

the antelope

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Students lend a helping hand

Big Event Photos
Check out p. 6 & 7

McCreery more than just a country star

Idol winner juggles the music scene and college life at North Carolina State Univ

BY NIKKITHOMPSON
Antelope Staff

Female fans across the country scream his name at concerts. His sophomore album, “See You Tonight,” was his second consecutive No. 1 album debut, following his 2011 release, “Clear as Day.” The video for “See You Tonight” spent an impressive 11 weeks at No. 1 on GAC’s fan-voted Top 20. Oh, and of course he won the 10th season of American Idol, making him the first winner born in the 1990s.

If the name of this young powerhouse escapes you, you may have been living under a rock since 2011.

While Scotty McCreery is known for accomplishments throughout his young career, he is more than what meets the eye.

Last October, McCreery released his sophomore album “See You Tonight.” McCreery was able to be more involved in the whole process and says that he is happy they had more time to work than for his first album and he is happier with and proud of “the music and the sound that we got on the record.”

His first album, “Clear as Day” was released after only three or four months. He said “See You Tonight” was molded to perfection for over a year and a half, and fans are responding to the lyrics.

McCreery had a hand in writing many of the songs. While many artists choose to write solo, McCreery said he loves to co-write with other people. “I love to be in the room with other people who have ideas to

MCCREERY, PAGE 11



Courtesy

Country musician Scotty McCreery will be performing at the Health and Sports Center Thursday, April 10. The concert is organized by the Loper Programming & Activities Council (LPAC).

LAST WEEK WE ASKED:

What end of the year work is **STRESSING** you the most?

36% Final projects

18% Major papers

18% Finalizing summer plans

9% Moving

9% Class scheduling

9% All of the above

This week's online poll question:

Who inspires you to dream big?

Go online and vote at unkantelope.com



Photo by Austin Gabehart

Runners Cassie Erickson, a graduate student currently pursuing her masters in teaching, and Colton Roth, a junior majoring in industrial distribution, fight back with their own color which they received after registering for the color run.

Color Stampede raises funds for athletics

BY ANDREW HANSON
Sports Editor

Across the country, themed road racers have been hitting the streets. Holiday events are popular: Halloween sports costume events like a zombie run, at Christmas runners can take a snowflake sprint and even St. Patrick's Day has a shamrock shuffle.

Holiday races aren't the only events getting the VIP treatment; commercial runs such as the Color Run and Warrior Dash have also risen in

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AT ISSUE: BLAZING TRAILS AND MAKING CHANGE



"We're millennials, but everyone shouldn't hate us"

BY TATE SCHNEIDER, Entertainment Editor

Like it or not, we are all part of Generation Y, the millennials as we have come to be known. I have yet to read or hear anything that relates positively to our generation.

People say we are ignorant, we don't value anything and we don't care about anything. But why is that? Is it merely the ramblings of older generations going on about the "good ole days" when children should neither be seen nor heard?

Unfortunately not, there is some precedence to what people say. We suck. This is the point where you are thinking you do not have to read the thoughts of a bearded scoundrel, but I am presenting information. According to every math teacher on this planet, numbers don't lie.

Older generations claim we are ignorant? They're right.

In a study conducted by UCLA, 50 percent of Baby Boomers said it was important to keep up to date with political affairs. That percentage has fallen to 35 percent with millennials. It doesn't make sense when you think about what that actually says.

We have a limitless amount of information at our fingertips and we could easily be the most well-informed generation on the planet, but instead we turn our attention to other burning issues like which character will be killed off next on "The Walking Dead."

The biggest piece of news to happen recently would definitely be the situation

in the Crimea peninsula.

However, if you were to ask a group of students what all that tomfoolery is about, you may get a few people who could present some valid information to you, but, for the most part, I think it would be like discussing the finer points of brain surgery.

Am I wrong about millennials? That is a possibility, but I've got to look at evidence that is presented to me.

I'm going to look at social media. Many of the people I follow on the Twitterbook are friends and generally interesting people.

What I've noticed, and I'm guilty of this as well, is that we use social media like an open diary. Some people post photos of their spring break vacations with captions like "Padre is totes cray. #yolo #Spring-Break2014 #foreveryoung #hashtag" and get about 50 likes.

Another user will just post music lyrics and I'll find myself briefly thinking they had a profound thought, but ultimately am disappointed when I recognize that particular Weird Al song.

On the flip side, somebody will post

an article that is relevant and actually profound, but few thumbs up will be seen.

So, what do we have? It's not an onslaught of the nation suddenly becoming shells of people constantly checking our phones for no reason.

No, we don't suck. In fact, we are pioneers.

For the first time, an entire generation truly has the world in their hands, but they don't know what to do with it.

The photos from spring break may get more likes, but the poignant article provoked more thought and the readers are still processing the information presented to them.

Crimea is a significant issue that isn't being ignored, it's an issue that has many different aspects that doesn't get the attention it should from the media.

We aren't ignorant. We are bombarded and overwhelmed by information daily and we are learning to syphon through what is important and what can be ignored.

Give us a break, we're blazing our own path here.



"Mentors give advice, motivation and support for future"

BY ADRIANNA TARIN, Editor in Chief

The pressures of balancing classes, a part-time job, homework and actually having a social life can take a toll.

When I first came to UNK, I felt lost. I grew up in Western Nebraska my whole life and moved to a town and university where I didn't know anyone. To top it off, as the first in my family to even go to college, I had no one to look up to for advice.

Luckily, I found many mentors while involved in the Office of Multicultural Af-

fairs and within my department.

Friends or even family back home may give you enough motivation and support to get through the four or more years of college, but is there another way to get advice that can really help you get where you want to go? Look for and take guidance from a mentor.

