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## Concern for environment inspires new minor

An understanding of the natural processes which shape our environment is critical to understanding the political, business, educational and public policy aspects of the environment.



Photo by Tara Purdie  
**Professor Jeremy Dillon believes that a strong background in environmental science can help students in other areas of study as well. The environmental science minor was added to the 2008-2009 undergraduate catalog.**

**BY TARA PURDIE**  
Antelope Staff

Environmental issues are a growing concern across the nation and students across campus are showing an increasing interest in the environmental fields. The environmental science minor was recently added to the curriculum because of the growing interest expressed by students.

"The environment is in the news every day, and as we saw in the recent elections, it is an important political issue as well. Environmental issues have become part of the curriculum in a variety of academic disciplines, and as a result there are more and more environment-related jobs in these fields of study," sociology, geography and earth sciences professor Jeremy Dillon said.

Our country is expressing heightened environmental concern and having a solid background in the environmental sciences can benefit students in any future career.

"The minor is multi-disciplinary (biology, chemistry and geography) and mostly designed for science majors. But it is important to keep in mind that environment-related jobs and graduate programs are becoming increasingly diverse. A strong background in environmental science can help students in many areas other than science; for example careers in business, industry, teaching, public policy, politics and many others," Dillon said.

The environmental science minor is available in the 2008-2009 undergraduate catalog and because this minor is multi-disciplinary there are more course options available than a typical minor would offer including courses such as wildlife conservation, environmental chemistry, GIS, agronomy, soils, remote sensing and research methods.

"Understanding the science behind environmental issues will be important to your success, whether you want to enter the job market or apply for graduate school. The environmental science minor will help students understand the natural processes which shape our environment, and this in turn is critical to understanding the political, business, educational, and public policy aspects of the environment," Dillon said.



Photo by Koji Kuwahara

A group of Japanese students network at the Career Forum in Boston. About 50 students attended this forum that is a must-attend event for any Japanese-English bilingual.

## 挑戦無くして、成功を得る事は出来ない Japanese students seek challenges pursuing success

**BY 桑原 昂司**  
Guest Writer

現在、ボストン、ニューヨーク、ロサンゼルス、ロンドン、東京など世界各国で行われているキャリアフォーラムは日本人留学生のみならず日英バイリンガルの生徒にとって非常に貴重な就職活動の場となっており、1987年以来開催されているボストンキャリアフォーラムの規模は最大であり、世界有数の企業が多く参加している。留学生にとってキャリアフォーラムは無くてはならない就職活動の場となっているのである。

ボストンキャリアフォーラムの秘書である中川麻衣子氏は「このキャリアフォーラムは生徒の就職活動の場のみならず、各企業にとっても会社の輝かしい成功と未来が掛かった重要なイベントでもある。企業はいかに優れた人材を見抜き、採用するかが重要な点となっている」と、述べている。

企業は世界の舞台でも活躍できる人物を探し、世界規模で働ける人物の育成に力を注いでいる。またこのキャリアフォーラムでは日本人のみならず日英バイリンガルの生徒も就職活動者として参加し、企業も海外の方々にも興味を示している。留学生のみならず世界各国の生徒が集ってくる

事もこのキャリアフォーラムの一つの醍醐味といえる。

「キャリアフォーラムは日本人留学生のみならず、日英バイリンガルの生徒も対象になっており、日本人のみならずアメリカ人の学生にとっても素晴らしい機会なのです」と、中川氏は続ける。

キャリアフォーラムは多くの日英バイリンガルの学生に仕事探しの機会を与え、企業は多種多様の生徒と一緒に介する事が出来るのである。このようなキャリアフォーラムは他に類を見ない日英バイリンガルの生徒に対するフォーラムなのである。

「ボストンキャリアフォーラムは日本の企業の好みを知る唯一の機会なのです」と、大阪出身で4年生のコミュニケーション学専攻の山尾瞳さんは話します。

インターネットを通して興味のある企業を調べる事は出来ますが、向かい合って企業の人と話す事の方がより素晴らしい事なのです。向かい合って話をする方が、より企業の事を知る事が出来、多くの人と会って話をする事がボストンキャリアフォーラムで最も重要な事なのである。

「私たちは全て自分自信の力でやり遂げないといけない」と、愛媛出身の四年生で、教育学専攻の吉村勇紀さんは話します。「何故なら就職活

動の仕組みが日本とアメリカでは異なっており、留学生は日本の学生ほどのサポートや企業訪問を行えないからである」

ボストンキャリアフォーラムはそういった留学生にとって大きな手助けとなります。キャリアフォーラムのスポンサーが企業の情報、服装、面接の情報などを留学生に与えてくれるからである。そして、それらの情報はボストンキャリアフォーラムに参加する上で必要不可欠な情報なのである。

NTT DoCoMo人事育成部の坂井和代氏は「企業はコミュニケーションスキルに優れた人材や、配置転換能力、柔軟性、個性豊かな人材を欲している。キャリアフォーラムには留学生がいっぱいなのは当然なので更に其処からの上乗せが重要となっている」と、述べている。

留学生にとって重要な事は、いかに大学生活を有意義に過ごしたかという事で、ただ課外活動に参加するのではなく、其処で自分が何を学びたいのか、手に入れたいのか、そこからどのようにして自分は成長できたのか、という事をはっきりと自覚し活動に興味を持たせなければならない。また課外活動を通しての成功ではなく、何かに挑戦したという事に意味があり、挑戦する事が自らの未来を切り開くであろう。

**BY KOJI KUWAHARA**  
Guest Writer

As part of his JMC 215 News Writing class Koji Kuwahara wrote a story about his recent trip to Boston with about 50 UNK Japanese students and thousands of international students from across the country. Kuwahara has worked on The Antelope Staff previously and contributes as a guest writer and photographer this term. See Kuwahara photo on page 6.

Since holding the first Career Forum in Boston in 1987, the Career Forum has become a must-attend event for any Japanese-English bilinguals. This an annual career fair targets Japanese and English bilingual student all over the United States who seek opportunities either in Japan or in the United States.

Although other fairs are held in New York, Tokyo, Los Angeles and London, the Boston Career Forum is the biggest of all, offering over 1200 jobs.

See **Challenge** on page 3

## Kenny Carnes rhymes about war

**BY KAYLIE PERRY**  
Antelope Staff

Students filed into the Ponderosa Room Nov. 4 to watch a one-man performance about experiences at war.

Kenny Carnes' "Pieces of War" was written largely in rhapsodic verse. Carnes delivered a rapid-fire cadence of



rhyme and rhythm in order to tell the stories of three generations of American soldiers.

"I didn't plan on rhyming, but it just created a cadence by itself when I started writing," Carnes said.

The set consisted of a chair with a folded American flag and a teddy bear lying nearby on the floor and on the other side of the stage, a backdrop that looked like an army base with camouflage netting around it.

Carnes moved from one character to another, corresponding with where he was on the stage.

Carnes described violence witnessed while at war and captured the stories told by the soldiers from World War II, Vietnam and contemporary conflicts.

"He tied his piece together very well and got across what he was trying to portray," said Alex Morales, a sophomore public relations major from Overton.

Stories from Carnes' performance include a son returning home from Iraq and his grandfather recalling his victories at Normandy. In the middle, there is

the father becoming lost in his voiceless shame trying to forget Vietnam.

"I thought it was intense and drew the audience in very well," said Ben Cooney, a junior broadcasting major from Clay Center.

Carnes served as a war officer in the late 1990s and served four years of active duty. In 2003 he had a chance to go to war in Iraq, but turned it down.

