



Sigma Phi Epsilon takes a stand against muscular dystrophy with Stride and Ride fund raiser

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THIS WEEK

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One columnist believes tattoos remain taboo, despite increasing popularity. *Opinion*

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'New Moon' madness hits UNK, as many students plan to stay up late for the midnight showing. *Entertainment*

11 **Lopers defeat Cardinals**

It was the first-ever football Division II win. *Sports*

Go global



Photo by Alex Morales

Ann Marie Park, who traveled around the world as a student, encourages students to attend International Education Week events and learn about the possibilities of studying abroad. The sessions are free and open to the public.

Four regions of the world draw spotlight during International Education Week

BY ALEX MORALES
Antelope Staff

International Education Week 2009 shines light on four regions of the world and provides students, faculty and staff with an opportunity to better understand cultural differences and gain new perspectives of the world.

Latin America, Asia, Europe and Africa are being featured during special lunch sessions throughout the week. Each day features a different region, and sessions include re-

gionally themed appetizers and presentations from study or intern abroad students, current international students and alumni.

During the lunch hour sessions, participants share information and experiences related to their region. The panel discussions and presentations take place Monday through Thursday from 12 p.m. to 1 p.m. in the Cedar Room at the student union.

The Monday session was related to Latin America with a study/intern abroad panel discussion and speak-

Read more about
international students
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Student Senate passes stem cell resolution

Board of Regents still to rule on highly controversial issue

BY JOSH MOODY
Antelope Staff

Ongoing controversy continues to surround guidelines for stem cell research.

On March 9, 2009, President Barack Obama signed Executive Order 13505, lifting certain restrictions on embryonic stem cell research and establishing new federal guidelines. As a result, this has led to an expansion in embryonic stem cell research, an issue that riles both sides.

The University of Nebraska Board of Regents had previously chosen to follow the federal guidelines laid out by former President George W. Bush. Now, with new federal guidelines established under President Obama, the NU Board of Regents must decide where they stand on the politically radioactive issue of embryonic stem cell research.

On one hand, the University of Nebraska system looks to benefit from federal funding with the adoption of these new guidelines. On the other hand, board members must consider adopting these guidelines in spite of some degree of political opposition from their constituents in typically-conservative Nebraska.

While the Board of Regents will ultimately make the decision, the Student Senate at UNK has already taken the first step toward supporting the new federal guidelines.

Tuesday, Nov. 10, the Student Senate passed Senate Resolution 2009-12, sponsored by the Government Affairs Committee. The resolution calls for the

Times Talk
Friday, Nov. 20, 12:30 p.m.
"Brokering Cultural Differences"
Dr. Wendy McCarty
Fireside Lounge in Student Union

Don't Ask, Don't Tell Forum
Thursday, Dec. 3, 7 p.m.
Copeland Hall, Room 142

International Ed. Week
Europe: Wednesday, Nov. 18
Africa: Thursday, Nov. 19
Noon-1 p.m. Cedar Room
Nebraskan Student Union



the antelope

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Mitchell Center

News
(308) 865-8488

Advertising
(308) 865-8487

Fax
(308) 865-8708

Web site
<http://www.unkantelope.com>

E-mail
antelope@unk.edu
antelopeads@unk.edu

Biology department receives donation of 1000+ seashells

BY CHEVONNE FORGEY
Antelope Staff

Dr. John Hertner, department of biology chair, went into the Hohnholts' home in Kearney, thinking he'd leave with little more than a box of seashells, but instead, Hertner walked out with nearly a dozen boxes full of over 1,000 individually wrapped pieces of sea stars, coral, seashells and much more.

Longtime Kearney residents

Margaret and Henry Hohnholt have always been frequent travelers, hard-working and very active in the community. A hobby and pastime was collecting seashells, sea stars, coral, sea urchins and almost any other sort of marine object when they traveled.

Throughout the years, they ended up with a very impressive collection, including pieces of delicate coral of very high-quality.

It all started with a phone call at the beginning of the fall semester from

a granddaughter of the Hohnholts, wondering if the university would be interested in such a collection. Hertner decided it would be worthwhile to take a look. After entering the home, Hertner was thoroughly impressed.

Hertner, along with some additional faculty and students from UNK, set out to the Hohnholts' home to gather up the collection and bring them back to campus. Hertner

SEASHELLS, PAGE 15

Stem cell from page 1

adherence to the new federal guidelines and passed with a vote of 15-0.

"Basically what the resolution did was state that the UNK student body as a whole supports the expansion of the practice of embryonic stem cell research," said Senate Speaker Jordan Gonzales, a junior from Morrill majoring in political science.

Gonzales said that the NU Board of Regents vote on Nov. 20 would affect UNMC most, but adoption of the expanded federal guidelines would have an impact on the entire University of Nebraska system. "The senate here at UNK has done its part, we just have to wait now," said Gonzales.

While state universities are pressing for the adoption of these expanded federal guidelines, conservative groups such as Nebraska Right to Life have met the movement with some resistance. Julie Schmit-Albin, executive director of Nebraska Right to Life referred to the expansion of embryonic stem cell research as unethical and likened it to "cannibalizing aborted babies for research."

Schmit-Albin also pointed out that five of the eight voting members elected to the Board of Regents are pro-life. "They courted the pro-life vote and we endorsed them," said Schmit-Albin. "Nebraska is a predominantly conservative state, the political climate in Nebraska is not very welcoming of research using the by-products of abortion."

UNK student body President Cade Craig, a senior from Minden majoring in health science offered a contrasting perspective to explain his support of embryonic stem cell research. "Basically the way the new guidelines are set up, there's no way they can

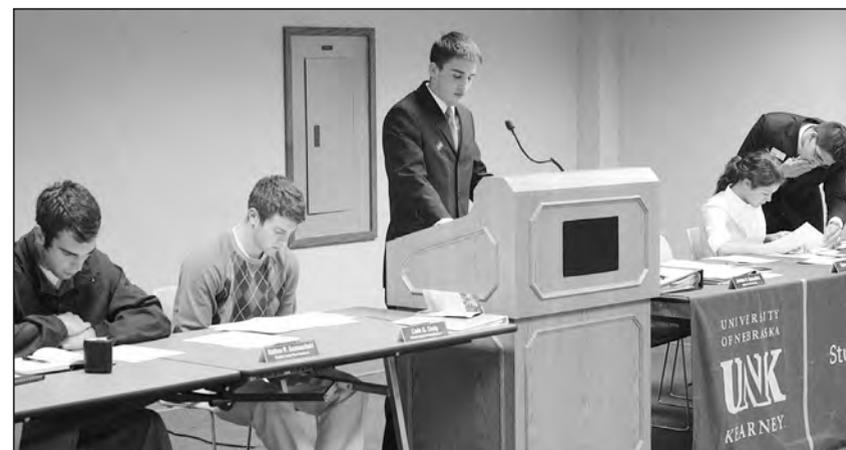


Photo by Josh Moody

Members of student government passed Senate Resolution 2009-12 on Nov. 10 to follow new federal guidelines in regard to embryonic stem cell research. Support for the resolution was unanimous, passing with a 15-0 vote.

obtain the stem cells unless they're by the process of in vitro fertilization. In vitro fertilization is a process used to make babies for women who can't have babies; more cells are created when they do it in a test-tube manner. They make more cells than can actually be used in the mother. The cells that they're using for stem cell research are those cells that are created and aren't used. The cells are being wasted if they aren't being used," said Craig.

"No cells can be created specifically for stem cell research, as far as people conceiving specifically for the purpose of doing stem cell research that's still not allowed," Craig said. "Under stem cell research you can't take stem cells from aborted babies and use that. The in vitro fertilization process is the only way they can get stem cells, that's the only way the guidelines are opened up."

Craig expressed optimism about the possibilities for embryonic stem

cell research. "We're going to be able to do research in Nebraska that could help change people's lives in the future and that's the most important thing to me," Craig said.

Schmit-Albin believes that the potential of stem cell research to possibly cure disease could negatively affect the medical community by creating demand for more stem cells. "Once the supply of IVF embryos are gone they'll need more for research and they'll turn to paying women for their eggs."