While having a mentor won't make-or-break your chance at career success, having a good mentor can be extremely

helpful when you're looking for academic and career advice or job opportunities. The most important part that a mentor does is play "role model" as someone who has already succeeded at something you'd like to do.

The end goal may seem a bit out of reach. How exactly are we supposed to find someone who has made it onto Broadway, into a prestigious law firm or assumed the role of CEO of a major company?

How can a mentor really help me?

The answer may surprise you. Although we may not have people on our campus or community that excelled in exactly what you want to do with your life, the beauty of being in a learning community is that people make connections every day. When you have a mentor, he or she can help you with the experiences he or

she has had or they can connect you with somebody that can help.

Not only will mentors help you along the way, but they can be another person in your corner so to speak. When you hit a roadblock in life, a mentor can be there for you when your friends can't understand and family are too far to be helpful.

Find someone who shares your passion.

Whether it's bonding over "Star Wars" and Harry Potter or the cool aspects of accounting, people on this campus can relate to you. And that person may not be a professor of one of your classes.

The best way to start looking for a mentor is to look for extracurricular activities that relate to that interest – and I use extracurricular in the broadest sense of the

MENTORS, PAGE 8

**2014
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Day**

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UNK

CAMPUS CRIME LOG

March 11: An RA at CTW was conducting health and safety checks when she and two others smelled a faint odor of marijuana. Upon further investigation, a male subject was issued a conduct summons for a trace amount of marijuana.

March 15: A male student turned over a bottle of alcohol that was discovered in his roommate's closet. The roommate was not present at the time of the call. Alcohol was seized and placed into evidence. The subject was cited for minor in possession of alcohol.

March 17: A hall director reported that a door decoration had been lit on fire. A subject was later identified and has been referred to conduct.

March 18: A custodian reported that the lock cover on the Randall Hall elevator had been bent back.

March 18: A male student reported that he had \$400 stolen from inside his backpack while working out at Cushing. The theft took place in the hallway area of Cushing.

March 19: While placing a towed

vehicle into impound yard 621, an officer discovered a hole cut in the north-east corner of the fence at the impound yard. It was also determined that one bike was taken from the impound yard. It was not known when or who cut the fence.

March 28: A suspect reported the theft of the front license plate from her father's vehicle while it was parked in the 8th and 25th parking area of UNK.

March 28: An RA reported a strong odor of marijuana on the fifth floor of CTW. A male subject was contacted and cited for marijuana less than one ounce.

March 29: An RA called to report seeing alcohol while she was contacting the subjects due to a noise complaint. A female student was contacted and admitted to having alcohol in her room, which she turned over. She was issued a citation for MIP and released.

March 31: A UNK student reported that he left his laptop computer in a classroom and it was gone when he went back. The laptop was found a short time later in the classroom.

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Should you invest in more than just your education?

BY BRIAN BUGAY
Antelope Staff

Should college students working to obtain a career and starting the rest of their lives think past that point and dream about retiring early or even having a gigantic chunk of change at retirement?

Have you ever thought about how the rich got their wealth and kept it growing? Have you ever thought about investing your money but shrugged it off because you didn't know how to start?

If you answered "yes" to any of the above questions, just know opportunity surrounds you. It is never too early to start investing and the earlier you do, the better.

You may have a hefty amount of money in your low interest rate checking and/or savings account, but how far is that really getting you? Robert G. Allen, a real estate investor, author and founder of the Enlightened Wealth Institute, once asked "How many millionaires do you know who have become wealthy by investing in savings accounts? I rest my case."

Although it is vital to have these accounts, there are more options for your money, options that can be better worth your while.

Now, as a student at UNK, you are investing at this very moment. You are investing in yourself toward a college degree. "Your career is the engine of your wealth," said Paul Clitheroe, a financial analyst/advisor.

OK, so you may have received your tax return statement or you may still be waiting for one, and if you had to pay in, this will not apply to you. If you, like most students, have money left over from your tax return, after paying bills or splurging on a nice dinner, set aside the rest of that money and invest it. You may be wondering what to invest in. There are a variety of different options available to you: stocks, exchange traded funds (ETF), mutual funds, bonds or even an individual retirement account (IRA). Websites can provide information on which kind of IRA is best for you (<https://www.scottrade.com/investment-products/ira.html>). Professionals can help you to invest, but that help comes with a cost, so keep in mind that "no one watches your money closer than you."

Dr. Bree Dority, an assistant professor in the economics department at UNK, said "It is important for college students to start thinking about investing, but given the tight budgets they have, they need to decide how much of

their money can be allocated to investments. If a student has the extra money to invest, then by all means go that route but for those that are on a tight budget, my advice is to try to live debt free."

David Ramsey, a financial author, radio host and motivational speaker, has useful expertise for students. Ramsey can help show you how to budget, beat debt and invest in your future (dave Ramsey.com).

If you are thinking about investing, get in for the long term. Keep in mind that the market could be due for a pull-back. According to a January/February article in Money Magazine, "With markets near all-time highs, stocks are looking at a respite. The media for a bull market (rising prices) is 3.6 years and today we are currently at 4.9 years of a bull market." "That being said," warns the billionaire oracle of Omaha Warren Buffet, "do not be too eager or be aware about putting your money in the market at this time based on that statistic. Be fearful when others are greedy and greedy when others are fearful." Do some research first and be the guardian of your own future.

Investing is not a get-rich-quick scheme, and the majority of those that think it is, wind up losing their money. Buffet said, "Much success can be attributed to inactivity. Most investors cannot resist the temptation to constantly buy and sell."



DR. BREE DORITY

b

Albin kisses Blarney Stone

BY JESSICA ALBIN
Antelope Staff

This past weekend we traveled down to the south coast of the country and visited the city of Cork. While Cork was a great city with lots of history and beautiful sights, (and some great shopping) we didn't actually spend much time there. Instead, we

traveled to a lot of the surrounding areas to take in even more culture and history.