Instead Carnes decided to start up workshops to help heal and reincorporate the troops with family, employment and returning to the community state-side.

Through retreats, Carnes provides veterans, soldiers and family members

Photos by Kevin Whetstone

**LEFT:** Carnes drops to his knees during "Pieces of War", a one-man show that Carnes wrote about war and veterans. The 45-minute presentation retells stories Carnes has heard from other veterans, as well as some of his own experiences in the armed forces. **RIGHT:** Kenny Carnes performs a section of "Pieces of War" in the Student Union on Nov. 4.

the opportunity to deal with their problems from war in a more positive way. The sessions help manage life, career and family roles.





# Visual design seniors showcase final projects

**BY MEGAN OAKLUND**  
Antelope Staff

In a dimly lit gallery in the Fine Arts Building, senior exhibits showcase the varied work of five senior visual design art majors. For several months, this group of seniors has been developing concepts, gathering materials for their showcase and finally having it all come together to be displayed.

John Fronczak, an Art and Art History professor, said the premises of the final projects originated last spring. Each student's project had to be approved by an advisor. Many of

the projects promote fictitious businesses or events, and some projects are informal.

"We were encouraged to pick an idea that we wouldn't get burned out on or bored with," said Tina Mieth, a senior visual communications and design major from Ravenna.

Mieth said her design project took six months to complete from start to finish. Her Barbie display featured Barbies dating back from the 60s to present day.

"I wanted to create a virtual time line that people could experience and interact with," Mieth said.

Other projects included are installations about the World Scout Jamboree 2011 which is a combination of t-shirts and poster designs.

'The Mix' is an interactive program that allows users to create their own vinyl recordings on computer.

Another display, 'The Fans' is a combination of banners hung recognizing fans, players and 'the dream' in soccer.

'Vegas' features pamphlets and photos showing what Las Vegas has to offer: casinos, shows and hotels.

Rebecca Puls, a senior elementary education major from

Holdrege was one of the many visitors of the Walker Art Exhibit.

"I could tell how hard they worked on the projects and many of them turned out great", she said.

The exhibits are free and open to the public in the Fine Arts Building until Nov. 21.

Since the visual design class is so large, projects by Tina Mieth, Roberto Mantiel, Andrea Trew, Holly Walton and Aaron Williams will be on display until Nov. 14. A new exhibit by other senior artists will start on Nov. 17 and go through Nov. 21.

*Photos by Sophie Lee*

**RIGHT:** Tina Mieth, a senior visual communications and design major from Ravenna, smiles at her favorite Barbie doll. She noticed the popularity of Barbies was fading, so she wanted to remind people of Barbie. After her graduation, she will work at Builders Warehouse as a graphic designer.

**BOTTOM RIGHT:** Aaron Williams, a senior visual communications and design major from Grand Island, explains the meaning behind the design on a T-shirt. "The Celtic Knot, here, is used to tie in the Irish Culture to help signify where the 2011 Jamboree is being held," Williams said. His work, One World United, was intended to portray the idea of scouting, brotherhood and unity.

*Photo by Sean Takahashi*

**BOTTOM LEFT:** Andrea Trew, a senior graphic design major from North Platte stands with her work at the Walker Art Gallery Senior Show.



## How SMART is YOUR MONEY?

**BY JENNY GIERHAN**  
Antelope Staff

It's all about the Benjamins, baby! Even pennies are important during this time of America's current economic struggles.

"The dramatic events this year in our financial sector have caused a lot of people to wonder what is happening with their money," said Mary Rittenhouse, director of the Center for Economic Education.

According to cnn.com, in-state college costs jumped about 6.4 percent last year. With each UNK student spending upwards of \$16,000 a year to attend college, it's smart to gain financial knowledge.

The fourth annual Smart Money Week consisted of over 150 seminars from Monday, Nov. 3 to Saturday, Nov. 8. The presentations covered personal finances, business ownership and other financial areas, which were geared toward experienced, inexperienced and future investors.

"This is valuable information for college students as they move forward in their lives, such as purchasing their first home, dealing with credit



*Photo by Sapana Upadhyay*

Financial Jeopardy was one of the many presentations given during Smart Money Week. Financial Jeopardy allowed students and faculty to get involved while learning about controlling their finances.

# theAntelope

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## Inspired Japanese teens take up tennis to emulate favorite superheros from



Sean Takahashi

Antelope photo staff this term.

Shozaburo, from Nagaoka-kyo, Japan, came to Kearney to complete a degree in journalism: news-editorial. Now a senior, Shozaburo already has a job

Through a series in the paper this term, the work of one Japanese independent study student, Shozaburo Takahashi, gives UNK students, faculty and staff a chance to glimpse into Japanese culture.

You may notice that Takahashi is also a member of The

as a training consultant in Fujisawa City, Kanagawa, when he returns to Japan upon graduation in December.

Through his independent study, Shozaburo was asked to write variety of stories in both English and Japanese. He has reported on Satoshi Machida, a member of the UNK faculty who is Japanese, the history of the Soran dancers who practiced and performed for the Japanese Festival and this week takes on pop culture and two Loper tennis athletes in one story.

Inspired by a cast of characters with the star power of U.S. pop and movie stars, the story of the “Prince of Tennis” is amazing. Read about it in both English and Japanese, Then, write in if you have comments or suggestions for stories in upcoming issues.



BY SEAN TAKAHASHI  
Antelope Staff

It’s an unlikely story. Young men and women in Japan, fascinated by comic book characters in “The Prince of Tennis,” take up tennis as a competitive sport. Led by masters of the mental and physical game, superheroes in the series excel in mental and physical toughness, captivating a new generation of athletes.

In the first of the series, written by Takeshi Konami, a tennis genius, Ryoma Echizen, enrolls in a private junior high school in Tokyo and joins their tennis team. As he and his teammates pursue their goal of winning an all-Japan tennis tournament, they develop friendships as well as extraordinary tennis games.

Over 40 million copies of the comic book series have been sold since its release in 1999. As a result, the number of young tennis players in Japan has increased steadily to 105,763 players in 2008.

Noriaki Naruse, a senior construction management major from Kagawa, Japan, who has played tennis at UNK since he was a freshman, was one of those who started playing tennis because of “The Prince of Tennis.”

“I started playing tennis because I was fascinated by that comic book. The tennis players in the comic looked really cool,” Naruse said. “I knew it was a light-minded decision, but I didn’t expect tennis would be

that fun then.”

Like the characters from the comic book series, Naruse says he learned part of the success in tennis must come from mental strategy. He, like the captain of the team from the series, Kunimitsu Tezuka, knows that you can’t let your guard down. Sharp mentality is a vital part of good tennis.

“Tactics are the key. I have to decide how I should attack my opponents by looking at their moves and predicting what is going to happen next. Developing flow of a game on my own is the most fun part of playing tennis,” Naruse said.

Ko Muroga, a freshman aviation major from Nagoya, agrees that playing tennis is about reading the opponent’s mind and prediction.

“I have to be able to read what they are thinking and react. And we cannot let them read our minds. Being careful about those things is what I like about playing this sport,” Muroga said.

Muroga started playing tennis in junior high. His school had one of the strongest tennis teams in Japan.

“There were about 100 players in my team,” Muroga said. “The practice was really tough. We had practice every day, and it was even harder than Loper practices. I think the practice back then was the hardest I experienced in my life.”

Muroga said practice here at UNK puts more responsibility on the student, very different from his experience in Japan.

“When I was in high school, there was a coach, and he taught

us how to play, how to train ourselves and everything.”

Muroga said here players decide what to do during practice.

