

Run With It

The Antelope

{ University of Nebraska at Kearney }



MADE AT UNK.

Gov. Heineman pays visit to UNK

Jared Blanton
Staff Writer

Nebraska Gov. Dave Heineman met with an Introduction to International Relations course Thursday, a day after returning from a historic trade mission to Cuba, where contracts were signed to send Nebraska agricultural products to the Caribbean nation.

Gov. Heineman discussed many issues with students including higher education costs in the state, the revitalization of Nebraska's rural communities and the war in Iraq. His focus, however, was the trade agreement reached with the Cuban government.

Under the agreement, Cuban officials contracted with the Nebraskan delegation to import significant quantities of wheat, soybeans and dry edible beans, according to a news release from the governor's office.

Heineman emphasized to the international relations students how truly global the economy has become.

"We were sitting in Havana, and from my perspective it was almost like sitting in my office in the state capitol [building] in Lincoln because everyday I went online and read the Omaha World-Herald, the Lincoln Journal Star, the Kearney Hub and the Scottsbluff Star Herald," he said. "Here's a communist country and they know everything we are doing."

Congress amended the U.S./Cuba trade embargo in 2000 to allow for U.S. agricultural products to be exported to Cuba.

The contracts signed by Gov. Heineman will send 87,500 metric tons of Nebraska wheat, 12,000 metric tons of beans and 25,000 tons of soybean meal, according to the governor's office.

A trade delegation of 18 members accompanied Heineman to Cuba. The delegation was comprised of state agriculture leaders including Nebraska Director of Agriculture Greg Ilbach.

Gov. Heineman also took questions from students. When asked about universi-

ty budget cuts, he pointed out his record on education funding.

"When I became governor in January of this year, we totally funded state aid to education, special education, developed early childhood programs and gave the University of Nebraska the largest funding increase in fifteen years," Heineman said. "My wife is a former elementary school principal and teacher so I believe very, very strongly in education."

The governor also said that Nebraska needs strong leadership to help revitalize the economies of rural, agricultural communities. When asked about the war in Iraq, Gov. Heineman said the United States needs to stay on the course and see the conflict through to victory.

After his meeting with the international relations students, Gov. Heineman held a press conference at the Nebraskan Student Union to announce the results of his trip to Cuba and to field questions from reporters.



Photo Courtesy of gov.nol.org
Nebraska Gov. Dave Heineman

Students vaccinate for fall

Chelsie Flanagan
Staff Writer

The University of Nebraska Medical Center (UNMC) nursing students recently held a flu vaccination clinic at UNK before the influenza season breaks out.

According to the Centers for Disease Control and Prevention (CDC) Web site, typically 5-20 percent of the United States population contracts the flu in an average year. From that infected population more than 200,000 people are hospitalized annually from flu complications and as many as 36,000 people die in an average flu season.

Photo by Mika Arai

Laura Hernandez, a nursing student from Kearney, left, gets a flu shot from T.J. Tomlinson, a nursing student from Belgrade, right.



A panel of nursing students, including Laura Hernandez, John Patrick, Kati Mendez, Julie McPhillips, Alyssa Curl and Malena Seely, agreed that it is important for college students to take precautions against the influenza virus. The information in this article were taken from the panel.

"College students are at risk because they are in close contact with many other individuals that may have influenza," one nurse on the panel said. "By getting vaccinated you contribute to the overall immunity status of the university community."

The best time to get vaccinated for the influenza virus

is in the fall, between October and November.

"College students do not get enough rest, do not have adequate nutrition, may be dealing with increased amounts of stress and spending a lot of time with others in classrooms ..."

Nursing student UNMC nursing panel

Those who benefit most from the vaccine, according

to the nursing students, are people who have a higher risk of complications from the virus, including children, the elderly and people who live in crowded conditions, such as dormitories and other crowded conditions.

"Generally college students do not get enough rest, do not have adequate nutrition, may be dealing with increased amounts of stress and spending a lot of time in close relationship with others in classrooms and other activity," another nursing student added.

Flu viruses spread from person to person through the respiratory droplets in the air caused by the coughing and sneezing of an infected person. It can also be contracted through poor hygiene, or failure to wash hands regularly. According to the CDC, healthy adults may even begin to pass on the virus to others one day before developing symptoms, meaning you can pass the virus on to someone else before you even know you have it.

The nursing students added some practical advice to keep the virus from spreading: Frequently wash your hands with soap and warm water, or use an alcohol-based hand cleaner. If you cough or sneeze, use a tissue or your upper-sleeve to cover your mouth and

See Flu on page 8

Family Day brings families together

Katherine Thomas
Staff Writer

Last Saturday the university invited families of UNK students to support their students by participating in several activities for Family Day.

"It's a time for the University of Nebraska at Kearney to recognize families of UNK students," Jami Schaffnitt, coordinator of Loper Programing and Activities Council, said.

The first event took place on Friday night when Alexis Antes performed for the Mochas and Music Coffeehouse Series. On Saturday morning, registration started at 8:30 a.m., followed by educational sessions and a campus tour. Later in the afternoon, the Loper football team took on Mesa State, followed by the volleyball team playing against Colorado Mines.

Many families purchased tickets for a luncheon with the chancellor. About 480 people were expected to participate. Entertainment for the luncheon included two music students performing with professor Franziska Nabb and Dr. James Cook performing a piano piece.

Family Day also gave students the opportunity to recognize their families by nominating them for the Outstanding Family

Award. Criteria for this award involved three main questions: How does the family support the student? How many family members have attended or are attending UNK? How do students value their family and use them to get through college?

The recipients of this year's Outstanding Family Award were Lisa and Jody Elson. The winner received a \$200 scholarship from the Loper Activities Committee, \$100 in dining points, a free lunch for the family, a Loper sweatshirt and sky box seats for the football game with Chancellor Doug Kristensen.

Twenty-two other families were honored, all of who were invited to watch the football game in the skybox. The honored families and the outstanding family were recognized at half time.

"It's important for families and students to come," Schaffnitt said. "They can experience and see what the students see and do on campus. Plus, it's a lot of fun."

Valerie Eirich from Bayard came for Family Day to support her children, Natasha and Trevor Eirich. They attended the luncheon and the football game. "It's great to be a part of it and meet their friends and see where they live," Valerie Eirich said.