Some of the things we saw included the ruins of Charles Fort, an old military base, the Heritage Center in the lovely coastal town of Cobh, and St. Patrick's Bridge in Cork. While each place had its own charm and interesting features, my favorite place, without a doubt, was Blarney Castle.

Blarney Castle is nestled on the southern edge of over 60 acres of gardens and park lands. We were lucky enough to have a beautiful day for a visit with lots of sunshine and no rain (hard to believe, I know).

I'll admit, I was a total tourist and eagerly stood in line to kiss the Blarney Stone. I'll also admit that it wasn't nearly as exciting as I had hoped. Based off of everything I'd heard from other people, television and movies, I expected to be hanging out of a castle window from my ankles. Instead, there was just a hole in the ceiling of the roof that you lay down next to and lowered yourself into using bars for support. Totally not scary at all (unless you're afraid of heights, that is).



Photo by Jessica Albin

While in Ireland for the term, Antelope Copy Editor Albin visited Blarney Castle, a world-renowned tourist attraction in Southwest Ireland.

After kissing the stone, we had plenty of free time to just walk around and explore the beautiful grounds. I was really sad that the Blarney House wasn't open for visitors. In addition to the beautiful castle and house, the Blarney grounds also housed a couple waterfalls and some beautiful flowers. Oh, and there was also this really cool bridge.

Basically, I couldn't have asked for a better field trip. The weather was nice, the area was beautiful and the company wasn't bad either.

Look for more blogs on unkantelope.com and follow Jessica's blog at <http://albinjm.tumblr.com/>

Sudoku ★★★★★

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

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | 7 | | | | 8 |
| | | | | | | 3 | | 1 |
| | | 4 | | | 9 | a | 6 | b |
| 2 | 3 | | | c | | | | |
| 8 | b | | | 2 | 6 | 9 | | a |
| | | | | 5 | | | 2 | |
| 7 | | | | a | 3 | | 8 | 9 |
| | | 5 | | 6 | | | b | 2 |
| 9 | | | c | 1 | 8 | 5 | 7 | 6 |
| c | | | a | | | 4 | | 7 |
| | 6 | | | | | | | b |
| 5 | | 3 | | 1 | | c | | 4 |

Find answer on page 9

www.sudoku-puzzles.net

THE BIKE BOWL A HISTORY



The Bike Bowl makes its triumphant return to UNK this spring after a 14-year hiatus. Take a look at how it started.

BY TATE SCHNEIDER
Entertainment Editor

After years nearly lost in obscurity and forgotten, the annual UNK Bike Bowl makes its return to the university this year. Current students may not recognize the event today, but the Bike Bowl once held a coveted date on the activities calendar each school year. What began in 1967 as a six-person team challenge quickly became a campus institution and would run for 34 years until 2000.

Now, with the sponsorship of the Blue Gold Brigade student alumni organization, the Bike Bowl will happen once again on April 26. The 35th Bike Bowl will be held at the Nebraska Safety Center and will be open to students, the general public and alumni alike. Registration fees are \$48 per team.

The course that will be laid out at the Nebraska Safety Center will be set up along a strip of pavement that will be long and wide to accommodate four-member teams who will crank their way to cover a distance of 25 miles. There will be no need for teams to bring their own bicycles, because the bicycles will be provided by UNK.

Brette Ensz, the Assitant Director of Engagement for the UNK Alumni Association hopes that this will revive the Bike Bowl's presence on campus. "We hope that the campus, community and alumni will really get into the event and create some fierce competition," she said. "Since it's been about 14 years since the last race, we don't know exactly what to expect, but I am hoping for some exciting bike riding."

The winning teams will receive a trophy and get to choose a charity to donate the proceeds from the entrance fees. The top cyclists will also be named Peddlin' Pete and Petunia to recognize the tour d' force performances.

If you are interested in learning more information, go to unkalumni.org/bike-bowl where you can register for the race.

Lambda Pi Eta to host first Annual Communication Studies Day

BY TESSA KAUFMAN
Antelope Staff

The possibilities are endless for organizational and relational communication students, and the honorary Lambda Pi Eta wants majors and potential majors to see at least some of the opportunities out there.

The first annual Communication Studies Day will be held Friday, April 25 at the Ockinga Auditorium. The events will include faculty presentations, panel discussions of organizational communication alumni and a forensics team performance.

"The goal of the event is to honor those involved in the field of communication, while also promoting what the department as a whole has to offer," said president of Lambda Pi Eta Joni Colburn. "Organizational and relational communication may seem like a vague major to some students. However the possibilities are truly endless as communication skills are essential for any type of career."

Colburn encourages current students to attend this event as a way to mark a clearer path of direction for what they can do with an organizational and relational communication major/minor. Colburn believes those students that do attend will be surprised by the variety of different careers the alumni of this program hold.

After the full day's events, there will be a banquet and induction ceremony at the Frank House from 6-8 p.m. The evening session will include a meal, re-

marks from the Communication Department Chair, Dr. Ralph Hanson, an induction ceremony for five new members and a presentation by one of the organizational communication alumni members.

This major/minor recently changed to organizational and relational communication, and it requires that majors complete support tracks along with their major. Alumni members and students like Colburn were previously called "organizational communication" majors.

The Student Programming Board approved Lambda Pi Eta's request for UPFF funding for the event. Other organizations have also contributed financial donations for the event. Communication professor Dr. Christina Jackson, has her JMC 329 print advertising class designing the promotional materials for the event.

This is a new event that is also supported by the Department of Communication as a whole. The society plans to host the event in years to come as a way to honor past and present members of the Communications Department. "Simply listening to the presentations will be beneficial to students who may be considering organizational and relational communication as a major/minor," Colburn said. "Past and present students will be sharing their experiences, along with the faculty; therefore, a wealth of information relating to the field of communication will be shared."