“It is our responsibility to attend practice and get better. I was actually surprised when I find out about this way of practicing.”

Both Naruse and Muroga said tennis is a very important part of their lives.

For Naruse, tennis is his life.

“I wish I started tennis a lot earlier,” he said. “I was playing soccer before started tennis. But after I started tennis, I was able to put myself really into playing sports. Thanks to tennis, I could develop myself up both physically and mentally.”

Muroga has played almost ten years because he started playing in junior high school. He said the lessons he learned playing tennis are the foundation of his life.

“I learned that if I work hard every day, certain results will follow,” Muroga said.

Like the characters from “The Prince of Tennis,” who learn life’s lessons through tennis, both of these UNK players say they cannot imagine life without tennis.

“I want to be more developed both physically and mentally. Tennis is the best way to achieve this. It is fun, but I am going to work on in as not only just a fun, but also as an important activity in my life,” Naruse said.

## ノーテニス、ノーライフ

日本人テニス部員、成瀬徳晃さんと室賀巧さんのテニスへの思い

BY 高橋尚三郎  
Antelope Staff

「テニスの王子様」というコミックスが日本の子供たちにこれほどの影響を与えることになるとは、誰が予想しただろうか。この作品に登場する精神的、そして肉体的に秀でたテニスプレーヤーたちに影響された多くの人がテニスに興味を持ち、テニス人気に拍車をかけることになったことは明らかである。

許斐剛によるコミックス、「テニスの王子様」は天才的なテニスプレーヤー、越前リョーマが東京の私立中学校に入学し、テニス部に入部するところから始まる。彼と彼の仲間たちは全日本トーナメント優勝という大きなゴールを目指す中で、友情と共に多少現実離れしていると言えなくもないテニスの技能を身に付けていく。

「テニスの王子様」が1999年に連載を開始して以来、このコミックスは全42巻、4000万部以上の発行を記録。その影響もあってか、全国高等学校体育連盟に所属するテニス部員は、2008年度では男女を含めて10万5763名に上る。

香川県出身で建築管理専攻の4年生、成瀬徳晃さんは1年生の頃からUNKにてテニスをしており、彼はまさに「テニスの王子様」に触発されてテニスを始めた中の一人である。

「僕は、そのマンガに感動して始めたクチですね。マンガの中に出てくる選手が、すごくカッコよくて。そんな不純な動機ではあったんですが、まさかこんなに楽しいとは思っ

ていなかったです」と成瀬さんは言う。

成瀬さんは、テニスにおいて重要なのは精神面であると語る。「テニスの王子様」の登場人物の一人である越前リョーマが属するテニス部の部長、手塚国光が言うように、油断してはならない、ということだ。精神的な感覚を研ぎ澄ませることが勝負を左右する。「テニスは駆け引きのスポーツです。相手の動きを見て、自分が次にどう攻めるかをいつも考えないといけません。試合の流れを自分自身で作っていけるのが面白いところですね」

名古屋出身、航空学専攻の1年生、室賀巧さんもまた、テニスは読みと予測のスポーツだと言う。「相手の心理を読んで、相手がどう出るか予測し続ける。そして、相手にこちらの心理は読まさない。それが楽しいところですね」

室賀さんがテニスを始めたのは中学生の時。彼の中学校のテニス部は、日本でも有数の強豪校だった。「100人くらいいました。練習はきつかったですね。毎日あったし、今Lopersでやっている練習よりもきついですよ。あれが、確実に人生で一番きつい練習でしたね」

Lopersでの練習は、選手の自主性に任せているところが、彼がこれまで経験してきた練習内容と大きく違うと室賀さんは語る。「高校の時はコーチがいて、全部教えてくれていました。どう試合をしたいかとか、どんなトレーニングをした方がいいか、とか」

一方、アメリカでは選手が自分で練習のメニューを決

めることになっている。「練習にちゃんと来て、上手くなるのは自己責任、という感じです。これを知った時は、驚きましたね」

成瀬さんも室賀さんも、テニスは彼らの人生においてとても大切なものだと考えている。

成瀬さんは、テニスとは彼の人生であるとまで言う。「欲を言えば、もっと早くからやりたかった」と彼は 昔を振り返る。「テニスをやる前は、僕はサッカーをしていたんです。でもテニスを始めてからは、スポーツにこれほどないまでに打ち込めるようになった。テニスのおかげで、肉体的にも精神的にも成長することが出来たんです」

中学生の頃からテニスを続けてきた室賀さんがテニスを始めてから、およそ10年になる。テニスを通して学んだことは、彼の人生の基礎となっているのだそうだ。「例えば、練習を毎日一生懸命やれば、少しずつでも確実に上達できることは、テニスをやっていたから気づいたことですね」

テニスを通して、大切なことを学ぶというのは「テニスの王子様」のようなコミックスの中だけで起こることではない。成瀬さん、室賀さんの両方が、テニスなしでの生活がもはや考えられないのが何よりの証拠である。

「もっと、肉体的にも精神的にも成長したいと思っています。そのためにはテニスが一番いい。もちろん楽しいけれど、ただのお遊びではなくて、これからももっとと真剣に、ずっと続けていこうと思っています」と成瀬さんは最後に語った。



Photo by Sean Takahashi  
Noiraki Naruse

Noiraki Naruse, a senior on the UNK tennis team started playing tennis because of the popularity of the Japanese “Prince of Tennis” comic book series.

“I started playing tennis because I was fascinated by that comic book. The tennis players in the comic looked really cool.”



Photo by Sean Takahashi  
Ko Muroga

UNKテニスチームに所属する4年生の成瀬徳晃さんは「テニスの王子様」に触発されてテニスを始めたうちの一人。

「僕は、「テニスの王子様」に感動して始めたクチですね。マンガの中に出てくる選手が、すごくカッコよくて」

## Facts about “The Prince of Tennis”

- “The Prince of Tennis” comic series was first published in July 1999 and ended on March 3, 2008.
- A total of 379 chapters were serialized, spanning 42 volumes
- As of volume 40, the manga had sold over 40 million copies in Japan.
- “The Prince of Tennis” was adapted into an anime series

- across Japan and aired on the anime networks from Oct. 2001 - March 2005.
- A total of 178 episodes of the anime, a theatrical movie, original video animation (OVA) and a DVD continued to meet audience interest.
- Since April 2003, more than 15 stage musicals based upon the series have been released.

- An animated movie was released in 2005 and a live-action movie was released in 2006.
- A 22-episode live action drama began airing in China in July 2008
- The franchise has also spawned a long-running radio show, numerous video games, soundtracks and countless other merchandise and collectibles.

## Motivation from the Prince of Tennis HEROES



“You still have lots more to work on.”

Prince of Tennis Ryoma Echizen

(越前 リョーマ Echizen Ryōma)

“Don’t let your guard down.”

Captain of the team Kunimitsu Tezuka

(手塚 国光 Tezuka Kunimitsu)

“Be awed at the sight of my prowess!”

One of the opponents, Keigo Atobe

(跡部 景吾 Atobe Keigo)

## Challenge from page 1

“The Career Forum is not only the student’s job-finding event, but the Career Forum is also to connect to a company’s success and a brilliant future. The most important and difficult thing for companies is how to find and define the good person to their company. The companies have to think about their company’s future with the students,” said Maiko Nakagawa, the secretary of the Boston Career Forum.

For companies, there is a growing need for talented global-minded candidates as companies diversify and expand into the global market. Also with the decrease in population in the Japanese work force, companies in Japan are looking globally to find talented candidates to work in their companies.