"I think that embryonic stem cell research is almost a taboo phrase in our society," said Craig. "Everybody automatically equates that with abortion, when that's not the case here. There are a lot of positives to this method because those in vitro cells are not being used and instead of wasting them we're giving researchers the chance to cure hundreds of diseases."

Honoring those who serve



Photos by Emily Wemhoff

LEFT: Members of the UNK army ROTC present the flags during the first Veteran's Day program at UNK. Phi Gamma Delta (FIJI) fraternity hosted the event to honor those who have served or are currently serving our country.

RIGHT: Dr. Gary Davis, a Navy veteran, receives a handmade paper badge from a First Christian Elementary student. Davis was one of several veterans recognized on Nov. 11 for their service.

BOTTOM: Students from First Christian Elementary school in Kearney sing "The Star Spangled Banner" to a crowd of veterans and their families in the UNK Nebraskan Union on Nov. 11.



Photo by Kylie Tielke

Dr. Grace Mims spoke at UNK Tuesday giving students tips on how to break up relationships in a healthy way.

Breaking up is hard, but it's not impossible to find closure

BY KYLIE TIELKE
Antelope Staff

Whether your relationship has lasted two months or two years, breaking up is hard to do, especially for college students.

As part of the Women's Center coffeehouse series, Dr. Grace Mims, associate professor of counseling and school of psychology and a marriage counselor, spoke with individuals at UNK last Tuesday, Nov. 12, about how to put a healthy end to a relationship.

"Breaking up is a big issue. It is one of the most difficult and painful times in a person's life," Mims said.

According to Mims, college breakups are often the hardest because most of the time an individual has to break up with a first love in college.

"It's usually the first time a person has been in love, and it's difficult to lose a first love. It is also hard to have any distance, especially on a small campus such as UNK. Most of the time both individuals share the same social network," Mims said.

Other reasons college breakups are so difficult, according to Mims, are because you share the same close-knit social circles which causes friends to have to choose sides. The other person in the relationship

Got stigma? Maybe, if you have a tattoo

BY TRAVIS SCHOTT
Antelope Staff

Are the stigmas attached to individuals with tattoos still prevalent in today's society? Unfortunately I believe they are, especially here in Nebraska and throughout the Midwest. But, despite many who still stigmatize those expressing themselves through body art, changes are occurring.



There was a time, not so long ago in "appropriate" America when tattoos were unacceptable in mainstream society. In the past, many Americans, especially conservative Americans, seemed to express certain distaste for individuals with body art. If you had a tattoo, your identity was soiled, you may have been labeled a criminal, a social misfit or even worse, and the "normal" people did not associate with stigmatized individuals.

"A majority of the time I wore long sleeved business shirts that were never white because I was afraid I would lose my job. Even when I started my company I often hid the fact I had tattoos out of fear of losing prospective clients."

Travis Schott

But the times, they definitely are a changing. A poll conducted by CNN in 2007 showed nearly 30 percent of U.S. college students have at least one tattoo. Although this statistic isn't overly surprising, there are some variables young college students need to remain aware of before making their first trip to the tattoo parlor.

As a non-traditional college student from generation X, and one who has multiple tattoos in plain sight, I can share multiple stories of how my tattoos have helped and hurt me in contemporary society.

In the "real world," as it is often referred to by our professors and instructors, who some, in my opinion aren't qualified to offer opinions on the "real world," is full of both liberal and conservative employers, and perhaps most importantly consumers with the same

ideals.

Some of these more conservative employers may not be inclined to employ individuals with tattoos. It's no secret body art is often not attractive to older individuals. This could potentially harm your chances of finding a career, or impact any potential for advancement, even job stability.

I've been in the "real world," have owned two successful companies and have experienced an array of adverse feedback because of my tattoos. Before I became my own boss a majority of the time, I wore long sleeved business shirts that were never white because I was afraid I would lose my job. Even when I started my company, I often hid the fact I had tattoos out of fear of losing prospective clients.

Tattoos are not protected by equal employment laws according to Manpower's Web site. "Employers do have the right to make hiring decisions that take appearance into account that don't include race or gender," says Melanie Holmes, vice president, world of work solutions at Manpower.

Recently I read a 2007 study entitled, "Getting Inked: Tattoos and College Students." Researchers traveled to multiple universities surveying students with and without tattoos. The study revealed individuals with tattoos were much more autonomous, or independent, and increasingly more likely to engage in risky behavior than those without skin art.

Again, these results aren't overly surprising. It's no secret those with tattoos have a unique distaste for conformity and often prefer to "live outside the box." Some might argue this will inevitably prove harmful in the "real world."

I, on the other hand, feel differently. It is this inclination to be different and a willingness to take risks that will inevitably prove most valuable, especially in a contemporary society enriched by competition.

What do you think? Post your comments at unkantelope.com or at twitter.com/unkantelope.



Photo by Josh Moody

Brittany Resh, a sophomore pre-radiology major from Shelton, shows off her peace sign tattoo. Over time tattoos have emerged as a growing trend in U.S. culture.

Sudoku ★★☆☆☆

How to play:

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

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

Find answer on page 5

www.sudoku-puzzles.net

BLUNDERGRADS

by phil flickinger (www.blundergrads.com)



Love at first bite

Fans plan to stay up late for "New Moon" madness

BY JESSICA HUEBERT
Antelope Staff

Vampires or werewolves? Team Edward or Team Jacob? Where will you be on Nov. 20 at midnight?

These questions might sound silly, but most women on the UNK campus, and across the country, probably have an immediate answer for all of them— thanks to the craze surrounding the wildly popular "Twilight" books.

In short, the four-book saga by Stephenie Meyer follows the story of Bella Swan as she moves to the small town of Forks, Wash., and falls in love with the handsome Edward Cullen— who just happens to be a vampire. Bella later becomes best friends with Jacob Black, who just happens to be a werewolf.

These three main characters, along with their families and friends, are faced with battles of mythical creatures, near death experiences and the ongoing struggle for Bella and Edward to be together against all odds. The series is packed with action, but in the end, it's a love story.

As of November 2009, the series has sold over 85 million copies worldwide. All four books have consecutively set records as the biggest selling novels of 2008 on the USA Today Best-Selling Books list.

The saga has also ignited a worldwide vampire obsession, not to mention a multi-million dollar industry of merchandise including clothing, accessories, posters, dolls and everything in between.

The first book, "Twilight," came out in 2005, and later hit the big screen on Nov. 20, 2008. Now the second book, "New Moon," is set to open in theaters this Nov. 20. Most theaters across the country have planned a midnight showing for fans who just can't wait.

"We're showing 'New Moon' on all eight screens at 12:05 a.m. and have pre-sold around 650 tickets so far," said Mark Lusche, the general manager of Kearney's Cinema 8. "That number means that over two-thirds of the seats in our entire theater are already filled a week before the movie even opens. Anyone who wants to be here for the first showing definitely might want to purchase their tickets early."

It's not just the story that makes the "Twilight" movies so appealing. Up-and-coming Hollywood stars such as Robert Pattinson, Kristen Stewart and Taylor Lautner have launched the saga's popularity farther than anyone could have imagined.

For all the die-hard fans, known as "Twihards," the Cinema 8 is also showing the first "Twilight" film at 9 p.m. prior to the New Moon open. "It's going to be a crazy night," Lusche said.



Photo by Jessica Huebert

Nicolle Sautter, a sophomore elementary education major from Wood River, and Kaitlin Doty, a organization communication major from Omaha, show off their favorite books from the popular "Twilight" series by Stephenie Meyer. Behind them is a poster of their favorite character from the books, vampire Edward Cullen.

"We're preparing for it already. We'll be fully staffed and ready for the madness!"

One fan who is a part of those 650 seats that are already taken is Kaitlin Doty, an organizational communications major from Omaha. "I'm obsessed. I've read all of the books twice," she said. "Pretty much my entire sorority has their tickets already, and we can't wait!"

Sophomore elementary education major Nicolle Sautter from Wood River also anticipates the opening night of "New Moon." "I had never really paid much attention to the whole Twilight thing until around the time the first movie came out. Then I decided to read them and see what they were all about; after that I was hooked."

