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*Dr. Tommy Eshleman*

**"The Federal Debt: Been There Done That."**

Oct. 22 12:15 p.m.  
Nebraskan Student Union  
Fireside Lounge



## No rest for the weary

*St. Jude's 'Up Til Dawn' event brings students together for night of service*



Photo by Debbie Epping

Hundreds of UNK students packed the house at the St. Jude Children's Research Hospital Hollywood themed "Up Til Dawn" event on Oct. 11. Two-year-old Aiden, left, was diagnosed with a rare tumor known as an astroblastoma. His parents, Matt and Brooke Lukasiewicz of Kearney, said they attended the event to let students know how much their time means to patients at St. Jude. "St. Jude is run 100 percent on donations," said Michelle Hermes, right, a senior exercise science major from Plymouth. "St. Jude is much more than a hospital," Matt said. "Your contribution does work. This is proof positive."



Photo by Kaylie Perry

Mackenzie Bohl, left, a junior psychology major from Kearney, Bergan Carr a junior criminal justice from O'Neill, Natalie Regenos a junior marketing major from Kearney and Lisa Klingelhofer, a sophomore business administration major from Kearney help take letters from students at the St. Jude "Up Til Dawn" event. An estimated 700 students attended the event to write at least 50 letters each to family and friends asking for donations.

## New director aims to *spice up* campus dining

BY ERIK DODGE  
Senior Reporter

Interim director of dining services Adam Cordova is a seasoned veteran in the kitchen who brings all the ingredients to handle the heat campus dining puts out.

Cordova has worked for Chartwells for eight years, for the Hereford House steak restaurant in Kansas City, for Washburn University as associate director of dining services and at two country clubs. He has since done a chef apprenticeship studying culinary arts at Johnson County Community College in Lawrence, Kan. He received fine dining, wine and bar management training and worked at a Naismith Hall, private Kansas University residence hall. Cordova hopes to use some of his experience at UNK.

"I have a lot of experience in residential dining. I did that for six years at Naismith, and I'm actually trying to implement some of the things I was doing there, here," he said.

Cordova wants to add something similar to the grill window from Naismith, where students could order hamburgers, grilled chicken sandwiches, Philly cheese steak sandwiches and other items.

Naismith Hall Providing made to order food means a fresher product that students appreciate, according to Cordova. "That was our most popular station," he said.

He also wants to introduce more carved meats to the menu in the Market Carvery. "There's a reason why it's called Market Carvery," he said.

Menu changes are also a possibility with help from Cordova's Washburn colleagues. "I have some of my chefs from Washburn University working on some menu changes for here at UNK," he said.

But he is not trying to change everything. "I'm not going to touch the



## the antelope

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Any opinions expressed in columns, editorials, editorial cartoons or advertisements are the views of the individual writer, artist or advertiser and do not necessarily reflect the views of the University of Nebraska at Kearney, its employees or students, or the Antelope staff. Contributions must include the name of the writer, as well as the writer's phone number, hometown and affiliation with the college. Phone numbers will not be printed but are necessary for verification. Deadline for publication is Monday at noon. Submissions past deadline will be printed in the following edition. The Antelope staff reserves the right to select letters for publication.

## Ad/PR Club gets a wake-up call



**BY MEGAN BLUME**  
Antelope Staff

Five Ad/PR Club students recently attended PRSA (Public Relations Society of America) Student Day in Omaha. The event was held at the Salvation Army Kroc Center, home of the Omaha UFL Nighthawks and sponsored by the PRSA Nebraska Chapter. Students from all three Nebraska Universities were in attendance, as well as students from Creighton, Doane, South Dakota and Missouri.

Omaha professionals shared what they look for when hiring potential employees. "I don't want to be harsh, but I don't have time to fix your stuff," said Joleen Smith David, president of SKAR Advertising. "If I find one typo on your cover letter, all your stuff is going in the trash." The professional panelists answered questions about their career fields, how they got their first jobs and how a new graduate can get a foot in the door.

All panelists agreed the best way into the field is through internships. "All internships are worth their weight in gold, whether they are paid or not," said Tom O'Conner, UNMC public relations department senior associate director.

Bridget Brooks, Certified Professional Resume Writer and president of Image Building Communications, reviewed students' resumes and gave them tips on how to get noticed. She busted myths such as a resume should only be one page long. "Showcase your skills right away on your resume," Brooks said. "You want to get past the screener to get to the decision maker, so express your personality in your resume and cover letter." Brooks also said internships and anyway to gain experience is crucial: "Past performance is the best predictor of long-term success."



Photo by Megan Blume

Students from the UNK Ad/PR club travel to Omaha for an opportunity to network with professionals and students from other universities.

A recent grad panel was also organized to answer questions. Recent graduates who had landed their first jobs gave advice to students about how to actually get the first job. "I was really aggressive in my search for a job," said Elizabeth Hilpiper, development communications specialist for the Nebraska Humane Society. "It's really all about networking and keeping up with your experience."

Panelists also stressed finding a job right away doesn't always happen, and a few of them didn't find a job for six months. "Sometimes when you graduate you feel like you deserve a full-time job, but that doesn't always happen," said Elena Macdissi, donor relations specialist for Boys Town.

Both groups of panelists agreed portfolios and examples of work are the best ways to showcase abilities. "In portfolios it's best to see content, deep thinking and things relevant to the job you're applying for," Smith David said.