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FRIDAY
Partly Cloudy
High 69
Low 49

SATURDAY
Thunderstorms
High 70
Low 47

SUNDAY
Sunny
High 58
Low 37





PHOTO of The WEEK

Photo courtesy of Lucas Froeschl
Lucas Froeschl, UNK senior from Falls City,
poses with friends on Halloween.

To submit pictures for Photo of the Week, save pictures as JPEG files
and send them to antelope@unk.edu, or call 865-8716 for assistance.

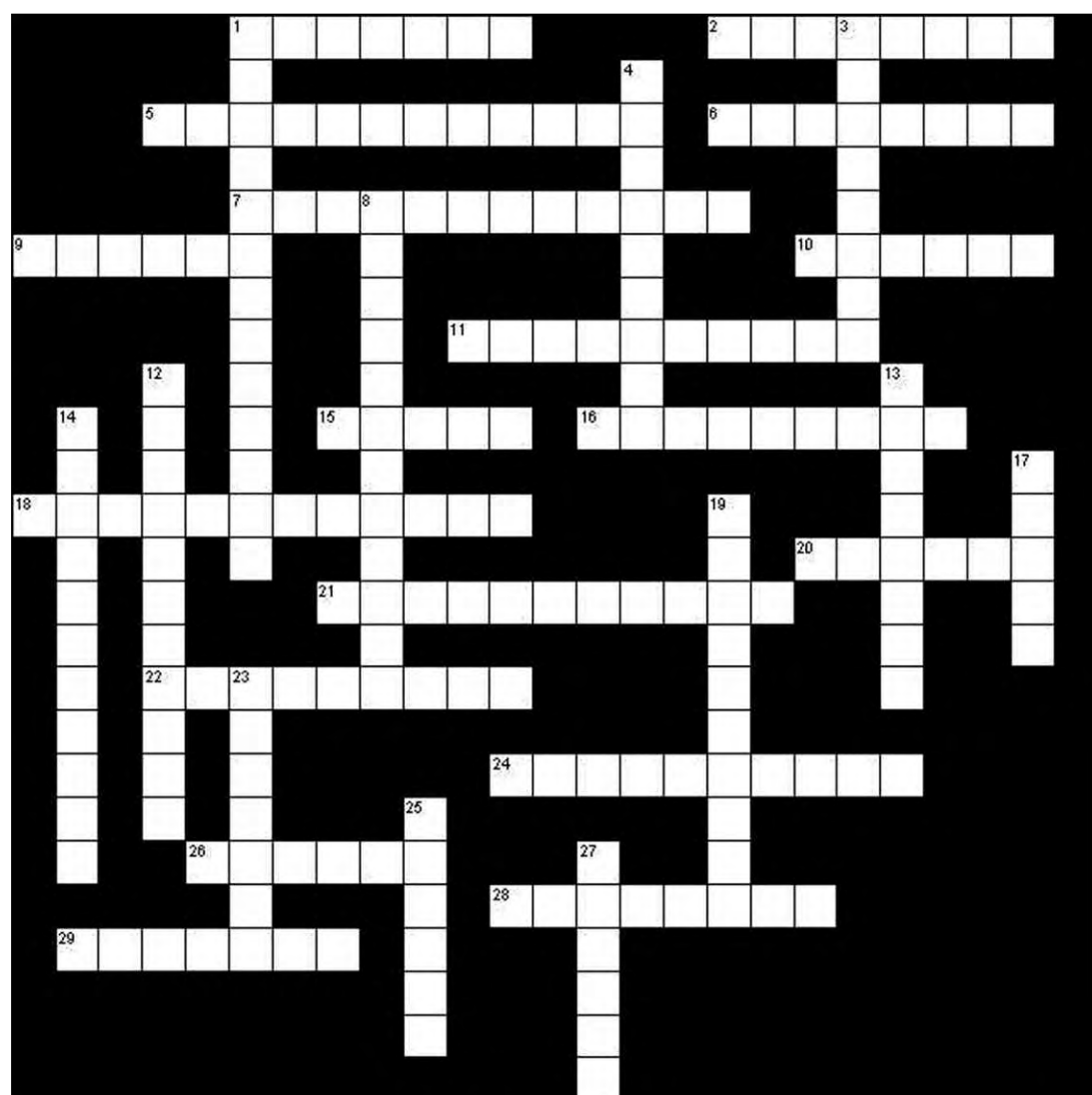
Native American Crossword

ACROSS

1. "Ride a _____ pony, let the spinning wheel spin" — words from a popular song.
2. They walked "The Trail of Tears."
5. This animal could be called the sacred animal of the Plains.
6. A significant Indian publication in Washington state.
7. John Wayne was trying to find Natalie Wood, in this movie about a captive girl.
9. Portable dwelling place for the Plains tribes.
10. Sometimes, the mighty animal of the buffalo was killed only for a hunter to obtain this.
11. A tree valued by the Native American for its longevity in drought.
15. The organ of the body, which is considered critical for life.
16. Wisdom flies on the wing of the eagle; it is _____ awareness.
18. A role that Dustin Hoffman played.
20. Indian village.
21. Sun Bear was one of these sacred individuals in his culture.
22. A Jesuit priest who was a character featured in a Canadian movie by the same name.
24. The surname of the man and his family who are carving the monument to Chief Crazy Horse.
26. The branch of the people composed of the Yankton and Yanktonai.
28. He speaks for his people, the Ogallala.
29. Home of "The People."

DOWN

1. These types of horses are often seen in the depiction of the American Indian.
3. Ogallala leader of the resistance of the development of a trail through Wyoming and Montana by the U.S. government.
4. A post carved and painted with family and mythical figures.
8. The famous chief of the Ponca Indians
12. The Hunkpapa leader who guided his people to victory against Gen. George A. Custer's cavalry at the Battle of Little Bighorn.
13. The tribe of the famous Chief Joseph.
14. He told his people would never fight again "forever."
17. The oldest inhabited village in North America.
19. This famous chief was killed at Fort Robinson.
23. Cliff dwellers; the ancient ones.
25. Ogallala tribe.
27. Thirty-eight chiefs were hanged in a mass hanging by the orders of President Abraham Lincoln on Dec. 26, 1862.



For the answers to
this week's crossword puzzle,
check out next week's
edition of The Antelope
on November 17.

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the bottom line

What is the best aspect of being a UNK student?



"It is a friendly environment and a small community so you get to know a lot of people."

