

the

Antelope

University of Nebraska at Kearney

Run With It

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High 36

Low 13




SATURDAY

Snow Showers

High 34

Low 20



SUNDAY

Snow Showers

High 36

Low 7



Big City Burrito is big on tastiness

The new restaurant adds a different flavor to the Kearney food chain

Derry Stover  
Antelope Staff Writer

For students, good food is an essential part of the college life. Studying for hours at a time and sitting in class all day can trigger quite the appetite for a tasty meal. What a better way to cure this hunger than with a burrito, right? Now students have the options to order their very own award-winning burrito at Kearney’s newest restaurant Big City Burrito.

Located on the corner of 2nd Ave and 28th St, Big City Burrito offers a variety of California “Bay Area” style burritos. Customers can customize their stuffed burritos numerous ways by choosing the kind of tortilla, fillings, and salsa.

Originally starting in Fort Collins, Colo., Big City Burrito has won Colorado State University’s best burrito category for the last five years. Sports Illustrated has also listed eating at the store one of the top things to do. The store is known for its potato burrito, super burrito, and a large burrito called the Gut Buster.

According to owner Jim Muthart, the burritos originated in San Francisco.

“The recipes for our burritos are the same original recipes that have been used for 35 years,” Muthart said.

In Kearney, where there is nearly a restaurant on every corner, the competition is fierce. So does Big City Burrito have what it takes to attract the eyes and please the stomachs of hungry students? My curious mind sought to find the answer

to this question and share the experience with The Antelope readers.

On a Monday afternoon, tired, hungry and still recovering from the weekend, I grabbed a friend and headed to Big City Burrito. We arrived at about 11:15 a.m. and thankfully the line was small. After examining the menu for a good couple of minutes, I decided what I would order for my meal critique.

Ordering here felt more like I was customizing a new computer than lunch. I ordered a regular burrito, with a tomato chili tortilla, black beans and rice, chicken mole for the fillings, corn salsa and no sour cream or guacamole.

As they wrapped up all my choices in a steamed tortilla, I couldn’t help notice what was occurring in the background. It was an open kitchen, meaning they cooked the ingredients not behind closed doors, but in plain view.

I saw one employee delicately trimming the fat off of a large cut of raw beef, and another was stirring a big vat of simmering meat. Another was stir-frying a colorful mixture of fresh vegetables. I was amazed. It appeared that, unlike many other eateries, they were using fresh ingredients that weren’t pre-prepared for them. After asking the owner, I found out that I was right.

“We use fresh ingredients, and everything is prepared in the store besides the tortillas,” Muthart said.

With a medium drink, my meal was about \$6.50. Not too bad, but this meal was going to have to be good.

After my friend ordered a



Photo by Derry Stover  
Big City Burrito, Kearney’s newest restaurant, is located at 2715 2nd Avenue. Customers can customize their burritos as they watch their meals being freshly prepared in the store.

regular veggie burrito, and we were off to the sauce counter. What’s the sauce counter you ask? Much to my surprise, they carry about 60 different sauces all lined up on a counter to spice up your burritos. I noticed sauces ranging from odd flavors like kiwi chili sauce and pineapple hot sauce, to good old-fashioned habanero sauce.

After I chose a roasted red pepper and garlic sauce, it was time to find a table. At that time, which was about 11:30, the store was getting pretty busy. The room is limited at the store, and that unfortunately meant eating there was going to be a little crowded and uncomfortable.

Despite this, we sat down to

test the stuffed burritos that lay on our plates. I took my first bite and the flavor hit my mouth. There was only one word I could think of: delicious. The beans, rice, chicken, salsa and hot sauce were like an orchestra of savory goodness. I was impressed and pleased.

The burrito, stuffed to maximum capacity, was surprising easy to eat. Each hearty bite delivered a spicy and smoky experience that was satisfying till the last bite. Way better than any San Jaun bean and cheese frozen burrito that I make at home.

On the downside, my friend noticed the burritos contained a little too much rice and not

enough filling. Also, the burrito’s cheese content was on the skimpy side.

Still, my tasty burrito left me stuffed, satisfied, and with the urge to soon return. Pros: burritos are hearty and filling, customizable, fresh ingredients are used, and they’re tasty. Cons: limited space in restaurant, not enough cheese, and the pricing menu is a little confusing. Also, they are closed on Sundays.

At Big City Burrito, the positives definitely outweigh the negatives. I give Kearney’s newest restaurant an A in my book, and I know I’ll be back again.

Students read from the heart

First year program takes a break from text books to read children's books

Siobhan Duffy  
Guest Writer

The days leading up to Thanksgiving Break are filled with research papers and tests. Students are busy studying and getting ready for finals. It is a time of year when it is easy to become stressed out with life.

Sometimes people can become focused on their own lives and problems that they forget how lucky they really are. It is important, especially during the holiday season, to remember to give back to the community that gives so much to students at the University of Nebraska at Kearney.

Jake Jacobsen teaches a First Year Experience speech class. She gives all of her classes the opportunity to earn extra credit in various ways, including service projects. Her First Year class, however, gets to give back to the community in an extra special way.

Every year, Jacobsen sends her freshman speech class over to Central Elementary to read to students. She says, “I started doing this ten years ago at Meadowlark Elementary and all of my students participated. It was just too many—it was overwhelming. But it fit perfectly into the First Year Program because it is giving back to the



Photo by Siobhan Duffy  
Megan Gottsch of Chambers, Neb. and Aubrey Jones of Gibbon read a book to Marti, a second-grader at Central Elementary. The class has participated in other community activities this semester.

community, which is something the First Year Experience classes emphasize.”

Jacobsen feels it is important for students to remember that they are a part of a larger community, and this is a good way to do it. Not to mention, it makes a good change of pace from the usual classroom schedule.

On Wednesday, Nov. 14, instead of giving speeches, the 23 students in Jacobsen’s First Year class went to Central Elementary. This year they read books to a second-grade class.

Nate Summerfield, a

freshman business major from Overton, said, “It’s fun to see the kids’ faces light up. It’s nice to have a break from class, too.

The Antelope Bookstore donated shirts to every student in Jacobsen’s class that was going to read at Central Elementary so that the students would all look uniform.

Jacobsen said teachers at Central Elementary were impressed with the way the UNK students handled themselves. She said, “The teachers were impressed with the UNK students because they all wore their matching shirts and they



Photo by Siobhan Duffy  
The First Year students took a moment to commemorate the time they spent at Central Elementary. The group read to students in second grade.

introduced themselves to the children.

“They sat on the floor with the children and were very comfortable being at the children’s level. The kids were just delighted,” Jacobsen said.

Jalisa Bauer, a freshman music education major from Overton, said, “I want to be a teacher, so this was good practice

for me.”

Jacobsen said she likes having her students do service learning projects, because it reminds them that they are a part of a larger community. In the past, her class has performed services for Habitat for Humanity and has donated books to schools in New Orleans.



Layout by Janee Mlinar

# Another One Bites The Dust in Nebraska Senate Race

## Nebraska voters currently have three candidates on ballot for Senate seat

Elizabeth Weaver  
Antelope Staff

“Another One Bites the Dust” could easily be the theme song for the Neb. Senate race. While Election Day is almost a year away, the race to see who will win the Senate seat that is being vacated by Senator Chuck Hagel has already begun. So far the focus of the Senate race has been on who is not running for Senate in Neb. rather than who is running.

Nebraska voters currently have three candidates to choose between on the ballot. The candidates that have declared they are running for the vacant Senate seat include Governor

Mike Johanns, Pat Flynn, and Steve Larrick. Johanns and Flynn will face off in the Republican primary in May and Steve Larrick will be a candidate for the Green Party. The Nebraska Democratic Party does not have any declared candidates in the race.

The field for the Senate race has seen many changes the past few months. Attorney General Jon Bruning was the first candidate to enter the race. Bruning announced in June that he would run against Senator Hagel in the Republican primary. After Senator Chuck Hagel announced he would not be seeking re-election the Republican primary quickly started to take shape. Pat Flynn, a businessman from Schuyler, and former Congressman Hal

Daub declared their candidacy for the vacant Senate seat, joining Bruning on the Republican ticket. Former Governor Mike Johanns decided to leave his post as Secretary of Agriculture in late September to enter the Nebraska Senate race as a candidate for the Republican Party.