Most female readers claim to crush on one of the male lead characters, either the brooding vampire Edward, or the muscular werewolf Jacob. When both Doty and Sautter were asked which leading man they prefer, both immediately replied, "Team Edward!"

With the third book, "Eclipse," already set to come out in theaters next summer on June 30, 2010, it doesn't look like the "Twilight" craze will be going away anytime soon. For fans everywhere, it's been love at first bite.

A DAY IN CAMELOT



Photo by Josh Moody

Students and faculty alike costumed themselves as Arthurian characters for Camelot Day. The event encouraged students to wear a costume and featured dramatic readings and film clips.



Photo by Josh Moody

April Tracy a senior English major from Kearney went all out for Camelot Day. Tracy was costumed as the hideous damsel and performed a dramatic reading of her "hideous tale."

Takin' a walk for a good cause

Sigma Phi Epsilon stomps out stigma with first annual 'Stride and Ride' fundraiser

BY KIMBERLY GERDES
Antelope Staff

Walking down the sidewalk of campus is a daily task for all UNK students, and at times they may complain about the distance from parking or the weather and loathe walking to class in the rain or snow. But maybe they take walking for granted.

Muscular dystrophy (MD) is a disease that causes muscle weakness, lack of coordination and progressively causes crippling. For children and young adults with MD, this means not being able to walk.

Friday night, the members of Sigma Phi Epsilon held their first Stride and Ride event on campus to help victims of MD. The Muscular Dystrophy Association Stride and Ride event is held in communities across the country.

The proceeds raised at the Kearney event will be used to send children with MD to Camp Comeca in Cozad, and Sigma Phi Epsilon was happy to find such a good cause with local ties.

"I spent time calling around to differ-



ent organizations and hearing about their programs. I liked MDA because they kept all of the proceeds

See the video
online at
unkantelope.com

local," said Kyle McBride, Kearney sophomore sports administration major and Sigma Phi Epsilon vice president of programming. "This is the first year we're doing this event, and we were hoping for a good turnout. All of the proceeds came from donations and sponsorships," McBride said.

"The MDA is a great organization that helps local children. The event raised awareness about the disease and started a new link between the group and the students. We wanted to help the organization out as much as possible," McBride said.

The night included raffle prizes, awards, donations and a walk-a-thon with area MD patients. About 100 people at the event raised \$5,000 for the MDA.

The groups participating walked with local MD patients and talked with parents and other people affected by MD. "It was a successful event, and we will be putting it on again in the future," McBride said.

Members of the Alpha Omicron Pi group won the Golden Shoe award, which was given to the group with the most participants. The group participated in the event because they wanted to help raise money for a good cause and help the kids with MD.



Photos by Kimberly Gerdes

ABOVE: Sigma Phi Epsilon held their first Stride and Ride event on campus to help victims of muscular dystrophy.

TOP: Members of Alpha Omicron Pi received the Golden Shoe, an award given to the group with the most participants.

RIGHT: Participants check in to the first Stride and Ride event held by Sigma Phi Epsilon. Proceeds are sent to children with muscular dystrophy to attend Camp Comeca in Cozad.



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International from page 1

ers Monica Page and Camilla Para Diaz. Tuesday featured a study/intern abroad Asia panel discussion and speaker Deepti Khedekar.

Ann Marie Park, coordinator for UNK Study Abroad & Exchange Programs, sees the series of events as an opportunity to raise cultural awareness. "These series of events have the potential to open students' minds to the rest of the world and provide growth," she said.

According to UNK Factbook, this semester 529 students of 45 different nationalities attend UNK. Countries represented range anywhere from Kyrgyzstan to Rwanda and even neighboring Canada.

International Education Week is sponsored by the U.S. Department of Education. It has been celebrated across the United States and in over 100 countries for the last decade. Universities and schools nationwide have set aside the week to raise awareness on international and cultural exchange.

UPCOMING EVENTS

Wednesday - EUROPE:

Study/Intern Abroad Panel
Discussion and speaker Fatih Kara

Thursday - AFRICA:

Study/Intern Abroad Panel
Discussion and speaker David Jal

Friday - Closing Celebration:

Dance 6-11 p.m. in Multicultural Affairs office in the Nebraskan Student Union

Sudoku answer:

Upside down, from page 4

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

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BY MATT KOVAR
Guest Writer

Halfway around the world, there is one place in Nebraska where Yuko Yukimatsu feels like she is at home: The swimming pool.

Yukimatsu, a sophomore TESOL (Teachers of English to Speakers of Other Languages) and speech education major from Nagoya, Japan, was shocked at the landscape when she arrived in Nebraska.

“At first, I was really surprised. There are only cornfields along the streets. Because I have lived in a big city since I was born, I was a little bit shocked with the Nebraska view.”

A change of pace

Yukimatsu is from Nagoya, Japan, which is quite a change from Kearney’s 30,000 residents. “Nagoya (2.2 million) is the fourth biggest city in Japan. I can’t find anywhere similar in the United States.”

The size and landscape aren’t the only things that make Nebraska like a different world. The weather has also been a significant change for her.

“The weather in my hometown is very different from Nebraska. We have the clear four seasons, and the climate changes very gradually.”

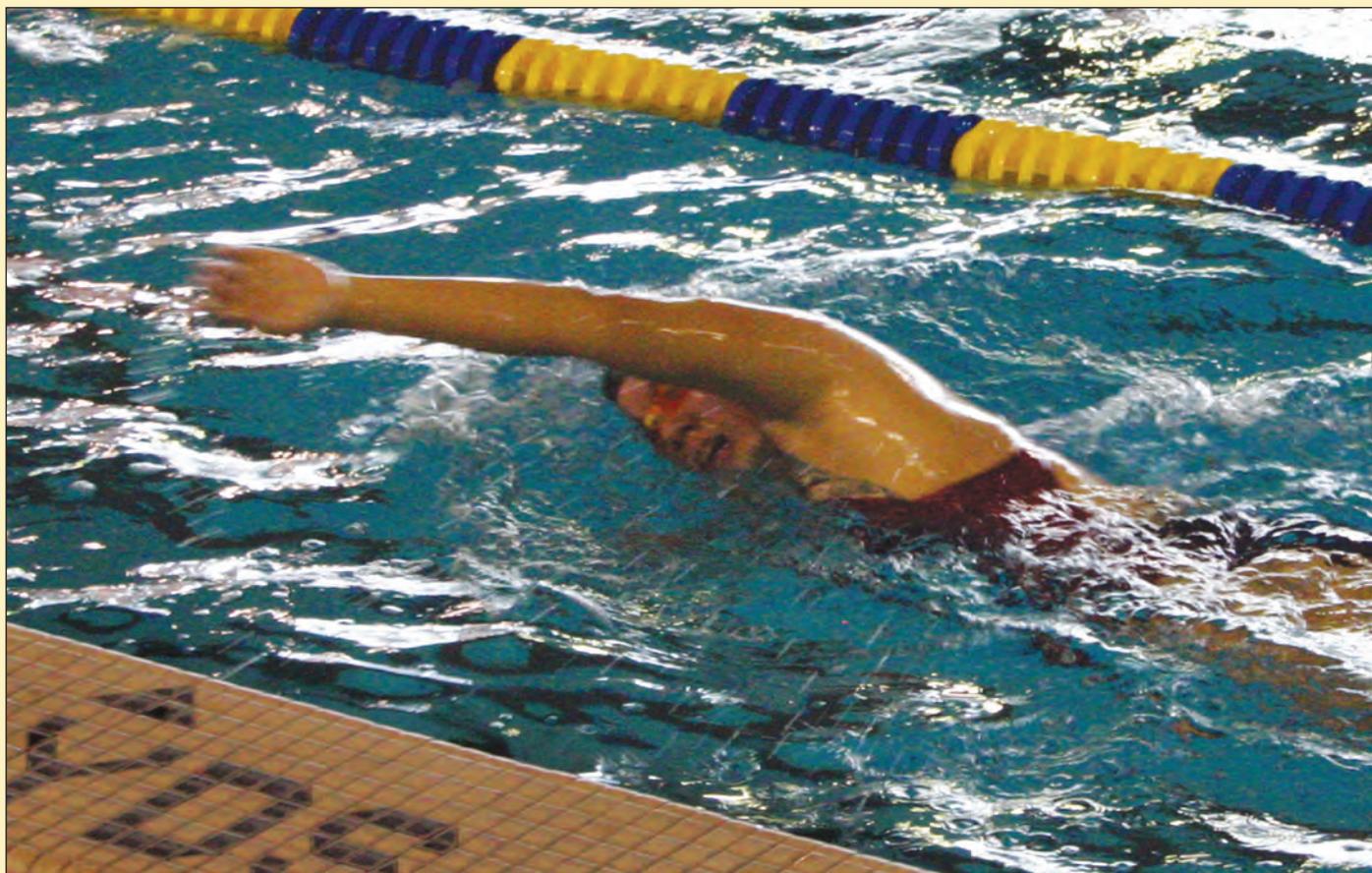
Yukimatsu said that the summers in Japan are very humid, and she prefers the summers in Nebraska. Winter is a different story. “We have snow only once or twice a year, and it is much warmer than Nebraska’s winter.”