Dan Novak
Ogallala, sophomore
Biology



"The ability to get involved on campus. I can also share my concerns with the administration and be listened to. The faculty is available to assist me in my academic pursuits."

Courteney Cullinan
Arthur, junior
Political science



"I'd say they do really well with keeping all the departments well equipped. At other schools, some departments are doing very well while others are failing."

Adam Dahlkoetter
Ogallala, senior
History education



"The social life."

Amy Lennemann
Hastings, freshman
Marketing and advertising

THURSDAY NOVEMBER 10, 2005

OPINIONS

The Antelope 3



The Antelope's Mike Adelman

returns with more

visual commentary

Watch out
You could be next!

Concerned student calls for armed campus security

Anonymous
Guest writer

I am a student at the University of Nebraska at Kearney. It has come to my attention that there have been two sexual assaults that have occurred on the UNK campus in the past month.

I am very concerned about the ability of Public Safety to deal with this or any other future acts of violence on the Kearney campus.

I am not concerned about the UNK Police Officers' abilities, or their dedication to the job, my concern is with the university's decision not to issue UNK officers with firearms.

I believed UNK's decision not to arm their police department disables their ability to defend the lives of the students, staff and faculty of the university as well as their ability to effectively conduct police work. This decision creates a huge liability issue with the university system in the event an act of violence occurs on campus and seriously diminishes the respect and authority of the department's officers.

I have talked with and gotten to know a number of officers from Public Safety. Public Safety is staffed by trained professionals who have a wealth of police experience. UNK officers are certified by the state of Nebraska by attending and meeting the requirements for graduating the three-month Nebraska Law Enforcement Training Academy in Grand Island, Neb. This is the same training that every law enforcement officer in the state must attend. Part of the training at the academy is in the use of firearms.

According to the Nebraska Law Enforcement

Training Center's Web site, each certified officer receives approximately 60 hours of instruction in the use of firearms. Each officer must pass the state of Nebraska's mandated qualification course in order to graduate the training academy. Every police officer in Nebraska (including Public Safety) must also qualify each year with their firearms in order to remain certified.

If UNK officers meet these qualifications and are licensed to carry a firearm, why is it that UNK does not trust their officers to carry these weapons? The UNL Police Department receives the same training as UNK officers and they carry firearms. If they are part of the same university system, why is one department issued these weapons and the other is not.

In today's violent world of school shootings, terrorism and the growing number of mentally ill people being forced into Nebraska society due to the closing of regional centers, it is imperative that UNK officers have all the tools necessary to protect the lives of their students, faculty and staff. According to one of UNK's officers, their department can respond to a call anywhere on campus within about one minute. If they carried firearms, they could deal with most violent acts confronting them on campus upon arrival. As they are currently equipped, they must wait an additional three to five minutes until the Kearney Police Department can respond.

During this time frame, a huge amount of death, serious injury, and terror can ensue. Any cheap semi-automatic handgun can fire approximately 100 rounds per minute. Can you imagine the damage that would be inflicted if UNK students had to wait an additional five minutes for the arrival of an armed Kearney Police officer?

As UNK officers are currently equipped, all they could do during a shooting incident like this is sit and watch the killings occur and wait until Kearney Police arrive.

If I were a parent whose child was killed, I would be infuriated if I found out that a university police officer was present and did nothing to stop this. The first question that I would ask is why did the officer do nothing? The facts would show that the officer was unarmed.

Next, I would ask why wasn't the officer armed? Is he a certified officer trained in the use of firearms by the State of Nebraska? The facts would show that the officer was a real cop trained and certified by the state.

Finally, I would ask whose decision was it not to arm

him? The facts would show that the University of Nebraska thought it was a good decision not to arm this department despite the fact that UNL police are issued firearms. Any parent finding these facts would be furious at the university's decision and would file the largest lawsuit possible. That is just one parent.

Imagine if 20 to 50 students were seriously injured or killed. In addition to the parents, the university would be liable for any injury to UNK officers resulting in the university's decision not to give them all the tools necessary to do their job effectively. The financial liability of the university would be huge.

This nightmare scenario could be prevented if the university would allow UNK officers to carry firearms. This decision would enable them to handle most any act of violence on campus in short order without having to wait the agonizing minutes for an outside agency to arrive.

The chancellors of the university, the University Board of Regents and any one else holding positions of power have the responsibility to give the UNK Police Department everything that they need to enable them to do their job effectively.

Arming the UNK Police Department is the right decision to make in order to protect the lives of university students, faculty and staff and needs to be done immediately before the unthinkable happens.

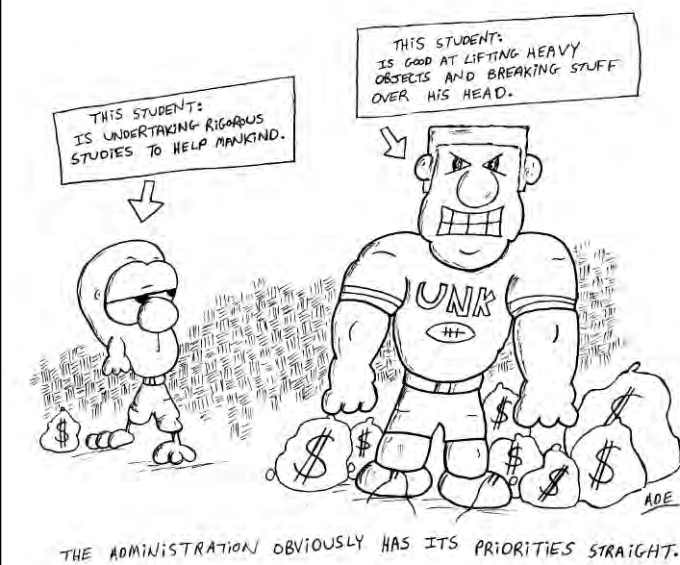
If no action is taken by the university, I will be forced to conclude that UNK is not at all concerned with the safety of its students, faculty or staff and will not support its own police department.

Respectfully,

A concerned student

P.S.

It has been said that the only way change happens is if a tragedy occurs, a lawsuit is won, or if a controversy ensues. Within one week, I plan on sending this letter to the President of the University of Nebraska, every member of the University of Nebraska Board of Regents, all University Chancellors, the Governor of the State of Nebraska, the UNK Antelope, Kearney Hub, Grand Island Independent, Lincoln Journal Star, the Omaha World-Herald, regional television and radio stations, and anyone else who will listen. Please get this story out to ensure a safer UNK campus for UNK students, faculty and staff.