“The Career Forum is open not only to the Japanese students, but also Japanese-English bilinguals. It means that both Japanese and American people have a chance to find a job. This is also the great opportunity for American people,” Nakagawa said.

The Career Forum brings Japanese-English bilinguals more career opportunities and allows companies to meet with a variety of talented candidates all in one place. There is no other job fair like the Career Forum, with some companies hiring Japanese-English bilinguals only through the Career Forum.

“This is the only chance for us to know what Japanese companies are like,” Hitomi Yamao a senior majoring in communication from Osaka, Japan, said.

Although Japanese students are able to do research on their interested companies via Internet, Yamao thinks meeting people who are working in such companies face-to-face is far better. It is easier to get to know the companies and has a greater impact. Meeting with companies as well as people is one of the most important aspects of the Boston Career Forum for many participants.

“We are responsible for everything on our own,” Yuki Yoshimura, a senior majoring in physical education from Ehime, Japan, said. “Because the sys-

tem of job hunting in Japan and in the United States is different, Japanese students in American universities cannot have support and interviews as much as Japanese university students can.”

The Boston Career Forum is beneficial for students like Yoshimura because the sponsor of the career fair provides information about regime, proper dress and interview preparation. It is almost required for those students to attend the Boston career Forum.

Kazuyo Sakai, a member of the Japanese company NTT DoCoMo said, “The companies seek the ability of good communication, flexibility for the job and personality or characteristics of the students.”

One of the important things for students is how they spend their time or what kind of activities they are engaged in at the university. The student’s success in their activities is not important; the challenge is the important factor for students. The challenge is connecting students to a good employment future.



# Volleyball finishes regular season 31-2;

Lopers excited to host RMAC Nov. 14 -16, meet team goal of first place

BY CALLIE ERICKSON  
Antelope Staff

The UNK Volleyball Team is on a roll and ready to take on whoever falls in their path as they near the end of their season.

The Lopers closed the regular season with a pair of sweeps Friday and Saturday night against Rocky Mountain Athletic Conference (RMAC) teams Colorado Christian and Colorado-Colorado Springs.

The Lopers are revved up and ready to play for the RMAC Title Nov. 14-16 at the UNK Health and Sports Center after the fifth-ranked Lopers breezed past the Colorado Christian Cougars Friday night with game scores of 25-5, 25-17, 25-18.

This “Senior Night” match was a memorable one for lone senior Juli Minicz, as it also went down in the record books as the 30th win for the Lopers.

This is the second consecutive year UNK has reached 30 wins and the seventh time around for head coach Rick Squiers.

All 14 players who were able to play saw playing time on the court during this match.

“I felt my teammates did a great job of stepping up when put into different positions on the court,” sophomore setter Cola Svec of Elkhorn said. “We know that in order to be a National Championship team, we may have to make some switches and try players out in different areas.”

On Saturday night, the Lopers stepped it up yet again, defeating the Colorado Springs Mountain Lions 25-16, 25-12, 25-14.

“On Friday there were some stretches where we could have played better,” Svec said. “However, I felt we played extremely



well on Saturday. Volleyball is about more than winning, it’s about having fun.”

As the Lopers prepare for this weekend’s RMAC Tournament, they will be focusing on tuning up any loose ends at practice. Work still needs to be done despite the 30-2 overall record.

“Coach has been stressing on the defensive effort,” Svec said. “We want to be a solid blocking team and be able to play great defense around our block.”

One of the team’s goals for this season was to win the RMAC Championship. With the tournament just around the corner, this close-knit team turns their focus to playing with perfection. “If we can play as well as we did this weekend we’ll be able to clinch the championship,” Svec said. “It’s about playing together every time we step on the floor.”

As the setter on the team,

*Photo by Garrett Ritonya*  
Freshman outside hitter Shelby Workman of Loveland, Colo. (left) and junior middle hitter Nikki Scott of Broken Bow (right) team up on a block against Colorado Christian Friday night. The Lopers swept CCU and clinched the top seed in the RMAC Tournament.

Svec fell into a position with a lot of responsibility. She may touch the ball every time it comes over the net into UNK territory.

“It’s critical for any setter to deliver a great ball to their hitters, but I feel the most important thing for me to do is to make smart decisions down the stretch and play great defense,” Svec said.

Playing the game since she was about four years old and being around both her mother and father as they coached has prepared Svec for her duties as UNK’s setter.

“I have to be ready to lead my team to a victory by being

positive and keeping the energy going,” Svec said.

Not only is she a setter—a backbone of the team, but also a cheerleader and motivator helping the Lopers surpass their greatest challenges.

Off the court Svec still has a great role to play.

“I love having a fun time and keeping my teammates smiling and relaxed prior to a match,” Svec said.

The first round of the RMAC tournament kicks off Nov. 14. The top-seeded Lopers take on the number eight seed, Adams State, at 7:30 p.m. at the Health and Sports Center.

## 2008 RMAC VOLLEYBALL TOURNAMENT Health & Sports Center

### Friday, Nov. 14

**\* Noon #6 Colorado School of Mines Vs. # 3 Metro State**

**\* 2:30 p.m. # 7 Mesa State Vs. # 2 Western New Mexico**  
**\* 5 p.m. # 5 Regis Vs. # 4 Fort Lewis**

**\* 7:30 p.m. # 8 Adams State Vs. # 1 UNK**

### Saturday, Nov. 15

**\* 5 p.m. 3/6 Winner Vs. 2/7 Winner**  
**\* 7:30 p.m. 4/5 Winner Vs. 1/8 Winner**

### Sunday, Nov. 16

**3 p.m Championship**

# Football crushes Mesa St. to end season

BY GARRETT RITONYA  
Antelope Staff

It may have been cold as ice on the field Saturday afternoon as the University of Nebraska-Kearney Football Team took on Mesa State, but that couldn’t put out the fire of the Loper offense.

UNK won its season and home finale dominating a very good Mesa State team, 63-10—the first time this season the Lopers broke the 60-point mark.

Leading the charge behind the explosive UNK offense was redshirt freshman running back Riley Newcomer of Morrison, Colo., who carried the ball for 200 yards on just 28 carries. This was the second 200-yard performance of the season for Newcomer in just four games, making him the second Loper ever to accomplish that feat.

Newcomer started the final four games for UNK when freshman running back Rustin Dring of Kearney went down with an injury.

“It feels good to get back on the field again and be playing with Jake (Spitzlberger), since we were teammates in high school,” Newcomer said. “Rushing for that type of yardage is more of a credit to our of-

fensive line than anything.”

Also finishing off a very good season was sophomore wide receiver Kyle Kaiser of Broomfield, Colo. Kaiser added another touchdown to his mark and became just the fifth Loper to go for 1,000 yards in a season, and did it with fewest receptions (46).

Kaiser finished the season with an incredible 22-yard per catch average.

UNK crushed Mesa State in every offensive category, out-gaining the Mavericks in total yards, 532-230. The Lopers held the nation’s third leading rusher, Bobby Coy, to only 83 yards on the ground, a testament to the strong run defense the Lopers had all season.

The star of the day, however, came from the strong safety position in junior Jake Mandelko of Lexington. Mandelko started his day off on a fake punt in the third quarter, running the ball for 19 yards to keep that drive alive.

Then in the fourth quarter, Mandelko sprang to life to give the crowd that stuck around a fitting finish to the season. He intercepted a ball at the Loper 25-yard line and dodged a few Maverick defenders before do-

ing a gymnastic-type tumble over a defender into the end zone for his first touchdown. On the very next series, Mandelko intercepted a ball at the Mavericks’ 40-yard line and had a clear line to the end zone for his second touchdown in a two-minute span.