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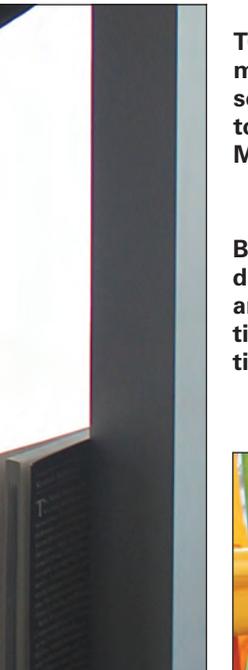
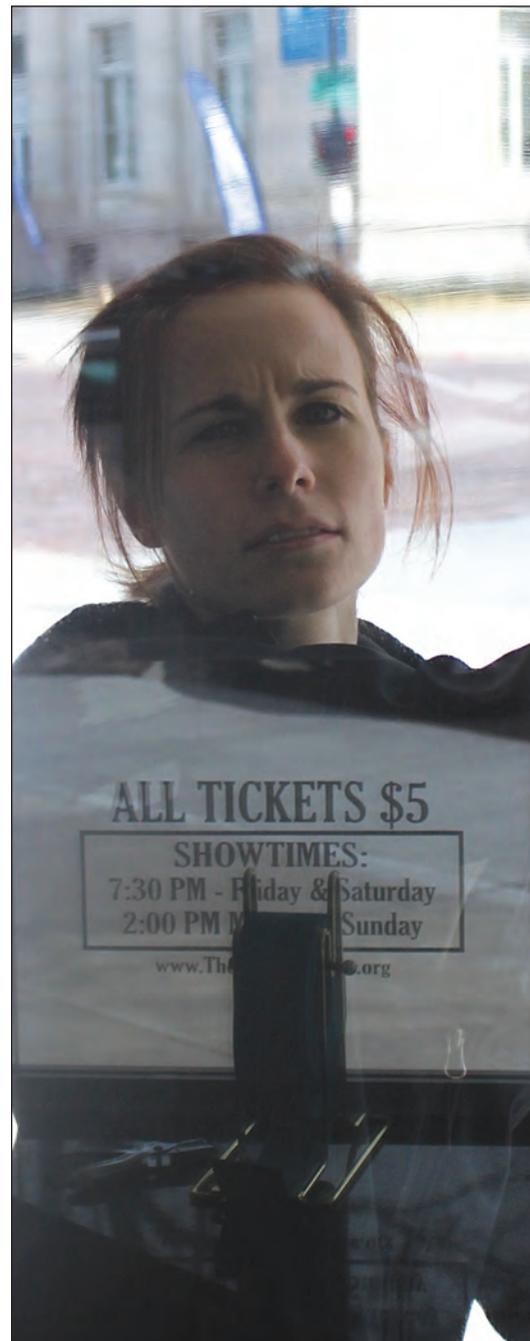


Photo by Marie Bauer

TOP LEFT: With paint rollers in hand, Sara Moseman (left), art education major from Omaha, and Michaela Connell, journalism major from North Platte, are armed and prepared to volunteer. They painted walls at the Family Advocacy Center this past Saturday.

Photos by Austin Koeller

ABOVE: Britney Bochart, a senior accounting major from Rockville, cleans windows at the World Theatre Saturday as part of the Big Event. Bochart participated in the event as part of the Beta Alpha Psi organization.

MIDDLE: Angie Ziggafos, a graduate student majoring in business administration from Hastings, cleans seats at the World Theatre in downtown Kearney as part of the Big Event. Ziggafos volunteered with her fellow members in the Beta Alpha Psi organization.

BOTTOM LEFT: Kevin Hall, a senior management information systems major from Campbell, cleans windows at the World Theatre in downtown Kearney Saturday as part of the Big Event. Hall is a member of the Beta Alpha Psi organization.

Groups pay it forward through The Big Event

Planning begins a year ahead of time, 500 students get up early one day a year to say 'thanks' to Kearney community

BY AUSTIN KOELLER
News/Feature Editor

Nearly 500 students packed the bleachers of Foster Field early Saturday morning. While most college students choose to sleep in on a Saturday morning, these students made the decision to wake up early for a good cause, to participate in the annual Big Event.

"It's designed to be a community service, volunteer event to say 'Thank You' to the community and let them know – from the students – how important they are," said Tim Danube, associate director of the Nebraskan Student Union.

"It's great when you can get 500 college students to come out early on a Saturday morning to do something like this," Danube said. Danube said he thinks participation shows a lot about the character of the students, and he knows the students

benefit also through giving back to the community and feeling what it is like to help others.

Students from Beta Alpha Psi, an honor society and professional organization for accounting, finance and information systems students on campus, spent their day doing community service work at the World Theatre in downtown Kearney. Some of the tasks included touching up the stage and stage steps, washing windows, wiping down handrails, cleaning seats, staining and vacuuming.

From the Beta Alpha Psi group, Britney Bochart, a senior accounting major from Rockville said, "I thought that it would be a good way to finally get involved and do something to help the community. I'm just getting a good sense of giving back to the community, helping others out, and just feeling good about being able to give back to the community."

Angie Ziggafos, a graduate student majoring in business administration, said that she felt the Big Event allowed group members to bond while doing something good for the community.

"It's fun to do with your student organization," she said. "You get to know people on a personal level a lot better. It's always fun just to give back and do community service type things."

Jessica Telford, a senior business administration major from Kearney, said that she had not heard of the Big Event prior to being in Beta Alpha Psi. However, when she heard about it, she decided to participate.

"I feel that it's good to try and pay it forward to the community," she said. "I'm glad that the school puts things like this together so we have a chance to help out."

