



THIS WEEK

2 Halloween haunting

'Paranormal Activity 3' offers creepy confusion.

Entertainment

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College weight gain is common but avoidable.

Features

Campus crimes down for 2010

BY ERIK DODGE
Antelope Staff

Last year was a relatively slow one for UNK Police.

Decreases from 2009 numbers were reported in total liquor violations, thefts and incidents of vandalism, the three most common violations included in the Annual Campus Crime, Crime Awareness and Fire Report.

"Typically we'll see different trends from year to year, just based off of the new student population. Last year was a very quiet year not only for alcohol violations, but all violations were down last year," said Director of Police and Parking Services Michelle Hamaker.

Liquor violation arrests and thefts saw the largest decrease in reported violations, while reports of sexual assaults, burglaries and liquor violation referrals increased from 2009.

Police and parking services issued its annual report on Sept. 26 in compliance with the "Crime Awareness and

Through maze of colleges, jobs, the military, culinary school,

Chef finds his calling



BY SAM BATES
Antelope Staff

Yankees can't make chili. At least, Chris Packer doesn't think so.

The relatively new UNK Chartwells executive chef has seen variations of the meaty stew and knows the good from the bad. "In Rochester where the chili has got corn and hominy and green beans and a hint of cinnamon, I'm like, 'This is not chili.'"

And don't even get him started on Ohio.

"It's more like really bad marinara," Packer says. "They call it chili but they

put it on spaghetti noodles, and it's really like bad spaghetti sauce."

He insists Nebraska is "not too bad" when it comes to comfort food like fried steak and potpie. Except for the vegetable the state is most known for: corn. "It's all seed and feed corn around here...because it's not detassled."

Packer has been the chef at Chartwells only since March. He works weekdays and most weekends, and though shielded by a pair of round, thin glasses, his weary eyes reflect the extended hours he puts into his job.

"It's a very long day, a lot of back and forth, checking on different things." He says every day's a little different; every

day's a little the same. His graying hair gives an unspoken remark on the stress he experiences daily. He is tall and mild-mannered and just recently celebrated his 40th birthday.

James Paul, the regional district manager at Chartwells decided to hire a chef because of Chartwells' expansion. "When you get so big, you have to start specializing and bring people in with a special-

"A desk job just wouldn't cut it. I've had office jobs. I can't do it. I can't work behind a computer for eight to ten hours a day"

Chris Packer
UNK Chartwells Executive Chef

Photo by Sam Bates

Chartwells Executive Chef Chris Packer burns sugar for crème brûlée. Packer has been the chef at Chartwells since March.

ized skill set. I wanted to bring someone in with a specialized culinary background."

That person was Packer, who says he has worked hard to get where he is today, earning his way up at different jobs and studying various subjects— including graphic design. But he always found his way back to cooking. He received his associate's degree in culinary science from the Culinary Institute of America and wouldn't dream of doing anything else now.

As the Chartwells executive chef, Packer's day begins at 7 a.m., when, depending on the time of year, the sun hasn't even made its way into the sky. People have to eat, and that takes preparation. He recalls his to-do list with relative ease, as if it just comes naturally to be feeding approximately 2,200 students every day.

the antelope

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'Paranormal Activity 3' scares up confusion



BY NATHAN BOROWSKI
Antelope Staff

Confusion and frustration were evident within the large crowd that filled the Kearney Cinema 8 movie theater last Thursday for the midnight premiere of the highly anticipated horror movie "Paranormal Activity 3."

The lobby of the theater was packed for over an hour in advance as the lines for concessions and admission seemed as if they were never ending. With every little forward progression made in the line, more eager fright-seeking moviegoers continued to pile in through the doors.

At approximately 11:30 p.m., the ticket takers made the signal for the admission lines to begin moving, and the rush was on. In attempts to save enough seats for their groups, the anxious moviegoers packed shoulder-to-shoulder in the lobby, began to nudge, elbow and sneak their way toward the front of the line. Groups of friends stampeded their way into the numerous screening rooms showing the movie.

Little did the crowd know that their wait would be even longer than they expected.

The movie was, according to the Kearney Cinema 8 website, scheduled to start at 12:05 a.m.

However, 12:15 went by without the movie starting. The minutes on the clock ticked past 12:25, and confused audience members were continuously checking the time on their cell phones. When 12:35 came and went, frustrated members of the audience began to grumble. At roughly 12:45,

a Kearney Cinema 8 employee appeared to make an announcement.

According to the theater employee, ticket sales for the movie exceeded expectations. This created the need for the theater to open and prepare more screening rooms than initially planned.

The employee continued to explain that the delay was due to the intricate process of aligning a single film through every projector showing the movie. Then, something had

Audience members experienced the scare they had come for. Girlfriends grasped tightly to their boyfriends, who attempted to appear unfrightened.

broken. So the wait would continue. This increased the disappointment and frustration among audience members.