"Your portfolio speaks volumes over your resume," said Janna Brock, communication coordinator for Elkhorn Public School District.

Todd Becka, radio personality and author of "There's No Business Without the Show," was the keynote speaker. He conducted mock job interviews about possible public relations situations and gave a presentation focusing on the art of personal branding.

All speakers and panelists gave students similar advice: Remember that it's the extra things that get you noticed, and internships are some of the best ways to get your foot in the door. Just being part of an organization isn't enough. You need to make the most of your university experience to land the job of your dreams.

## Tea Party brews up voter interest



**BY ERIK DODGE**  
Antelope Staff

The last good tea party I recall was the Native American themed get-together in a harbor in Boston, and that was over 200 years ago. From what I understand the British were a bit offended—probably because the Boston Harbor was cold, and they prefer their tea hot, but that day helped spark a democratic experiment that we all enjoy today.

Now, another tea party is starting up, and whether you like its politics or not, it should be good for democracy.

A third party with enough support to elect

officials can change the dynamic of politics in more ways than one. First, a viable third party can restrain the "us versus them" politics. Our two party system supports only two positions on issues. The problem is, there are few issues with only two sides in a country as large and diverse as ours.

Instead of searching for solutions to our country's problems, we are stuck listening to politicians point fingers and pass blame. With multiple parties, no one could go it alone. Passing laws would require parties to work together and allow politics to move back to finding what we have in common—instead of fighting about what we don't.

The Tea Party can also open up our dialogue about our electoral system. The system we use now selects one member from each

district. That means if you didn't vote for the winning candidate, your vote has no effect on the election. But this does not have to be the case. If we use proportional representation, Nebraska voters could vote for their three preferred candidates. Instead of winner take all, the top three vote-getters would have a seat in Congress—allowing large majorities to be represented in the legislature. Tea Partiers, Libertarians or the Green Party are just a few groups who might benefit.

The real benefit though, is for the voters. Instead of feeling left out of the conversation, this system can give you a voice and a choice outside the two major parties. If you feel like politics aren't offering you enough this is something to consider. But remember, nothing can change if we don't get involved.

# Hispanic Heritage Month empowers Latinas, opens eyes

BY NATE BRITTON  
Antelope Staff

Latina women have fought a hard battle trying to have their voices heard. Historically, they found themselves taking a back seat to either the Chicano National Movement or the larger "white" feminist movement both occurring back in the 70s.

However, on Oct. 7 the Latina Women's History Event at the student union had its largest turnout in years.

The Sisler Room was packed with people of all ethnicities who had ears wide open ready for Iota Iota Iota (Triota), the women's and gender studies honor society, and Sigma Lambda Gamma's event. The idea was to celebrate Hispanic Heritage Month by taking a look at Latina women's roles throughout history.

Guest speaker, Amber Lewis, is a Kearney High School teacher who recently graduated from UNK with a secondary education degree and a women's studies minor.

"I think this event is important, because the topic is so often overlooked," Lewis said. "Most people don't talk about this on a daily basis, but I do believe it has growing importance in our society."

Lewis brought up facts about Latina women fighting for feminist issues such as abortion, equal access

to education, established child care centers and even abolition of traditional marriages.

Latina women had a hard time being heard because they had to deal with the "trifecta" of issues: gender, race and class. "The oppression seems much more severe to me, because they have to deal with their identities as both women and their race," Lewis said.

She added we should all be looked at just as people and not for the things that make up our physical appearance.

Rebeca Acosta, an international studies major and president of Triota said, "This month is Hispanic Heritage Month, and I think it's important to celebrate Latin history. Events like this one can really open people's eyes to see women have an important role in history as well."

She said that she hopes events like this one will help students at UNK become more comfortable with people of different ethnicities. It's a sad sight to see people form their own groups when usually there isn't that much diversity within those groups, Acosta said.

"You can't force people to be friends with other people, but you can point them in the right direction by informing them of their similarities," Acosta said, "I want to get people to explore other cultures, and I hope to encourage some people with that step."



Photo by Nate Britton

Amber Lewis, a recent graduate of UNK, who's currently a teacher at Kearney High School, explains the hardships Latina women have faced throughout history.

## Sudoku ★★☆☆☆

### How to play:

Sudoku is a placement puzzle. The aim of the puzzle is to enter a numeral from 1 through 9 in each cell of a grid. Each row, column and region must contain only one instance of each numeral. Completing the puzzle requires patience and logical ability. The puzzle initially became popular in Japan in 1986 and attained international popularity in 2005.

3		7	1		5			
6					9	8		
	5				4		2	
	9			7				6
	6						7	
4				1			3	
	3		2				6	
		5	4					8
			8		7	3		4

Find answer on page 10

[www.sudoku-puzzles.net](http://www.sudoku-puzzles.net)

## Might as well face it, you're addicted to tech

BY SKYLAR LEATHERMAN  
Antelope Staff



You've got it. That little device that let's you access everything you need: texts, e-mails, even Facebook. You feel naked if you forget it. Your cell phone is something you cannot go without.

The average college student uses technology for everything. You use it to talk to friends and family or to complete assignments. Professors frequently assign discussion board topics as a source of homework.

Earlier this year, the University of Maryland conducted a study of students addicted to social media. The study concluded that most college students are unwilling and unable to be without media links to the world.

Two hundred students participated in the study, "24 Hours: Unplugged." Students were asked to give up all media sources for 24 hours. After the 24 hours were over, they were asked to blog about their experiences, to report

successes and admit failures.