The class structure at UNK is also quite different from Japan. “In Japanese classes, students don’t speak their opinions, and college students rarely study.”

The differences also carry over to food. Yukimatsu says that it took her a long time to get used to an American diet, but she now has a favorite food. “I love American homemade apple pie.”

Finding parallels between cultures

Yukimatsu has been able to find a bridge between American and Japanese cultures through her involvement in the UNK swim team. “Fortunately, Japan and America share some swimming terms, so I



Yuko Yukimatsu practices a free-style stroke during a recent swimming practice. The UNK Aqualopers practice each weekday from 2-4 p.m. at Cushing Pool.

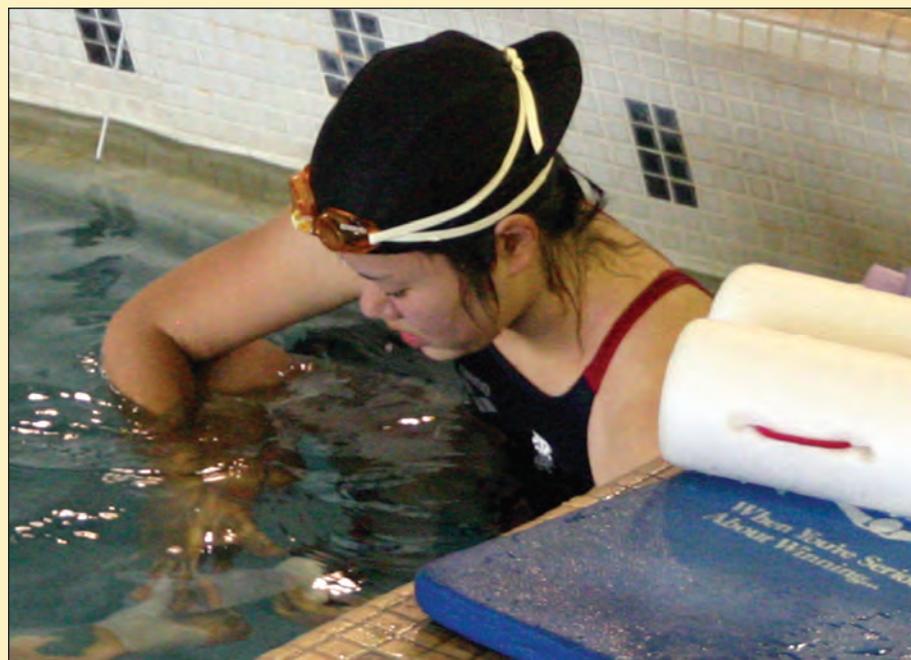
Photos by Matt Kovar

can understand the event list easily.”

The sport of swimming is popular all around the world, but there are some differences between countries. “I think Japan is one of the strongest countries for swimming. Many Japanese swimmers hold the world record. There were fewer differences than I expected. The event list is different from the ones I have had, however, the differences can also happen in Japan, because the event list depends on the coach.”

The events aren’t the only elements of swimming that differ in the US. “In Japan, we use 25 or 50 meter pools, but in America, the NCAA uses 25 or 50 yard pools, so

Yukimatsu takes a break from swimming to retape her ankle. A recent ankle sprain has failed to keep her out of the pool, but rehabilitation has caused added stress to her schedule.



my record will be different," Yukimatsu said.

Aside from going to swimming practice for two hours daily, Yukimatsu also has a full class load and the added stress of rehabilitation after a recent ankle sprain. "It is really difficult to manage rehab and swim practice. After practice I am so tired and have no energy for studying. From after practice to before dinner I try to take a nap so I can study after dinner."

Studying is an important part of Yukimatsu's daily routine as she works toward her goal of becoming a teacher. "If I return to Japan, I want to be an English teacher. However, now I'm really interested in teaching Japanese abroad."

Plans for the future

Yukimatsu said that she wouldn't mind staying in the United States, but she has another country in mind. "I really want to go to New Zealand, because New Zealand's schools are really eager to introduce Japanese education. When I visited New Zealand, I had a really good time with the students that were learning Japanese."

On the weekends Yukimatsu finds some time to relax and have fun away from the weekday stress of swim practice and studying. "I enjoy watching movies, and I love to play catch. I usually watch the Disney channel for practicing English. I also like to watch Disney movies because they have easier English."

Despite all of the adjustments that Yukimatsu had to make, she has been able adapt to Nebraska life quickly. Her love of swimming has provided her with an activity that creates a bridge between the cornfields of Nebraska, and the busy streets of Nagoya, Japan.



Photo: Facebook

Yukimatsu dresses up in a traditional Japanese outfit for her 20th birthday. The traditional dress of Japan is strikingly different from the everyday clothing worn by both Japanese and American college students.

Boisterous South Korean a joker, dancer, chef

BY MICK KRUPSKI

Guest Writer

If you make it over to the Health and Sports Center often, you have, without a doubt, encountered the gregarious young South Korean, Tony Heo, working behind the desk.

He may seem like any other international student at first, but if you take the time to get to know him he will undoubtedly surprise you with his sense of humor.

Heo is majoring in culinary arts and business management. Kearney seems very different for Heo: "In Seoul there are a lot of people," he said about his transition, and "All the people are Asian."

Language is a big barrier for many international students, but for Heo it hasn't been that tough. "Most people understand me pretty well," he said. And that has made making friends really easy. Heo said his friends are about "half and half" between Koreans and Americans.

One big difference that Heo has noticed between the two cultures: "I like to go to dance clubs to meet girls, but you don't have any clubs."



Photo by Mick Krupski

You'll be hard pressed to find a time when Heo doesn't have a smile on his face.



Another difference for Heo has been in sports. "I love to exercise, but I don't like group sports." Heo said he isn't as fascinated as Americans with sports like

baseball, basketball and football but likes swimming.

"I feel accepted at UNK," Heo says of his experience so far.

Over 500 international students from almost 50 countries, each with a story to share

Japan 191 Colombia 19 Saudi Arabia 9 China 130 Cote D'Ivoire 17 Canada 7
Cina 10 Cote D'Ivoire 17 Canada 7 South Korea 16 Mexico 17 Turkey 6
South Korea 36 Mexico 17 Turkey 6 Nepal 24 The Bahamas 10

THEIR LONG JOURNEY



Photo by Evan Miller

Almost no English is spoken in Erica Alverado's hometown of La Esperanza, Honduras, population 180,000. The different weather and lack of public transportation have also been a difficult change: "I have to walk everywhere, and it is very, very cold out now. I do not like it."



Photo by Mike Cooley

Remi Thomas is from the quaint town of Nuevy, France, population 1,200. "I really like being here," Thomas said. "It's a life-changing experience."