Mandelko finished the day with four tackles, two interceptions, two touchdowns and 19 yards rushing.

The Lopers finished the 2008 season with a 7-4 overall record and 7-2 in conference, which was good for a second-place tie with Colorado School

of Mines in the Rocky Mountain Athletic Conference. They finished this year with one of the top scoring offenses in the RMAC, led by redshirt freshman quarterback Jake Spitzlberger of Lakewood, Colo. and Kaiser. Both will be returning next year to give the Lopers a very daunting offense.

“I am very excited for next season since all of our offensive starters are returning to the top scoring team in the RMAC,” Spitzlberger said. “We will be a team that is dangerous. Bring your popcorn, because it’s going to be a show.”



*Photo by Garrett Ritonya*  
Redshirt freshman Riley Newcomer breaks away from the pack Saturday for the Lopers. Newcomer became only the second running back in school history to rush for more than 200 yards multiple times in one season. The Lopers defeated Mesa State 63-10 and finished the season with a 7-4 record.

# Big Red Revival



BY ERIC KORTH  
College Football Columnist

In the freezing cold and the piercing wind, more than 80,000 Big Red faithful and myself witnessed the biggest victory of the 2008 Husker season, perhaps this decade.

The last sentence may sound like a stretch, but when you really think about it, last Saturday’s game against Kansas set the tone for the Bo Pelini era.

At the beginning of this year, anyone could have told you that Kansas would break their streak of having not won in Memorial Stadium since 1968. But as the year progressed, we watched a once top-ten rated team slowly slip back into reality, at the same time agonizing with a Husker squad struggling week after week against teams like Virginia Tech, Missouri and Oklahoma.

The near win against Texas Tech brought hope for Husker fans, but those hopes were crushed against Oklahoma. That loss left some skeptical about the team’s ability to bounce back and win out the rest of the schedule.

When you look at it on paper, Kansas’ passing offense should have racked up big numbers on the Cornhusker secondary and cruised to an easy victory.

But something was different on Saturday; you could just feel it throughout the stadium. There was this new sense of swagger within the Cornhusker defense, and it was all throughout, the D-Line, the linebackers, and most importantly, you saw it in the secondary.

After the Blackshirt D stuffed the rushing attack for the majority of the game, Todd Reesing and the Kansas receivers turned to the passing attack in the second half in an attempt to come away with a win. The secondary folded from time to time, but never broke. They kept their heads up the entire game and fought it out, and it was excellent coverage down the stretch that kept the game in Nebraska’s favor.

With Kansas out of the way, the Husker’s schedule is beginning to look a little bit more manageable. At Kansas State, followed by a home game against Colorado, it appears as if the Huskers have a legitimate shot to win out the rest of their schedule and have plenty of time to rest for their postseason game sometime in late December.

In other news, God is real folks! He heard my prayers last week, and answered them with Iowa’s last second field goal over Penn State. Though Penn State’s loss didn’t entirely correct the always crooked BCS rankings, it alleviated the pains of a less-deserving Big Ten squad making the national championship for a third year in a row.

## GAMES OF THE WEEK

*No. 24 South Carolina at No. 4 Florida*

This game gets mentioned by default because it is the only match up between two ranked teams, which is a plus for Florida because another slaughtering of a top-25 ranked team will look good on their BCS resume come the end of the year. I feel bad for the people responsible for taking stats and running the scoreboard— because Tim Tebow and the Gators are going to annihilate South Carolina come Saturday.

*My prediction... Florida 56 – South Carolina 10*

*No. 3 Texas at Kansas*

This game should not be close at all, but anything is possible when you take a team who is comfortable playing in warm weather out of the South and place them in Kansas of all places. Regardless of the weather, I think McCoy will keep up his pace for the Heisman and keep the Horns’ national title hunt alive.

*My prediction... Texas 42 – Kansas 28*

## UPSET OF THE WEEK

*No. 10 Ohio State at Illinois*

Yes, I am stretching it a bit here, but there are not many possibilities I see for an upset this week. Coming off of an embarrassing loss to Western Michigan, the Illini have to be looking to do whatever it takes to bring peace to Champaign. The only chance the Illini have to win is if Juice Williams plays to his ability and beats the Buckeyes with both his arm and his legs.

*My prediction... Illinois 31 – Ohio State 28*

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# Cross Country concludes season with home meet

BY GARRETT RITONYA  
Antelope Staff

Welcome to Kearney, Nebraska in early November.

The 2008 NCAA Division II Central Regionals were held Saturday morning in Kearney at the Kearney Country Club. While runners were fired up to qualify for NCAA Nationals, the weather was a problem.

Both races were delayed half an hour due to frost on a morning that saw temperatures in the low 30s and a wind chill in the low teens.

In the afternoon, the UNK women faced difficulties as the Lopers were relying on six true freshmen out of the seven runners. Only junior Megan McClure of Lincoln had previous regional experience.

The UNK women were led by Minatare freshman Amy Long who finished in 53rd place

with a time of 23:35. McClure crossed the line 72nd with a time of 24:14.

The 24-team women's race saw Adams State, ranked number one in Division II, finish ahead of the pack. The Lopers finished in 15th place, ahead of a few other RMAC schools.

As for the men's race, Adams State, also the top team in Division II, ran away from the rest of the field. There were 21 teams in the race, and the Lopers sprinted to a 9th place finish, their best since a 7th place finish in 2000.

"I would say everyone performed well, however we were hoping to make it to nationals and being in the toughest conference in the country, we fell just a little short," said Rylan Little, a senior from Kearney.

The winners of the Central Regionals were Shannon Payne of Colorado-Colorado Springs

(21:13) on the women's side and Aaron Braun of Adams State (30:48) on the men's side.

UNK had three men finish in the top 50, led by Ogallala sophomore Tanner Fruit. He finished in 29th place with a time of 32:54. Other top finishers for the Loper men included freshman Al Sanabria of Minden (35th/33:10) and junior Quinn Willet of Malcolm (45th/33:30).

Next year, the Loper men will return every runner, except for Little, as they push towards a berth in NCAA Nationals.

"With me being the only senior on the regional team, I think the team has a great chance to make it to nationals next year," Little said. "Last year we finished 16th in the regional meet and this year we finished 9th. This is the most competitive team in my four years here."

# AquaLopers fall to Mavs

BY CALLIE ERICKSON  
Antelope Staff

Swimming and diving- not a common activity for University of Nebraska-Kearney residents in November. However, if you walk by the UNK swimming pool, you will see the swimming and diving teams creating a commotion with their flips, jumps, dives and splashes.

On Nov. 7, the AquaLopers competed in a meet against the University of Nebraska-Omaha Mavericks. In a fight to the very end, the Lopers fell short of a victory, losing 163-120 to the Mavs. This is the second time the Lopers and Mavericks have met up this season, the first being in early October where UNO was also victorious.

On the swimming side of the meet, Kari Wehl, a sophomore from Omaha, won her race,

the 1,650 freestyle, with a time of 19:56:08. Freshmen Heather Glodt of Pierre, S.D. and Mandi Scheerer of Lincoln both picked up first place wins in their races. Glodt competed in the 50 meter butterfly, finishing with a time of 29:16. In the 400 individual medley, Scheerer finished with a time of 6:02:79.

The 400 relay team also scored a first place finish for the AquaLopers as they crossed the finish line with a time of 4:13:29.

UNK divers also contributed top finishes to the team. Kansas freshman Jourdan McKevery placed first in the one meter diving competition with a score of 217.40. Junior teammate Annie Moyer of Lincoln was not far behind, as she placed second with a score of 210.45.