Students noticed going without media meant going without friends and family. They wrote about losing their personal connections without Internet and cell phones. Without access to text messaging, phone calls, instant messages, e-mail and Facebook, students felt they couldn't connect with friends.

"Texting and IMing my friends gives me a constant feeling of comfort," wrote one student. "When I did not have those two luxuries, I felt quite alone and secluded from my life. Although I go to a school with thousands of students, the fact that I was not able to communicate with anyone via technology was almost unbearable."

The study showed that 18 to 21-year-old college students are not only constantly texting and on Facebook, but that students' lives are wired together in such a way, that removing a normal communication pattern means renouncing a social life.

"I knew that the hardest aspect of ridding myself of media would be not checking Facebook or my e-mails, so

**"You better believe that once it hit 12, I was in my office reconnecting myself to the Internet. After that I flung my desk drawer open and grabbed my beloved phone. I missed 20 e-mails and three text messages before I finally fell asleep around 1 a.m. I felt a sense of relief that I was finally back in the loop."**

ADDICTED, PAGE 11



# They must have it all

*Bonsall says distance runners must understand full process of teamwork, perspective and desire*

**BY ABBY RICHTER**  
Antelope Sports Editor

High pain tolerance, dedication and persistence. These are just three of the many qualities that make a runner, and the Loper cross country team has 38 individuals who all meet these criteria.

With the 2010 season in progress, the Lopers are on the run to a very successful finish. But it is all the work between the races that truly make the Loper runners successful.

Head cross country coach Brady Bonsall believes there are many components that make up a true runner.

"Obviously, talent is important," Bonsall said. "A long-range perspective to be patiently persistent as you work your way through the process

of succeeding and a spirit that excels in competitive settings is also very important. And, as always, a ridiculously high pain tolerance is nice," Bonsall said.

From the perspective of Joe Coil, a sophomore UNK runner from Omaha, consistency is one of the key components to becoming a great runner.

"When it comes to running, being con-

sistent is very important," Coil said. "You have to be consistent throughout the whole year and not for just part of it if you want to be successful and finish the season strong." Bonsall believes that when a runner "finally gets it" is when the success starts pouring in. "Getting it" involves a combination of characteristics," Bonsall said. "Part of it involves the consistent work ethic to get things done. It involves understanding that my role is to guide my athletes, not to force them to do things," Bonsall said.

Bonsall stresses the biggest thing is to have the attitude of wanting to do the things to get better as opposed to having to do all the things to get better. Bonsall said he has many runners on the team who are "finally getting it."

Being a successful team is also very important for

individual success as a runner. To Bonsall, a great team comes with being an adult in the way you go about things as a student-athlete. "Taking ownership of your own success, caring more than I do, being coachable, which involves trust and authentically desiring team success. Even if that means that a teammate beats you, are all very important for a great team to come together," Bonsall said.

**"Obviously, talent is important. A long-range perspective to be patiently persistent as you work your way through the process of succeeding and a spirit that excels in competitive settings is also very important. And, as always, a ridiculously high pain tolerance is nice."**

**Brady Bonsall**  
Head cross country coach



Photos by Abby Richter

Colten Venteicher, a junior UNK runner from Omaha, stretches before his race on Oct. 2 at South Dakota State. Venteicher is a part of the men's team this year that is ranked 16th in the nation in Division II.



The UNK women's cross country team take a scenic route through a path in the trees the day before the South Dakota State Meet.

## Fall Student Research Symposium

October 24<sup>th</sup> 1 p.m.-5 p.m.

Open to the public

Ponderosa Room Nebraskan Student Union

A Showcase of Research & Creative Work sponsored by the Office of Undergraduate Research and Creative Activity



# Volleyball extends RMAC winning streak



**BY RYAN SEEFUS**  
Antelope Sports Staff

From the start of the match Friday night, it looked like the Cougars were going to give the Lopers a run for their money. Although Colorado Christian University was never able to claim a lead in the first set, the Cougars were able to keep UNK's lead to seven points or less.

Head volleyball coach Rick Squiers said CCU is a team that finds a way to hang around. "They make a lot of hustle plays and play with energy," he said.

UNK was able to grind out a win in the first set by putting pressure on CCU and committing only two attacking errors.

The Loper front row not only dominated the net on offense, in the next two sets they led the team on defense too.

"After game one when we didn't have any blocks. In games two and three we got a couple of nice block stretches and were able to get a lead and coast in," Squiers said.

Better touches at the net allowed the defense to get the ball to setter Cola Svec more efficiently.

Svec was able to distribute the ball to every Loper attacker but was on a higher level with Ellie Pesavento, freshman middle blocker from Omaha.

"She (Pesavento) unassumingly had 13 kills while hitting .478, and you hardly notice she's out there," Squiers said.

Pesavento led the team with 23 total attacks and committed only two errors.