At around 12:50, just when the masses seemed as if they were about to rise in rage, the previews began— sort of. The screen suddenly came to life halfway through a preview, and then jumped straight into the movie. All was saved; the much-anticipated scare was on.

That is until about 1:50 rolled around, when the movie suddenly stopped and the lights kicked back on. The informative employee reappeared to announce that there would be about a five-minute delay, and due to the fact that the movie had progressed so

far, refunds would not be provided. Frustration then turned to anger.

The audience grumbled after being told not to expect a refund because of the delays. Some felt cheated because they were never made aware of the fact that refunds were being offered earlier in the night.

Then, just as it seemed the audience of the horror movie was about to cause some terror of its own, the movie screen jumped back to life.

The screen would not go black and the lights would not turn on again until the movie concluded at about 2:30 a.m., roughly an hour after the 1-hour and 21-minute movie was scheduled to end.

Despite the delays, most audience members experienced the scare they had come for. Girlfriends grasped tightly to their boyfriends, who attempted to appear unfrightened. And even though some of the crowd walked away frustrated and angry about the delays, they did so after a good scare.

It is said that quiet and uneventful scenes throughout horror movies build and add to the suspense, that delays in action make the next scare that much more frightening. But that was not the case during the midnight premiere of this horror movie.

Likely, everyone involved, both the audience and the theater, hopes not to experience these kinds of scares during a movie again.

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Krug loves talking sports from football to NASCAR



BY AARON URBANSKI
Antelope Staff

When Omaha native Kris Krug began his KLPR broadcasting career as an associate sports director in fall 2009, the senior would have never guessed he would be a part of something this special in just two years.

Now as the KLPR sports director, Krug can take a lot of credit for the continual improvement of student radio programming offered to the Kearney area via 91.1 FM.

The job is a good fit, especially working the sports. "I really love covering events and telling the news and stories in my own way. I love having my opinions heard on topics," Krug said, "For KLPR my favorite sport to cover is football. Getting to be the voice of UNK football in the middle of a record-breaking season has been an honor and a blast. I know we really had hopes to go unbeaten, but I feel we can still compete for a national championship," said Krug in reflection on the current Loper football squad.

Krug has covered motorsports as well finding a way to work his love of racing into his love of broadcasting. "This past summer I was co-announcer with Brad Fosberg at the Mid-Nebraska Speedway. I got to call races alongside him every Saturday night," Krug said. "There's nothing like calling a race coming down to the final laps."

Krug says he would love nothing more than to call races the rest of his life through the Motor Racing Network. "That's the voice of NASCAR on the radio. I really want to be involved with NASCAR again and would love to cover it over the air as a career," Krug said.

But before Krug makes his jump to the

professional ranks, he'll finish his degree in broadcasting next spring at the University of Tennessee followed by a communications internship in radio. "I've been blessed to be around some amazing people here (at UNK)," Krug said. "I've always said that this station is here for broadcast students to make it their own, and Rick and Elle Scholwin have been such a helpful asset to us over the years. This job is what you make of it, and I have taken so much out of it. I have learned to schedule events to be broadcast over the air and to manage a heavy schedule that includes weekly meetings. I have also made great relationships with players and coaches here on campus as well."

KLPR has also helped Krug connect with the Kearney area community as a DJ. "I get emails and calls every week from listeners who appreciate what we're doing here at KLPR," Krug said. "People that listen to KLPR are not going to hear any commercials. And the programming and music are as diverse and random as the DJs who do them." So tune into 91.1 FM the next time you're scanning the channels during your drive home. You never know, like Krug, you may find something special.

**The Big Show with
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Photo by Aaron Urbanski
Senior broadcasting major Kris Krug talks Loper sports on KLPR radio at UNK.

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A SPOOKY THOUGHT

'Freshman 15' sneaks up with less structure, more food

BY ASHLEY LEEVER
Antelope Staff

It looms in the darkness waiting to jump out when we let our guard down. We all know about it but it often creeps up on us when we least expect it. It's not another scary Halloween movie but the dreaded "Freshman 15."

College is a new experience for incoming freshmen living in a new atmosphere with new friends and new social scenes, lots of studying and no parents to

"They come to college and it's like Bamo! You are on your own... You can eat whatever you want when you want."

Cindy Shultz
Associate Director of Health Care

keep you on track. A balanced diet and exercise regimen can easily be put on the backburner.

"They come to college and it's like Bamo! You are on your own. You are independent," said Cindy Shultz, associate director of health care at UNK. "You can eat whatever you want when you want. You can stay up late. You can do all sorts of things. It's hard to find a balance."

When the numbers on the scale begin

to be different than what students are used to, Shultz explains that there are a variety of factors including not getting enough sleep, not eating enough fruits and vegetables, consuming more alcohol and eating larger portion sizes.