Shortly after Johanns entered the race Congressman Hal Daub announced that he was dropping out of the Senate race and would support Johanns in the Republican primary. Attorney General Jon Bruning announced on Nov. 20 that he was withdrawing from the Senate race as well. Bruning said that he left the race because he felt that it was not the right time for him to run and he did not want to run against Johanns and divide



Photo of Nebraska Governor Mike Johanns courtesy of the Oklahoma Conservation Commission.

the party. The Republican Party now has two candidates, Johanns and Flynn, on the ballot for the May primary.





































While the Democratic Party does not have any declared candidates it cannot be attributed to a lack of effort. Early on the Democrats were looking to former Senator Bob Kerrey to run for the seat. After months of anticipation Kerrey announced in October that he would not return to Neb. to run for his former Senate seat. After Kerrey's announcement Democrats looked to Omaha Mayor Mike Fahey to fill the void. Fahey announced on Nov. 13 that he would not enter the Senate race citing that he felt there were still important issues he needed to address as Mayor of Omaha.

The Nebraska Democratic Party has now shifted their focus to Scott Kleeb, the 2006 3rd District congressional candidate. The Democratic Party is still waiting on a candidate and some Nebraskans are working hard to show their support for potential candidates. Mike Nellis, a student at UNO, has started the draft Kleeb movement. Nellis said that he feels Kleeb would be a great candidate because “he can bring the kind of independent leadership we need to Washington.”

The race for the vacant Senate seat can only be expected to get more exciting as Election Day gets closer, let's just hope we do not have too many candidates “bite the dust.”



Infographic by Tracy Stuart  
Guest Writer

	Democratic Candidates		Republican Candidates	
				
	Clinton	Obama	Giuliani	Thompson
Abortion				
Death Penalty				
Embryonic Stem Cells				
Phased Withdrawal from Iraq				
Minimum Wage Increase				
Same Sex Marriage				
Universal Healthcare				
Homeland Security: Torture				
• Political issues, as well as a candidate's stance, are often complex. To learn about a candidate's direct opinion, please visit his or her official Web site.				
••Leading two candidates from major parties are represented	<a href="http://www.hillaryclinton.com">www.hillaryclinton.com</a>	<a href="http://www.barackobama.com">www.barackobama.com</a>	<a href="http://www.joinrudy2008.com">www.joinrudy2008.com</a>	<a href="http://www.fred08.com">www.fred08.com</a>

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You Weigh In!

WHAT ISSUES ARE IMPORTANT TO YOU DURING THE 2008 POLITICAL SEASON?	DO YOU THINK THE PRESIDENTIAL CANDIDATES ARE ADDRESSING THE IMPORTANT ISSUES?
<p>Nathan Daniels Sophomore Lyons, Colo.</p> <p>“The issues that are important to me are the war in Iraq, Social Security and gun control.”</p>	<p>“So far, I think the candidates are kind of avoiding the issues because it's kind of political suicide.”</p>
<p>Charles Clark Freshman Wood River, Neb.</p> <p>“All of them. Where our money is going instead of spending it here at the school, so we wouldn't have to pay so much to go to college in the first place. We're sending our money over to a war that has absolutely nothing to do with us.”</p>	<p>“No, not even close, not by a long shot. Personally I think they need to take off the gloves and start speaking out like they need to be.”</p>
<p>Abby Gewecke Junior Grand Island, Neb.</p> <p>“The issues that are important to me are probably education, environment, to some extent the economy—but not really.”</p>	<p>“I honestly don't really know what the candidates are doing or what they are supporting right now ... I'll look more into it when it comes to election time.”</p>
<p>Justine Agalos Sophomore Clifton, N.J.</p> <p>“I believe that one issue that we should be addressing is the war. I believe we should end the war but not during a fast period of time, but slowly so that we can get things together.”</p>	<p>“I hope the candidates will be addressing these types of issues because they're really important because they affect our economy and us as a whole. We should benefit ourselves—not other people—right now.”</p>



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Presidential election chart and student opinion created before Mike Huckabee (R) pulled into the top two in Iowa. Reporting and design of infographics by Tracy Stuart.





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# Top ten songs ↓ downloaded at UNK

- 1.** "Bubbly"  
Colbie Caillat  
Coco
- 2.** "Apologize"  
Timbaland  
Shock Value
- 3.** "Stronger"  
Kanye West  
Graduation
- 4.** "Kiss Kiss"  
Chris Brown  
Exclusive
- 5.** "Crank That"  
Soulja Boy  
soljaboytellem.com
- 6.** "The Way I Are"  
Timbaland  
Shock Value
- 7.** "Good Life"  
Kanye West  
Graduation
- 8.** "Gimme More"  
Britney Spears  
Blackout
- 9.** "The Great Escape"  
Boys Like Girls  
Boys Like Girls
- 10.** "What I've Done"  
Linkin Park  
Minutes To Midnight
- 
- Courtesy www.ruckus.com

# Future teachers learn about misconduct

Educational seminar to aid future teachers on how to understand behavioral problems

**Benjamin Webb**  
Antelope Staff Writer

Dr. Gerald Amada, Director of the Mental Health Program at City College of San Francisco, will present a DVD seminar titled "Coping with Misconduct in the College Classroom" on Dec. 5 from 3-4:30 p.m. It is to be held in NSU Room 312 and it will cover a variety of topics relating to how future generations of educators ought to engage disruptive students in the college setting.

Hosted by the Center for Teaching Excellence, the seminar

will touch upon delicate issues such as how to recognize when and when not to refer students for counseling services, how to document cases of student disruptiveness and how to respond to potentially dangerous cases of disruptiveness. In a field that is closely watched and tightly regulated by law, the importance of knowing how to spot misconduct and how to handle the situation is of the utmost importance for UNK education students.

Dr. Gerald Amada was one of the founders and a director of the Mental Health Program, City College of San Francisco

and is now retired after a thirty-year career at that college. He also has recently retired from a forty-year career as a private psychotherapist. He has published eight books and over eighty articles and book reviews on the subjects of mental health, psychotherapy, and disruptive student issues.

April Becker, graduate assistant, helped to supply information for this event. For more details, contact Jeanne Butler, Director of the Center for Teaching Excellence at (308) 865-8006 or visit their website at <http://www.unk.edu/acad/cte/>.

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# SAM club offers fun and help for future

**Nathan Osterloh**  
Antelope Staff Writer

for getting resources to finding a job for the future. It also helps me get more involved with the athletics going on around the UNK campus."

Once students decide on a major, the next step is to get involved. The sports administration majors on campus can get involved by joining the Sports Administration Majors Club. The club allows students to meet people with the same interests, major, and questions about their future.

The club is involved in volunteer projects and many other opportunities to be involved to build that resume. Whether it's helping out at the First Tier Event Center after the Storm games, or it's raising money for the conference in Texas coming up in April, this club will help you get involved.

In mid April the club will be going to Dallas/Fort Worth, Texas to AAHPERD, American Alliance for Health, Physical Education, Recreation and Dance. The conference involves several major athletic organizations. These conferences offer a way for students to meet and network with several professionals in their area of study that can help them out following graduation. In addition to the conference, students plan to visit either the new \$1 billion Dallas Cowboys stadium, or to visit an early season Texas Rangers baseball game.

Scott Levy, a senior sports administration major said, "I think this club will help a lot

**“**

**I think this club will help a lot for getting resources to finding a job for the future.**

**”**

**Scott Levy**  
Sports Administration Senior

For a fee of \$5, you can have the access that your fellow students do. This fee can be paid to Dr. Unruh, the HPERLS department chair, and with this money you will have access to web sites that enable you to search for that job in that area of the country that you would most like to live someday.

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# Criminal Justice Department

## serving the future

**Mark Hayden**  
Antelope Staff

The well-being of society is intruded on with crime on a variety of different levels, and UNK students are going to be doing their part to prevent it. The crime-fighting tactics and techniques are all taught here and prepare all students for their career in the field of criminal justice.

Interim program director Kurt D. Siedschlaw, M.S. is a professor has been a criminal justice professor at UNK since 1989. He takes great pride in how the program is presenting their students with methods that they are going to take with them into their specific field.

There are many opportunities in the field and it is up to the students to choose what they want to be. Whether you want to be a social worker, police officer or a paralegal, they have the experience to teach students so that they are not a lost sheep when they get into the job world.

Major requirements vary amongst what is offered, but each major has the classes needed to fulfill all your knowledge needed. With each major chosen, the students are required to take at least one minor in correlation with their chosen area of study.

A comprehensive major is an option if a student is interested in learning a compilation of criminal justice related courses. These classes would be meshed into one and would form your major.

“We have a comprehensive major which allows the student to concentrate more on the social sciences, so you take a few criminal justice courses and a number of political science, psychology, social work and sociology courses,” Siedschlaw said.