"I wasn't extremely happy with how I performed during

Friday's meet," Moyer said. "I didn't score as well as I had hoped. I'm selfish. I wanted to win both boards. From that I know what to improve on in practice."

Moyer and McKevery both competed in the three meter diving competition as well. Moyer placed first (138.15) while McKevery came in second (106.15).

Moyer, an interior design major, has been swimming and diving for fourteen years. As one of the three juniors on a team with no seniors, her personal goal this season is to compete hard and make it to nationals.

From Friday's meet, Moyer's focus is more repetition of her diving routine.

"It's nothing specific that I want to focus on," Moyer said. "I just need to do more reps so I can be sure I have the technique of my dive down."

As a team, the AquaLopers hope to continue getting better each day at practice in hopes of winning more meets this year.

"We have pretty good team chemistry and most of us are pretty close," Moyer said.

The AquaLopers head to Sioux City, Iowa Nov. 15, to compete in a four-team meet hosted by Morningside College.



Photo by Sapana Upadhyay  
Heather Glodt, a freshman from Pierre, S.D., relaxes after the 50-meter Butterfly event Friday. Nebraska-Omaha defeated the Lopers 163-120.

## Athlete Spotlight




Photo by Garrett Ritonya

### Max Hadenfeldt, UNK Golf

Junior, Gering

- Sports Administration Major (3.87 GPA)
- 2007-2008 PING NCAA Division II All-American Team Honorable Mention
- 1st Place at NCAA Northwest/West Super Regional Tournament in May 2008
- Member of Student-Athlete Advisory Committee

Infographic by Jonathan Cannon

## Blue Team edges Gold Team 38-30 in wrestling intrasquad scrimmage

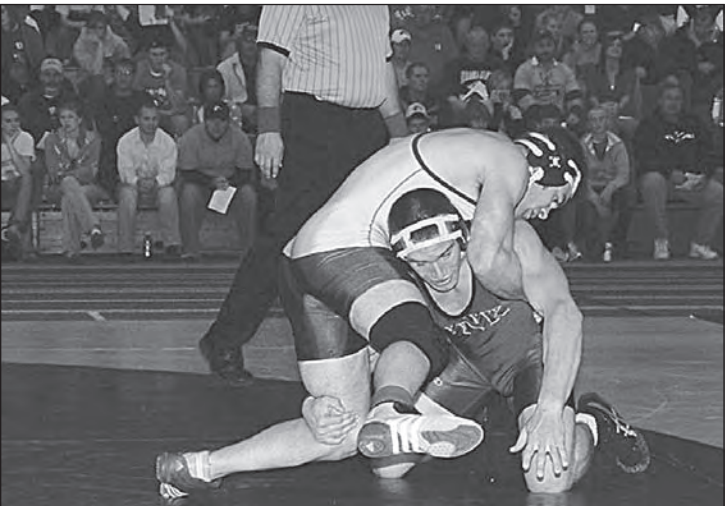


Photo courtesy of Marc Bauer

National Tournament Qualifier Paul Sutton, a senior from Wahoo, controls freshman Nick Bauman of Brighton, Colo. at the intrasquad scrimmage Saturday at Cushing Coliseum. Sutton defeated Bauman 3-1 in their 184-pound match.

## FCA promotes faith, friendship

BY JONATHAN CANNON  
Antelope Staff

The Fellowship of Christian Athletes (FCA) is an organization on campus where athletes and non-athletes from all different walks of life gather together in fellowship and Christianity.

One of the goals of the FCA is for Christian athletes to come together to glorify their savior Jesus Christ.

Every Wednesday at 7 a.m. in the press box of Cope Stadium, the FCA hosts a Bible group session with a theme or activity for the week, along with free breakfast and a guest speaker. Various speakers within the community have shared experiences and testimonials with those in attendance.

Russ Martin, quarterbacks coach and offensive coordinator for the football team, is one individual who has gotten the opportunity to speak to the FCA. He feels that it is important to share personal experiences of what the Lord has done for him in his life, and how much He has meant to him in through all his experiences.

"It is too easy to get lost in the ways of the world, and by going to FCA I continue to grow both spiritually and physically which keep me grounded," Martin said.

Coach Martin also feels that he was called into coaching to spread the word of Christianity through programs like FCA to help others.

"I enjoy any opportunity to

share my testimony and to help others and explain how the Lord has changed lives," Martin said.

Pat Ackerman, a junior business administration major from Holdrege, attends the FCA Bible groups regularly and feels that fellowship is important, and he believes sports and religion go hand in hand.

"FCA is a place where athletes can come together and glorify who they are playing for, the Lord," Ackerman said. "The good book says to glorify Him through all things, and sports fall into that as well. Not many people can say that they play for God."

FCA is an organization created for student athletes on campus, but anyone from the UNK student body can attend.

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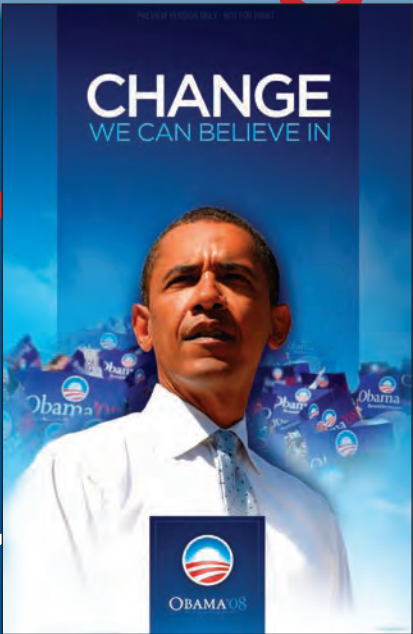


Photo courtesy of [www.inobamawetrust.com](http://www.inobamawetrust.com)



Photo by Josh Moody  
Students watched as major news networks such as CNN, MSNBC and Fox News called the election. Coverage for the event lasted from 7 p.m. to 11 p.m. At 11:01 p.m. CNN called the election, declaring Barack Obama to be President elect.

# THE NATION HAS SPOKEN FOR CHANGE



Photo by Josh Moody  
The smiles on their faces say it all. Freshman Monica Arroyo and Gabby Quezad, both from Schuyler and both Obama supporters, express their satisfaction with the result. Arroyo, a psychobiology major, supported Obama based on education and healthcare. Quezad, a business administration major, supported Obama due to his stances on education, healthcare and the occupation of Iraq.

## Music, an international language



Photo by Koji Kuwahara  
Kei Tachibana practices for his last big project, his senior recital Dec. 8 at The Roman. While at UNK, the senior majoring in tourism from Saitama, Japan, has organized over 20 music events in Kearney. His music is based on instrumental. This photo is taken at Tachibana's house.

立花圭さんは12月8日に行われる彼にとって最後のイベントとなる、シニアコンサートに向けて練習に励んでいる。立花さんは観光学を専攻する四年生で日本の埼玉出身である。彼はカーニーで過去に20にも及ぶ音楽イベントに携わってきた。彼の音楽はインストルメンタルがメインである。



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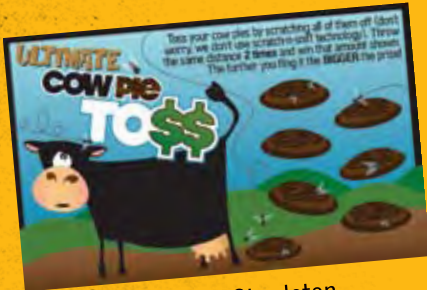
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Monica Mercer — Benkelman



Scott Hynek, Jr — Bellevue



[nelottery.com](http://nelottery.com)



# New fantasy books feature wise kids, dense adults

BY KEVIN L. NENSTIEL  
Guest Writer

Am I the only one who’s noticed in recent young adult fantasy that adults are notoriously thick? Or that youth characters have insight enough to make Mom and Dad green with envy? That seems to be a major theme lately, especially in contemporary urban fantasy. Films like “Monster House” and books like Stephen King’s “Lisey’s Story” seem populated with grown-ups who live with blinders on, allowing children a glimpse at a world of wonder that people my age only wish to recover.