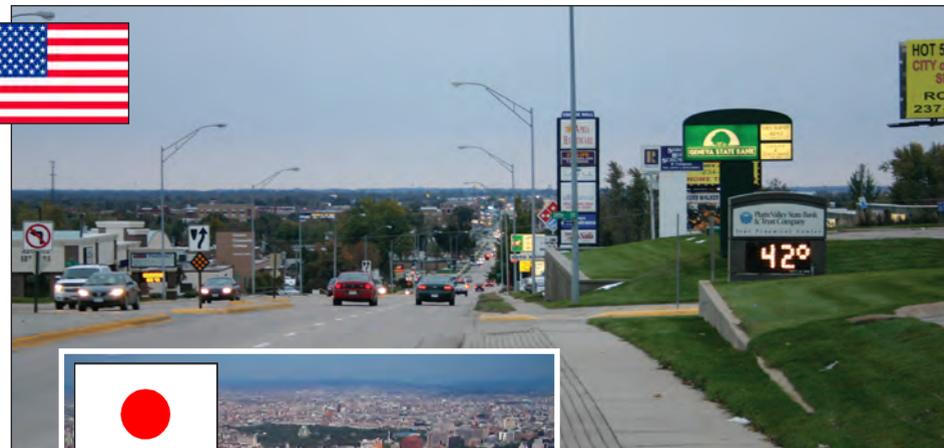


Photo Courtesy of Japandestination.com

Above: Rush hour traffic on 2nd Avenue, Kearney's busiest street, seems unusual to many international students from large cities. Left: An aerial photo shows the crowded landscape of the city full of high-rises and crowded streets of cities such as Nagoya, Japan, population 2.2 million.

Info graphic and Kearney photo by Matt Kovar

Returning All-American wrestlers lead team in positive direction

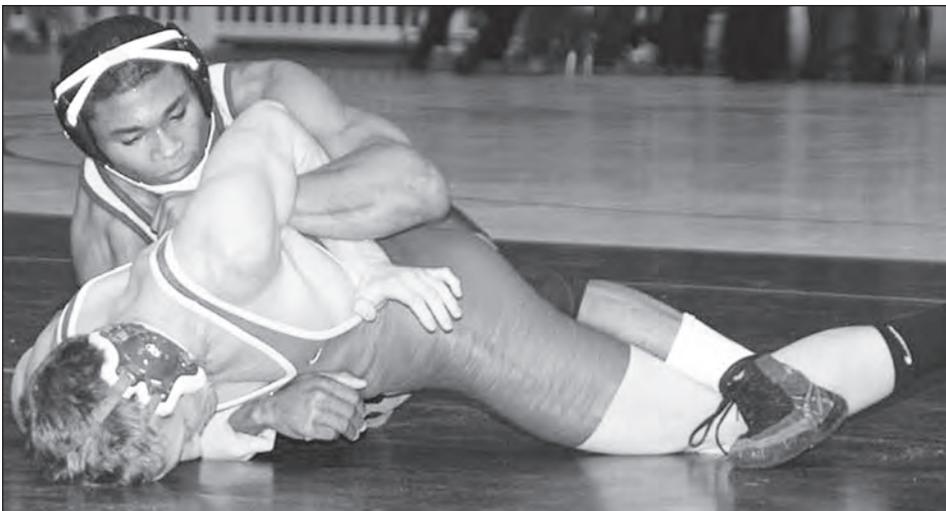


Photo Courtesy of Marc Bauer

T.J. Hepburn, a sophomore from East Hampton, Conn., successfully takes down his opponent at the Wyoming Open held this past weekend. Hepburn was the top seed at 149 pounds. His four wins included a tech fall (19-3) and a pin (6:36).

BY RACHAEL COCHRAN
Antelope Sports Staff

Winter is here and the wrestling season has begun. After winning the National Championship in 2008, the wrestling team is held to a higher standard. With five returning All-Americans and two transfer All-Americans, the team has high hopes for the upcoming season.

"We'll see how this season goes," Head Coach Marc Bauer said. "We return a lot of national level experience, and nothing is going to be handed to us. We are going to have to work hard and stay focused, and if we do, great things could happen for us," Bauer said.

The team started the season this past weekend at the Wyoming Open. Even though the meet wasn't scored, the wrestlers did well as a team.

Coach Bauer was also excited about the number of new faces that will be seen this season. He has a team of 27 wrestlers, and 11 have varsity-level experience.

"We have seven incoming freshmen and three transfer students, 10 new wrestlers total," Bauer said.

The rest of their season is full of opportunity to compete and another chance at the National Championship. Coach Bauer hopes the number of varsity wrestlers increases and the team keeps their goals in perspective.

"As a team, we hope to capture an RMAC title, qualify as many individuals for nationals and win a national title again," Bauer said.

The wrestling team heads to Omaha this weekend where they will compete in the UNO Kaufmann-Brand Open.



Photo Courtesy of Marc Bauer

Kamarudeen (Marty) Usman, a senior biology major from Arlington, Texas, competed unattached this past weekend at the Wyoming Open. Usman brought home the title at 174 lbs. Usman started off his senior season with a quick pin (2:19) and a tech fall (18-3).

Loper of the Week

BY ABBY RICHTER
Antelope Sports Staff

Tanner Fruit Cross Country

Tanner Fruit qualified for the NCAA Division II cross-country championships to be held Nov. 21 in Evansville, Ind., by placing 16th at the Central Regional meet Nov. 7. Fruit is the first Loper to make it to the national meet in cross-country since 2004. Even after suffering a foot injury in practice two weeks ago, Fruit still managed to push through the pain and hold his own.



Photo Courtesy of lopers.com

Hometown: Ogallala
Year: Junior
Major: Exercise Science

What is your favorite:

- Color: Orange
- Movie: "Remember the Titans"
- Song: "Mighty to Save" by Hillsong
- Band: TobyMac
- Actress: Kate Beckinsale
- Actor: Will Smith
- TV show: "24"
- Food: Chicken fried steak

What do you enjoy doing in your spare time?

I enjoy hanging out and watching movies with friends.

Besides running, what is your favorite hobby?

Playing golf and jet skiing at Lake Mac.

What is your favorite sport to watch?

College football! GO HUSKERS!

If you could live anywhere in the world, where would it be?

I would live in Colorado somewhere—Fort Collins or Colorado Springs, probably.

Who is your idol?

Someone I really look up to would be Ryan Hall (first U.S. runner to break the one-hour barrier in the half marathon).

After you knew you made it to nationals, how did you feel?

After I found out that I made it to nationals, I was really excited but also disappointed that we did not qualify as a team so that my teammates could go as well.

What is a quote you like to live by?

"Whatever you do, work at it with all your heart, as working for the Lord, not for men," Colossians 3:23.

Football wins first postseason game in 29 years

In front of a crowd of 3,500, UNK Lopers defeat Saginaw Valley State 35-20



Photos by Garrett Ritonya

TOP LEFT: The UNK football team takes the field to begin their game against Saginaw Valley State of Michigan last Saturday at Ron and Carol Cope Stadium. The Lopers went on to beat the Cardinals 35-20. This was the first-ever Division II playoff game the Lopers have won. **LEFT:** Rustin Dring, a sophomore industrial distribution major from Kearney, runs the ball on third down in the third quarter. Dring had 23 carries for 188 yards and two touchdowns. This was his sixth straight 100-yard game and ninth of the season. **TOP CENTER:** Jake Spitzlberger, a sophomore industrial distribution major from Lakewood, Colo., outruns a Cardinal defender in the third quarter for a first down. Spitzlberger had 16 complete passes of 28 for 184 yards. He also went on to set a new season school record for 674 rushing yards. **TOP RIGHT:** Tyrone Hilton, a senior sports administration major from Miami, Fla., and Eli Hammond, a junior health and physical education major from Colorado Springs, Colo., celebrate the Lopers' first touchdown of the game. Hilton had four catches for 42 yards and two touchdowns. UNK will go on to play the defending national champion, Minnesota Duluth, Saturday.

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And after further review...

Critics fought for instant replay when there was nothing, now second-guessing system

BY DAN LENZEN
Antelope Sports Staff



In the NFL, officials go "under the hood" to check out instant replays of plays challenged on the field. In college football, the officials on the field rely on officials up in the press box to check out the videos and make the call for them. Photo: mrthursday.com

College football instant replay has become a very controversial subject because many college coaches disagree with the way college football instant replay is used or implemented.