The ever-changing world of technology has had its effects on the criminal justice field. Hunting down criminals with DNA matching and fingerprints are just a couple products of the evolving field.

“We are just in the process of adding curriculum, such as a technology course,” Siedschlaw said.

The technology course is based on a variety of criminal factors that are being created through the use of computers.

The professors are not just teaching the students the skills that are needed, but they also encouraging them to learn everything they can outside the classroom. When it comes to research projects and internships, there are many ways to get your feet wet before you get out into the real world of crime.

“All or some of the faculty have been mentors for undergraduate research. I usually have 2-3 students a year that I will supervise as independent research projects in a variety of areas as well as Dr. Wiersma, Dr. Gilbert and Dr. Campbell,” Siedschlaw said.

There are a variety of subjects that can be researched in the criminal justice field. A student who feels like they have found an interesting topic that they would like to look further into and do a project on, will be paired up with the appropriate professor who is linked to the specific area of study.

Any student that is hoping for a career in law enforcement can expect a well-balanced learning experience. Students will be taught via a forensics lab in Founders Hall. It is readily available and those who can expect to be throwing criminals in jail as a police officer through the use of finger print identification and other forensics tools.

Undergraduates can also gain contacts in the field and begin networking through the ever-popular, criminal justice club which is headed by Julie Campell. She has been at UNK for about a year and has been in charge of the club since the beginning of this semester.

“We have 35 members right now. This past semester Kearney Police Department was here and they gave a pressure point workshop and showed them how to subdue suspects safely. They

also spoke with them a little bit about law enforcement.”

The club also helped organize and participated in the department’s annual criminal justice conference. It was held on Oct. 16th in the student union. There was a large turnout of about 600 students, including 200 high school students from around the state. Guest speaker, John Douglas, was on hand to speak on behalf of his experience. He was the first death row inmate to be released due to DNA testing.

The club is a great opportunity for students to gain access to the people in the area that can help them succeed in the field.

Joanne Englert has been a member of the club for two years and has gained much experience in the field with the help of the club.

“It’s nice to see people that were in the club that have gotten jobs, because sometimes they will come back or you will hear about them and how well they are doing. It’s a positive feeling to know that something working for has its rewards eventually,” Englert said.

Many campuses around the country could be accused of not giving students the attention that they need, but UNK is not one of them in the eyes of Siedschlaw. He believes that this campus has what it takes to give students the education that they need and deserve.

“This program and campus is the right size. They do not have undergraduates teaching, it’s professors teaching the courses. I’ve had former students come back who have been practicing attorneys, police officers, and probation officers,” Siedschlaw said.

The experienced and supportive staff of the criminal justice department offers their time and efforts to encourage students to gain a better understanding in their field. With that support, there will be positive outcomes for criminal justice students and will stick with them in their future endeavors in their chosen fields.



**Photos by Mark Hayden**  
**Top:** Casts of shoe prints and tire treads are taken at a crime scene to help determine who might have been there.  
**Middle:** Interim director, Kurt D. Siedschlaw, M.S. is a professor has been a criminal justice professor at UNK since 1989.  
**Right:** Miss Crime Scene Do Not Cross dazzles the judges with her safety glasses and stethoscope.  
**Bottom:** Skulls and microscopes are used in the forensics lab located in Founders Hall to teach students interested in a career in law enforcement. There are a number of options when going into the law enforcement field, such as attorney, police officer or probation officer.

## Alpha Phi Sorority volunteers in community

**Klarissa Bellamy**  
Antelope Staff

The Christmas Season is a time for people to focus on how they can give to someone else. Some give in the form of gifts, others in commodity items. For Alpha Phi sorority it is an opportunity to volunteer their time.

AshLea Millsap, the community service director for Alpha Phi is happy to give her time to the community. “Volunteering this semester has really got our name out into the community,” said Millsap. “I think this makes us realize that a simple act of kindness can really brighten another person’s day. The girls in the house really want to help, and have made every effort to at least be involved in one event or the other. Helping people has become a huge part of our sorority.”

Alpha Phi has been involved in many events on campus and in the community. For the holiday season, Alpha Phi is teaming up with Good

Samaritan Hospital. “This semester we started making uplifting decorations for the patients in the Transitional Care unit. Things such as wall decorations that say happy Halloween, Thanksgiving, etc.,” said Millsap. “We did about 200 of these three separate times. This was the first connection with Good Samaritan that Alpha Phi has ever had. We will also be caroling through the halls of Good Samaritan in December.”

Volunteering has many benefits for both the recipients and volunteers. “Volunteering benefits in many areas. Our community offers so much to us, it is nice to be able to give back to what we receive from the Kearney area,” said Millsap. “It is also a great marketing tool as well as a resume builder.”

Although there are many benefits for volunteering, it can be challenging at times.

“The challenge of service comes with time. Making sure everyone can meet and participate can be hard,” said Millsap. “It takes man power and time to get these projects done. This often times means

meeting a few times a week to get our projects finished.”

Even with the challenges of volunteering, Millsap encourages everyone to give it a try.

“It is easy to get involved. Although sometimes it may seem like there is not anything to do, there are so many ways throughout our campus to get involved in community service,” said Millsap. “Being involved in a campus organization is an easy way to get started. Organizations are all about getting their names out and that simply starts with service.”

“Alpha Phi is just a starting point for continual community service throughout the duration of the member’s lives,” said Millsap. “I believe that these women will continue to be involved with service after their experience in Alpha Phi. Service is something that there will always be a demand for.”

For ways to get involved in volunteering or Alpha Phi sorority, contact AshLea Millsap at millsapab@unk.edu.

**Vicki Althage**  
Antelope Staff

With Thanksgiving behind us, it is time to kick it in gear. Every year college students leave campus over Thanksgiving to spend the holiday with family and friends. They eat too much and stay out to late catching up with old friends. It seems like for four days life is easy.

Students at the University of Nebraska at Kearney are no different. They returned to campus this week to find the pile of homework they left last Wednesday is still sitting there and it seems to have grown. Though like most students tell their parents they have everything under control, they are secretly wondering “where did time go.” With the month of December just days away, students must set aside their procrastination habits and kick it into high gear in anticipation of the end of the semester.

Procrastination is a serious problem on college campuses nationwide. It causes above average students to falter and perform below average work during crunch time. William

Knaus, a noted psychologist, estimated that 90 percent of college students procrastinate and of these students, 25 percent are chronic procrastinators and are likely to be the ones who drop out of college.

Procrastination is defined as the avoidance of doing a task which needs to be accomplished. It can lead to feelings of guilt, inadequacy, depression and self-doubt among students. Procrastination has a high potential for painful consequences. It affects students of all intellectual backgrounds and interferes with the academic and personal success of students.

Procrastination is closely linked to “avoidance coping styles” or the tendency to neglect problems that cause anxiety rather than confront them, according to a study of 374 undergraduates conducted by Fuschia M. Sirois, a doctoral candidate in psychology at Carleton University, in Ottawa, and her colleague Timothy A. Pynchyl, an associate professor of psychology. Such avoidant styles translate not only into late term papers but also to higher rates of smoking, drinking, and a tendency to postpone

seeing a doctor for acute health problems.

UNK students are lucky this year and have an extra week to get ready for finals. December graduation is not until the 21st and finals week is the 17th through the 20th. Don’t let the extended dates fool you finals are right around the corner and professors don’t like the excuse “well time just snuck up on me.” Go to <http://all.successcenter.ohio-state.edu/dontdelay/Thatsme.html> to find out what your level of procrastination is.

Remember students: 18 days left until finals.

Regular Fall and Spring Library Hours:	
Monday – Thursday	7:30 a.m. – midnight
Friday	7:30 a.m. – 5p.m.
Saturday	10 a.m. – 5p.m.
Sunday	2 p.m. – midnight

The Nebraskan Union computer lab is open 24 hours a day, seven days a week and is equipped with 35 PCs and three Macs. It also employs a lab monitor.



# Local breweries offer unique flavors

Jared Hoff  
Antelope Staff

As classes wind down for the semester and finals week approaches, many of us students are anxiously waiting for a break and a reason to celebrate.

There are several different bars to choose from when you go to celebrate acing that final, there are two that deserve more recognition and consideration. The two are Thunderhead Brewery and Platte Valley Brewery, both located in Kearney.

Opened up in 1998 by Trevor Schaben, Thunderhead has been satisfying residents of Kearney and elsewhere with its distinctive flavors of brew, great food and warm atmosphere ever since.