"Research also shows that sleep deprivation also makes you crave foods that are high in sugar, high in fat that are more prone to cause you to gain weight," Shultz said. "Alcohol has more calories than most of the food we eat. So if we are eating a regular diet and then consuming a lot of alcohol on top of that, that can contribute to weight gain too."

If you have gained some weight since coming to college and are trying to shed the pounds, crash dieting can actually be counterproductive. It causes your body to believe it's going into a famine and it will try harder to hold onto the fat.

Balance and taking small steps in the right direction is the best way to get back to a healthy lifestyle.

Incorporating in more fruits and vegetables into your diet can significantly help. Shultz suggests that keeping a food journal helps people to see what kind of an eater they are. For example if you eat when you are bored or you maybe an emotional eater. You can then begin to substitute in healthier foods or cut out unnecessary habits.

UNK's newly renovated Market at 27th Street offers a variety of healthy eating options for students. The Mongolian Grill allows students to incorporate in a



Photo by Adam Konruff

Sophomore Dan Brundrett, a wildlife biology major from Alma enjoys some fruit, milk and jerky in the Nebraskan Student Union last Wednesday, as part of a healthy lunch. He has lost over 130 lbs in the last year sticking to this diet and exercising. Brundrett said he was just sick of being fat and decided it was time to do something about it.

FRESHMAN 15, PAGE 5

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Freshman 15 from page 4

variety of vegetables and lean meats. The expanded salad bar also gives students more healthy options.

And while hitting the gym is always helpful, Shultz says that walking is all the average person needs to do.

"If you can just increase your exercise a little bit more during the day and then on the days where you have a little bit more time, doing your full regular workouts that can really help. It keeps your metabolism running a little bit more efficiently and you use calories better then," Shultz said.

Even if you have a hectic schedule that leaves you barely enough time to eat, there are still ways for you to incorporate in healthy habits. Shultz encourages students to walk to class, take the stairs or take short walks when you have breaks. If you don't have time for lunch, plan ahead. Pack healthy snacks in your bag such as granola bars.

And never forget that there is al-

ways help when you need it. Since Shultz began working at UNK two and a half years ago, she has provided nutrition counseling for students.

"We do counseling sessions and then they come back periodically to do problem solving and coaching and looking at further ways to tweak their eating plan," Shultz said.

For students interested in meeting with Shultz for attending nutrition counseling they can walk into UNK Health Care for a preliminary check-up and then schedule an appointment with Shultz.

UNK also provides a variety of opportunities for students to have healthy but fun exercise. From Zumba and yoga classes for college credit, fitness centers, intramural sports and miles of walking trails, there is something out there for everyone.

For more information go to www.unk.edu.



Photo by Adam Konruff

Freshman Rochelle Osantowski, a music vocal major from Franklin, gets some exercise on a treadmill in the Nebraskan Student Union Sunday night. Osantowski says she started running on the equipment because the impact of jogging was beginning to cause her knee pain.

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Kristensen relishes campus connections



BY JAY SLOAN
Antelope Staff

After a brief conversation over a cup of Starbucks coffee, reporter Jay Sloan hit the sidewalks for a campus tour with the “man in charge,” Chancellor Douglas Kristensen. Dipping in and out of various campus buildings, Sloan and Kristensen discussed the ins and outs of his job and even stopped to chat with a group of potential UNK recruits and their parents.

Q and A with Kristensen

Q: How do you stay connected with the campus and it’s students?

A: In the spring, I often like to set aside a one-hour period over lunch time and just go walk around. I like to just walk and try and keep the big picture in mind. We all get really narrow and we

worry about our meetings and our area, and it’s very easy not to have the big picture in mind. For me, it’s just as easy to walk around and get in the flavor of what’s going on.

Q: What’s the most rewarding part of your job?

A: The most rewarding part of my job is watching and getting to know students. You see students come in as freshmen, and they all like their shoes. They’re all looking down. By the time they’re seniors, they’re these mature, outgoing and successful people. That’s tremendous to see.

Q: What is the biggest challenge of your job?

A: Resources. With a little more resources we could do unbelievable things here. That’s the challenge of the chancellor and vice chancellor; find resources for

Photos by Jay Sloan
Chancellor Kristensen speaks to a group of perspective students touring UNK. He says he enjoys speaking to these groups and current students while strolling on campus.

people to do what they do really well.

Q: What do you think makes UNK an attractive university?

A: What’s tremendous here is that this campus can be as big or as small as you want it to be, because the staff and faculty’s attention to students. Everyone puts in their brochures that they’re student friendly, but that actually happens here. People say you always want to grow, but I don’t think you want 10,000 students here. That would change the complexion of who we are and what we’re offering.

Q: What are the biggest challenges for students as they leave UNK?

A: Students who are graduating need to put away all the noise. Don’t listen to all the news that the economy is going to pieces, that the world is going to implode environmentally or that our system of government is failing. If you listen to that, why would you go out into the workforce or real world? You’re better off hiding from it.