For the students helping at the theatre, it felt good to be able to give back to the community. Bochart, Telford and Ziggafos said that they plan to get involved with community service opportunities in the future.

Students do work for people needing assistance or help non-profit organizations working at whatever needs to be done. Sites include the World Theatre, Kearney Women's Club, The Archway Monument, Kearney Elks Lodge, Nebraska Firefighter's Museum, The Salvation Army and more. The work done at these sites, he said, can be anything from yard work, helping to move equipment, painting, washing windows, to raking leaves.

The Big Event is one of the largest student-run community efforts in the nation with more than 70 universities participating annually. Danube said that the Big Event has been at UNK since at least 2006, with Student Government helping put the event together. The planning for the current event began last semester when a committee started sending out notices about the date and inviting people from the community that might have work or a work site. "We get work sites and we send things out to student organizations to organize their help," he said.

They sent information out to groups they worked with in the past, sent out materials to the Kearney area Chamber of Commerce, and wrote press releases to be



Photo by Austin Koeller

TOP: Dusty Broxterman, a sophomore chemistry major from Grand Island (left), and Josiah Buger, a sophomore math major from Deshler (right), work to complete a project at the Nebraska Firefighter's Museum during the Big Event.

Photo by Hanna Backer

BELLOW: Helping out with the Big Event last Saturday, April 5, were students in the biology program and RHA representatives. They helped out by putting mulch on a playground outside of The Salvation Army.



BIG EVENT, PAGE 11

Success coaches encourage academic, personal success

Now a tutor, Candy Smith says she had that "not me" attitude about getting academic, personal assistance

BY JOENE CROCKER
Copy, Production Editor

During the current semester the Learning Strategies office employs three success coaches to help guide students and encourage success. Like tutors, the coaches meet students one-on-one to help with non-subject specific areas. There is no cost for the service, and students can meet as often as they want.

Smith, a sophomore philosophy and math major, said she starts at the beginning with the class syllabus when tutoring freshmen. "Some students have thrown away their syllabus. They've thrown away notes that were given to them in class. They don't take notes or it's just chicken scratches. So I help them get organized and know that the syllabus should be one thing up front in your binder. You should check your syllabus constantly so that you know what you're doing next in class. You should read ahead so that you've read it before the next class. Some kids, unfortunately, never had that guidance anywhere."

Jean Todd, a freshman business major with management emphasis and one of the students tutored through Learning Strategies, said she met Smith in a music appreciation class her first semester. "We had class together," Todd said, and now she realizes reading assignments ahead of time definitely makes things click better.

Smith has really helped get her on

track, Todd said. "I had no study habits; I didn't know how to study. I dropped out of high school when I was 16 and got my GED just a couple of weeks before enrolling in the university. Studying and learning how to study has been really difficult for me, so [the success coach] has really helped me in that area.

Both Todd and her tutor Smith were willing to answer questions about the success tutoring.

Smith: Success coaches help in a variety of different areas. When I saw on the university's website that they were having applications for success coaches, then read what a success coach does — helps students manage their time better, fit in studying hours, organize their notes, take better notes so they can do better on tests and alleviate stress over tests or finals — I applied for the position.

Todd: My first semester was really difficult. It had its challenges. I didn't understand to read before you get into your lectures. Doing that now, I understand lectures a lot better instead of having my professors give the lecture first, and then going home and trying to figure out what they said.

Smith: A lot of students who come to see me are in their first semester or second semester. Students start out thinking this is easy or like, "I can do this." But by the second semester they are frantic. Organizing their time helps students deal with the stress. I help them organize just by prioritizing. Students need to see their daily schedule laid out in front of them and then they realize, "Oh, I'm really not that busy. Why do I feel the stress and pressure?"

Todd: I had my first passing math exam my last test, so I'm pretty excited about that. I suffer with test anxiety, so when I sit down and take an exam, 90 percent of what I know pops out of my mind, and all I can do is focus on the fact that I



Photo by Joene Crocker

Candy Smith (left), a success coach in the Learning Strategies office, meets with students who want help in non-subject areas such as time management, organization, test-taking anxiety and more. Jean Todd (right) has benefited from skills acquired through tutors involved in the program.

can't get through the first question; I can't concentrate hard enough to figure it out. I've learned not to cram. I pace myself and study a bit every day, take good notes and pay attention to what the instructors are saying. I'm working on not being embarrassed to ask questions.

Smith: That's what success coaches are there for. We're for the students. I know my first semester I had here, I thought I shouldn't need to go see a tutor; I shouldn't

Mentors from page 2

extracurricular in the broadest sense of the term. Join clubs. Go to public lectures. Attend every optional program and session you can that relates to your interest.

You'll begin to find a consistent group of people that attend many of these events. Professors, department heads, graduate students and strongly motivated undergraduates will be in these groups, and what they all have in common is an interest in those shared topics and the energy to reach out to discover more.

Somewhere in this group is a great mentor for you.

Consider paying it forward.

I'm going to assume if you are reading this, you are a student or faculty member who has had some support in your past. Maybe you had family or teachers in high school that reinforced your dreams to go to college or become something more.

Even if you can't see yourself being a role model to someone, there is a lot you can do to bring that support to someone

need help with this or that. And a lot of students have that mentality about getting help or assistance. But we're all in the same boat.

If you are interested in visiting a success coach, contact Shelley Yentes, the Learning Strategies coordinator, at 308.865.8997. Her office is located on the second floor in the Calvin T. Ryan Library.

else.

It seems like we are almost at a tipping point in society. As the millennial generation, let's face it, we don't have a great track record.

The total number of high school students that dropout is about 3 million, society broadcasts Miley Cyrus and Justin Bieber's antics and our every mistake is sent out on the many social media platforms. But the positive is that we can turn it around.

It's up to each person to teach and guide younger generations to teach and lead from our own mistakes.