The brewpub features four

main brews and its best selling is by far the Golden Frau honey wheat beer. Brews such as Tatanka IPA (Indian Pale Ale), the Cornhugger sunset ale and Cornstalker espresso stout are very popular as well. Guest beers such as Coors, Sam Adams Boston Lager and Blue Moon are also on tap at Thunderhead.

Daily specials at Thunderhead include: Monday \$2.00 off pints if you are wearing a Thunderhead Logo, Tuesday \$1.50 Thunderpunch, Wednesday Afternoon Club \$2.00 off pints 4-7PM, Thursday Night Club \$2.00 off 9-10 p.m. (until 11 p.m. if you wear a logo) and Friday Mug Club. Mugs are dramatically reduced

Not feeling like drinking any beer? Then stop in to enjoy some of the high quality food Thunderhead offers. There is a wide variety of appetizers, salads, pizzas, calzones and sandwiches

to choose from.

The inside is very spacious and welcoming. With good seating, televisions and pool and foosball tables offered upstairs, it is easy to relax and have fun at Thunderhead.

In the same neighborhood is Platte Valley Brewery, an excellent brewery owned and operated by Adam Daake. Located at 14 East Railroad St in Kearney, Platte Valley opened up in 2001.

Much like Thunderhead, Platte Valley features four beers that Daake brews. Widely considered a genius at making beer, Daake specialties are honey blond, German Alt, Liberty Pale Ale and Buffalo Stout. Daake also makes strawberry cream soda and root beer. The pumpkin ale alone is worth the trip.

Platte Valley brews about 200 gallons of beer in the building. There is an excellent

selection and the service is great.

Food is also offered at Platte Valley, as well as card games, a pool table and occasional live music.

If you have plans to party elsewhere and are still looking for flavorful beer, think about buying a keg of the homemade beer, which Thunderhead offers for very reasonable price. Platte Valley offers carryout for the “Growlers” and “Bombers” (22 oz. bottles).

So if you are looking for a different atmosphere and some great tasting beer and food, definitely consider these two places. Both breweries provide customers with numerous menu items, great tasting homegrown beer and fun games to play with all of your friends.



Photos by Jill Kempt  
Top: Thunderhead Brewing is located at 18 E 21st St.  
Bottom: Platte Valley Brewery is located at 14 E Railroad St.

# Loper spirit spices volleyball tournament

Sean Takahashi  
Antelope Staff

Marching and cheering football team is not the only thing UNK Band do. When the football season is over, they start preparing for their holiday concert and start pep band as well.

At the volleyball Southwest Regional Tournament held at UNK last weekend, the volleyball band, directed by Dr. James Payne led the spectators to support the UNK volleyball team.

According to Dr. Payne, the volleyball started with an e-mail. “John McBride, athletic director, sent e-mail over to music department, to myself and Neal Schnoor, asking if there is some way to put together a band to play at a very important volleyball match,” Payne said. “It was end of September,” Payne said. “We then got together because music was the same as I played as pep band, with people who can show up and play.”

All pep bands including volleyball band is not just a simpler version of marching band for those participate to the band.

“Basically it’s the same, but mainly we have little bit of freedom for playing,” Mark Nelson, a senior majoring in Music Business from Beatrice, Neb., said. “We cheer whole time and it’s usually quick game on volleyball and basketball. For marching band, we got discipline, but in volleyball, we get loose and have fun, but still be able to play songs.”

“It’s mostly fun, upbeat tunes,” Tom Carlson, a senior majoring in Music Business from Grand Island, Neb. explained the kind of music the band plays. According to Carlson, the difference between marching band and pep band is the atmosphere. “It’s more like let’s have fun, scream and yell, rather than let’s work hard.”

Some of the members take different parts from what is usually theirs. Amanda Dubas, a senior majoring in Business Management from Fullerton, Neb., is one of them. Dubas is a color guard member in marching band, but in the volleyball band, she plays the piccolo.

“It’s different for me because I spend the season in color guard,” Dubas said. “So, it is nice to play again and I like the pump up music we play.”

The volleyball band did a great job on adding the Loper spirit and encourage those attended to see the match to support volleyball team.

“I think they [the volleyball band] are amazing,” Calynn Forrest, a freshman majoring in Music Performance from Kearney, Neb., said. Forrest was one of spectators attended the volleyball match. “Volleyball team will know that they have such a strong back up. Not only from the band, but also from the part of different college that are here to support them and make them better players.”

And the sound of the tunes surely reached to the court.

“We just love having a band,” Rick Squiers, head coach of UNK volleyball team, said. “Their enthusiasm is contagious. And I noticed that even three or four years ago when I had band, they came up with really creative thing to say and to do and rest of the fans kind of get on the feet on that. I would just like to tell them thank you. It’s great to have them and we hope we can keep doing it and do it again next year.”

# Hold the pumpkin pie! Fight packing on pounds this holiday

Klarissa Bellamy  
Antelope Staff

Thanksgiving has passed and the holiday season has begun. This is a time to reflect with friends and family about the past year, and hopes for the future. Of course it is a time to eat favorite dishes such as turkey, mashed potatoes and pumpkin pie; but one thing always comes with it- an expanded waste line.

Heidi McCormick, manager of Just for Ladies has a few suggestions to keep holiday weight gain in check.

“Maintaining your weight needs to be a life change,” McCormick said. “You can’t just start in November and finish in December. It takes anywhere from 60 to 90 days of cardiovascular work outs to get your body going.”

It is important to keep a goal in mind and stick with it. The goals have to be realistic and something that can be accomplished. Starting off with too many goals will lead to exhaustion and overload, hindering chances of success.

“Don’t decide to start dieting and exercising at the same time,” McCormick said. “It’s too much to start at once. Start with exercising and

incorporate dieting once you have made exercising a habit.”

Exercising will ultimately lead to a healthy lifestyle. It allows the person to make better choices naturally because they feel better, and are less likely to consume too many calories after a work out. “You will go through phases when you start exercising,” McCormick said. “You will get to the point where you like to work out. You start to feel good and see results.”

Dieting will also help maintain weight or weight loss when done with exercising. It should also have realistic goals set. A good diet will not be easy to give up on if started the right way.

“One day of eating turkey on Thanksgiving won’t hurt you,” said McCormick. “If you are dieting and are sore and tired from working out, take a day and enjoy the meal. It’s eating all the dishes and potlucks through out the season that make it dangerous and ruin your diet.”

One way to keep the diet in check is to carry a snack around. It will help to curb cravings and less likely to stop by a drive thru. “Keep a granola bar that’s high in fiber or trail mix in your car,” said McCormick. “It will give you time to make it home and make something for dinner.”

To keep up an exercising routine up, grab a work out partner. It makes exercising more fun and holds the person accountable. “You will find success in a work out partner,” said McCormick. “You need somebody who will be honest with you, keep you motivated, and you’re not afraid to get on the scale in front of.”

The most important thing to keep in mind for maintaining weight is to keep the goal in mind. “Nothing tastes as good as being in shape,” McCormick said. “You have to ask yourself is it worth the sacrifice. I’m eating a piece of pizza worth giving up all you have worked for?”

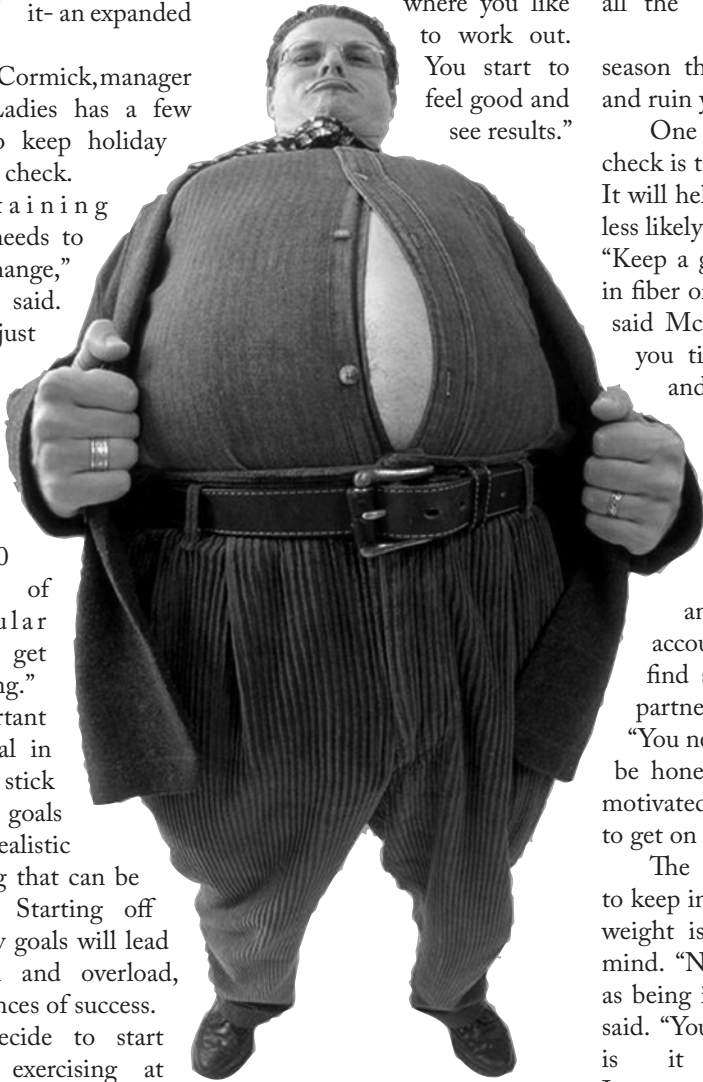


Photo courtesy of <http://newsdirect-aningeniousname.blogspot.com>



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# Lopers defeated by Lady Buffs