This wasn’t always the case. Hansel and Gretel were remarkably self-reliant, but they used that resilience to get home to Dad and dispense with their stepmother. Antique fairy tales were full of youth at the mercy of adults.

More recently, C.S. Lewis’ kids in Narnia were alone, but they were rediscovering a world adults already knew about. Despite the movies, Tolkein’s Frodo had to move beyond youth before he could undertake his

quest. Even Harry Potter, orphaned and alone, needed adults around him to come to fruition as a wizard.

Not so in current YA (Young Adult) fantasy. Adults, parents in particular, are in the way of insightful kids who have skills not only to solve their own problems, but to save their elders from themselves.

Take the latest from British writer Michael Marshall Smith, “The Servants” (Eos Books, 224 pages, \$14.95). Eleven-year-old Mark’s mother has remarried and moved the family from London to the resort town of Brighton. Mark feels isolated in his huge historic house and strange town and can’t understand why his mother refuses to leave the house, as she becomes more and more dependent on her controlling second husband.

Though the principal character in “The Servants” is a pre-teen, this isn’t a kids’ book. Beyond Mark’s salty language and sullen attitude, this book takes in themes of mortality as Mark realizes how ill his mother has become. As a product of England, a land with one of the world’s

highest divorce rates, this novel also addresses themes of what makes a family and what breaks one.

It’s also a coming-of-age story; cinematic in scope but human in detail. As Mark realizes his mother won’t live forever, he grasps how limited a figure he is too. But when he discovers the haunted Edwardian servants’ quarters at the back of a basement apartment, spirits from an era of bygone elegance give Mark a chance to assume adult responsibility and ease his mother’s suffering.

“The Servants” could be accused of giving youth a false sense of hope in the face of death. But more important, it gives youth a true sense of wonder as the adults who control them just seem to give up. Rather than false hope, this book reminds readers that hope is what we make it.

Readers could find the same in David Michael Slater’s “The Book of Nonsense” (CBAY Books, 256 pages, \$17.95). The start of Slater’s “Sacred Books” series begins on the eve of twins Daphna and Dexter Wax’s thir-

teenth birthday and concludes on the big day itself as they race an ancient wizard who captures their widowed father, then trains his eyes on a powerful grimoire that could reshape the earth with a word.

With a lickety-split pace sure to draw in readers of all ages, the Wax twins ricochet through a “Da Vinci Code”-like labyrinth of secrets and deception turning on a codex as old as humankind. As they learn more about their late mother, their friends, and most of the grown-ups in their lives, they also discover enigmas about each other. In the truest way they are on their own in the world, as it turns out that almost no one is who they proclaim themselves to be.

The story turns on the only surviving remnant of humanity’s primordial language. Science fiction author Neal Stephenson took on these same themes in his novel “Snow Crash,” but this fantastic approach is more family-friendly, with realistic sibling squabbles and a dry wit sure to appeal to older readers as much as kids.

For older readers fond of

sinister themes, goth prodigy Amelia Atwater-Rhodes’ “Persistence of Memory” (Delacorte Press, 224 pages, \$15.99) is due out in early December. Aiming for the same audience who formed marathon lines for the release of Stephanie Meyers’ “Breaking Dawn,” Atwater-Rhodes uses similar vampire chic with a slight twist to create fantasy far darker than anything Marshall Smith or Slater would dare touch.

Sixteen-year-old Erin Misrahe no longer has to live in dread of psychotic breaks. This is a relief to her, since it means she’s been allowed out of the institution for two years, and now she’s getting mainstreamed back into normal school like a regular teenager.

More important, normal life means she no longer gets visits from her angry, violent alter ego, Shevaun, which means she’s no longer a threat to her father or her friends. Which is great, until a fellow alumnus of the institution, an older boy named Sassy, returns to her life.

Dripping with charm, Sassy seems to Erin like a chance to

complete the normal life she longs for. But Sassy has another reason to want into Erin’s personal space. He now realizes that he is something other than normal, but more important, he’s learned that Shevaun is a very real vampire who has discovered Erin’s existence and wants to sever the link binding them together.

“Persistence of Memory” is likely to appeal to young readers for the same reason they enjoy films like “X-Men” and novels like “Ender’s Game,” because it demonstrates that the alienation all youth go through is not only normal, it marks them out for something greater. It also deals with themes of sexuality and death which our other two books, with their far younger protagonists, can only dance around.

These are just a sampling of the fantasy books hitting the stands this season in which adults stand in the way of their more insightful kids. Next week we’ll look at some more, and see if we can figure out what this trend means for readers as old and calcified as your eager reviewer.

# Intro to Nutrition class educates students on common health issues

BY MEGAN WENZ  
Antelope Staff

In the past five to ten years, health has been at the front of much discussion, from the presidential race to a late night infomercial. We are constantly bombarded with information regarding health. The media tells of new remedies and easy, carefree ways to lose weight and feel better. To weed out all the incorrect information that is constantly thrown at you can be tough. However, there is one UNK course that can help: nutrition.

Healthy eating habits as well as the scientific basis of nutrition are learned in the nutrition class taught by Peg Johnston, lecturer in the Family Studies and Interior Design department.

“I have often thought, ‘If I had just one message that I could give to the American public in regard to nutrition, what would it be?’” Johnston said.

With that thought Johnston developed an assignment for her introduction to nutrition course where the students would try and educate fellow students about the risks to their health.

The classes were asked to write a public service announcement that could potentially be broadcast to tell the negative ef-

fects or benefits of different health issues. The class was able to choose from five different variations of the assignment that would reach different mediums.

Michael Blunck, a student in Johnston’s nutrition class, chose to create an editorial advertisement.

“I chose ‘The Importance of Eating Breakfast’ because a majority of college students don’t eat breakfast. Also, most students don’t know the risks or benefits of eating breakfast,”

*Editorial Ad by Tiffany Brandt*  
**ABOVE:** Tiffany Brandt’s editorial ad addresses eating disorders and the importance of getting help.

*Editorial Ad by Michael Blunck*  
**BELOW:** Michael Blunck’s editorial ad addresses the importance of eating breakfast.

*Editorial Ad by Scott Klaussen*  
**RIGHT:** Scott Klaussen’s editorial ad uses humor to address the importance of fiber in a diet.




Blunck said. The students’ participation in the assignment was required; however, many students went above and beyond the required assignment and made interesting editorial ads. The students’ ads varied in health issues from anorexia to eating more fiber. Each student’s ad features a different health issue they chose and all are created from the minds of the individual.

“I chose fiber for a topic because it has been of interest in my personal diet,” Scott Klaussen, one of Johnston’s students said.

As students may feel they are not at risk for certain health problems the facts stand that many health problems can stem from unhealthy young eating habits. A habit that seems so easy can really help many problems later in life.

Although that morning run never seems like a good idea in the bitter cold, it could save you from many health risks in the future. Learning good nutrition and health facts now will provide great benefits in your lifetime. To learn those practices, take Peg Johnston’s nutrition class and live a healthy life.