So whether it is finding a freshman in your department to "friend up" or volunteering through a community organization that will partner you with a youngster, you can make a difference.

The important thing to remember is that while someone has helped mold you, you can do the same for another human being.

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Young finds passion to pursue dreams

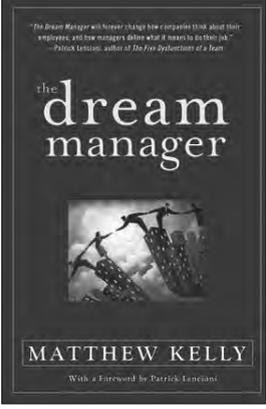
BY AMANDA SCHNEIDER
Assistant Copy Editor

Many can't answer the simple question, "What's your dream?" Tricia Young, a junior exercise science major from Mullen, once fell into that category. Young could list her major and career goal with confidence, but despite confidence, she lacked passion. "If someone asked about my dreams I was a blank slate," Young said. "The thought of dreams almost seemed taboo."

Young is involved with the Newman Center on campus, vice president and co-founder of the Exercise Science Club and participates in Undergraduate Student Research. Her hopeful career path was physical therapy, but after classes, research and job shadowing she realized it wasn't for her. Young still plans to keep her exercise science major because she loves her classes and the content.

Currently, Young, along with her research partner Ashley Pearson, are conducting research on stress and diet during the second week of the semester, midterms and finals. A diet analysis is completed to show changes in diet, a DEXA scan reveals body composition and the resting metabolic rate shows increases in stress.

Young said she has learned from participating in Undergraduate Student Research and urges others to participate as well. "A lot of people might think they don't like research, but they might not even know what it is. There are so many different topics. It's so broad. You can find



**Advice from
"The Dream Manager"**
by Matthew Kelly

1. Get yourself a dream book.
2. Start writing down your dreams.
3. Dream without limits.
4. Date your dreams as you add them to your dream book.
5. Date them again when you achieve them.

MORE: Find link to see students' dreams on "What's Your Dream?" Facebook page at unkantelope.com

out if it's something you really want to do," Young said.

Dr. Gregory Brown, Young's research advisor, was very helpful in choosing a project and getting started. Young said she appreciated the support and enjoyed getting to know Dr. Brown in a different capacity than just the classroom setting.

This past year Young has realized she is very passionate about research because she chose a subject that interests her. Young's research topic of choice is exploring dreams.

"When I know what my dreams are, it gives me purpose," Young said. "Each day is not just another day, but a day that is taking you closer to your dream. Each day and each thing you do has meaning if you're chasing your dreams."

Young said she, like many others, once found herself caught up in the business of everyday life, losing sight of her dreams. Two books, "The Rhythm of Life" and "The Dream Manager" helped change her outlook on life.

While reading she slowly began to discover her dreams, she said. She started a dream book where she divides her dreams into categories from the book and breaks them down into short-term and long-term. Each dream is dated when it's written and again once it's completed.

Recognizing her dreams gave her purpose, and she saw energy flowing into her life. "I discovered the power of dreams and I wondered why I had never known of this

power before," Young said.

One of Young's dreams is now to become an official dream manager, where she can seek out the dreams of those around her. She first wrote this as a long-term dream, but thought, "Why wait?" Young shared the idea with the Exercise Science Club to start a dream campaign. The idea was simply to go around campus asking people, "What's your dream?" In return, they would get a prize.

Campus dreamers were left with the quote by Henry David Thoreau: "Go confidently in the direction of your dreams. Live the life you have imagined." Young has asked over 250 people to define their dreams. She started a Facebook page "What's Your Dream?" where she anonymously shares people's dreams in a pursuit to get more people dreaming.

Young found it incredible to see the way people on campus and in the Kearney community reacted. People were taken aback by the question at first. "The vast majority of people I came across haven't given much thought about their dreams before I asked them," Young said. "If they are not dreaming, how do I get them to start?"

Young said she is concerned about the lack of passion in the lives of people who are too busy to dream. "If that is the case then it is necessary that you stop for a moment. Sometimes to step back from who we are, what we are and what we are doing and take another look," Young said.

Students present independent creative research April 10

Antelope Staff

About 130 UNK students will present their research and creative projects for the public at the 16th annual Student Research Day Thursday April 10, from 1:30-3:30 p.m. in the Nebraskan Student Union.

Students from all disciplines will present their scholarly and creative research. Nearly 80 students will present posters featuring their project. Others will give oral presentations, musical performances or have art exhibitions. Prizes are awarded for both oral and poster presentations.

Independent research and creative activity allows students in all disciplines to take knowledge and skills learned in the classroom and apply them to unique challenges. Working closely with faculty experts, students can engage in the academic enterprise in a way that develops critical thinking, project management and presentation skills that will be valuable in a lifetime of learning.

"If you do independent research, you retain more from class and do better in subsequent classes," said John Falconer, director of the Office of Undergraduate Research and Creative Activity. "Students are also able to develop at their own pace. They're not in a classroom setting, they're working on their own."

The number of students participating in undergraduate research is increasing.

This year, 30 percent of UNK students participate in independent research or creative projects under the mentorship of faculty. Just three years ago, 25 percent of UNK students participated in scholarly or creative projects outside of the classroom.

In the College of Natural and Social Sciences, 80 percent of the students do research.

Students can apply to participate in the Summer Student Research Program, a program to support student research during the summer, and the Undergraduate Research Fellows Program, which supports student research and creative activity during the academic year. The Undergraduate Research Council awards grants for student scholarly projects.

Sudoku answer:

Upside down, from page 4

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

Figgins says success arises from opportunity

BY KILEY DIBBERN
Antelope Staff

Coming from Omaha, senior Ryan Figgins had his sights set on attending college in Kearney.