The instant replay started conditionally in the Big Ten conference in 2004. It began as an experiment in that conference, and the Big Ten was the only conference to use it that year.

In 2005, the Big XII conference initially sought to provide field monitors to allow the on-field referee to assist the replay official; however, by the first game of the season, they decided to provide equipment only to the instant replay booth.

Each team is allowed one challenge where, if a coach feels a bad call was made, the coach can challenge the call, and it will be reviewed upstairs in the instant replay booth.

Unlike in the NFL where the on-field referee makes the decision on the play, the upstairs replay official determines the call. Every play in college football is said to be reviewed, and the upstairs replay official may call down to the referee to stop play to allow for a review of a particular play.

Only one play may be reviewed at a time, and a call cannot be reviewed if the

next play has already been run.

Every play is said to be reviewed, but many wonder if each play really is. Other coaches want to be clear on the consistency of replay. A play cannot be overturned unless there is indisputable video evidence that the play was called incorrectly on the field.

Many coaches question this aspect. After an Oklahoma Sooners versus Oregon Ducks game in 2006, Bob Stoops questioned a play. The Sooners were winning the game when Oregon scored with one minute and 12

REPLAY, PAGE 15

Madonna Magic rolls into Kearney showing disabilities don't disable dreams

BY MATT TOMJACK
Antelope Sports Staff

There is no dunking or fancy layups, but these guys definitely roll over their opponents. The Madonna Magic isn't your ordinary basketball team. Although considered Nebraska's premiere basketball team—in wheelchairs. And Loper fans can see them tonight during halftime of the first Loper men's basketball game Wednesday, Nov. 18 at 7 p.m. against Hastings College.

"Patrick Christiansen is a UNK alum and a member of the Magic," said Shane Riley, president of Collegians for Integration and Accessibility (CIA). "We host a Disability Awareness Week every year, and he offered to come out and put on an exhibition match for Loper fans."

Riley, a senior history and geography major from Arapahoe has been working on this project for a while. "The UNK athletic department has been kind enough to host the event during the opening men's basketball game. The Madonna Magic will play members of

the Alpha Tau Omega fraternity at halftime instead of the traditional sponsor promotion," Riley said.

This is the Magic's 12th year as a program, and the team has visited UNK once before.

The Madonna Magic is a member of the NWBA, or the National Wheelchair Basketball Association. They travel all over the Midwest, playing teams from Kansas, Iowa and Missouri.

As a member of a professional organization, the team only takes the best players based upon their tryout results.

"I would like to encourage everyone to participate in the events of Disability Awareness Week. We feel there is something for everyone. Come out and show support for your Lopers on Wednesday and catch a great halftime game at the same time," Riley said.

Riley is the first to pass along his gratitude to others for all of the help. "I would like to thank the members of CIA, Alpha Tau Omega and the Madonna Magic for being so flexible with this event. This entire week is important to CIA, and we could never get it done without their help."

Antelope College Picks of the Week



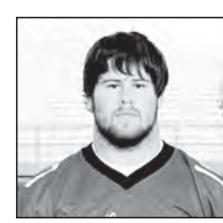
Eric Korth, Hastings
Former Antelope Sports Editor, 33-23



Jason Arens, Springview
91.3 KLPR Sports Director, 36-20



Garrett Ritonya, Omaha
Current Antelope Sports Editor, 38-18



Justin Swedburg, Axtell
Special Guest Picker UNK linebacker

No. 25 California at No 17. Stanford

Stanford

Stanford

Stanford

Stanford

No. 16 Wisconsin at Northwestern

Wisconsin

Wisconsin

Northwestern

Wisconsin

No. 8 LSU at Mississippi

LSU

Mississippi

LSU

LSU

Kansas State at Nebraska

Nebraska

Nebraska

Nebraska

Nebraska

No. 13 Oregon at Arizona

Oregon

Oregon

Oregon

Oregon

UNK at Minnesota-Duluth

UNK

UNK

UNK

UNK

UNK total rushing: over/under 185

over

over

over

over

Despite championship blunder against Metro State, Lopers grateful for home tournament, support

BY MATT IBERG

Antelope Sports Staff

After sweeping Western New Mexico and Colorado School of Mines on consecutive nights, the Lopers were looking to sweep their way through the RMAC Volleyball Conference Tournament.

Up two games to none over Metro State, the third-ranked Lopers (33-2, 19-0) were just one set away from winning the RMAC Tournament Title. The 1,586 fans on hand at the Health and Sports Center could taste a sweet victory.

The Lopers had beat Metro State twice in regular season and this match looked like it would follow suit.

Then the 23rd ranked Metro State Roadrunners roared back to life.

Metro State, the No. 3 seed in the tournament, defeated UNK, the top-seeded team, 13-25, 22-25, 25-23, 25-19, 15-9. The Roadrunners had done what no other team had done in more than two months against the Lopers: win.

"[The loss] was every bit a win by Metro, as it was a loss by us," UNK Head Coach Rick Squiers said.

It was a tough loss for the Lopers to experience so late in the season. With the loss, Metro State snapped the Lopers' 27-match winning streak, 20-match home winning streak and the ultimate goal of achieving the RMAC Tournament title.

Throughout the night, the Roadrunners were able to string together multiple points by effectively using their outside hitters down the line and over and off our smaller blockers. In addition, Metro was effective in tearing apart the Lopers' ball control, forcing UNK to stray away from their powerful middles.

In an effort to plug up the line, Squiers called on freshman setter Jenna Rouzee of Grand Island in games four and five.

"I was not expecting to come in," Rouzee said. "I knew that I had to play like I can and do what I know."

Just three rallies after she came in, Rouzee had made her impact. She, and senior Nikki Scott, combined for a block, taking away the line shot that had hurt the Lopers for most of the night.

"Coach told me that I was going in to put up a block," Rouzee said. "Getting that block felt great."

A small victory in a bitter defeat.

"I was encouraged by Jenna Rouzee's performance," Squiers said. "She came in, in a tight spot."

"It was a tough loss, no doubt about that. But it's not the time of year to get dis-

couraged."

Squiers is right.

UNK placed three players on the RMAC All-Tournament Team: senior Erica Burson of Gretna, junior Kelsey Werner of Grand Island and junior Cola Svec of Elkhorn.

The ultimate goal of achieving a birth into the Elite Eight is still intact, while the Lopers look to avenge last year's five-set loss to eventual national champion, Concordia-St. Paul.

The Lopers will return to action Thursday night in St. Paul, Minn. as the No. 3 seed in the NCAA Central Regional versus the region's sixth seed, and No. 17 nationally, Minnesota-Duluth (22-8). Other teams in UNK's regional are No. 1 Concordia-St. Paul, No. 13 Southwest Minnesota State, No. 15 Wayne State, No. 23 Metro State, Minnesota State-Mankato and Colorado Mines.

Loper fans out in force for RMAC

BY CLAYTON KUSH

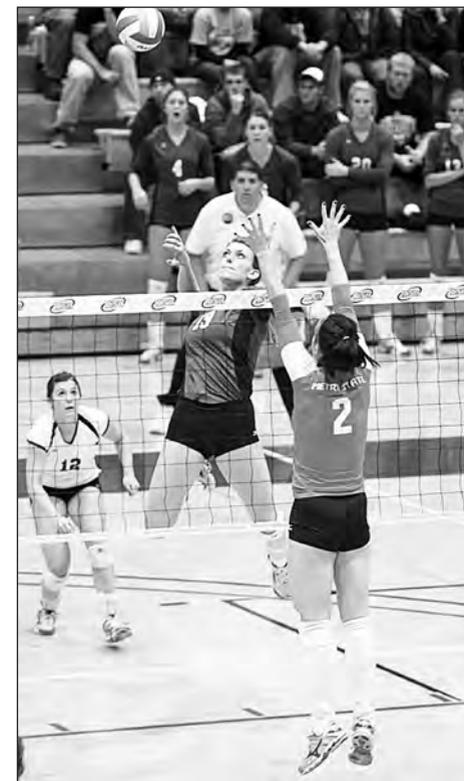
Antelope Sports Staff

What's big, blue, loud and always rowdy? The crowd cheering on the volleyball team at UNK home games of course.