Peter Yazvac  
Guest Writer

The 10th-ranked West Texas A & M Lady Buffs won two close sets and then jumped out to a big lead in the third game to beat the 22nd-ranked Nebraska-Kearney volleyball team (-28, -29, -24) in the Southwest Regional finals of the NCAA Tournament last Sunday afternoon in Kearney.

WTAMU (35-7) returns to the Elite Eight for the second straight season and will play 6th-ranked Grand Valley State (Mich.) in one national quarter-final match. That will be played Nov. 29th at a site to be determined.

With today's win, WTAMU improves to 33-14 all-time in NCAA Tournament matches and picks up its fifth Southwest title in the last nine years. UNK (33-5) sees a 19-match win streak snapped and drops to 5-3 in regional final matches.

The Lopers also fall to 162-9 in the Rick Squiers era at home (1999-present). This is only the second time UNK has been swept at the Health & Sports Center since 1999; Metro State did it in a 2001 regular season match.

In game one, UNK jumped out to an 8-3 lead and managed to stay ahead of the Buffs most of the way. With both teams clicking on offense, the key came to serving and pass-

ing where West Texas had an advantage. For the set, the Buffs served up three more aces and saw UNK serve up two more errors, a plus five advantage.

West Texas grabbed it's second lead of the game, 24-23, after a kill by Laura Prinsen and a block from Melissa Harper and Lauren Thedford.

A Prinsen ace got the Buffs lead to two, 26-24, but UNK tied things up at 28 on an Erica Burson (Gretna) kill and an ace from freshman Kelsey Werner (Grand Island).

After a WT timeout, the Buffs got back-to-back kills from Natalie Johnson to win the set and take a 1-0 lead. For the game, UNK hit a super .439 (22-4-41) with WT close behind at .333 (18-4-42).

The second set was also a battle and featured 13 ties and four lead changes. Both teams cooled off as the defense picked up, UNK hitting .222 (21-7-63) and the Buffs at .246 (21-7-57).

This time, West Texas led most of the way but UNK hung around, just like the Buffs did in game one. Trailing 27-24, UNK moved ahead by one thanks to three kills, one from Burson and two from freshman Jeri Walkowiak, and a WT attack error.

Just like the first set, the game would be tied at 28 as WT got a kill from Kelly Culley. The Buffs reached match point, thanks to a block, but their attack error allowed things to be

tied once again.

However, just like the first set, WT scored the final two points, getting kills from Johnson and Culley.

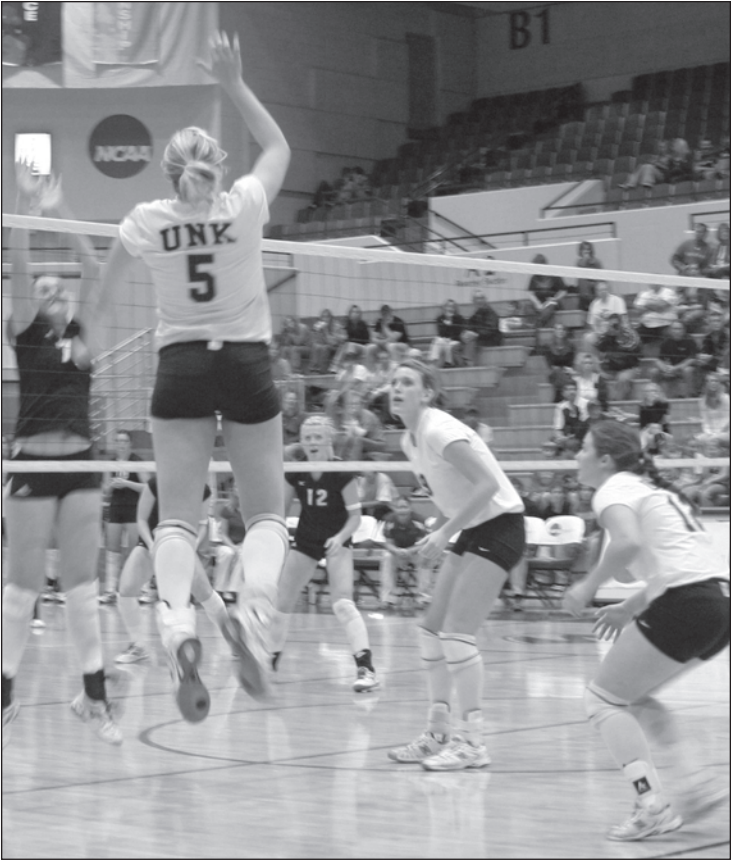
In game three, UNK fell behind 21-12 before closing the gap to 24-22. During this run, WT had six unforced attack errors. A Lady Buffs block got the lead back to three and the Lopers never got closer than that. Kills by Johnson and setter Katie Rickwartz scored the final two points of the match.

For the afternoon, West

Texas finished with five more kills, 61-56, and four more service aces, five to one. The Lady Buffs also dug up six more balls, 62-56, and won the block game, 9.0 to 8.0.

Walkowiak (Grand Island) had a team-high 18 kills and hit .483 while also recording four blocks. Sophomore Nikki Scott (Broken Bow) also had four blocks and was the only other Loper in double digits in kills (10).

Sophomore Shannon Clausen (Beatrice) did hit .438



and recording nine kills, seven digs and two blocks. Six different Lopers had at least five digs with setter Cola Svec (Elkhorn) leading with 11.

A balanced West Texas attack was led by Johnson (team-high 17 kills), a 6-0 outside hitter. Also on the outside, Prinsen had 11 kills with middles Thedford

(12) and Harper (10) big factors on offense as well. Harper also had team-highs in attack percentage (.400) and blocks (six).

Finally, Thedford dug up a team-best 19 balls.

Nikki Scott, Jeri Walkowiak, Cola Svec were selected for the All-Tournament Team.



**Photo by Brandon Moore**  
**Above:** No. 8 Cola Svec sets one up for middle hitter Nikki Scott. Svec had 43 set assists against West Texas A & M.

**Left:** No. 5 Erica Burson prepares to spike the ball against the Lady Buffs as Nikki Scott and Katlyn Heiserman prepare to defend the block.

## Sports Shorts

### Summary of the week in sports

Derek Wurl  
Antelope Staff

It's time for another edition of sport shorts. Right here you get the most information by reading the least. This covers the college ranks to the professional leagues.

#### MLB

The free agent market is pretty slim and getting slimmer. Torii Hunter was one of the big names out there and was picked up by the Anaheim Angels for the price of \$90 million over five years.

Miguel Cabrera of the Florida Marlins is another big name being looked at, especially by the Angels. Mariano Rivera, Jorge Posada and Alex Rodriguez were all retained by the New York Yankees for big money.

Minnesota Twins pitcher Johan Santana has been offered a four-year-\$80 million contract but is wanting in the range of six-year-\$150 million contract. Santana is not a free agent but is obviously demanding more money.

#### Lopers

The wrestling squad will travel to Las Vegas, NV to compete in the Las Vegas Invite Fri. Nov. 30. This is a varsity

only meet.

The men's basketball team finished up a two-game stint in South Dakota last weekend. They lost to Augustana 97-72 and lost to No. 7 South Dakota 79-68. The Lady Lopers stayed on the winning track over the weekend with wins over Newman and Upper Iowa. Both teams play host to Fort Hays State this week with the women playing on Thursday at 6 p.m. and the men tipping-off Friday at 7 p.m.

