the help of faculty members Marilyn Musick on the piano and Noah Rogoff on cello. Nabb received a performance degree at the Robert-Schumann Institute for Music in Düsseldorf, Germany, and she has since performed flute recitals in six countries. Nabb currently teaches the flute and German at UNK.

Student diplomats sign students, not treaties

BY ERIK DODGE
Antelope Staff

High school seniors, parents and alumni. These are just a few of the people student diplomats take on tours around campus in an effort to bring prospective students to UNK.

Year round, potential Lopers visit campus where Mike Pelster, assistant director of admissions reminds them, "Today could be one of the biggest days of your life." Despite such a bold statement, Pelster and the student diplomats maintain an upbeat mood.

Tours must be geared toward the audience, whether they are filled with high school freshmen, transferring college students or anxious parents. "We make sure to learn as much about the kids as we can and try to gear the tours toward them," said student diplomat and Kearney native Andy Greer.

Sometimes this means Greer will tell a joke like, "We're professional tour guides. We're ranked No. 1 nationally



Photo by Erik Dodge

(from left to right) Student diplomats Grant Campbell, Andy Greer and Paul Knutson give a tour to a group of prospective students.

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by my mom." Other times it means a student diplomat will lag at the back of a tour to answer parents' questions, as Grant Campbell did on a tour last Friday with Brad Smith, father of a touring high school senior.

"Having students give these tours is crucial," Smith said. "Kearney's tour was better than other schools we've been to, because there were multiple guides to play off each other and share personal stories."

Smith, who lives in Independence, Mo., has visited Drake, Washburn and Truman State with his son Joshua.

Groups range in size from one or two students up to around 25. Keeping everyone together, attentive and moving can be a challenge. "People don't realize how hard it is to herd that large of a group through campus," Greer said.

To give these tours, student diplomats must be knowledgeable about every aspect of the university — from the finance office to the communications center and every-

where in between. Tours include information on every building on campus, information about living in residence halls and tips about life in the city of Kearney.

After the student diplomats advised students how to buy a couch for their dorm rooms, accounting major and student diplomat Paul Knutson told the group how to become an instant celebrity on their floor: "The more grandma your couch is, the cooler you are."

"The student diplomat did an excellent job of explaining everything. He will probably influence my college choice," said Matthew Plowden, a high school senior from Papillion.

Student diplomats often have a significant impact on visiting students' college decision. "They probably have more influence than any of our staff and probably even more influence than the faculty. They are one of the largest factors for prospective students," Pelster said.



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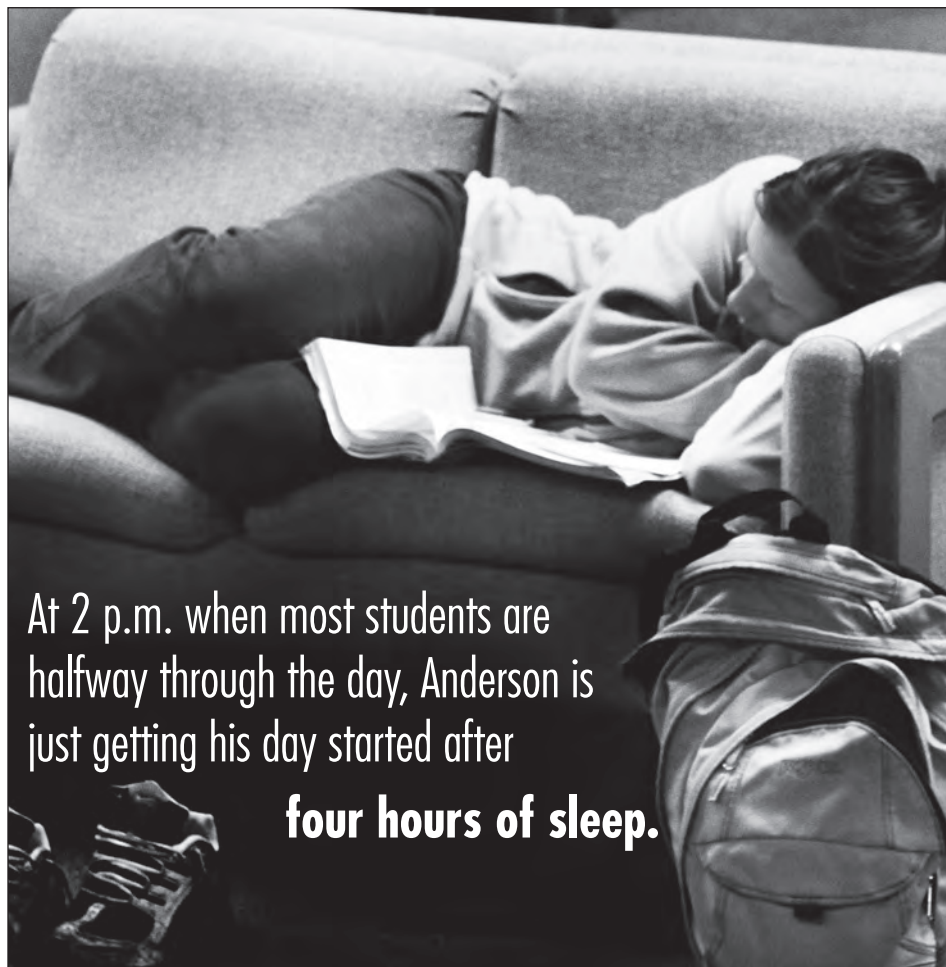
Alan Mais-Owner

Zzzleep from page 1

director of counseling and health care, the recommended amount of sleep for college age students is eight hours. "From the cases that I deal with, most students hardly get this amount of sleep," she says.