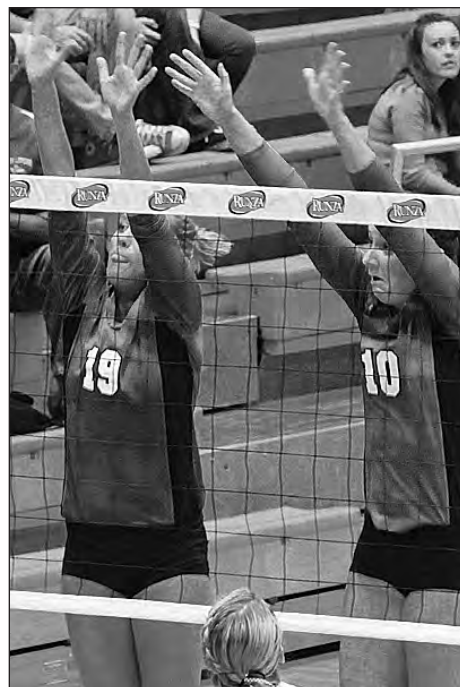
The strong connection between Svec and Pesavento not only led UNK to victory, it helped Svec record her 5,008th assist as a Loper. On Friday, Svec became the fourth person in UNK history to compile 5,000 career assists.

"Cola has been lights out all year," Squiers said.

As the UNK volleyball team begins their final stretch of their season on the road for three weeks, the coaching staff understands the significance of beating the Cougars.

"It's a conference win, and at this stage we are trying to get as many of those as we can," Squiers said.

The Lopers have 10 games left in the regular season, only two of which are at home. The final two home games are scheduled for Oct. 29 and 30.



*Photo by Ryan Seefus*  
Ellie Pesavento, right, and Katie Sokolowski, left, go up for a block in the second set against the Cougars. Pesavento played well on defense while leading the Loper offensive attack.



*Photos by Ryan Seefus*

**FAR LEFT:** Head volleyball coach, Rick Squiers, huddles his team up to talk strategy during a time-out. The UNK volleyball team improved to a 9-0 record in the RMAC conference with a win over Colorado Christian this past Friday.

**ABOVE:** From left, Ariel Krolikowski, a new face on the Loper volleyball squad, and seniors Kelsey Werner, Jeri Walkowiak and Cola Svec await a CU serve. Krolikowski transferred from the University of Louisiana-Lafayette and supplements a strong core of senior returners.



## Lopers dual Cowgirls 1-1

**BY DREW HOSELTON**  
Antelope Sports Staff

It was a battle all game long at Ron & Carol Cope Stadium Sunday afternoon as the Lady Loper soccer team played the New Mexico Highlands Cowgirls to a 1-1 tie. From the opening whistle the game was a tight one. Each team had chances early in the first half, but neither team was able to capitalize.

The Lopers would strike first in the 40th minute of the first half when freshman midfielder Sara Downey rebounded her own shot off the left post and stuck it into the back of the net to give the Lopers a 1-0 lead.

With the momentum shifting, the Cowgirls were able to respond with their own goal just 41 seconds later as Julissa Rodriguez broke through the Loper defense and scored from eight yards out, ripping the ball past Loper starting goalkeeper Marissa Niday off a give and go pass from teammate Ashley Kramer.

After a second half that saw each team's offense struggle to put in a goal, the teams played two extra periods. The Lopers outshot the Cowgirls 15-7 in the second half and extra times, with 23-16 for the game. The Lopers also led in the corner kick advantage 8-6 for the game, with two chances in extra time.

Freshmen Sara Downey and Raleigh Mercer led the shooting barrage for the Lopers with five shots each. Niday started in goal for the Lopers and tallied five saves in the first half while Vanessa Leeper recorded three saves during her play in the second half and extra periods.

With the tie, the Lopers move to 6-5-1 on the season and 3-4-1 in the RMAC.

### Catch the last of the season!

The last game of the year will be a two-game home stand starting on Oct. 15 against Colorado School of Mines and Oct. 17 against Colorado Christian University.



# Campus slice of life



Photo by  
Ashley Clatterbuck  
ABOVE: As summer gives way to fall, students take advantage of the warm weather while it lasts. Fall means shorter days and cooler temperatures. Trees exchange their summer foliage for fiery red leaves during the transition.

*UNK students and faculty take advantage of the benefits of being on campus, everything from flag football to the laundry room*

Photo by  
Phoebe Gauthier  
RIGHT: Ashley Sullivan, a freshman from Oxford living in Conrad Hall, enjoys doing her laundry after a long day of classes. Ashley needed to wash a top she will be sporting this weekend.



Photo by Hope Merrick

Co-ed flag football teams compete for the title of champion every Sunday for intramurals. "So far we've won every game," said Kayla Wojo, a sophomore athletic training major from Grand Island.



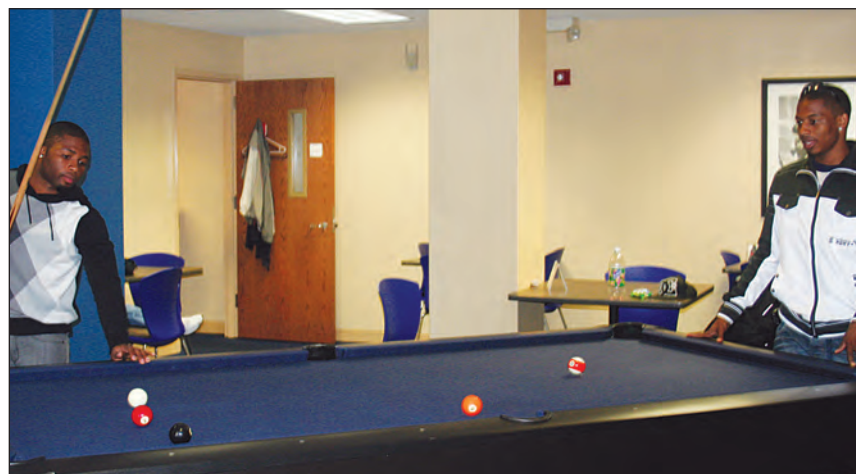


Photo by Jaycie Woslager

**FAR LEFT:** Campus Cuts gets business from students, faculty and staff. Gwen Choplin-Randel said she loves being on campus. Shane Slack, co-supervisor of Coyote Jack's, Taco Bell and Bamboo Asian, said he appreciates the convenience. "It's actually very handy," Slack said. "I can come here after my shift. Plus, Gwen knows what style I like."