The swim team travels to Omaha to participate in a meet Friday and Saturday.

#### NBA

With the off-season acquisitions, the Boston Celtics are living up to the expectations. The combination of Ray Allen, Kevin Garnett and Paul Pierce are leading their team to an 11-1 record and first place in their division.

Even though it is very early in the season, they aren't just

beating teams, they're beating them bad. Their average margin of victory is 14.5. The one game they lost was by two points to the Orlando Magic.

Two teams not living up to the expectations are the Chicago Bulls and the Miami Heat. The Bulls, after making the playoffs last season, are off to a very slow start, last in their division. They shouldn't be this bad with the team they have. Granted they're a little young but they are better than the way they are playing.

The combination of Shaq O'Neal and Dwayne Wade are not playing like they have in the previous seasons. The Heat are also last in their division and only average 86 points per game while giving up 90.

The Western Conference is playing normal. The usual teams are winning; Suns, Mavericks, Spurs, Nuggets and Jazz. All of these teams made the playoffs last season and are playing up to their potential.

#### 1st Quarter: SS Callahan

Its official: I've gone down with the SS Callahan. Since day one, I've gone into the great Callahan experiment with an open mind. Unlike many other Nebraskans, I decided to support the outsider because he was the head coach.

For one reason or another, it didn't work. I'm not going to speculate why, other than the fact that the public support was gone. I understand it's just business, while I'm sad that Callahan won't get a fifth year, I understand the move had to be made. So TO if you're reading call up Jeff Tedford please.

#### 2nd Quarter: College FBall

ACC, Boston College v Virginia Tech- This game will feature a rematch from

## Football gets a (good)flag

Koji Kuwahara  
Antelope Staff

Flag football, a version of American football that is popular across all over the world has basic rules similar to those of the professional game.

Instead of tackling players to the ground, the defensive team must remove a flag or flag belt from the ball carrier to end a down. In most organized play, players wear a belt with flags around the waist.

Flag football is sometimes considered recreational or kids' sports; however, flag football is serious and really competitive for many college students who end the fall season with serious regional competition.

Area winners from about 2.5 million league players each other to a Lincoln, Neb. tournament made up of over 20 teams and 500 staff and players who came to the ACIS Regional Flag Football Championships. Those teams and taff came from Florida, Missouri, Minnesota, Kansas, Texas,

Iowa, Ohio, and Oklahoma.

Two UNK teams, Kearney 9ers and Crabcakes'nFootball made it to Lincoln. In Lincoln, The Crabcakes qualified for the finals after playing UNO from Mankato, Min. and Sigma Phi Epsilon, a Lincoln, Neb. team. The CRABCAKES were victorious by 28-14 over UNO but lost 12-34 to Sigma Phi Epsilon.

The 9ers played AMBUSH from Warrensburg, Colo. and AGN from Lincoln. The 9ers lost two games 0-26 against AMBUSH and 7-28 to AGN. As a result, the Monster from South Dakota won this tournament and advanced national championships.

ACIS (American Collegiate Intramural Sports) Regional Flag Football Championships, one of the biggest flag football competitions in the United States was created to provide college student athletes with the opportunity to compete in high quality, nationally promoted intramural and extramural events.

Ron Campbell, assistant director for ACIS Regional Flag Football Championships in Lincoln, said, "The goal of the ACIS Regional Flag Football Championships is to strengthen the physical, moral, and competitive fiber of American men by expanding opportunities for participation in autumn flag football leagues."

Shimpei Ohuchi, a leader of Kearney 9ers (UNK flag football team) said losing in Lincoln still made his team winners. "It is not negative thing," Ohuchi said. Though the team lost the two games, the experience was worthwhile. "We can obtain great experiences and knowledge. We can learn a lot of things from the Regional Flag Football Championships, and connect to our success for next season."

Through top caliber competition, the association hopes to show the fiercely competitive nature of the sport to a wider audience. "I expect that interests audiences in flag football," Campbell said.



## Four Quarters

with



catch Four Quarters with Mike Vamosi Thursdays 4-6 on 91.3 FM KLPR

their first appearance in the title game after winning its first North crown. Missouri hung with OU earlier in the year and looked explosive versus Kansas Saturday night. So I'll be the guy taking the upset at the Alamo Dome: Missouri 42 Oklahoma 35.

#### 3rd Quarter: College BBall

Early in the season, the Atlantic Sun conference has feasted on the big guys with two huge wins at Kentucky and Southern California. In today's college basketball world anything can happen on a given night if given the chance. Butler and Gonzaga weren't household names five years ago, but now no one wants to schedule those teams. So given just the first couple of weeks, I expect the craziness

to continue on through the rest of the year because that is what has become of college basketball.

#### 4th Quarter: NFL

The NFC game of the year is Thursday night in Dallas which makes many happy. However this next line will not make many happy because most of you won't be able to watch this game. Why? The NFL Network will be carrying this game, and most cable providers don't have it yet. So while the Packers and Cowboys play in Dallas, hope that your local sports bar can provide the game for you if you're a fan of these teams or a fan of the NFL. My prediction for this game is Green Bay 38 Dallas 31 as Brett Favre leads GB to a shoot-out win.



# 'In the Paint' with Drake Beranek

Callie Erickson  
Antelope Staff

‘Tis the season for family, friends and basketball. It’s no wonder UNK’s 6’4,” sophomore forward, Drake Beranek, from Ravenna, Neb., loves this time of year.

Starting to form an interest for basketball in first grade, during YMCA youth-ball, Beranek has dedicated hard work and time into his sport and it has paid off.

“You get what you deserve,” Beranek said. “If you are willing to put effort and hard work into something, you will get something out of it in return. For me, my something was basketball.” It is obvious that Beranek’s determination to reach the top has helped him excel in his sport.

Majoring in education, Beranek hopes to someday teach middle school math or science and do some coaching on the side. “If I wasn’t playing basketball, I would be coaching it somewhere,” Beranek said.

“I love it. It’s something I’ve worked hard at and enjoy doing,” Beranek said. It is obvious one can see Beranek’s love for the game. Coming into the 2007-2008 season, Beranek was picked for the preseason All-East Division team.

Along with his many likes of basketball, comes a dislike—one many athletes can agree on. “If there was one thing I didn’t like about basketball it would be losing,” Beranek said. In order to keep from losing, the Lopers must continue to work on rebounding and keeping up their enthusiasm and intensity.

“Going hard at practice, working on what we must to



File Photo by Eric Korth

Drake Beranek, a Ravenna sophomore, scored 286 points last year in 26 games, averaging 11.1 points per game. Beranek is one of only two returning starters from last year’s squad. Beranek was named preseason All-RMAC.

compete at a higher level, and competing with and pushing each other is how we are going to get better.” Beranek said. This year’s team is made up of only freshmen and sophomores but the team’s chemistry is good. “We’ll have a lot of experience playing together as we reach our junior and senior year. We just have to keep competing and improving,” Beranek said.

Before a game if you’re looking for Beranek, you may not find him. He prefers to be alone before the

game so he can focus his attention on basketball. If one happens to come across him, he may be wearing the same socks or undershirt from a previously successful game. “I try not to have any superstitions, but I tend to find myself always getting into them,” Beranek said.

Choosing to attend UNK because of basketball, this momma’s boy also admits that he chose UNK because it was close to home. Only thirty miles away, Beranek still misses his family and friends and

those wonderful home-cooked meals.

“UNK is a great place. Everyone around you is very friendly and it’s just a good atmosphere to be a part of,” Beranek said. Of course, his only regret is walking to class in the cold weather!

Look for Beranek, number 34, on the court this season as you cheer on the Lopers!



## North meets South

ERIC M. KORTH  
Sports Editor

The first weekend of December is nearly upon us, and for Big 12 fans it means time again for the Big 12 Championship.

Oklahoma (10-2) is back for their second year in a row, while Missouri (11-1) makes their first ever appearance in school history.

If someone would have told me before the season had started that it was going to be a battle between Kansas and Missouri for the Big 12 North Championship, I would have ridiculed that person for hours. It looks like I’m the one who’s the fool now. With the way this year has progressed I am no longer surprised and its because of this crazy season that I find it especially difficult to make a prediction as to who will win this Saturday’s game.

Oklahoma beat the Tigers by ten earlier in the season, but Missouri has rolled through opponents since then, while Oklahoma struggled scoring points on a not-so-great Texas Tech defense and wound up losing to the Red Raiders.

The neutral site of San Antonio will play into Oklahoma’s benefit, but the size of the heart of the Missouri team can’t be ignored.