Q: What sets UNK graduates apart from other people entering the world after graduation?

A: You will see the world here. You have the opportunity to study abroad here, or the opportunity to interact with students from around the world on this campus, and do it in a meaningful way. You will have a broader perspective, a more global approach. I think that’s what’s going to set you apart.”

ABOUT KRISTENSEN

Hometown: Minden
High School: Minden High School, Class of 1973
College: University of Nebraska-Lincoln, Drake University
Work History:
Practiced law In Carol, Iowa
Returned to practice law in Minden
1982-1989 Kearney County Attorney
Spent 14 years in the Nebraska Legislature
Started at UNK in 2002
Family:
Wife Terri Harder
Daughter Morgan (Freshman at UNK)
Daughter Paige (8th Grade)

Q: What does the future hold for UNK?

A: It’s very bright. I think the future here is that we will become more of a regional institution. With competition, there are winners and losers. And I think we’re going to see some institutions struggle.

Q: What do students need to hear from you?

A: We’re going to keep trying to find the resources to make this a high quality institution; we’re not going to do just enough to get by. Don’t look a budget cuts; don’t buy into the idea that things are bad. The future is very bright and your degree is going to be valuable, and it will become more valuable.



ABOVE: Chancellor Kristensen stops to talk with College of Education office associate Brooke Terzi.
LEFT: Kristensen studies a campus diagram in his office. Kristensen has filled the shelves of his office with pieces of memorabilia.

Sudoku answer:

Upside down, from page 3

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



A phantom, played by Megan Buresh; Frank N. Furter, played by Kyle Kuypers; Riff Raff, played by Jordan Peterson and Magenta, played by Madison Hoge, finish a song Sunday night at the first dress rehearsal of "The Rocky Horror Show." The show is running Oct. 26-31 at 7:30 p.m. at the Miriam Drake Theatre.



Jordan Peterson and Madison Hoge, as Riff Raff and Magenta, perfected their song and dance number together at the dress rehearsal for "The Rocky Horror Show" Sunday. Peterson is a senior musical theater major. Hoge is a freshman musical theater major.

'Rocky Horror' opens today

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.

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



Kyle Kuyper's Frank N. Furter, Jared Flodman's Rocky and Jordan Peterson's Riff Raff embrace as Madison Hoge's Magenta and Kaylie Wilson's Colombia look on Sunday night at the dress rehearsal of the UNK Theater's production of "The Rocky Horror Show." The show is running Oct. 26-31 at 7:30 p.m. at the Miriam Drake Theatre.

Raymond, Nadella seize National Runners-Up title

BY JORDAN SQUIERS

Antelope Staff

UNK men's tennis doubles team Josh Raymond and Yeswanth Nadella finished in second place at the United States Tennis Association/Intercollegiate Tennis Association Small College National Championships.

In the afternoon of Fri. Oct. 14, Raymond and Nadella beat Bluefield State's Vlad Catlan and Niklas Sparr to advance to the finals.

Early that evening, the UNK team was defeated by Christian Hanses and Luis Loeffler of Valdosa State, the de-

fending national champions.

Raymond and Nadella greatly improved from their eighth place finish last year at nationals.

"We were able to accomplish such a great finish this year because we had a lot more experience playing together as doubles partners," Raymond said. "We are older, worked hard and communicated well."

Nadella is a sophomore from Andhra Pradesh, India and Raymond is a senior from Elkhorn. Among numerous other individual accolades, both were Rocky Mountain Athletic Conference Rookie's of the Year in their freshman year.



Photo by Jordan Squiers
Raymond and Nadella pump fists after a tennis match. Both players were happy with the runner-up title finish this season.

Loper Legion experience helps score role in Division One

BY JORDAN SQUIERS

Antelope Staff

UNK graduate and former Loper Legion president Matt Tomjack used his experience as a Loper to land a job working for the marketing and promotions department at the University of Florida.

UNK Athletic Director Jon McBride used his connections in Gainesville to help Tomjack find this opportunity. Tomjack works with the Gator volleyball, cross country, men's basketball, track, softball and women's golf teams.

He says his job involves anything from entertainment and giveaways to pre-game advertisements and sponsorships.

"It's amazing to see 1,900 students filling the seats for a volleyball match after a really hard weeklong advertising push," Tomjack said. "It's definitely a career where you can see the fruits of your labor."

He was also able to practice his best Rich Broderson, the "Voice of the Loper," when he got the opportunity to be the announcer at a Gator softball game, which he said was the highlight of his year so far.

He said every team he works with has a significant chance to win a national championship and he looks forward to seeing some of these athletes participate in the Olympics someday.

Tomjack hopes to someday pursue his master's degree, but if he could stay with the University of Florida for the rest of his life, he would.

"I get to work with some of the most talented student athletes and coaches in the country," he said.