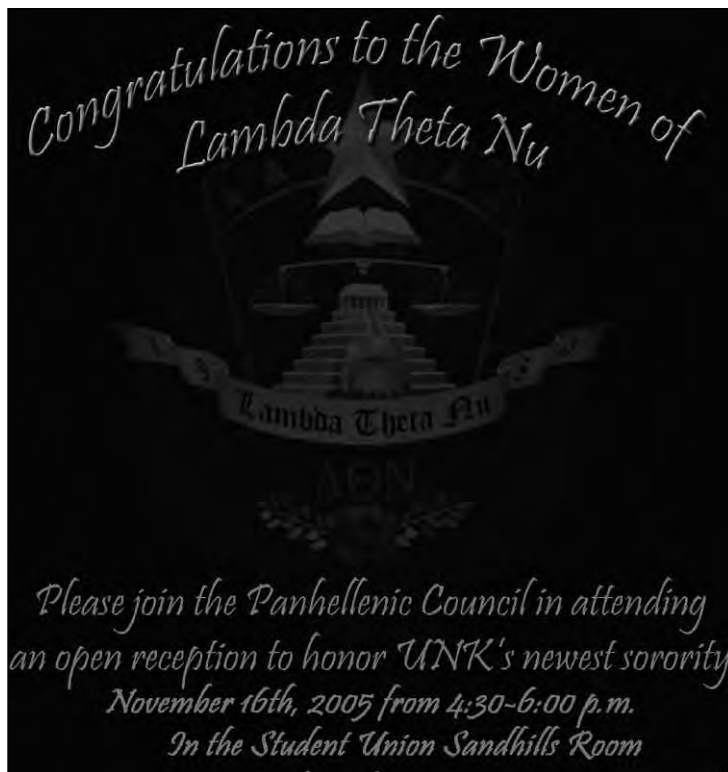


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**Readers' Opinions
c/o the Antelope Editor
Mitchell Center
University of Nebraska at Kearney
Kearney, NE 68848**

Any questions, comments, concerns or suggestions should be sent above.

Mochas and Music: Alexis Antes

Sheena Rader
Staff Writer

Alexis Antes performed for the Mochas and Music Coffeehouse series Friday evening at the Nebraskan Student Union on the UNK campus.

While the public enjoyed their favorite Starbucks beverages, Antes played folk-rock music while strumming her guitar and singing original lyrics. She opened the show with one of her new songs entitled "Heaven Knows."

Antes is originally from Cleveland, Ohio, and was inspired to become a musician at age 12 and has been singing professionally since she was 18. She's been a part of Lilith Fair in '98 and performed with Paula Cole, Sarah McLaughlin and Sheryl Crow.

Antes said, "Both of my parents were singer/songwriters, and I guess it's just in my blood. I've always loved music."

She plays guitar and is hoping to start learning to play piano as well. Ninety-five percent of her music is original, but she likes to pay tribute to some of the bands that have influenced her own music such as Fleetwood Mac, Indigo Girls, and Joni Mitchell. She also does a rendition of "My

World is Empty Without You" by The Supremes.

"It depends on the venue what kind of music I normally play. If it's a coffeehouse setting, I like to play more folk-rock acoustic or pop rock, but if I have my band behind me, it's more rock."

Antes has traveled the United States quite extensively, and she has especially loved Nebraska.

"People here are so nice, and it reminds me of back home in Ohio," she said.

Her new album entitled "All Come Down" is a "hopeful" album. It's not all about broken relationships, like most of her music has been. She said she just wants somebody to relate and appreciate it. She's actually been told by fans that she's helped them through divorces and has inspired them to give second chances.

This Ohio native has had some obstacles to overcome to get where she is today. She's struggled financially as any young, starving artist probably has, and says it's hard to perform full time and make a good living at it.

"It's a hard transition, making something you like doing into a full-time job. It's also difficult because sometimes you feel like you've just put on one of your best shows but feel like



Photo by Mika Arai

Cleveland, Ohio native, Alexis Antes, played a set consisting of original music at the Nebraskan Student Union. Those in attendance enjoyed Antes's relaxed style of folk music and piping-hot Starbucks coffee.

maybe no one in the audience was really listening," she added.

Through all of the struggles and triumphs, Antes has learned a few things about herself along the way.

"I definitely keep in touch with my feelings, but it's difficult putting those feelings out there. It's helped me grow as a person all the way around. It's also helped to travel and deal with different people from the music industry. I just hope when I put something new out, people will listen."

Are MTV and VH1 in this singer songwriter's future? Well, maybe.

"The Indigo Girls may not have ever made it big," Antes said. "Sure they had a song or two on the radio, but they have had huge sell-out shows. If that ever happened, it would be nice, but I just want to have fun and make a steady living and perform on a regular basis. I don't ever want to stop having a good time. If that ever happened, it would be time to shift gears and do something else."

Antes is nearing the end of her tour, so after a few local performances, it's time for a break until the beginning of the year. She'll then tour the south for the winter.

Mochas and Music is sponsored by Loper Programming and Activities Council and funded by UPFF.

For more information about Alexis Antes, visit her official Web site at www.alexisant.es.com.



Photo by Mika Arai

Alexis Antes is influenced by such artists as Joni Mitchell and the Indigo Girls. Antes has had the chance to share the stage with such acts as Sarah McLaughlin and Sheryl Crow.

Et Cetera

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International Cafe opens new doors

Derek Wakefield
Staff Writer

Kearney is filled with places to eat, and Café International has sparked quite an interest in the public.

Abdullah Alhgagi, born and raised in Yemen, came to America in 1992. He has worked in restaurants for about five years in California and New York before coming to Kearney and opening the restaurant, Café International.

Café International features Middle Eastern cuisine. The restaurant opened Nov. 1 with business hours from 11 a.m. to 2 a.m., Monday through Saturday. The restaurant has not yet advertised, but has been busy since opening and has attracted a lot of customers.

Alhgagi said that the restaurant has received a lot of attention from other businesses downtown. He said that the restaurant stays open late so it can serve people who are hungry after leaving the bars.

The menu focuses primarily on shawarma and

kabab dishes. Although the menu is currently limited to seven sandwiches, three combo platters, appetizers and sides dishes, the café plans to expand the menu.

"I came up with the idea for the name because it is a nice name and shows the variety of the food," Alhgagi said.