Here’s my list of factors that could lead either team to a victory and a BCS bowl game:

### Oklahoma

#### Location

As I mentioned above, the game being held in San Antonio is a huge advantage for the Sooners. Since Stillwater is 300 miles closer to San Antonio than Columbia is, less Missouri fans are purchasing tickets to the game. As a matter of fact, there are approximately 10,000 Missouri tickets still unsold. Then again, Nebraska fans outnumbered Sooner fans last year 6-1 and we all remember how that game turned out.

#### Passing Attack

By now everyone is well aware of how good Chase Daniel is, but people seem to forget how good Oklahoma’s quarterback, Sam Bradford is. Bradford leads the nation in quarterback rating with an outstanding 182.2 (Daniel is ranked eighth with a 155.9) and Bradford is also among the top six quarterbacks in completion percentage and touchdowns. Not only does Oklahoma have Bradford, but receiver Malcolm Kelly and tight end Jermaine Gresham are among the nations best, especially in big game situations.

### Missouri

#### OU’s Passing Defense

If a defense has a weakness in their secondary you better believe that Chase Daniel will find it, and exploit it. Oklahoma has given up an average of 232 yards passing per game and I find it hard to believe that they’ll be able to keep Daniel from throwing for less than 232 yards, especially since he averages 336 yards passing per game.

Saturday promises to be a shootout and is definitely a game that a college football fan should not miss!

My prediction: Missouri 42 - Oklahoma 38

If you would liked to see anything covered in the Antelope, feel free to e-mail me at [korthem@unk.edu](mailto:korthem@unk.edu)

# Loper women ballers win classic

## UNK’s Amy Mathis named most valuable player of tournament

Kayla Laird  
Antelope Staff

The UNK women’s basketball team claimed victories over Newman University of Kansas and Upper Iowa University over the weekend to win the Country Inn & Suites Thanksgiving Classic held in the Health & Sports Center.

The Lopers rolled over Newman University of Kansas 83-44 Friday night, propelled by double-double efforts by Amy Mathis and Megan Becker.

Mathis, a senior forward from Milliard North, threw down a game-high 24 points and jumped for 10 rebounds while going eight of 13 from the field, including three of four from downtown.

“This weekend was a great team effort. Winning two big games like these is a great confidence booster for us to get ready for Fort Hays and South Dakota this week,” said Mathis.

Becker, a sophomore post from Southern Valley, shot for 17 points and fought for a game-high 11

rebounds. She went seven of 14 from two-point land and dished out three assists, as well.

Jonni Mildenberger, a junior wing out of Sterling, Colo., netted 10 points and hustled for three steals.

Senior forward Melissa Hinkley, out of Lincoln East, contributed an all-around solid performance with eight points, six rebounds, five steals, and two assists.

The Lopers jumped out to an early lead over the new Division II school in Wichita, and led 42-21 at halftime. The blue and gold’s lead was never challenged as the Lopers continued to score, reaching a lead of 42 at one point.

UNK out-rebounded NU by 24 and scored 31 points off of 24 turnovers. The Lopers out-shot the Jets 49.5 to 39.5 percent, as well.

The Lopers, now 3-0, beat Upper Iowa Saturday night by a margin of 73-56 to claim the Classic title.

Mathis recorded her second straight double-double with 16 points and a team-high 10 rebounds on a five-of-seven

shooting performance. Not only was Mathis named to the Classic’s All-Tournament Team, but she was crowned MVP, as well. Mathis needs a mere 17 points in this week’s games to reach 1,000 career points.

“Our team definitely set the tone defensively,” said Mathis. “Jade Meds, Melissa Hinkley, and Kaityln Petri came up with some big defensive plays that got our team easy baskets in both games.”

Mathis believes these tournament games will benefit the team in the long run, as well.

“It’s great that this early in the season we are seeing so many people step up and play well in games. I think our depth will be critical down the road, and that is an advantage we will have on a lot of teams in our conference,” said Mathis.

Hinkley, also named to the All-Tournament Team, drained 14 points, had five rebounds, hustled for three steals and dished out three assists.

Freshman point guard Kaitlin Petri, a Kearney Catholic alum, scored 10 points and had no

turnovers as she was named to the All-Tournament Team for UNK, as well.

Junior wing Jade Meads, an Elm Creek product, threw in 10 points and four rebounds.

The Lopers finished with a shooting percentage of 47.2 compared to Upper Iowa’s 38.3 performance. UNK also out-rebounded the Peacocks by a slim margin, 38-35.

UNK will host Fort Hays State on Thursday in the Health & Sports Center. Tipoff is set for 6 p.m.



Amy Mathis

## Sports Picks

### This Week's Top Games

6<sup>th</sup> Va Tech vs. 12<sup>th</sup> Boston College  
ACC Championship

5<sup>th</sup> LSU vs. 14<sup>th</sup> Tennessee  
SEC Championship

1<sup>st</sup> Missouri vs. 9<sup>th</sup> Oklahoma  
Big 12 Championship

2<sup>nd</sup> West Virginia vs. Pittsburgh

Heisman Winner

Next Husker Coach

RECORD

ERIC KORTH  
Sports Editor  
Virginia Tech

LSU

Missouri

West Virginia

Tim Tebow

Turner Gill

39-26

CORY HELIE  
Sports Fan  
Boston College

LSU

Oklahoma

West Virginia

Matt Ryan

Bo Pelini

37-28

CHAD BOROWSKI  
Sports Fan  
Virginia Tech

LSU

Oklahoma

West Virginia

Tim Tebow

Bo Pelini

43-22

### SPECIAL GUEST

MARK HAYDEN  
Antelope Staff Writer  
Boston College

LSU

Missouri

West Virginia

Joe Ganz

Bob Devaney

40-25



# Adrenaline fuels training for Iron Man

Rebecca Lanka prepares for 140.6 miles of swimming, cycling and marathon running



**Photo courtesy of Rebecca Lanka**  
Rebecca Lanka, a UNK student, prepares for a training session for the cycling portion of the Iron Man competition.

**Lisa Becker**  
Antelope Staff Writer

Stapleton native and self-proclaimed adrenaline junkie Rebecca Lanka is currently training for the Iron Man competition that will be held on Nov. 1, 2008 in Panama City, Florida.

There are many Iron Man competitions, said Lanka. The

biggest one is in Kona, Hawaii. “You qualify for Hawaii by racing and placing in the top three of your age bracket in one of the other competitions,” Lanka said. The Iron Man usually takes an average of 11 to 15 hours to do. It is a 2.4 mile swim, 112 miles of cycling and then a 26.2 mile marathon. “It’s insane,” Lanka said. She wanted to train for the competition “Because I’m a girl.

Competing in the Iron Man is one of my many goals. I’m kind of an adrenaline junkie, and I can’t imagine anything more challenging to myself than an Iron Man. It also proves to myself what I am capable of,” Lanka said. Lanka also has another goal. Once she gains the necessary experience by competing in the Iron Man competition and other regional races, she will one day compete in the Olympics. Lanka competed in her first race 4 years ago. When she was a freshman in college, she went to the Kearney Cycling and Fitness store to check out the bike shop. “I met Justin Diestler, and we began training together for triathlons. He taught me everything I know about racing to this day,” Lanka said. She said that she has a lot of fun training and racing and loves what she does. “Competing shows that anyone can do all things through Christ, who strengthens them. In a race, I love the adrenaline you get from competitors, and the sore muscles make me feel good,” Lanka said. Training is a huge part of Lanka’s life right now. Depending on the week, she usually she puts in around 20 hours a week. Right now is the end of the triathlon season, so its base building time. She is working on “strength training and just getting use to being back in the saddle on your bike, out on the road for a run, or in the pool,” Lanka said.