Photo by Rebecca McMickell

**LEFT:** Raufeon Stots, left, sets up a pool shot in the student union while his opponent Joshua Smith, right, waits his turn. Stots, a nursing major, and Smith, a physical education major, are both juniors at UNK.



FOR MORE INFORMATION:  
[www.collegevote.ne.gov](http://www.collegevote.ne.gov)

OCTOBER 15th, 2010

NEBRASKA REGISTRATION DEADLINE



# Taking initiative and working hard

## *Kearney Volunteer Fire Department opens doors and opportunities*

**BY BRIE MASSKE**

Antelope News Staff

When your house is on fire, and you can't put it out, who ya gonna call? The Kearney Volunteer Fire Department (KVFD).

The KVFD has over 70 volunteers who cover 270 square miles in the Kearney area, and they are always ready for more volunteers who can take advantage of the opportunities provided.

John Keeney, volunteer and chair of recruitment and retention for the KVFD, said

all training— classroom and hands on— is paid for by the KVFD, and with the Kearney area growing, he encourages people to take advantage and become a volunteer.

"Since we are volunteers, we always have people coming and going, and it would be nice to have more," Keeney said.

Each volunteer undergoes about eight months of training, learning everything from how to deal with structure and grass fires to practicing search and rescue skills and responding to vehicle accidents.

Keeney said they are fortunate because

the city is so supportive. "As volunteers, KVFD saves the city a lot of money, so they're really supportive of us," Keeney said.

According to Keeney the opportunities are extensive. "We have search and rescue buildings where we can move all of the walls inside so we can simulate different buildings," he said.

"We also have a three-story tower where we can do repelling and rope rescue training off the top, and inside we have it hooked up with propane so we can light it up from inside."