Alhgagi was walking around downtown one day and found a great location for the restaurant. Next to Cunningham's Journal, Café International is located at 9 West 23 Street. The restaurant will be adding other ethnic foods from many different cultures.

Nathan Badgley from Kearney thought that the cuisine at Café International is very different from anything that Kearney has.

"The food is great and it is interesting to try new things," Badgley said. "The restaurant has a good location and has late hours, exactly what people want."

Café International does carryout and deliveries and can be reached at 308-234-3050.




Photos by Daniel Nickel

(Above) Located at 9 West 23rd Street (directly east of Cunningham's Journal), Cafe International totes a convenient location and hours (they are open until 2 a.m.).

(Left) Abdullah Alhgagi, owner of Cafe International, prepares a falafel at the new restaurant.





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UNK football takes the RMAC

Derek Miller
Staff Writer

The Loper football team is now officially playoff-bound. After defeating the Mesa State Mavericks, 24-14, Saturday at Foster Field, the Lopers are RMAC cham-

pions and headed to the NCAA division II playoffs. This is the Lopers first outright conference championship since 1984, and their first RMAC title outright. This is also the second time in school history that the Lopers have been to the Division II playoffs.

Photo by Daniel Nickel

Loper No. 4 Byrone Bell, a senior cornerback from Denver, Colo., takes down a Mesa State Maverick in the Loper win Saturday. The Lopers won 24-14 to advance to the playoffs.



In 2002, they were knocked off by Texas A&M Kingsville, 58-40.

Now that the Lopers have secured a playoff appearance, their goals have changed.

"When the year started, winning the RMAC was goal No. 1. Now that we have done that, we are moving on to our next goal - winning a playoff game," senior cornerback Byrone Bell said. "Last time we were in the playoffs we got beat, this time I hope things will be different."

Senior linebacker Ryan Bowers agrees with his teammate.

"Now that we have made the playoffs, and won the RMAC, our goals have changed. We are looking forward to next Saturday, and hopefully we can play well enough to win," Bowers said. "This is what we all have been working toward since day one. This win feels good but we are not finished yet. Hopefully we have a couple of games still left to play."

Saturday at Foster Field,



Photo by Daniel Nickel

UNK wide receiver Richie Ross, No. 82, prepares to pass on a fake run play, which led to a 94-yard touchdown. The Lopers advanced to the NCAA Division II playoffs for the second time in school history with their win against Mesa State on Saturday.

the Lopers will take on the perennial Division II powerhouse, the Pittsburg State Gorillas. Kickoff is at noon. The winner of this game will take on top-seeded West Texas A&M.

PSU is one of the most storied programs in Division

II history, having made 14 previous trips to the playoffs. The Gorillas won the national title in 1991 and were runners up in 1992, 1995 and 2004.

Last fall, PSU beat RMAC-champ Colorado Mines, 70-35, in the second

round of the playoffs. Including that game, PSU is 4-0 against RMAC schools over the past two years, outscoring the competition 229-55.

Wrestling begins

Brittany Johnson
Staff Writer

The UNK wrestling team started the season Saturday with the Blue/Gold tournament to determine the varsity line-up. The team hosted a wrestling camp all day for younger wrestlers, and then ended in the evening with the wrestle-offs.

The team lost some successful wrestlers this season, but is coming out with a strong team to start the season.

Trevor Charbonneau, a junior from Green, Kan., will now be replacing Bryce Abbey, last year's national qualifier and placer.

Adam Keiswetter, another highly ranked wrestler the team lost, will be replaced by Brett Allgood, a senior from Bennington.

Head Coach Marc Bauer said, "The team has not

experienced any digression, even with the strong wrestlers that were lost. There are stronger upper-classmen now on the team."

In reference to the potential of the team, Bauer said, "We are where we need to be in conditioning, and the guys are working hard and gradually settling into their weight classes. [The Blue/Gold matches] are hard because it is the team wrestling the team, but the first tournament won't be the hardest, but will bring good competition for the wrestlers."

The team has recently received a transfer from Northern Colorado. Tanner Linsacum, a senior originally from Phoenix, Ariz., will wrestle at 184 pounds and is a former All-American.

Bauer said he anticipates Linsacum to be a great addition to the team.

Assistant Coach Riley

Ross said, "The team has gotten to a higher level. If our trial matches [like the matches on Saturday] are better, that means the guys are getting the match-ups they need to get better in practice and they will work harder."

The coaches foresee a successful season.

"As long as we stay away from injury, the team should have no problems throughout the season," Bauer said.

As for injuries, Pat True, a junior from Mitchell, had to go through his second knee operation in his wrestling career at UNK. He said he plans to go through surgery and rehabilitation, and then get back on the mat.

The team will face Augustana, last year's runner-up at nationals, at the tournament at Dakota Wesleyan, along with many other teams.

Ross stands out



Ben Goetz, Brandon Wright
Guest Columnists

Take a look at some of these numbers: 269 receptions, 4,699 yards, 47 touchdowns. Not too shabby Mr. Richie Ross. Oh yeah, don't forget the average of over 100 yards per game, 12 school records, two RMAC records and counting. Wow. If you read those numbers just once, go back and read them again, slowly. Take it all in. Again, wow.

To put it quite simply, Ross is the best receiver in UNK history, and one of the best all-time at his position. When the next person for you to pass on the all-division receiving yards charts is future NFL Hall-of-Famer and Super Bowl champ Jerry Rice, you're in elite company.

Ross is also a top candidate for the Harlon Hill Trophy, Division II's version of the Heisman. Ross is the Lopers' version of the San Diego Chargers' LaDanian Tomlinson.

Not only does he catch touchdown passes, he also throws touchdown passes, and Ross even has a rushing touchdown. Ross has

even punted in his Loper career. Note to coach Darrell Morris: give Ross a shot in the secondary, you know he could pick off a couple passes.

Aside from his individual accomplishments, Ross makes his entire team better. He has been blessed with excellent quarterbacks, including another Harlon Hill candidate in his own day, Justin Coleman.

Ross also draws double coverage from the defense - not like it matters. This leaves the other receivers like Kyle Rupp and Tyler McNitt open for current Loper signal-caller Marcus Goldenstein.

Now that they've made it to the playoffs, Ross and the rest of the Loper football team have a tough match-up this week against Pittsburg State University. The Gorillas were rated No. 7 in the country by D2 Football.com before an ugly loss to Central Missouri State, 83-21.