"Kearney is far enough away that I had no one that I could call a friend in the beginning," Figgins said.

This intrigued me, Figgins said, because I wanted to expand my network of friends and create a new beginning of my life in a city that did not know who I was.

Figgins said that much of his initial draw to UNK was the outstanding scholarship money that was available for him.

Though Figgins will be graduating with a major in political science and minor in professional communication, he did not begin on this path. "My original major was molecular biology for the entirety of my freshman year, leading into the first semester of my sophomore year," Figgins said.

This changed for a few reasons. After getting involved in a plethora of organizations, Figgins discovered a skillset that pointed him to a different career path. "I realized my passion for politics and current events was not included into the curriculum of the molecular biology major," he said. "I felt that the ultimate goal of being a doctor did not coincide with my true

talents of understanding people and being able to communicate well with them."

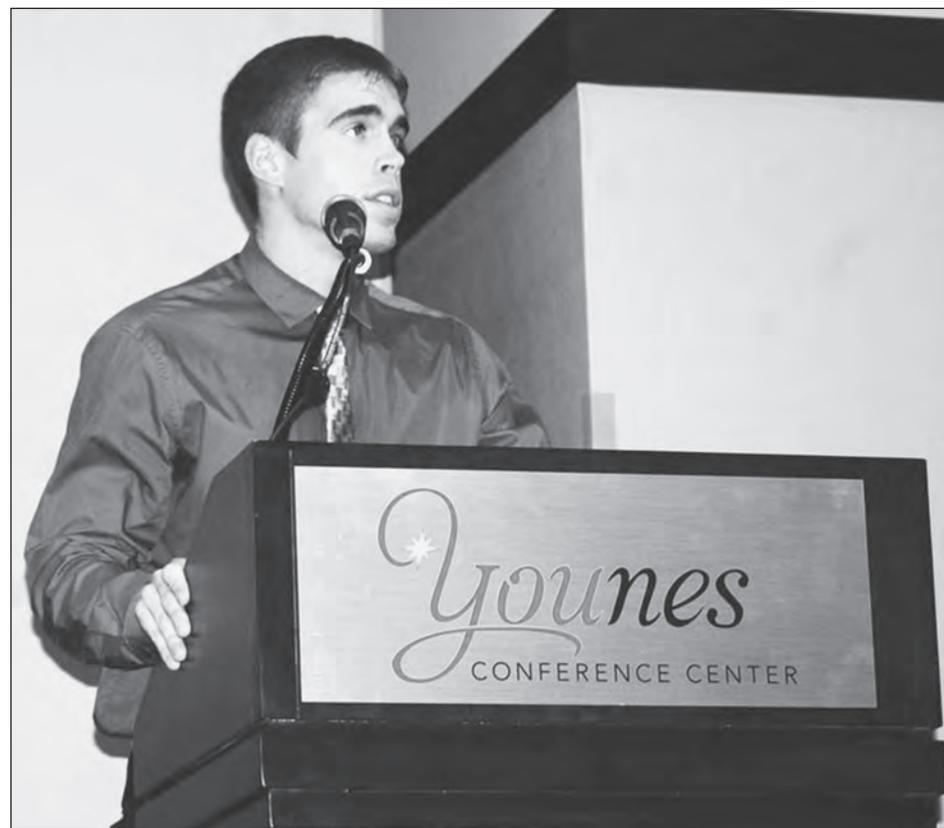
Figgins said that much of his success at UNK stemmed from opportunities to get involved on campus. The first collective that Figgins found himself involved with at UNK was Greek Life.

"By far I am the most proud of my time in PIKE," he said. "Often times people have a perception of what Greek life at UNK is all about. Our image is constantly being watched and checked by outsiders. During my time I feel that I have helped change a negative image of my beloved fraternity into a more positive one. I have had the pleasure of working with some fine boys coming from high school and help actualize their potential so they could become men."

He said, "Every person who participates in PIKE, even if it's only for a short period, comes out better because of it. I like to think I have helped a little in all my brothers' and friends' lives mainly because of PIKE."

Figgins said he knew he wanted his time in college to be productive, and he wanted to grow from his high school adolescence into a grown-up.

"I wanted my college experience to be more than just studying and partying on the weekends," he said. "The activities I want-



Courtesy

In the past four years, senior Ryan Figgins has had much practice standing before podiums. Pictured above, Figgins addresses attendants at the Pi Kappa Alpha Parent's Banquet as a vice president in his chapter. This past year, Figgins also served as the speaker of the senate in student government.

ed to get involved with also would push me to the limit of my own potential while still making it fun to be a part of."

"UNK is such a wonderful place and I felt I had talents that I could give back to students and administration while I am here."

Figgins just recently accepted a position as a business development manager at National Research Corp. in Lincoln.

"The career fair this last semester was where I began hearing about job opportunities," he said. "The career fair is a great way for college students, of any age, to start getting their name out there. You must be prepared, but you may just find a job you never knew existed."

Looking back, Figgins said college has been a helping hand in making him become successful.

"I believe everyone needs a little help before they classify themselves as a success. Do I believe some things in college aren't the most beneficial? Yes. But the majority of my time at UNK has been amazing with the people I have met and the education I have received. UNK has taken me on a journey that I wouldn't have had in my hometown of Omaha. A journey that has educated and helped prepare me for the world."



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Big Event from page 7



Photo by Austin Koeller

Jessica Telford, a senior business administration major from Kearney, uses a touch-up pen to fix nicks on the stage steps at the World Theatre in downtown Kearney as part of the Big Event. Telford participated in the event as part of the Beta Alpha Psi organization.

McCreery from page 1

make a song better," he said.

McCreery earned his first Top 10 tune with the lead single and title track "See You Tonight" which he co-wrote.