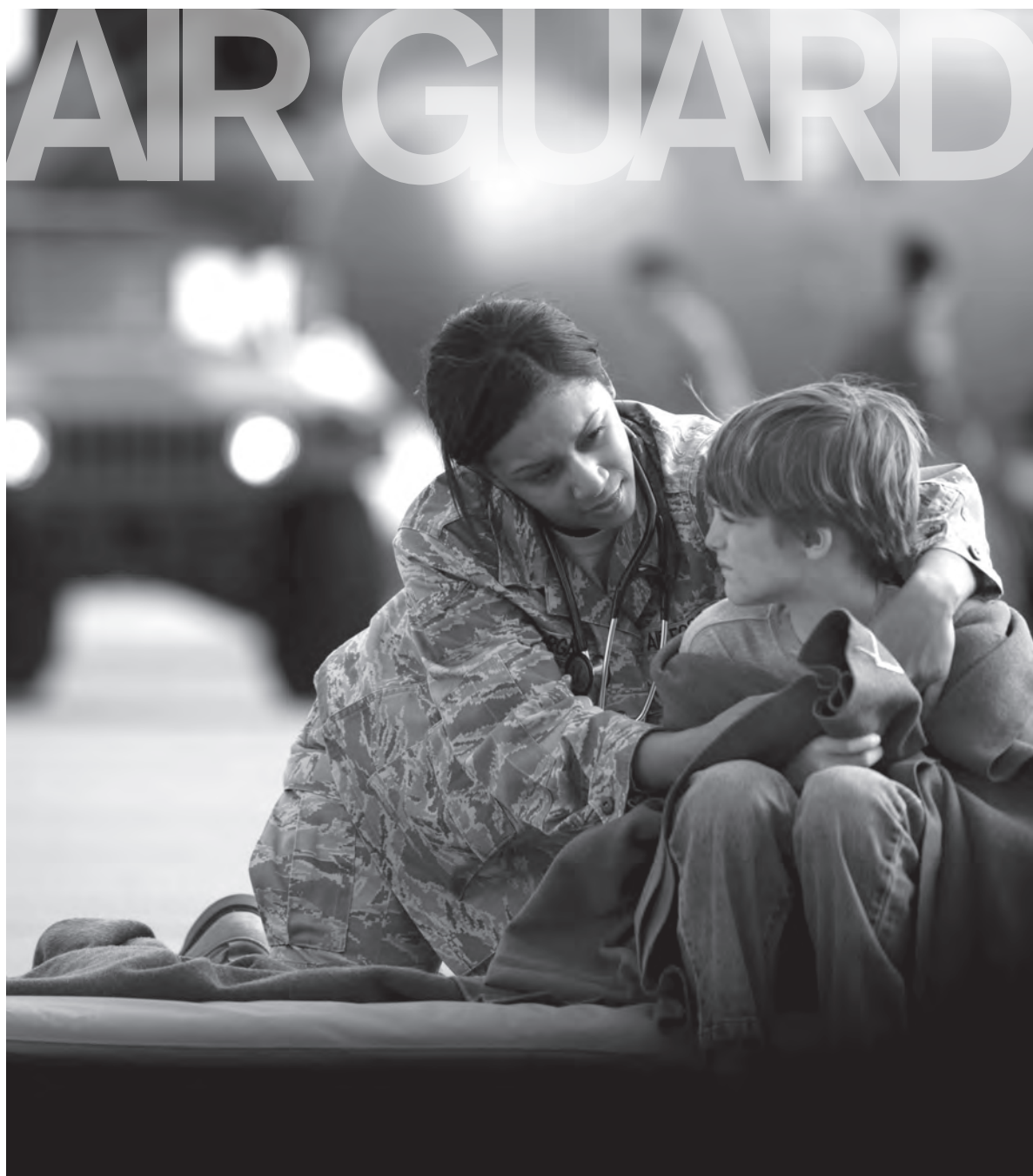
In addition, they have a vehicle

hooked up to propane so the volunteers can simulate vehicle fires.

Keeney said that the work and life experience he has gained from being a part of the KVFD helped him in finding employment after graduation.

"When I applied for the job that I have now, the guy said, 'Well you are on the KVFD, how is that going help you?' I said, 'Well I work this hard for free, how hard do you think that I am going to work if you

**FIRE DEPARTMENT, PAGE 11**



### Even the best medical schools can't prepare you for what comes next.

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# Get your flu shot, or else

BY DEBBIE EPPING AND MEGAN BLUME  
Antelope Staff

Just 20 minutes and \$20 could save you hours of missed classes and feeling miserable at home or work.

UNK Health Care has partnered with UNMC College of Nursing to dole out flu shots for \$20 a pop at their flu shot clinics at West Center Room 152 on Oct. 20 and in the Cedar Room of the student union on Oct. 22 and 29.

This year the shots are an all-in-one vaccine that protects against the swine flu strain plus two other kinds of influenza.

"The flu shot contains the H1N1, H3N2 and a B-strain," said Cindy Shultz, associate director at UNK health care.

Shultz says a yearly dose is recommended for virtually everyone.

Forget the high-risk checklists.

"Last year there was a shortage, because manufacturers stopped production of the regular seasonal vaccine to make the special H1N1 vaccine," Shultz said.

Manufacturers this year produced a record number of vaccinations to protect as many people as possible from the disease.

"We can never predict who is going to get sick, and flu symptoms range from sky-high fevers and pounding headaches to chronic coughing and sore throats," Shultz said.

## FLU SHOT CLINICS

- ▶ 4:30 - 8 p.m. Oct. 20  
West Center Room 152
- ▶ 9 a.m. to 1 p.m. Oct 22  
Cedar Room at the union
- ▶ 4 - 8 p.m. Oct 29  
Cedar Room at the union
- ▶ Cost \$20



Although the scare of last fall's swine flu pandemic is over, Shultz warns students the disease shouldn't be taken lightly.

Shultz says students should take advantage of the clinics and plan to get vaccinated today.

"I encourage everyone to get the flu vaccine, because the seasonal flu causes serious illness and thousands of deaths every year," Shultz said.

In addition, the flu strain mutates and changes every year.

"In order to have any immunity an annual immunization is needed," Shultz said.

## GRIN AND BEAR IT



Photo by Debbie Epping

Juan Carlos Gallegos, a senior multimedia major from Hastings, launches a pie in Alex Bartlett's face. Bartlett, a sophomore social studies education major from Kearney, and other Martin Hall staff organized the Cream for a Cause event to raise money for the Mid-Nebraska Food Bank. "We have a really fun staff," said Anjie Swidergal, director of Martin Hall and a grad student from Oak Forest, Ill. "We decided to do something fun to give back to the community that has given so much to UNK."

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# Food committee allows student voices to be heard

BY ERIK DODGE  
Senior Reporter

Students will have more say in the next food services contract thanks to a new committee.

The committee will have an advisory role in receiving requests for proposals (RFP) submitted for the new dining services contract. The current food service contract with Chartwells expires in 2011.

Students will be able to sit in on Q & A sessions with the people who are coming to put in RFPs for the new food services, whether it's Chartwells or the other businesses or student government, vice president John Lawless said. "The committee will provide more student voice, and I think the more student voice the better," Lawless said.

The new committee will be made up of eight Residence Hall Association (RHA) members and chaired by student senate director of community relations Ali Titus. RHA acts as the governing body for campus residence halls. Committee members can voice student concerns and give weight to student opinions on different contract proposals.

## INTERESTED IN STUDENT AFFAIRS?



Photo by Rebecca McMickell

Academic and career advisor Aaron Estes helps freshman education major Hannah Higress finish her careers in student affairs bingo card on Oct. 6 in the student union. The bingo cards were used as a way for interested students to talk to student affairs professionals from different UNK offices about several themes on the card including 'opportunities everywhere,' 'boredom is not an option' and 'get graduate school paid for.'

# Alpha Phiesta to benefit S.A.F.E. Center

BY BETHANY SHINN  
Antelope Staff

Alpha Phi is teaming up with the S.A.F.E. Center of Kearney for the start of a new philanthropy, the Alpha Phiesta taco feed the university and Kearney community.

"We just wanted to do something for the community that continually supports us," said Allie Nightingale, a senior K-6 elementary major from Kearney and Alpha Phi's current president. "The proceeds from this 'Phiesta' go toward the S.A.F.E. Center and the Alpha Phi Foundation, which supports its members as well as women's cardiac care. We wanted to make an impact not only nationally, but locally as well."