Despite the beatdown laid on them by the Mules, Pittsburg remains a dangerous team. Junior tailback Germaine Race is another Harlon Hill Trophy candidate, and there are three other preseason All-Americans on the roster, including 6'3, 339-pound behemoth guard Chad Weeks.

We suggest you treat yourself to one heck of a

football game at Ron and Carol Cope Stadium at Foster Field this Saturday when the Lopers and Gorillas square off in the first round of the NCAA Division II football playoffs.

Not only will you get to see two great teams, but you will also get the opportunity to see legitimate NFL prospect Ross try to put an exclamation point on an already illustrious career and lead the Lopers deeper into the playoffs.

After the football game, be sure to head on over to the Health and Sports Center for conference volleyball action as the top-ranked Lopers try to earn the RMAC's automatic bid to the NCAA Division II volleyball tournament.

For those of you that actually read this column, you may have noticed that we predicted University of California - Los Angeles to upset University of Southern California in both teams' final regular season game.

Because we need a scapegoat, we'll blame this one on the editors. We really meant Cal would be the team to end the Trojans' winning streak. Hopefully, the editors will read between the lines and put in what we said this time, not what we said last time - wink, wink.

As always, see you at the game.

Intramurals move inside

Chris Parks
Staff Writer

It's that time of year again where intramural sports start to move predominately indoors. Many events have recently wrapped up and a few sports are already set to start soon.

Some of the events that have finished already are 7-on-7 flag football, 4-on-4 flag football, volleyball, tennis, mini-soccer and ultimate Frisbee. The winners of certain events are as follows:

Flag Football: Men: "Defending Champs x2" Corec: "Alpha Kenny One" 4-on-4 Flag Football: "Sugar Plum Fairys"

Sand Volleyball: "SandCrabs"

Volleyball: Men: "AARP" Women A: "We Wanna Play" Women B: "A Hack No.1" Corec: "Nothnagel"

Ultimate Frisbee: "We Go the Distance"

Minisoccer: Corec: "Naranja Mecanica" Women: "Alpha Phi"

Men: "Folgorare"

Intramural Coordinator Shelly Urkoski said partici-

pation numbers "are real comparable to what the numbers usually are."

She said numbers were up the most for mini-soccer.

In order to keep interest up, Urkoski said they try to add at least one to two new sports a year to reach out to more interest groups.

Broomball is one of those new sports, but the deadline for registration has already passed. The deadline for 3-on-3 basketball has also passed, and teams took to the courts Nov 1.

If you missed out on some deadlines, there are still plenty of events and sports coming up.

1-on-1 basketball debuted Tuesday at 6:30 p.m. in the HPER gym. Men's and women's Two Ball is tonight, and the free-throw contest is Tuesday. Both of these events are at 6:30 p.m. in the HPER gym. The annual Turkey Trot will begin at 3:30 p.m. on Nov. 17, and table tennis will be Nov. 29 at 6 p.m. in the Cushing field-house.

The last event this semester is the poker tournament Dec. 6 at 5 p.m. in the union,

room 238.

Urkoski said that getting new participants is a goal, but "striving to reach the interest of participants I have now is the main goal."

An example of that dedication to participants is that competition doesn't always end with the UNK intramural season because outside competition opportunities occasionally arise.

Urkoski and the intramural office is sending a flag football team to a regional tournament in Lincoln.

"Diamonds in the Rough" finished second in men's flag football at UNK and now will play in the American Council of Intramural Sports regional tournament, which had teams from five different states compete last year.

The teams who finished first and second in UNK flag football this year were given the chance to participate in the tournament, with their entry paid for.

The next round of deadlines for major intramural sports is Jan. 19 for wallyball, 5-on-5 basketball and racquetball doubles.

Women's basketball starts with exhibition matches

Darnell Wood
Staff Writer

Saturday, the Loper women's basketball team fell short in the first of two exhibition games against Drake, 64-47.

Senior center Kalee Modlin of Knoxville, Iowa, led the way for the Lopers, recording thirteen points, three rebounds, three steals and two assists. She finished

four of ten from the floor and five of seven at the free-throw line.

Drake led at halftime, 40-19, ending the half with a 13-1 run and coasting the rest of the game for the victory.

The Bulldogs held the Lopers to 30 percent shooting while getting double digits from four different players led by Jill Martin with 13.

The only other player to get in double figures for the

Lopers was freshman Jade Meads of Elm Creek. She finished the game with a team-high 14 points and added four rebounds, including three offensive rebounds. Omaha sophomore Amy Mathis finished with a team-high six rebounds for the Lopers.

The Lopers will play another exhibition game against Nebraska on Sunday in Lincoln. The tip-off is at 2:05 p.m.

Spilde returns for one last time

Megan Kulhanek
Staff Writer

Bethany Spilde, a senior setter from Council Bluffs, Iowa, was honored Monday night with one last set for the UNK Lopers. Peru State allowed the set by Spilde and a kill by Erin Gudmundson as the first point by the Lopers. UNK then allowed Peru a point to tie the score at one.

The match against the Peru State Bobcats marked the end of UNK's regular season. The team now proceeds to the RMAC tournament, which will be hosted by UNK this weekend at the Health and Sports Center.

The Lopers finished the regular season 30-1, with their only loss being to Seattle Pacific University early in the season. In RMAC play, UNK is undefeated with 19 wins. Throughout the season, the Lopers have displayed their ability to crush their opponents time after time, letting only two match-

es go into five sets.

Morgan Anderson, a junior from Kearney majoring in political science, said, "smashing volleyballs in other people's faces is always a good time!"

Senior middle hitters, Gudmundson and Erin Brosz have done just that, dominating their opponents in kills and blocks. Gudmundson broke the school record for kills, recording 2,051 in her four seasons with the Lopers.

Amber Rolf, a senior from Fullerton majoring in education, said, "There's never a dull moment at a Loper volleyball game."

Other seniors include Brett Haskell, a defensive specialist, Samantha Harvey, a right side hitter and Rachel Gerdes, a setter.

Gerdes stepped up in September after Spilde, the starting setter, was forced to sit out the rest of the season with a foot injury. As the setter for the Lopers, Gerdes has perfected her technique of surprising the opposition with a spike rather than a set.

Harvey has also put up outstanding numbers, scoring for the Lopers with kills and blocks at the net. Haskell has dominated in defensive digs, assisting the Lopers' setter and hitters.