This past weekend the Lopers were fortunate enough to host the RMAC tournament here at UNK and play the entire weekend in front of those crazy fans. From Nov. 12-14 volleyball fans here in central Nebraska were treated to the most talented setters, outside hitters and liberos the RMAC Conference had to offer.

The tournament was held at the Health and Sports Center at UNK for a second straight season because the Lopers finished

RMAC, PAGE 15



Photos by Garrett Ritonya and A Sanam Bhalla

TOP: Three anxious fans watch the volleyball action from their 'Loper' costumes Saturday night. Louie would be proud that his family showed up to support the volleyball team.

ABOVE LEFT: Junior middle hitter Jeri Walkowiak of Grand Island prepares to rocket a ball into the Mines' defense on Thursday night. Walkowiak was one of the team leaders in kills over the weekend.

ABOVE RIGHT: Senior middle hitter Nikki Scott of Broken Bow goes up for a kill Saturday night against Metro State. Scott was recently named the RMAC Player of the Year before the tournament. LEFT: Fans cheer wildly for their Lady Lopers, who will face No. 17 Minnesota-Duluth Thursday in St. Paul, Minn.

Illusionist Reza tricks a full house

BY JESSICA KENYON
Antelope Staff

This Brookings, S.D., native isn't just a magician; he's an entertainer. UNK experienced the intriguing, engaging and captivating performance of illusionist, Reza, Thursday Nov. 12 in the student union.

Since the age of seven, Reza has been focused in the art. By age 14, Reza was performing for resorts and large corporations. A year later, on his 15th birthday, Reza set out to perform a six week tour in Branson, Mo. Since then, Reza has been one of the fastest rising stars in the industry.

What exactly do you do at your shows?

Well, NO rabbits out of hats. It's the music and energy of a nightclub combined with hard-hitting magic and illusion. It's a very interactive show—I love to get the crowd involved. There's everything from close-up magic with cards, projected by a live camera feed, to a modern recreation of Houdini's most famous escape.

Who have you been influenced by?

A lot of my inspiration comes from movies, music and everyday life. I aim to create magic using ideas that people can relate to and identify with.

What's something you plan on doing at the show?

One effect in the show involves seeing into the future... The odds of these predictions coming true are over a billion to one.

What made you know this was the right path for you?

This job can be very demanding, from

REZA, PAGE 15



Photo by Kevin Whetstone

Illusionist Reza performing on stage. Reza has been described by his peers as one of the rising stars in the world of illusionists.



An 'eggcellent' place to grab a bite to eat

The Egg & I serves up a great breakfast dining experience

BY BRIANA DUNCAN
Antelope Staff

Growing up, mom always said breakfast was the most important meal of the day. What if you could have a warm home cooked breakfast during the afternoon as well? Now you can. Kearney's newest restaurant, The Egg and I is now open for business.

"The Egg & I is a concept that combines a great dining experience at a great value, with equally great unit economics. It's a recipe that has kept our guests coming back for more, while generating an outstanding return on investment." Those words have become the Egg and I philosophy of CEO Bill Baumhauer since the franchise's first opening in 1987.

The Denver-based restaurant opened in early November and is located in the 14th St. Mall along with Verizon Wireless, Premiere Rental and another new restaurant in town, Gourmet House Japanese Cuisine.

Walking in, the ambience felt like a Mother Goose storybook tale. The atmosphere was warm and cozy with a country feel. It felt like home, and the staff greeted the guests with excitement and was invested in making each customer feel comfortable.

After sitting down, it was time to decide and make the ultimate decision as to what to order. Then menu listed several choices ranging from omelets to sandwiches and salads to pancakes. Their menu is completely packed solid with many items, most of them having clever and intriguing names.

The "It's OK to Waffle" is the menu item I decided to try. The single waffle was delicious and reminded me of grandma's cooking. With reasonable prices and semi-quick service I was definitely satisfied with my first experience with the Egg and I.

Another thing to remember is that not all menu items include eggs, so don't let the restaurant name fool you. Club

The
EGG&I
Breakfast & Lunch

THE EGG & I

Rating: 4 out of 5 stars

Price Range: Meals average at \$10

Hours: 6 a.m.-2 p.m. Monday-Saturday, 7 a.m.-2 p.m. Sunday

The Egg & I has grown to more than 30 restaurants, both company owned and franchised, in Colorado, Nebraska, Texas, Wyoming and Utah.

Source: www.theeggandirestaurants.com

sandwiches, Reuben sandwiches, and a Cobb salad are just a few of the non-egg items on the menu.

The restaurant also has reasonable hours, which allow anyone heading to class or to work to check it out without worrying. The Egg and I also has a private dining room, which would be perfect for possibly business meetings or a bridal/baby shower for a friend or family member.

Overall, I would give the Egg and I four stars and plan to visit this restaurant again when I need a grandma-style home cooked meal. Other new restaurants in town to try are the Thai Cuisine and Tru Café.

The Egg and I is owned by Kearney businessman, real estate developer Brett Weis, as well as other investors from the community. To check out their Web site or the menu for the Egg and I, www.theeggandirestaurants.com.

With reasonable prices and a semi-quick service, I was definitely satisfied with my experience with The Egg & I.

Breakup from page 3

may even date a close friend, college campuses breed gossip and college responsibilities always continue, even if you are not feeling up to it.

“In college you have so many responsibilities that you are trying to accomplish, and when you are dealing with a breakup, you become preoccupied with grief and anger. You need to reinvest your time and energy into academic work,” Mims said.

Another problem with breaking up is taking the breakup personally.

“It’s not because you are not pretty, smart or funny enough. There is nothing wrong with you. It simply just isn’t a good relationship. You need to avoid the blame game. Breaking up is a painful thing, but certainly not the worst thing,” Mims said.

After a breakup, there are some things that people can do to ease the pain and some things that people should not do.

“People will do things to reconnect, especially with all the technology. Closure comes

from within and by making sense of the relationship. You can get closure, but you cannot insist on it, it’s your responsibility and will happen when you least expect it,” Mims said.

Other breakup don’ts include:

- Don’t set the record straight or try to understand what went wrong
- Don’t continue to argue
- Don’t seek revenge
- Don’t rebound into a new relationship
- Don’t avoid being alone
- Don’t indulge in destructive behaviors

Other breakup do’s according to Mims include:

- Put away reminders and pictures
- Avoid places that were “special”
- Write a farewell letter, but don’t send it
- Return belongings
- Make a daily schedule to lessen distress
- Redirect mental energy to other parts of your life
- Find meaning: What do I need to

learn about myself in all this?

Breaking up is difficult not only for the dump-ee but the dumper as well.

“You need to get the courage up and do it face-to-face. No texting, no e-mailing, etc. This will only prolong the process. You just have to find the words, plan it and do it,” Mims said.

When breaking up with someone, Mims stresses to not give any excuses, give useful, corrective feedback, and tell them what was working and what was not without being hurtful.

“Breaking up is hard to do,” was part of the Women’s Center coffeehouse series. According to the Women’s Center staff, when there is a prominent issue that needs to be addressed the coffeehouse series will address it. “Breaking up is hard to do,” was a follow-up presentation from September’s Sexual Assault Awareness Month. For more information, contact the Women’s Center at 308-865-8279 or at womenscenter@unk.edu.

Seashells from page 2

said, “This rich collection will serve us well in both teaching laboratories and in student research activity.” The tentative plan is to develop a student project that will involve the cataloguing of the many pieces of the collection.

“It is too early to tell whether there are any truly rare pieces in the collection, but at very least, there are some quality representative ones,” he said. “It will take time for us to sort through them all.”

In addition to the Hohnholt collection, a family from Kansas has also made inquiries in donating their collection of marine origins. The father of the Kansas family was an international security consultant who gathered related samples from all over the world. “Once we get these two collections together, we will have a substantial collection. We are building up one of the better collections in the Midwest here at UNK,” Hertner said.