This lack of sleep is due to the balancing act between class, studying and work. In Anderson's case, it is a balancing act while juggling with graveyard shifts.

A reflection of students' lack of sleep



At 2 p.m. when most students are halfway through the day, Anderson is just getting his day started after **four hours of sleep.**

Photo illustration by Kevin Whetstone

can be found in their academics. According to the National College Health Assessment, last year only 22 percent of UNK students pointed out sleeping difficulties as a factor that affects their individual academic performance. Cold, flu, sore throat and stress combined for 65 percent of the factors that affect academics.

According to Sheldon, illness and stress are closely linked to lack of sleep. "It is important to pay attention to health when experiencing lack of sleep, the immune systems also suffers the consequences," she says.

At 2 p.m. when most students are halfway through the day, Anderson is just getting his started after four hours of sleep. Breakfast, sleeping pattern, recreation time, everything is off. However, he forces

himself to blend into a normal day.

Most college students do not have it this rough. Their lack of sleep comes from late nights—something a nap can fix the next day, right? Not according to Sheldon. "The concept of catching up on sleep doesn't actually work, it just progressively throws off the sleeping pattern," she said.

There is no way around it. The body demands a regular sleeping pattern in order to function to its fullest potential. In fact, going to bed at the same time can make sleep as regular as hunger.

As for Anderson, he tries to maintain a positive outlook on his situation. "Hey, you have to do what you have to do. I know I won't be able to handle it when I'm 40, so if it has to be done, now is the time," he said.

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Kaitlyn Noone,

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Alpha Phi Omega focuses on service

Coed fraternity works with campus and community; gives students 'a sense of accomplishment'



BY EMILY WEMHOFF
Antelope Staff

We've all heard of coed residence halls and coed intramural sports, but a coed fraternity? Is it possible?

Yes it is. In fact, right here on campus a national service fraternity, Alpha Phi Omega, (APO) provides the same services as a regular sorority or fraternity.

Nationally, APO has more than 17,000 members on 366 campuses. Currently 21

members make up the APO group on the UNK campus, and even though they don't house together, they still have what it takes to be recognized as a fraternity. There is leadership, there is friendship, and there is substantial service.

Jamie Yendra, a senior business management major from Gibbon has made many friendships throughout her years in APO but believes the biggest impact has been the service she has done for others.

"I have gained the satisfaction of



Photo courtesy of Jamie Yendra

Tracy Shafer and Jamie Scott, both members of Alpha Phi Omega, help sort and pack food for the Prairie Land organizations. Prairie Land is one of many service activities that members of APO volunteer their time to help others in the community.

knowing that we have served many people, not only on our campus, but in the Kearney community and surrounding areas."

Anyone can join APO, at anytime. There is no such thing as recruitment week, and there aren't any "bid days," but each member participates in a pledging process to become an active member.

"It is hard to seek service opportunities on your own or do them alone. APO provides the opportunity to work together and serve others," Yendra said.

According to Dr. Kimberly Carlson, APO advisor, APO provides opportunities to all students irrespective of sex, race, age or other factors.

"The group of individuals that are a part of APO are the most caring, giving and selfless people I know. I find it to be very humbling to watch how much they give of themselves, just to help others, with no monetary return," Carlson said.

APO has numerous projects and events going on throughout the year. Some of the projects planned for this year include adopt-a-highway cleanup, Honey Sunday, ringing bells for the Salvation Army, Campus Kitchen and making door decorations for local nursing homes. This year, APO will be hosting "Trick or TP" in partnership with other campus orga-

"Students should join because doing service makes you a well-rounded individual and gives you a sense of ... accomplishment that you can't achieve by any other means."

Kimberly Carlson
APO advisor

nizations and residence halls.

"It will be one of our biggest projects of the semester," Yendra said.

The local Nebraska Aids project has a food pantry that is getting low on toiletry items. APO will be there. At 2 p.m. on Oct. 24, Alpha Phi Omega will be hitting the streets of Kearney, collecting items to be donated.

Meetings are held every Thursday in the Nebraska Student Union at 5:30 p.m. Any student may become a member of Alpha Phi Omega, even if he or she is involved in another fraternity or sorority.

"You make APO what you want and devote as much time as you have. We know students are busy with school and work, and we allow for that," Yendra said.

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