Rolf also said she thinks the UNK volleyball team will win the RMAC tournament.

Head Coach Rick Squiers is happy with what his team has accomplished this year.

"We're proud of what we've done so far. We've got a team that's trying to get better each week, and they've accomplished a great many things," he said. "We hope they've got a few more [games] ahead of them yet."

Many UNK fans would agree that the Lopers will finish with a victory, beginning with a win over Fort Hays State Friday night at 7:30 p.m. UNK student admission will be \$2 with a student ID.



Photo by Erika Dimas
Lady Loper No. 19, senior middle hitter Erin Brosz, of Grand Island, surveys the court to prepare the team for a serve by No. 11, senior middle hitter Erin Gudmundson, of Kearney.

NBA season brings heat

Chris Parks
Staff Writer

As the football season starts to wrap up, basketball is just getting underway. The NBA regular season officially tipped off on Nov. 1.

Four different games took place that night and the results started the season off with an exciting bang.

Two out of the four games on opening night went into overtime. The Milwaukee Bucks defeated the Philadelphia 76ers, 117-108, in overtime, and the Dallas Mavericks knocked off the Phoenix Suns, 111-108, in overtime as well.

In another interesting game, the New Orleans Hornets broke in their temporary new home in Oklahoma City with a 93-67 win over the Sacramento Kings. The final game featured the defending-champion San Antonio Spurs defeating the Denver Nuggets, 102-91.

Opening night not only brought some exciting basketball, it also brought the focus of attention in the NBA back to the actual game itself.

In the weeks leading up to the NBA season, the league announced a dress code that would go into effect immediately and would dramatically change the image that professional basketball players exude. The dress code has been characterized as business casual.

Under the business casual dress code players must wear a dress shirt, collared, turtleneck, or sweater; dress pants; and appropriate shoes and socks, no sneakers.

Players who are on the bench, but not suited up for the game, must also wear a sport coat. Players are now forbidden to wear shorts, t-shirts, chains, sunglasses indoors and headphones outside of the team bus, plane or locker room.

After the announcement of the dress code, many players and analysts

expressed their discontent with the new rules, but it was to no avail for them. With action starting on Nov. 1, analysts finally had something else to discuss rather than the dress code.

Whether Allen Iverson, Tim Duncan and others like the dress code or not, it is what it is and it doesn't change the outcome of the game. This NBA season has already gotten off to a fast and exciting start, so maybe the bling-filled press conferences won't be as missed as one may think.

Hustler's Corner

Derek Miller
Staff Columnist

After taking a week off, the hustler was back to his old ways, going 7-1 last week. Can he top that? Let's get to the action.

The national championship picture has become clearer, as previously undefeated Virginia Tech was beaten down by the University of Miami Hurricanes, 27-7, in Blacksburg. Also, previously-undefeated University of California - Los Angeles got hammered in Tucson, Ariz., by the Wildcats, 52-14.

That leaves us with three undefeated teams left in college football: the

University of Southern California, the University of Texas and Alabama University. Alabama will be on the outside looking in if they run they table.

In the NFL, the Kansas City Chiefs needed every second to beat the Oakland Raiders, 27-23. The Washington Redskins put the Terrell Owens-less Eagles in the National Football Conference East cellar by beating them, 17-10, Sunday night. The Carolina Panthers continued to look like one of the NFC's best teams beating division-rival Tampa Bay, 34-14.

Let's get to my predictions:

• In College football, the

No. 1 University of Southern California Trojans will beat an up-to-the-task University of California team at Berkley, 38-27.

• The No. 5 Louisiana State University Tigers will beat the unbeaten Alabama Crimson Tide, in Tuscaloosa, Ala., 17-13.

• The No. 15 Auburn University Tigers will beat a very good No. 9 Georgia University team on the road, 24-17.

• Finally, the University of Nebraska Cornhuskers will get back in the winning saddle and beat Kansas State University in Lincoln, 30-21.

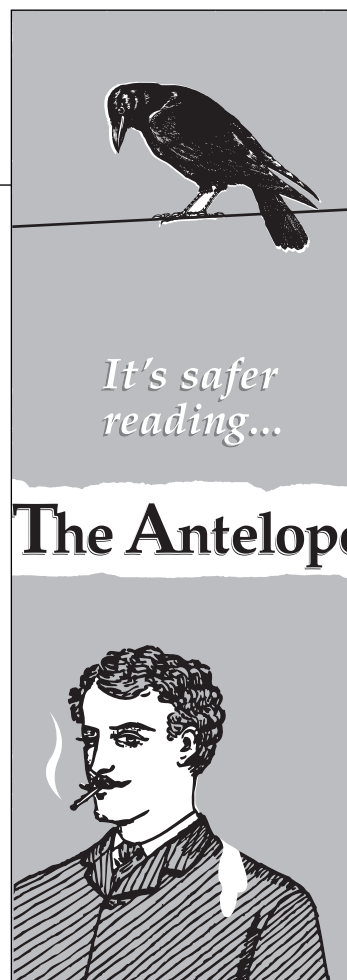
• In the NFL, I like the Tampa Bay Buccaneers to bounce back after two con-

secutive losses and beat the Washington Redskins, 24-23.

• I like the Seattle Seahawks to move to 7-2 and defeat the beat-up St. Louis Rams, 38-24.

• New England will find a way to win in a place that they always struggle as they beat the Miami Dolphins in Miami, 24-20.

• Finally in the Monday Nighter, I like the Philadelphia Eagles to beat the Dallas Cowboys, 17-14, without Terrell Owens.



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Fresh faces for student government

Jared Blanton
Staff Writer

Newly elected freshmen senators Liz Gunderson and Craig Zegers were installed at last week's meeting of the student senate. Both Gunderson and Zegers said they are hoping to learn more about student government in order to stay involved in the campus community.

"I was involved with Student Advisory Board throughout high school," said Gunderson, an exercise science major from Kearney.

Zegers had similar experiences during his high school career. "I was really involved in high school," he said. "I was on student council for four years."

Gunderson and Zegers agreed that the term of freshmen senators is brief. Their terms will end with elections of new student senators and student body president in the spring semester.

"Right now I am just learning about how it works," Gunderson said. "I

am hoping to learn more about parliamentary procedure."

Zegers, an industrial distribution major from

"Hopefully, Elizabeth and Craig will bring new perspectives to the senate and be able to be active participants in the decision-making process of the senate."