Distance is not crucial at this time; the focus is more on making sure you have the basic fundamentals down. As weeks go by, she will begin to increase the distances and up the intensity of her work outs. “In full training I work out about 2-3 times a day over an hour each time. I do lots of different variations of exercise along with just putting miles on my legs, in the pool, and one my bike. My training partner and I might do a 15 mile run in the morning, and then take a swim in the mid afternoon. It’s mainly building your endurance up,” Lanka said. Lanka and her trainer also use a training program called P90X. The program involves several different training techniques like plyometrics, kenpo, yoga for strength training and stretching for sore muscles, and weight lifting. “It’s important to be able to have a strong upper body and core, so we’ve been working on pushups and pull-ups,” Lanka said. “The triathlon is an ultimate sport, which consists of many different body types. Because its 3 sports in one race, it doesn’t matter if you are an awesome swimmer, or a marathon runner, you could still get smoked by someone who is average at all three sports,” Lanka said. Diet also plays a big role in her training. “My goal personally is to drop 10 pounds to increase my mass/power ratio. Basically what that means is the lighter

you weigh the less mass you have to haul,” Lanka said. Later on next year, she will be competing in regular season races. She qualified for nationals in Portland, Oregon last year, so she will be focusing on that compete,” Lanka said. Her resume for this year consists of the World Cup Hy-Vee Triathlon in Iowa where she finished 1st in her age bracket, the Flint Hills Triathlon Regional Qualifier in Kansas City where she also finished in 1st place. She has also competed in the Northwest Missouri Triathlon, the Iron-Horse Triathlon and the Kearney Duathlon where she was the overall women’s champion, the Nebraska’s State Games team Triathlon, the O’Rourke Triathlon and the Maranatha team Triathlon. In her limited spare time she enjoys painting and sewing and spending time with her friends and family. “I love going to goodwill and other antique stores, buying dresses, skirts and other clothes and sewing them into something else more modern,” Lanka said. She is also a supervising manager at Pane Bello. Currently Lanka does not have a major at UNK. She took a year off after her sophomore year to decide what she wanted to major in. She returned this year but hasn’t yet decided exactly what she would like to do. “I have a lot of different passions like sewing and fashion design, missions work, and of course, racing. I plan to take some time off from school to pursue a career as a hopeful profession triathlete and later compete in the Olympics,” Lanka said. “There is not much racing around Nebraska, so usually I have to travel out of state to

As winter looms, memories of studying abroad in the Virgin Islands will continue to warm Kristan Barleen

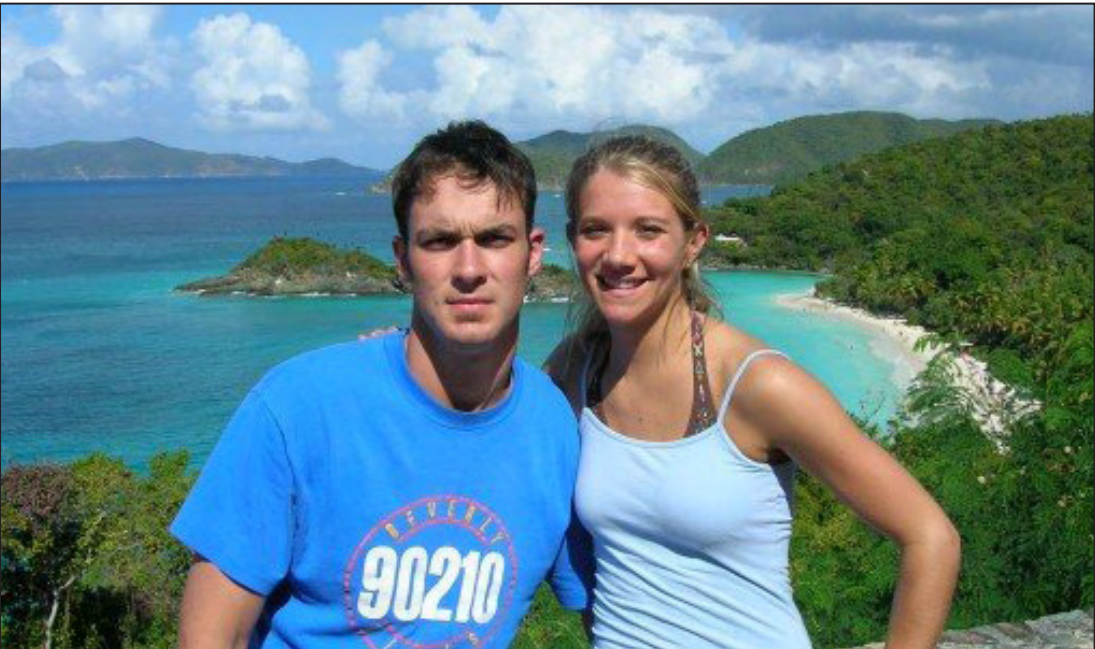
*Thousands of miles away from Home*

“The Islands are just so laid back, and there is really no concept of time,” said Kristan Barleen

Picture this: an entire semester of white sandy beaches, palm trees, snorkeling, and 85-degree weather. You look out your dorm window to see the never-ending blue ocean span out across the horizon. This is exactly what UNK senior Kristan Barleen got to experience during her 2007 spring semester. “I had wanted to study abroad since my junior year of high school,” she said. “I wanted to go somewhere tropical, and after looking into all of my options, I chose to attend the University of the Virgin Islands at St.. Thomas.” UNK offers international

exchange programs in almost any country. They range in length from several weeks to a full year. Credits are easily transferable to the UNK curriculum if planned carefully, and programs are available in almost any chosen field. “I always thought that studying abroad would be really expensive and complicated to figure out,” Barleen said, “but as I got started, I found that it’s really not too bad financially and was much easier to get set up than I had originally thought.” Senior Alicia Rodriguez also studied abroad this spring in the Czech Republic at the Palacky University at Olomouc.

“The great thing about studying in the Czech Republic was that it wasn’t just limited to that one country,” Rodriguez said. “We went on field trips all over Europe depending on what we were studying at the time. A few places we visited were Poland, Austria, Switzerland, Germany, and Spain. It didn’t matter that I couldn’t speak the languages, there was a Czech language class to help us get through, but all of our classes were in English. A lot of exchange programs don’t require you to be bilingual, and you can get along just fine.” Students on exchange get the chance to experience other cultures and ways of life as well, in and out of the classroom. Bartleen said her choice was perfect for her personality. “The Islands are just so laid back, and there is really no concept of time,” Barleen said. “If you’re late for class or work, it’s not big deal. If you can’t get a paper done, that’s OK. Just turn it in next class. I don’t mean that the classes weren’t challenging because they were, and I learned a lot. But the deadlines just weren’t as strict. It seemed like no one was ever rushed or stressed, they just enjoyed every day to the fullest.” One difference that Rodriguez noticed is that Americans are a bit more boisterous than the Czech people. “We would be on a bus



UNK alum Jason Borchers and senior Kristan Barleen bask in the warm sun of the Virgin Islands overlooking Trunk Beach during their time studying abroad. photo courtesy of Kristan Barleen

or in a restaurant just talking and laughing, when suddenly we would realize that everyone was staring at us, and we were being WAY louder than anyone else. We found that it’s more appropriate to be a little quieter in public places over there. Everyone probably thought we were the crazy loud Americans everywhere we went.” One thing that wasn’t much of a difference for either of the girls though, was the layout of their dorms and classrooms. “They were just your basic dorm rooms,” Barleen said, “pretty similar to the ones here at UNK. The only difference was that the windows were only screens, no glass. It’s just so nice all the time that there was no need for glass windows in hardly any of the buildings there. Even our cafeteria was sort of outside, with just a roof covering over-

head.” Instead of being just another tourist, exchange students experience things from the other side, and see beyond what the tourists see. Barleen said the Virgin Islands are such a tourist attraction for cruise ships that usually unload in morning and then are all loaded back up and out to sea again at around five in the afternoon. “It was funny because if I was out and about in the evening hours and the native islanders saw me, they would wonder why I was still there, and think that I had missed my ship departure. I was the minority,” Barleen said. “It was after the tourist hours though, that I saw the most beautiful things. When I was snorkeling once, I saw a giant sea turtle that was close

enough to touch, and another time I saw a whale. I also got to experience all of the island festivals that went on.” Rodriguez also got to go on some out of the ordinary ventures “We went on a five day bike tour and visited a German brewery. While we were at the brewery we even met some people from Fremont, Neb. Traveling to far away countries can, ironically, make you realize what a small world it is,” said Rodriguez.

**International Exchange story and layout by Jessica Fritsch**



Senior Alicia Rodriguez paraglides over the Alps in Switzerland during a field trip while studying abroad in the Czech Republic. Photo courtesy Alicia Rodriguez

## Steps to take if YOU are interested in studying abroad

1. Make an appointment with Ann Marie Harr, Study Abroad Advisor (harram@unk.edu) to discuss opportunities that fit your criteria for a study abroad program.
2. Select a program with the study abroad advisor and conducting Web research.
3. Complete a UNK Application available in the Study Abroad Office.
4. Complete a Host Institution Application Form (when necessary).
5. Submit all applications and associated material by individual program deadline.
6. Obtain a passport
7. Wait for acceptance letter from the host institution.
8. Apply for Visa at the nearest host country consulate.