At UNK, Tomjack studied sports administration, was a member of the Alpha Tau Omega fraternity, was a resident advisor and served an internship with the marketing and promotions division of the athletic department.

One of the most notable accolades in Tomjack's career, however, was his work the Loper Legion.

Tomjack and his fraternity brothers were known for attending all of the basketball games leading to former student

Photo courtesy of Facebook

Matt Tomjack hugs Louie the Loper during a game. Members of the Loper Legion cheer on athletes at a volleyball game. Loper Legion is a group of dedicated fans that show up to cheer on the Lopers in rain, shine, blizzards or heat waves. They are always sporting the mighty blue and gold. The Legion continues to grow in numbers with each passing year.

body president Tim Hruza to ask Tomjack to revive the legion. He served as its president for a year and then moved into an advisory role during his time interning with the athletic department.

"Loper Legion really opened the doors for what I love doing, which is promoting athletic events," he said.

In the future, Tomjack said he would love to come back to the school that gave him so much.

"If someone wants to drop a hint to the athletic department back at UNK, I would be back there to work in a heartbeat," he joked. "I may be a Gator right now, but I'm a Loper for life."



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Pitching ace, former Loper returns to Nebraska

BY ERIK SWAZO
Antelope Staff

Former UNK pitcher Ryan Sheldon was recently traded to the Lincoln Saltdogs from the Normal Cornbelters, a professional baseball team with the independent Frontier League based in Normal, Ill. Sheldon, who spent two years of his college career pitching for the Lopers after transferring from Barton County Community College in Great Bend, Kan., in 2007, was one of the most dominating starting pitchers the Lopers have seen in a long time.

Current Head UNK Baseball Coach Damon Day spoke on the recent trade, "I thought Ryan was special when he pitched here. He was a leader on and off the field."

During his time at UNK, the 6-foot-6 Kearney High graduate was the go-to pitcher for the Lopers each and every Friday night. "In college baseball, Friday night starters are huge. They are your ace and they set the tone for

the weekend. Ryan was the best in the RMAC (Rocky Mountain Athletic Conference) in 2008 and 2009," Day said.

Day said Loper fans wouldn't forget the game when Sheldon struck out 19 Colorado State Pueblo hitters in 2009. "It was the most dominating pitching performance I had ever witnessed.

Brandon Buchanan, a former teammate, knew from the get-go that Shel-

"I thought Ryan was special when he pitched here. He was a leader on and off the field."

Damon Day
Current head UNK Baseball Coach

don had something special about him. "When Ryan was on the mound, you always knew you were going to have a shot to win, no matter who we were playing," Buchanan said. "He always was going to put us in a position to win the game. We knew as a team that if we scored three to five runs, Ryan would go out there and do the rest."

With Sheldon now with the Lincoln Saltdogs, manager Chris Miyake is very

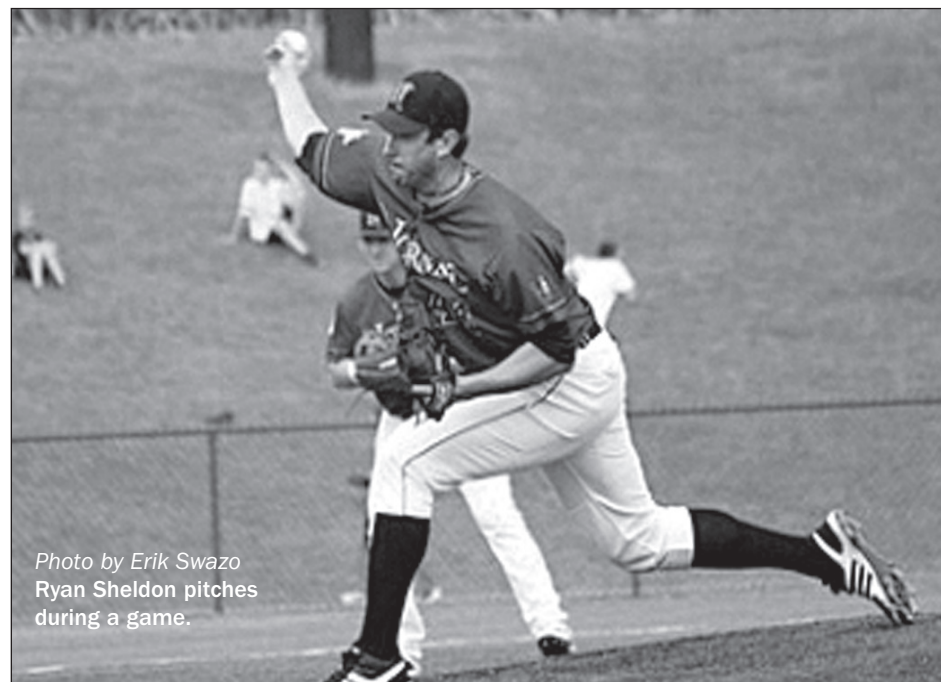


Photo by Erik Swazo
Ryan Sheldon pitches during a game.

excited to have Sheldon as a member of the organization. "The Lincoln Saltdogs are very excited to add a starting pitcher of Ryan Sheldon's caliber to our rotation," Miyake said.