Eventually, the collection of seashells, coral, sea fans, etc., will be up on display in Bruner Hall on behalf of the biology department. Because there are so many pieces, Hertner predicts that the display will be continually rotated.

Replay from page 12

seconds to go. Oregon lined up for an on-side kick. Oregon was awarded the ball, but Oklahoma Head Coach Bob Stoops challenged the call. He felt (one) that Oklahoma had recovered the ball and (two) that the ball had not traveled the necessary 10 yards required on a kickoff anyway. The play was reviewed, and Oregon was still awarded the ball even though on almost every camera angle it was obvious that the ball did not travel 10 yards and that Oklahoma had recovered the ball regardless. Oregon kept the ball and eventually scored on the drive to beat the Sooners that day.

After the game, Stoops questioned the integrity of instant replay. “Yeah, I would like to know how instant replay works because I have no idea. Every video replay I saw of it on the field was obvious that we recovered the ball,” Stoops said. “I felt there was no question about it. Last I knew, the ball had to go 10 yards which I feel that it

clearly didn’t. To lose a game on a call like that that was challenged is unacceptable to me,” Stoops said according to an AP report in a press conference after the contest.

Many fans of college football feel that more often than not, instant replays go in the favor of big-name, high money BCS conference schools, and conspiracy theories say that the NCAA regulates instant replay to help the big-name schools so that the NCAA can get their big-name matchups in championship games that they want.

Those were the cries after the Nov. 7, 2009 LSU-Alabama game. At a key moment in the fourth quarter, LSU had seemingly made a game-changing interception, but the play was reviewed. Then, the call went in the favor of Alabama— although video evidence clearly showed that both feet were in bounds. Many college football fans believed that the call was favorable to Alabama because they are a big-name school

with a lot of money, and the NCAA wanted to ensure that they and Florida played in the SEC championship game.

The NCAA and replay officials greatly defend instant replay and insist that the integrity of the game is the most essential detail of instant replay.

Gordon Riese, an instant replay official who is in the booth making reviews during games, defends the use of replay. “We get about 99 percent of the calls correct, but of course our goal is 100 percent. But nobody is perfect and even though we may feel like the call should go one way, we have to go by what the video evidence tells us,” Riese said. “Sometimes it is a very tough call because it has to be indisputable video evidence to be overturned, and a lot of times you can’t tell if it is or not, so then you have to go with the call on the field. There are absolutely no conspiracy theories or ‘homer’ calls,” Riese said.

Reza from page 14

the travel and show schedule to the sometimes years it can take to develop an illusion from an idea to actually putting it on stage. Seeing and hearing the audience’s reaction and feeling that energy makes everything worth it. It’s the highest form of reward. I couldn’t imagine myself doing anything else.

Did anything take place you did or didn’t expect?

I was told a couple weeks in advance that there was a sports conflict on the night of the show, and, as a result that attendance, might be affected. With that expectation in mind, I was thrilled to that they ran out of seating and had to bring in more chairs in order to get everyone in.

Will you be returning to Kearney?

For sure! We already have plans in the works for our return visit.

What was your favorite part of the performance?

My favorite part was seeing unfolding of the prediction, which I had created a year in advance about the people in the audience and thoughts on their minds that night. Everything and everyone matched up perfectly.

RMAC from page 13

at the top of the RMAC Conference in the regular season with a record of 33-1. In last year’s tournament, the Lopers came in as the top seed and were upset by Adams State in the quarterfinals.

The coaches, fans and players knew that they had a lot to prove and were excited to have the games at home, especially outside hitter Erica Burson, a senior from Gretna majoring in journalism advertising

“The fact that we get to play the tournament on our home court is inexplicable. The attendance that we receive is out of this world, and teams coming into the Health and Sports Center aren’t used to the energy our crowd

brings,” Burson said.

That energy from the crowd was in full force this weekend as the Lopers powered into the finals on Saturday with wins over Western New Mexico in the first round and Colorado School of Mines on Friday in front of an electric Loper crowd of nearly 1,100 fans.

Although the Lopers fell to a tough Metro State team in five sets during the championship game, Loper players like Burson are still appreciative of the support they received this past weekend. “Our crowd is what every team hopes for. They are into every game whether we just won or lost a good rally,” Burson said.

For the seniors like Burson who played their last games at home this weekend, they will always have the memories of playing big games in front of huge home crowds and the confidence that gave them. “The thing I will remember about playing at home is the love. When you walk out onto the floor and you hear thousands of people cheering for your team, you can’t help but be confident,” Burson said.

With a second place finish in the RMAC Tournament, the Loper volleyball squad remains hungry to accomplish their remaining goals and keep their eyes on the big prize, which is a Division II championship.

Hungry for helpers

Campus Kitchen expresses need for volunteers during holiday season

BY MIKE COOLEY
Guest Writer

As the holiday season approaches, everyone is starting to make their list and check it twice: what to cook for Thanksgiving, where to travel and ideas for Santa. The local Campus Kitchen at UNK, however, is looking at a different list—the delivery list, that is.

Campus Kitchen is looking for volunteers to deliver meals or to heat up the stove tops once again this Thanksgiving for the annual “Turkeypalooza,” the largest activity that the group puts on.

Jenna Rycek, a senior psychology major from Kearney, is revved up and roaring to go on the huge cook-off. “This is a huge deal to the organization and to the families we serve,” Rycek said. The reward is the happy clients who appreciate the meals so much. “When I hear ‘Campus Kitchen is my family,’ it makes it all worthwhile,” Rycek said.

Rycek, who serves as the undergraduate coordinator for the organization, urges anyone to consider volunteering for the feast. “It’s not a commitment to the organization, and it’s not a ball and chain. It’s giving back this season to those who need it most.”

Even if you feel that you just don’t have that kind of time to help this time of the year, you can volunteer for this one-time event. “You don’t have to stay the whole period or do both tasks. Help with

a little cooking or a few deliveries will go a long ways,” Rycek said.

And with a planned meal count of near 150 containers, stacked with all the original favorites of a Thanksgiving feast, there’s no doubt that help is needed.

If you’re looking for a volunteer’s perspective, ask junior political science major Jordan Gonzales, who helps the organization through both student government and Greek life.

“At first, I participated in Campus Kitchen due to the fact that it was a community service project that my fraternity, Sigma Phi Epsilon, did annually,” Gonzales said. “However, the more I participated, the more it helped to give back to the community.”

Gonzales said he wants to give back to a community that gives so much to this school, but he also feels Campus



Photo courtesy of Krystal Nunnenkamp

Krystal Nunnenkamp, a sophomore journalism major, helps package the meals on a Monday night shift. Nunnenkamp enjoys volunteering with her friends because it brings them all closer while they work for a good cause.

Kitchen is a way to make great memories. “The most memorable moments in CK are the countless conversations you get to have with the people who receive the meals,” Gonzales said. “They are so happy and excited to talk to someone and tell stories about their past. That, by far, is most memorable and genuine.”

For more information, contact Peter Longo at 865-8528 or longop@unk.edu.

Time for Turkeypalooza



Calling all volunteers hungry to make a difference with hunger in the community this Thanksgiving.

To participate, contact undergraduate coordinator Jenna Rycek at 865-8078 and leave a voice mail with your information. You can also visit the Campus Kitchen office in Founders Hall, Room 2228.

Times to volunteer:

TurkeyPalooza

- Nov 22: 8 a.m. to 2 p.m. (Cooking)
- Nov 23: Meet at 3:30 by Chartwells loading dock (Deliver)

Anytime you can help

- M-W: 6-8 p.m. (Cooking)
- T-Th: 3:30-5:30 p.m. (Deliver)

Skating the night away



LEFT: Some UNK students held on to keep from falling down on the ice. Hundreds of students attended ice skating night on Thursday.

RIGHT: Blake Thompson (right), a senior from Dalton, and Brianne Wetovick (left), a junior from Fullerton, try to keep their balance on the ice. RHA hosted their annual ice skating night on Thursday from 9-12 p.m. Students could either pay \$1 or bring a can of food for a night of fun.



Photos by Emily Wemhoff