In spite of the country star lifestyle spotlighted so often in the news and always hanging on him, McCreery says he is actually a pretty laid back guy. On tour he says he doesn't get caught up in "all the humbug" and is pretty chill. He looks forward to simple pleasures, a couple rounds of golf and some time with friends.

"In the summer we have a sweet setup outside," McCreery said about his "backyard barbecue" atmosphere outside the bus: a TV, big 'ol grass mat, chairs and a cooler with a game of Cornhole to pass the time.

When all the hustle and bustle gets to

McCreery, he likes to just be a regular guy again. McCreery says that he feels he is in the right place in the world. "This is what I'm put here to do, so I am enjoying it all," McCreery said.

McCreery said he goes by the philosophy that everything in life happens for a reason. He can wish things were different and look back and wonder what in the world he was doing as a 17-year old Idol competitor, but all he wants to do is learn and grow. Even looking back at his first taste of the American Idol lifestyle doesn't faze him.

"Everybody has those awkward teenage years; I guess I was just going through them in front of 12 million people a night. But I would change nothing," McCreery said.

Stampede from page 1

popularity. The University of Nebraska at Kearney has a version of a popular road race too, the Loper Color Stampede, which was held on Sunday, April 6.

The 5K fun run, which serves as a fundraiser for UNK athletics, was first held last April after replacing the Women's Walk.

With the themed races like the Color Run and Warrior Dash gaining in popularity, UNK associate athletic director and race director Jaime Lundgren knew the color theme was the way to go.

"We were looking into it and the closest Color Runs were in the Lincoln/Omaha area, Kansas City or Denver," Lundgren said. "We thought we have a lot of runners and people that are active in the Tri-City area, so why not try and bring a color run

here and do something fun."

One of the big changes to the race this year is the fact that it is being brought to campus. Last year's race was held at Dryden Park and it was originally going to be held in conjunction with a softball game, but due to weather the game was moved up a day, which Lundgren said ended up being fortunate. "It turned out actually to be better because it would have been a lot to do all in one day," she said.

This year the race starts and finishes at Cope Stadium.

Lundgren elaborated on the move saying, "Now it's at UNK because we have a beautiful campus, and we wanted to get people on campus to show it off."

Another addition they added to the Color Stampede this year was adding a 1K

promoted by campus publications. "We try to get the word out via word of mouth or any way that we can to try to find the various work sites," Danube said.

Danube said that the community benefits from work done by UNK students. "I think that it continues to establish the great relationship that UNK and our students have with the community," he said. "The community can see that we have some really great quality students here that are willing to ... do stuff like this for the community because they want to say thanks."

At the Nebraska Firefighter's Museum, the men of the Phi Gamma Delta fraternity helped out digging various holes around the museum grounds. The holes were then filled with concrete, where fire hydrants would be placed and tested with a hose.

Colin Reuter, a freshman construction management major from Omaha, said that this was his first time participating in the

event. He said that being able to do community service work for the museum gave him a sense of accomplishment and that it felt good for him to help out.

Next door at the Archway Monument, the men of the Phi Delta Theta fraternity helped clean at the monument.

"We cleaned out a closet, we wiped down some of their windows, made them look pretty and made sure that their dining hall was a lot nicer," said Ben Najera, a sophomore radiography major from Grand Island. Najera said that while he had personally participated in the Big Event, this is the first time that the fraternity as a whole had participated.

"We get the pleasure of being able to give back to a community that gives a lot to support us," Najera said. "It's nice to see UNK come as a whole to give back to Kearney and hopefully we keep doing this for years to come."

As if being a full-time country star wasn't enough work for McCreery, he is also a college student at North Carolina State University. McCreery was a full time student for the first three semesters of college, but has pulled back this semester to promote the album. McCreery says it's all about priorities. "Instead of playing Xbox on the bus, you gotta pick up a pen and paper or computer and start writing," McCreery said.

McCreery believes he was really good in the beginning, but as college went on and got tougher he had to slow down and "re-work" his time management.

McCreery is a role model and even a beacon of hope for young people trying to make their own dreams come true. He says that young people need to keep fighting for

their dreams, to work every day and really try.

McCreery doesn't want future success to just be a dream for other young people, but a reality. His strongest piece of advice for young people looking to fulfill their dream is to be unique. "Everybody's unique, you just gotta show folks what is different about you. Nobody wants a copycat. Work hard and be different. Be you," McCreery said.

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LOOK into the HERD

By Sports Editor Andrew Hanson



TOP: Speeding through 110M hurdles is sophomore Trevor Schramm. Schramm placed eighth during finals of the 110M hurdles.

RIGHT: Running in the third heat of the women's 1500M is junior Elizabeth Damman from Seward. Damman placed second with a time of 4:52.22.



Competing in 110M hurdles was freshman Ryan Dahlgren. Ryan placed seventh in the 110M hurdles at the UNK Loper Invitational at Kearney High last Saturday, April 5.

»»» Come and be part of the herd

Check out more photos online
unkantelope.com

Loper Spotlight

Baseball splits series vs. Northeastern State

The Loper baseball team split a four-game series against Northeastern State in Tahlequah, Okla., over the weekend. Due to weather, the two teams played a doubleheader on both Friday and Saturday. The teams were originally slated to play one game on Friday and Sunday, with the doubleheader Saturday. The Lopers who moved to 21-14 and 15-13 in conference play take on Washburn this weekend at Memorial Stadium.

Football announces addition to recruiting class

Head football coach Darrell Morris announced the addition of 15 players to the class of 2014 recruiting class last week. This brings the class up to 48 players, consisting of 12 transfers and 36 incoming high school seniors. Some notable additions include transfer wide receiver Allen Sampson who previously played at the University of Hawai'i and Traveon Presley-Freeman who last played at Mesa Community College (Ariz.), the school where UNK wide receivers coach Matt Miller previously coached.