Dam, I should have gotten more fiber . . .



Ah beavers, nature's architects. We all know that beavers use fiber (wood) to build there dams for shelter and to control water flow to their benefit. But did you know that getting the proper amounts of fiber in your diet helps keep your internal plumbing flowing smoothly? Dietary fiber found in certain fruits, vegetables, and grains are an important part of proper gastrointestinal health. Proper fiber intake can reduce risk of diabetes, prevent certain types of cancer, and help maintain healthy weights by making you feel more full with less food. Some studies show that the average American consumes less than 50% of the recommended dietary fiber per day, with some getting as little 20%. The easiest way to improve your daily fiber intake is to choose breads, pastas, and cereals made with whole grains.

Look at it this way:  
When was the last time you met a beaver with colon cancer?

**The Importance Of Eating Breakfast**



**Benefits of eating breakfast:**

- Helps control your weight
- Helps concentration and productivity throughout the morning
- Tend to consume more vitamins and minerals
- Tend to have lower cholesterol
- Reduced risk of heart disease

**Risks of not eating/eating unhealthy breakfasts:**

- May lead to obesity
- Risk of tooth decay
- Higher risk of having high blood pressure and high cholesterol

**Healthy foods to eat for breakfast:**

- Fresh fruits and vegetables
- Whole grains
  - (Ex) Bagels, whole-grain cereals, and low-fat bran muffins
- Dairy
  - (Ex) Skim milk and low-fat yogurt
- Protein
  - (Ex) Hard-boiled eggs, peanut butter, and lean slices of meat, poultry, or fish





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# Illegal downloads costly for students - fines up to \$750/song could be issued

BY ERIK DODGE  
Guest Writer

A great number of UNK students living on campus are downloading copyrighted music illegally and could face thousands of dollars in fines.

“I think the majority of students living on campus are involved in peer to peer file sharing,” said Debbie Schroeder, the assistant vice chancellor of information technology services. This semester alone eight students have received infringement notices compared to one last semester, Schroeder said.

Notices are sent to the university by the Recording Industry Association of America, or RIAA. Students are informed of the notices by the university. The RIAA also sends early settlement letters when they intend to file a lawsuit. The recipient of an early settlement letter can settle out of court for between \$3,000 and \$5,000 or fight the charges which carry a minimum penalty of \$750 per copyrighted recording.

According to the UNK Web site, illegal file sharing is defined as using programs such as Limewire and BitTorrent to share or acquire copyrighted music, movies, games and other software without the permission of the copyright holder.

Students on campus expressed the attitude that there’s no reason to pay for music when they can just download it for free, according to Schroeder.

Education is the first step to prevent illegal sharing of copyrighted materials. UNK freshman and their parents receive information about illegal downloads during freshmen advising and enrollment. Students continue to receive information in their residence halls after classes have started, Schroeder said.

The university also uses several methods to control the network. One method is bandwidth shaping, which is used to prevent illegal downloading of copyrighted materials. Bandwidth is the amount of data that can be carried from one point to another in a given period of time. Shaping bandwidth to prevent illegal downloading is carried out by only allotting certain amounts of bandwidth to specific programs. UNK uses bandwidth shaping to cap the amount of peer to peer sharing that can happen at any given time, Schroeder said.

The UNK server also uses a network access controller that checks users’ computers for common peer to peer programs. Peer to peer programs allow users to share files by searching the directories of all users and downloading files from these directories. If the network access controller detects any peer to peer programs a warning screen is issued on that computer every 12 hours telling the user to remove the program. The network access controller is the device used to block a user’s network access if UNK receives an infringement notice from the RIAA.

According to the RIAA Web site, the association’s purpose is to help the music business thrive. One way the RIAA achieves this is by protecting intellectual property rights. The RIAA is the organization that finds and prosecutes people who illegally download music. University students are often targeted by the RIAA because “the piracy habits of college students remain especially and disproportionately problematic.”

Junior Bill Hayward experienced the infringement notice process. During his freshman year, Hayward was downloading the “top 500 rock-n-roll songs of all time” when his internet was shut down.

“A warning came up telling me I needed to go see Debbie Schroeder,” Hayward said.

Schroeder listed 17 songs Hayward had downloaded and told him to delete the files and remove his peer to peer program. Hayward complied and his Internet access was restored.

After this experience, “I didn’t download music for the rest of the time I lived on campus,” Hayward said.

Although both Schroeder and Hayward don’t believe a campus wide sweep is likely, the University of Nebraska at Lincoln had 61 students receive early settlements letters last year according to the MSNBC Web site. This semester eight UNK students have received infringement notices while only two were received last year.

“I wouldn’t recommend illegal downloading to anyone. At any moment the RIAA could say enough is enough and start filing lawsuits,” Hayward said.



# Standing out in the orchestra

BY LYNDSEY LUXFORD  
Guest Writer

Sydney Broyles decided to take up the cello in the fourth grade to be different. Nine years later and she is the only cello performance major at the UNK and enjoys one on one practice time with her professors.

However, she said, “I gain the most learning experience by

just playing by myself. It’s like ‘Okay, Buddy, it’s you and me, what should we do today?’”

Broyles has always excelled musically. Her senior year at Millard South High School, she was Orchestra president, and won the Orchestra Leadership Award and Honor Orchestra.

This past summer she gained valuable technique experience by working with Mark Matischka, of the Omaha

Symphony Conservatory. Along with the cello, Broyles has played the trombone for six years, and is now beginning to play the piano. Her family and friends have encouraged her to pursue her love for the cello. “They think it is awesome that I play; it’s not very often you hear of someone pursuing a career in cello performance,” Broyles said.



Photos by Lyndsey Luxford  
**LEFT:** The outdoors is one of Broyles favorite places. She played at the semi-annual Coffee House festival a couple weeks ago.  
**ABOVE:** Broyles practices her cello in one of the practice rooms in the Fine Arts building. During her busy schedule, she still comes in and perfects her cello skills.

## Lessons in economic history

BY MEGAN WENZ  
Antelope Staff

Even though the election is over, the issues related to the economy are not. As efforts to save America’s economy are enacted, the question that may need to be addressed is: can we learn something from the past? The Panic of the 1890s: A Frank Lesson for Today tried to do just that.

“The Franks helped usher in Kearney’s boom period in the 1880s only to lose everything in the panic of the 1890s,” KrisAnn Sullivan, director of the Frank House Museum and organizer of the event said.

The event was a panel discussion regarding correlations between the two decades in reference to the economic struggles among other points. The panelists for the event included Lori Sizer, Matt Morehouse, Mary Rittenhouse and Kami Lammers. Each was chosen to mediate the discussion relating to topics from the history of Kearney and a political and social view of the two decades and the economy related to the decades.

The event focused on the economy of today and the economy of the 1890s. In the 1880s, George William Frank built the Frank house to accommodate his family. He had a budget of approximately \$35,000 and the house became the first house west of the Mississippi to be wired for electricity during construction. When the depression of the 1890s struck the United States, the Franks lost their house and it has been turned into a museum to give us a little piece of Kearney history.

The event was open to all of the Kearney community and was the last event for Smart Money Week hosted by the Smart Money Week Advisory Council.

“Given the current economic conditions, what better place to discuss smart money lessons from the past than in the Frank House museum,” Sullivan said.



Photo by A Sanam Bhaila  
Mary Rittenhouse spoke at “The Panic of the 1890s: A Frank Lesson for Today” as part of Smart-Money Week. In her speech, she spoke about “conspicuous consumption” patterns of economic times of the 1890s.

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