Scott Vincent
Student body
Vice-president

Schuyler, added that student senate was a way for him to stay as involved as he was in high school and that student council was a great

student organization to be involved with.

The new senators have already established themselves as members of the campus community in their short time at UNK. Gunderson is a member of the Mantor Hall Activities Council. Zegers is a member of the Industrial Distribution Club and is involved with the Pi Kappa Alpha fraternity, acting as pledge class president.

Student body Vice-President Scott Vincent, a junior from York, said he is excited to have the new senators on staff and recognizes the importance of acquainting new members of the campus community with student government.

"It is always good to have fresh ideas brought to the table. Freshmen on this campus represent the largest percentage of students who live in the residence halls, and it is important for those students to be represented on a legislative body that really does have an impact on their experience at UNK," Vincent said. "Hopefully, Elizabeth and

Craig will bring new perspectives to the senate and be able to be active participants in the decision-making process of the senate."

Elections for the freshmen senators were held two

weeks ago. Only 118 UNK freshmen voted in the election, according to student government Election Commissioner Elizabeth Weaver. Elections for freshmen senators are held every

fall, as mandated by the student government constitution.

Photo by Erika Dimas

Elizabeth Weaver, sophomore from Maywood, votes during freshmen elections.



Phi Beta Delta society inducts new members

Matt Ringen
Staff Writer

The Epsilon Omega chapter of the Phi Beta Delta Honorary Society was formed just a year ago at UNK and has rapidly grown in size now to over 60 members with another 25 members to be inducted on Nov. 18.

Phi Beta Delta aims to recognize scholarly achievement in international education, and appeals to domestic and international students, faculty, and staff that have either studied abroad or are involved in international educational activities, according to Corliss Süllwold, assistant director of international education.

This excerpt from the homepage of the honorary society explains the group's main objective, "Phi Beta Delta honors those who serve internationalism - the idea of a world connected, of respect for different traditions, of the need for education to enhance knowledge of the many cultures that are part of a globe that we all must share."

There are numerous benefits that the society offers, according to Süllwold, who is also adviser of the group.

"Phi Beta Delta offers the opportunity to attend National Conferences and connect with others in their field, as well as others on in the field of international research and travel, and the opportunity to organize and conduct round table discussions with other PBD chapters," she said. "Since this is an internationally recognized organization, students can continue their membership at other universities that have PBD chapters when they move on to post-graduate level programs."

Süllwold said Phi Beta Delta is a positive addition to UNK's International Center and the chapter adds credibility to UNK's interna-

tional programs.

"Phi Beta Delta serves as an umbrella organization for Epsilon Omega chapter members to connect with others on campus who are traveling, studying or researching abroad, she said.

The Phi Beta Delta Honor Society for International Scholars was founded on the campus of California State University at Long Beach in 1986 and now consists of more than 130 chapters in the United States, Canada, Mexico, Switzerland, Italy, and Bulgaria, according to the Phi Beta Delta website.

Süllwold said there are 403 international students on the UNK campus from 40 different countries. Students, faculty and staff who work and research in the field of international education, are encouraged to join. Out of the 60 current members of the chapter, nearly one-third are faculty and staff.

Students interested in Phi Beta Delta are required to have completed at least one

semester of upper division coursework at UNK along with a cumulative GPA of 3.0 or higher, Süllwold said. Students seeking membership can be either nonimmigrant international students or domestic students who have achieved scholastic excellence in studies abroad, according to the Phi Delta Beta Web site.

Information on Phi Beta Delta was obtained by Süllwold at a NAFSA conference in Tampa, Fla. in the fall of 2003.

"I visited a Phi Beta Delta information booth at a NAFSA conference in the fall of 2003, then made application to the national office during the spring of 2004. We received approval for a chapter in May 2004," she said.

For more information on Phi Beta Delta, visit <http://www.phibetadelta.org> or call 308-865-8953. Applications are available in the International Student Service's reception area.

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Flu

Continued from page 1

nose - don't use your hands. Avoid touching your eyes, nose or mouth.

The CDC Web site also noted that in some recent studies, more influenza infections were found among smokers than in non-smokers. Smokers are more likely than non-smokers to have upper and lower respiratory tract infections, because smoking suppresses immune function.

Once someone comes down with influenza symptoms, the students said that it is best to stay at home. The best way to treat influenza symptoms is by resting, drinking plenty of fluids and avoiding alcohol and tobacco. Medications such as Tylenol or Ibuprofen can be taken to treat the fever and muscle aches associated with influenza. Prescription anti-viral medications are also available if symptoms persist. The students suggested, in some cases, medical attention maybe necessary.

"You know that it is more than a cold when symptoms last more than a few days,

and with the flu you'll often have a high fever [102-104 degrees Fahrenheit] that may last as long as four days, intense headaches, strong aches and pains, a runny or stuffy nose and eye pain," they said. "Fatigue can linger even after all flu symptoms have passed. Seek medical attention if you are not able to take in fluids or if you have trouble breathing."

The nursing students also highlighted the different types on influenza virus that are commonly found during flu season. Influenza A causes regular flu outbreaks, influenza B is often found in sporadic outbreaks in residential communities, like nursing homes and dormitories, and influenza C, which is common, but rarely causes disease-like symptoms.

A lot of talk of an influenza pandemic has been in the news recently. President Bush announced his plan at the National Institute of Health on Nov. 1 to ask Congress for over \$7.1 billion to prepare the nation for a possible influenza pandemic. His concern has come out of the recent outbreaks of avian flu in sixteen countries, which could

potentially spark a worldwide pandemic, according to CNN.com.

The CDC is working on a vaccination for the avian flu, a project that they have been working on since April, and currently there are no documented cases of the avian flu virus, which has been known to spread from birds to pigs and humans, in the United States.

The nursing students projected that the risk for UNK students contracting avian flu is very minimal at this point. Both the students and the CDC predict that this year's seasonal flu outbreaks will remain average, but they still stress the need for vaccination to keep the number of outbreaks under control.

"You are not only protecting yourself, but others in the community," they said. "By getting the flu vaccine we are able to prevent potential outbreaks and more serious health conditions that may result from influenza, like pneumonia and other serious respiratory conditions."

*Do You Like Free
Burger King?*



Do you want a free meal? If you have been to any UNK events in the last week or had your picture take by the Antelope Staff, stop by either Burger King and look for your picture. You will receive one free value meal from the menu.

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