The Phiesta is being held 5-8 p.m. Oct. 28 at the Harmon Park Activities Center. Tickets are \$3, or you can pay \$5 at the door the day of the event.

The Phiesta includes an open taco bar, piñata's, door prizes and also a new attraction, Alphatraz.

Greek advisor Tracy Lungrin will be held hostage in a jail cell unit. Students can post bond to set her free, or donate money to keep her locked up. This is just another way to help raise more proceeds to go toward this great cause.

"It's going to be a great way for us to support our community and to get everyone involved. We hope to have a great turnout not only from the university, but also from our community members," Nightingale said.

## CAREER FAIR SUCCESS



Photo by Rebecca McMickell

Representatives from 57 businesses and graduate schools were available to meet and greet over 200 students at the Fall Career Fair on Oct. 5. It was the first of three annual Career Fairs hosted by the UNK Office of Academic and Career Services.

## Sudoku answer:

Upside down, from page 3

4	1	3	7	5	8	6	2	9
8	9	2	3	6	4	5	1	7
7	9	5	1	6	2	4	3	8
2	3	6	9	1	5	8	7	4
5	7	1	8	4	6	3	9	2
6	8	4	2	7	3	1	6	5
3	2	7	4	8	6	9	5	1
1	5	8	6	3	7	2	4	9
9	4	6	5	2	1	7	8	3



**Campus Dining** from page 1 **Addicted** from page 3

bakery. I think the bakery is fantastic.”

Cordova said the baker does an amazing job and that each baked item is made fresh every day.

When Cordova was young he thought his degree would be in business, but he could not leave the kitchen. He said he found his way into the business, because he loved cooking.

“Once I graduated high school, my plan was to actually go to KU to get a business degree, but I fell in love with cooking and decided to go to culinary school,” the Kansas native said.

Instead of business school, Cordova went to Jonson County Community College in Kansas to stay in the field he worked in from the time he was old enough to drive.

At 16 he went to a golf course, Lawrence Country Club, to get his first taste of the food industry and worked as a dishwasher.

“I started out at the bottom of the totem pole,” Cordova said.

He was able to work his way up to a position as a prep cook and then a line cook before studying culinary arts.

Fine dining drew him into a variety of work that kept his hands full. Once he met his wife he could no longer work 70-hour weeks.

A call from an ex-colleague at Washburn beckoned him back into university life, but the atmosphere is what he really enjoys.

“I decided to go back into residential dining for the livelihood,” he said.

I went ahead and deactivated my Facebook account in advance. It’s pathetic to think that I knew I had to delete my Facebook in order to prevent myself from checking it for one day,” one participant said.

Many students said they felt disconnected, anxious or worried that they were missing out on something. Taking away technology meant being out of touch.

“I noticed physically that I began to fidget, as if I was addicted to my iPod and other media devices. Maybe I am,” a student wrote.

Another student said that they finished a knitting project they had started a few months prior. “I’m glad I am able to knit, or else I would have had literally nothing to do. By the time the clock read 11:55 p.m., I was getting so antsy; all I could do was stare at it until it hit 12. You better believe that once it hit 12, I was in my office reconnecting myself to the Internet. After that I flung my desk drawer open and grabbed my beloved phone. I missed 20 e-mails and three text messages before I finally fell asleep around 1 a.m. I felt a sense of relief that I was finally back in the loop.”

Students found they were more productive with schoolwork without cell phones. Many students complained about being bored without being able to listen to music. They also found it easier to go without TV and newspaper rather than cell phones, iPods and the Internet. Without a cell phone, students were left without an alarm clock or to arrive to class on time.

Students had to go media-free for a full day, or try to. Students were allowed to pick which 24 hours in a nine-day period. The study also reported that of the students that participated, 43.3 percent owned a “smart phone” and 56.7 percent said they did not.

Our generation is reliant upon technology to accomplish everyday tasks. Going without these devices disconnects us from the world. Technology is not just something we use, it’s a way of life.