Miyake also added that after speaking

with Sheldon after the trade, Sheldon indicated he was very happy to be able to play so close to home so his family and friends could see him pitch more often. "The Saltdogs are always looking for local talent, so it was a nice bonus for him and us."

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Hammond snags 27 yards vs. CSU-Pueblo



Photo by Adam Konruff

UNK wide receiver Eli Hammond pulls down a pass in the second quarter against CSU-Pueblo Saturday, Oct. 15. The undefeated Thunderwolves handed the Lopers their first loss of the season, with a final score of 27-14.

Chef Packer from page 1

"My day generally starts out with going over the menus for the day, making sure that the staff all have their assignments so they know what's going on; we have all the right food; it looks good;" Packer says tapping a finger for each item, "then making sure that they're preparing it properly so we can satisfy the students."

Maybe for some, like Packer, keeping thousands of people satisfied with their meal just comes naturally. A short time ago, he was feeding 16,000 as the chef at St. Pete Times Forum, a hockey rink and event center in Florida, home to The National Hockey League team The Tampa Bay Lightning. In 2009, when Tampa hosted the Super Bowl, St. Pete Times Forum was packed with events two weeks prior to the NFL championship.

"We would go from a hockey game to a concert, to a concert, to a hockey game. And these weren't little small concerts. One of the concerts was a doubleheader, and it was Elton John and Billy Joel."

Rich Mathis worked at the arena with Packer for a year and a half. Mathis was the luxury suites chef and Packer, as the executive chef, was his boss. He knows from experience the qualifications that Packer has gained in order to become head chef at a place like UNK.

"He's very talented," says Mathis, who is now the executive chef at the hockey arena. "We went to the same school, the Culinary Institute of America, so I know all of his certifications and what he's gone through."

After three years, Packer left the coliseum and went to work 14 miles away at Blu Figs Restaurant, a Mediterranean eatery, but shortly after, the restaurant closed and Packer came to UNK.

Going from Tampa to Kearney may not seem like an expected first choice. But opportunity came knocking. "It was a very good opportunity for me," Parker says. "As

far as a new experience with the company and with this type of environment. A lot of my past doesn't focus around university food...so it's very different."

His lack of university food experience didn't prevent Paul from choosing Packer out of a dozen or so other candidates for the position. It was his past experience in general that got him the job.

"I wanted someone that could lead. I liked his culinary education and volume of experience," says Paul. "By that I mean: Has he fed four people? 400 people? 4,000 people? Because those are three different things."

When he isn't planning meals and organizing menus, Packer also enjoys cooking at home for his wife of four years, Heather. He says her favorite is either

did something else, the dull factor would make him go right back to cooking.

"A desk job just wouldn't cut it. I've had office jobs. I can't do it. I can't work behind a computer for eight or ten hours a day. That is," he pauses, looking for exactly the right word, "boring."

Boredom is not something that sits well with Packer. As a teenager, he went to three different high schools, which may have contributed to his tendency towards transience. "I typically only average living somewhere for two to three years. I've lived one place five years." He continues, "It exposed me to a lot different things. Like Yankees who can't cook chili."

Packer began his career in the food industry when he was still in high school. He wanted to make money and as a teenager in



"We would go from a hockey game to a concert, to a concert, to a hockey game...One of the concerts was a doubleheader, and it was Elton John and Billy Joel."

Chris Packer
Chartwells Executive Chef

apple pie or lasagna. She agrees. "Oh yes, definitely. He also makes a really good blackberry cobbler."

Heather, who works as a server at Red Lobster, says she can't make anything better than her husband. "Even my grandmother's fudge recipe, I try to make that and he has to come and rescue me in the kitchen."

Whether it's at school or work, desks represent boredom to Packer. He hates being bored— which is why every time he

Greensboro, N.C., he decided a restaurant would be his best bet. He landed a job at Lucky 32, an upscale dining establishment that features southern cuisine.

After high school, Packer spent the summer at the beach working construction so he could support himself there. He moved back in the fall to start college at the University of North Carolina at Greensboro where he studied communication and forensics. However, his time there was brief because he was "bored snotless." He went to Florida for spring break and never went back. He withdrew from school over the phone because he didn't want to leave Florida.

"I just couldn't deal with school... It's not that I didn't like the subject. I was never diagnosed with A.D.D. but you would think..." he trails off and then moves on to another subject.

Quitting college gave Packer the opportunity to work as a chef full time in Florida. He worked in restaurants during the day and night clubs at night. A year later, he moved to Illinois and cooked in a couple of places outside Chicago. It was there that the long days and nights finally got to him. "I got burnt out. I was working a lot of hours. I got to a point I didn't know what I wanted to do."

His uncertainty led him to join the

Army. While he was in the service, Saddam Hussein invaded Kuwait and the Gulf War began. Packer says he "had some fun there for a while" but doesn't go into detail about his time served in Saudi Arabia.

His army past may have helped contribute to his leadership in the kitchen. Mathis says Packer was a good boss at the hockey arena because of his planning skills. "He's a very organized person, very military style. Everything was well thought-out, and I liked that."

When Packer got out of the Army after four years, he decided to go back to college, this time at Parkland College in Champaign, Ill. He was going to study graphic design but realized "it was going all computer/digital." He said, "I'm much better with pencils and pens and inks and stuff like that—it just didn't seem fun."

He was still cooking in restaurants at night, and eventually he quit school again to cook. A couple of years went by before he came to the conclusion that in order to get any higher in the food industry, he'd have to return to school. This time he chose to go to culinary school at the Culinary Institute of America in Hyde Park, N.Y.

"America's Premier Institution for Culinary"—I forget what's on the website. It says something pretentious like that."

In fact, the website does say "The World's Premier Culinary College." Packer agrees he was drawn by the reputation. "It's the Harvard of culinary school," he says with certainty.

His culinary education paid off after he received his degree and took a job at a hotel and conference center in northeast Ohio. Two and a half years later he transferred to the hockey arena in Florida. After two or three years there, he ended up in Kearney.


When Heather learned they would be moving from Florida to Nebraska, she was a bit apprehensive. "When I found out about coming here I was just like, 'What's in Nebraska?'" she says, laughing, "It's quieter from where I grew up (in Ohio). There's a different pace here, but it's good to experience all types of places."


While Packer sees UNK as a good opportunity, he only plans to stay here for two to three years. From all of his past experiences, it's obvious Packer sees change as a good thing— except when it comes to chili. He is a strong believer in the Texas-style chili method with meat, spices and not much else. The way he describes it, those who color outside the lines with their chili won't like their fate. "We'll kind of let the whole bean thing sneak by occasionally, but you put anything else in there and we'll just shoot you. 'That's stew you're making there, dude. That's not chili.'"

TOMS Style Your Sole Event

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'Stayin' alive so kids can too'

Students prepare charity event for St. Jude

BY BLAIR YOUNGS
Antelope Staff

Although it costs approximately \$1.6 million a day to run St. Jude Children's Research Hospital, the funding doesn't come from the patients. No family is turned away because of an inability to pay. Instead, the money comes from outside sources like the upcoming event at UNK. The fourth annual "Up 'til Dawn"

letter writing campaign is set for Nov. 8.

Executive director of the event, Kara Crawford, a junior from North Platte says she believes in the cause. "The money we raise goes directly to saving children's lives. These kids can get the best treatment, when they may not ever have been able to before because of money." Crawford along with 18 other UNK students went through interviews last year to be selected onto the executive board. Under the guidance of an advisor, these students meet weekly to discuss details of this year's 70s themed event; using the tagline "Stayin' alive so kids can, too."

At the event, students write and address letters to be sent out asking for donations to fund the research on children's catastrophic diseases that occurs at St. Jude Children's Research Hospital.

Students are invited to participate in this event being held in the Ponderosa Room of the Student Union any time between 5-11p.m. Raffle prizes and T-shirts will be given away to those who participate, and different forms of entertainment will be featured throughout the night. This year's goal is to donate more than the record \$60,000 donated by UNK last year.

Crime from page 1

Security Act of 1990." The report includes crime statistics for activities over the calendar year on university controlled, owned and leased property including adjacent streets. The report is available on the UNK website.

Total liquor violations declined for the fourth consecutive year from 117 in 2009 to 110 in 2010. The statistics include arrests which declined from 43 the previous year to 14 and referrals which increased from 74 over the same period to 96. In 2007, the university reported 211 liquor violations.

Reports of theft, the second most common crime on campus, declined from 45 to 31 in 2010. Since June 2011, the UNK Police Calls Log has reported

28 cases of theft, including 17 bicycle thefts. Thefts over short periods of time do not always reflect year-long trends according to Hamaker who became director of police and parking services in 2002. She said students should take steps to document their property such as recording serial numbers on items like iPods.

"It only takes 30 seconds for someone to walk by and pick something of value up," Hamaker said. "How many people have iPods, and do all the iPods look pretty much the same? It's pretty hard without serial numbers to say yes that is your iPod versus your friend's iPod or your roommate's iPod."

Hamaker suggested students take precautions such as not leaving valuables unattended, not bringing high value items like expensive jewelry on campus and getting a fireproof safe if students need to store valuable items or cash.

"Theft is one of our higher crimes.

A lot of that is crimes of opportunity. As citizens we need to try to take that opportunity away from criminals whenever possible to protect ourselves," she said.