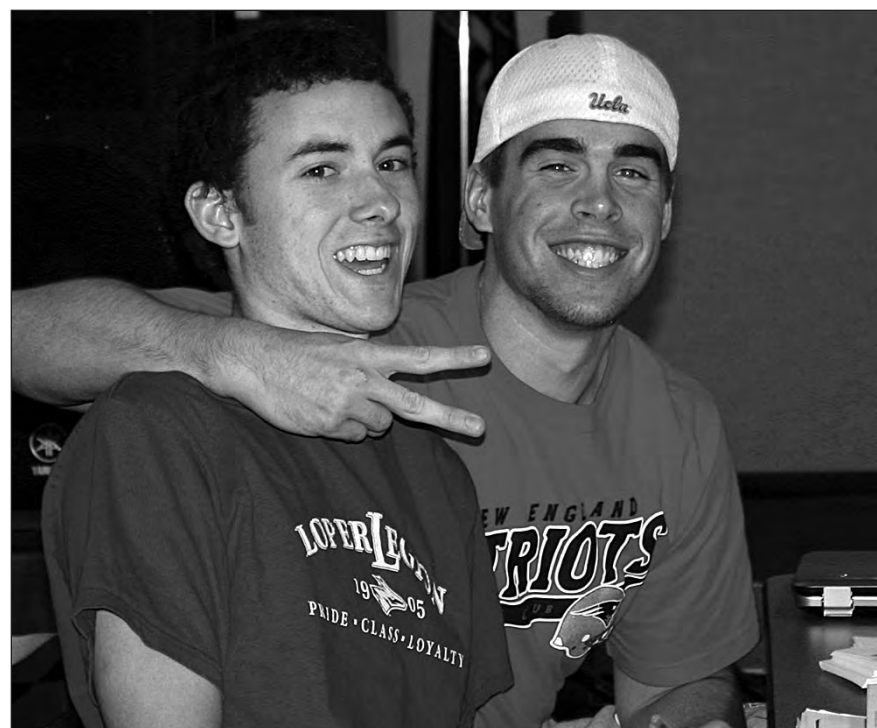
**SUPPORT FOR ST. JUDE**

Photo by Kaylie Perry

Seth Leonard, left, a freshman pre-med major from Kearney, and Ryan Figgins, right, a freshman pre-med major from Omaha help address and stuff letters to be sent out to family and friends asking for donations for St. Jude Children's Research Hospital Oct. 11-12 at the "Up Til Dawn" event in the student union.

**Fire Dept.** from page 8

give me a paycheck?”

For Keeney, volunteering as a fireman stands for something important.

“It shows that you take initiative and go out and work hard,” he said. “If anyone is thinking that they want to do firefighting professionally somewhere, it is kind of a springboard to get them

there. For EMTs or a flight nurse, the department will pay for most of your medical or fire training. You get on the scene before you would in any class, and you learn exactly what it takes.”

Matt Young, a senior criminal justice major, said volunteering doesn’t interfere with other parts of his life. “I go to school full time, have a full-time job, and I am still on the department. I make whatever calls I can.”

Keeney said that in order to become a volunteer, you must be 21 years of age (If you are under 21, you can become an ‘Explorer’), pass a background check, be a legal citizen of the United States, live within two miles of Kearney and have a current driver’s license.

**Campus Lutheran**

Sunday Worship: 5:03 p.m.  
Wednesday Prayer: 9:33 p.m.  
[www.nelcm.com](http://www.nelcm.com)

2715 9th Ave  
Kearney, NE 68845



**THE VERVE PIPE**  
**@ THE GARAGE**

THURSDAY, OCT. 14  
9 P.M.  
15 E 24TH ST.

**TICKETS:**  
\$12 IN ADVANCE  
\$15 AT THE DOOR

**GET TICKETS AT:**  
THE GARAGE OR  
[WWW.PICKMYTICKETS.COM](http://WWW.PICKMYTICKETS.COM)

**WANT TO  
VOLUNTEER?**

For more information on becoming part of the Kearney Volunteer Fire Department, call 233-3238 or visit the fire station at 2211 Ave. A in Kearney.



# Where do you like it?

*Risqué Facebook campaign  
raises breast cancer awareness*

BY HOPE MERRICK  
Antelope Staff

October is Breast Cancer Awareness Month, and for the second year a suggestive Facebook game asks women to post what they usually like to do with purses as their statuses. The message circulating around Facebook is aimed in support of breast cancer survivors,

This year, women are encouraged to post where they like to put their handbags the moment they get home. For example, women have posted suggestive messages such as “I like it on the couch, kitchen counter, the dresser” and so on.

Women were asked to put their answers as their statuses on Facebook with nothing more than the answer and then forward the Facebook message to all of their female Facebook friends. The message did not have to be suggestive.

Last year the women were asked to do a similar thing—post their bra colors as their Facebook statuses. This bra game made it to the news. The motivation to get the game going was the same—“Let’s see how powerful we women really are.”

Whitney Smith, a junior industrial distribution major from Allen, participated in the game. “I knew that it was for a good cause, and it’s a good laugh for all of us who play the game,” she said.

Smith did her best to be sure as many of her friends participated for Breast Cancer Awareness Month as possible.

Jacob Navrakal, a junior industrial distribution

major from Pierce, also participated in an awareness campaign, but in a different way. Navrakal said he didn’t understand all of the Facebook statuses until a friend sent out a Facebook message of his own. He told the men that they were going to be doing the same thing as women—only put their statuses as places they like to “sing” to support testicular cancer.

“Right now my status is, ‘I like to do it with my fraternity brothers in front of sorority girls,’” Navrakal said.

Some other statuses men posted were, “I like to do it by the fountain,” or “I like to do it before the game starts.”

All the hype is working. “I Like It on Facebook” has been among the most popular recent Google searches. Facebook users like to play games with “statuses” to see if others will notice. In this case, the Google hits indicate people do notice, either for the cause, the suggestive humor or both.

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## GIRL TALK: SAVING SECOND BASE

Oct. 13, 7 p.m.  
Student union, Room 312

Hear presenters from the Nebraska affiliate for Susan G. Koman for the Cure in Omaha talk about the ways in which breast cancer affects college-aged women and why monthly self-exams are so important.

“It’s aimed to fight the common misconception that breast cancer only affects older women,” said Meagan Smejdir, graduate assistant at the Women’s Center.

# What do you think of the “I like it on...” Facebook statuses?



**“I couldn't figure out the statuses. I knew there was an underlying reason. It seemed a little off-color for some people I knew to be saying things like that.”**

Eric Buchman, senior  
Spanish and ESL education major, Kearney

**“I think it sounds like an interesting way to let people know what's going on and get their attention.”**

Blanca Vera Chavez, sophomore  
Spanish education major, Guanajuato, Mexico