Police and parking services reported two sexual assaults in 2010. The figure increased from the previous year when zero were reported, but is equal to the three-year average of two. Sexual assault is one of the most under reported crimes, with more than 60 percent of incidents unreported to authorities according to the National Center for Victims of Crime. Police and parking services have reported one incident of sexual assault this semester in the Calls Log. Survivors of sexual assault or those with questions about sexual assault can find assistance at the Counseling and Health Care office in room 144 of the Memorial Student Affairs building, the Women's Center office in the same building, from UNK Police or by speaking with faculty members.

CAMPUS CRIME LOG

Police Log Oct. 9-22

Oct. 9: Shelby Daly, Tamara Nilson, Bailey Frazier and Kelsey Baker were observed carrying alcoholic beverages in Lot 16 and were cited for MIP.

Oct. 9: A student reported \$600 and \$1,400 in travelers checks stolen from his room.

Oct. 10: Color Guard flag bag with flags was reported stolen.

Oct. 12: Mitchell Clark was issued a conduct summons for drug paraphernalia in his room.

Oct. 13: A female student reported her purse missing from her room in Centennial Towers East.

Oct. 13: A male student reported his vehicle broken into and his stereo and subwoofer stolen from the trunk of his car in Lot 30.

Oct. 14: Nathan Goodwin, Jessica Porter and Kacey Kampbell were cited for MIP and given conduct summons for drinking alcohol in Martin Hall.

Oct. 14: Tannor Mroczek, Austin Smith, Daniel Anderson and Kyle Herman were issued conduct summons for minor in possession of alcohol in Randall Hall.

Oct. 15: Maggie Maher was issued a warning for driving the wrong direction in Lots 2, 5 and 28.

Oct. 17: Kiley Gartner was issued a written warning for a headlight out.

Oct. 18: Brooke Harris was issued a written warning for stop sign violation and no operator's license on person after she was observed at 19th Ave. and University Drive.

Oct. 19: The rear window of a university vehicle was reported shot out.

Oct. 19: A window was reported shot out of an express van in Lot 17.

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FREE vacation? Where do I sign up?!

Freshmen essay contest offers trip to Canada with Study Abroad

BY NATHAN BOROWSKI
Antelope Staff

Needed now: freshman who would like to travel during spring break this year to a city that has been voted the world's most livable city because of its awesome seaside beauty, mild climate, mountainous landscapes and diverse mixture of cultures. And one last requirement, these freshmen should like to travel for free.

The UNK Study Abroad Program has an opportunity for you: an essay contest that provides freshmen with the opportunity to win a free trip to Vancouver, Canada, over spring break. Freshmen can earn the trip by writing a short essay on the topic: "Where I want to study abroad during my junior year at UNK and why."

Completed essays should be submit-



Courtesy of Google.com

Vancouver is the largest city in British Columbia with over one million residents. The UNK Study Abroad Program is offering a contest for freshmen to win a free trip to Vancouver, Canada over spring break.

ted via email to Ann Marie Park, coordinator of the Study Abroad Programs, at parkam@unk.edu by Nov. 18, 2011. A selection committee of UNK faculty and international education professionals will then read and rank the papers according to how persuasively students

address the essay questions, the quality of the information offered to justify their position, organization, spelling and grammar.

The top 10 submissions will be selected and offered the trip to Vancouver, while a number of applicants will

also be chosen as alternates. An additional 20 students will also be ranked as runners-up and awarded various prizes. Winners, alternates and runners-up will be announced by Dec. 9.

According to Park, possible destinations and attractions students could visit during the six-day trip include the Vancouver Olympic Village (the home of the 2010 Winter Olympics), the Vancouver Aquarium (Canada's largest aquarium) and Grandville Island (Vancouver's most prominent shopping district).

For additional information or questions contact Ann Marie Park at parkam@unk.edu.

HOW TO ENTER

See requirements and rules below and online at unkantelope.edu.

Papers must answer at least three of the following questions:

1. What tourist site(s) in your chosen destination would you most like to visit and why?
2. What historical facts pertaining to your chosen destination do you find most interesting? Why?
3. What ties do you have to your chosen destination and how did this influence your choice?
4. How do you hope that international travel will benefit your future?
5. Why do you think global awareness is important?

Required Format

- Essays must be typed and double-spaced.
- Name and contact information should be placed in the upper right corner.
- Use 1" margins.
- Use 12 pt. Times New Roman font.
- Save your document in MS Word format.
- Essays must be 250-300 Words. Essays over 300 words will not be accepted.
- Essays containing uncited text from published sources will be disqualified.
- Winners found to have submitted plagiarized essays will be disqualified.

A TEACHING DAY FOR IPADS



Photo by Skylar Loseke
Amanda Weyrich from UNK Information Technology Services conducted three lessons on the use of iPads at UNK Connections in Otto Olsen. Weyrich has an iPad of her own and used it to show students and faculty how useful it is.