Newman Center raises funds for safe water in Haiti

“It’s an awesome experience, and I’m glad I get to play for an honorable cause.”

—Esvin Gomez

Students wanted proceeds to go to local charity, Mission II Haiti, for clean, safe water

BY AUSTIN KOELLER
News/Feature Editor

Saturday, a group of students at The Newman Center, a Catholic student ministry at UNK, hosted a soccer tournament fundraiser to create wells and safe water in Haiti.

“Proceeds will benefit the Kearney-based Mission II Haiti,” said Nathan Vinton, a senior biology major from Mullen and one of the event organizers. Mission II Haiti provides clean water for the people of Haiti by repairing and placing pumps over open wells.

Sister Rosemarie Maly, director of the Newman Center, said students chose to donate to Mission II Haiti because it is a local organization. “It gives us a chance to connect with a group from Kearney that reaches across the ocean – that goes international.”

Maly said the event provides an opportunity for students and community members to give to a charity.

“The main thing is to do a charity event and provide a fun way to do it,” Maly said, adding that the Newman Center helps students learn more about the world around them.

Enactus continues service projects

KELSEY MARTINSEN

The UNK Enactus Team, a student organization within the UNK College of Business and Technology stays active on campus with award-winning projects. The team has qualified for National Competition nearly every year since 2003 (their first year at UNK).

Over 400 universities/colleges have active Enactus teams, and the UNK student-led projects were rated in the Top 60 in the nation by experienced business professionals who judged last year’s National Expo competition in Cincinnati, Ohio.

This was the first time in UNK school history that the UNK Enactus/SIFE team has earned the National Quarter Finalist Runner Up trophy and $1,750 in total prize money. Seventeen students participated at the National Competition, but the UNK Enactus program has over 25 active members. Some of the team’s projects include NV A, Financial Literacy, Recycling and Sustainability and running Brewed Awakening, a student-run coffee shop.

The university Enactus Team will be hosting its 9th Annual New Venture Adventure project (NVA) bringing 13 Nebraska high schools to campus on Thursday, Oct. 9 to let students experience the thrill of being an entrepreneur for one day.

Enactus, formerly SIFE-Students in Free Enterprise, is an international non-profit organization that brings together student, academic and business leaders who are committed to using the power of entrepreneurial action to improve the quality of life and standard of living for people in need.

Guided by academic advisors and business experts, the student leaders of Enactus create and implement community empowerment projects around the
What is it good for?

Facing yet another war, anti-Americanism is biggest threat that the country faces today

BY SHAUN FRIEDRICHSEN  
Guest Columnist

Using rhetoric from the Bush era, President Obama recently made the case for intervention in Syria and Iraq. With the open-ended goal of limiting the spread of terrorism, this conflict will likely demand a great effort from the United States. Most of the people that I have talked to about this conflict have said that they support this conflict with ISIS because they do not want another terrorist attack to occur in the United States. Do they really pose that great of threat? This group’s power and influence are not to be underestimated. However, responding to their threats bolsters their appearance.

Before going into this situation seeking blood for blood, the people in this nation need to step back and weigh the positive outcomes and the negative effects. If we know more about this situation before we become involved with another fight, we can develop a better response.

As Franklin Delano Roosevelt said in his inaugural address, “The only thing we have to fear is fear itself.” We should not fear the threats from this group because this fright is not a reasonable one. Instead, we must fear the lack of reason that infects us.

Acting rashly will cause us great harm. If we analyze the potential outcomes of this conflict then, maybe, we will be able to see who the winners and losers will be. If the United States takes part in this conflict, we will most likely become too involved. Our presence will continue to remain in the region.

Exerting our influence with brute force in the Middle East casts a dark shadow in the region that allows anti-Americanism to grow in its wake. These anti-American sentiments may not pose a physical threat, but they can cause us the most harm. Anti-Americanism is the biggest threat that we face today.

This conflict is also a war of words where contradictory opinions can be seen through social media. In a Sept. 16 story in Time magazine, Rita Katz, whose SITE Intelligence Group has been tracking jihadists online for more than a decade, said the State Department’s “Think Again Turn Away” Twitter campaign “provides jihadists with a stage to voice their arguments.”

Katz wrote that social media from Think Again, Turn Away frequently backfires by providing jihadists legitimacy and a stage on which to project anti-American hate messages to taunt the U.S. and gain world support against Americans.

Rather than focusing on resolving the threat of ISIS with a sheer show of military might, we need to fix the image problem that haunts our actions. If we begin another war that is illegal in terms of international law, we will be no better than the warmongers of the past. As a nation, we are better than this.

In the past the United States has told other countries to do what we say, not what we do. One of the biggest factors in our image problem is the fact that we refuse to acknowledge that we have a dark history that detracts from the better aspects found in the past. Our refusal to discuss this history prevents us from advancing.

Instead of leading by force, the United States needs to lead by example. If we truly want to see peace, why do we continually increase the budget of the military? Why do we allow programs to exist that violate our privacy in the name of security? These actions show the rampant paranoia and insecurity that exists today.

These issues can be resolved by making the much needed changes to this damaged system. Students have the power to demand change as well. We are attending college to become educated citizens. It is our duty to make informed decisions. However, we must base these decisions on reason, not fear.

I urge my fellow students to become aware of the issues that are affecting the world today. Instead of fighting in another unjustifiable conflict, we should fight to achieve great things, to do great deeds throughout the world and within our own nation. If we lead by example, we will break the cycle of spreading our influence with guns and bombs, which only brings more threats and pain.

MORE ON THIS IN OCT. 1 ISSUE

Absurdity behind social media mobs

Knee-jerk reactions challenge Tony Soprano, Vito Corleone

BY ANDREW HANSON  
Columnist

Last year, as I sat around watching Alabama’s kicker miss three field goal attempts in the Iron Bowl and saw Auburn’s Chris Davis return a missed field goal attempt more than 100 yards for a touchdown, I thought I’d seen it all.

Then I gauged the pulse of Twitter. A small contingent of presumable fans who shouted “Roll Tide” all afternoon were telling the kicker, who may or may not have cost Alabama a shot at the national championship game, to go die.


Hearing the masses try and Monday morning quarterback sports on social media is one thing.

Now, the Twitter-verse is full of experts on race, domestic violence and a myriad of other issues. And they’re all out for blood.

Six weeks ago, Southern California running back Josh Shaw supposedly jumped from a balcony and saved his drowning nephew. There was something fishy to the story – I couldn’t put my pulse on it – maybe I’m just skeptical, but I wasn’t shooting out praise and claiming this guy the next American Hero.

You know who was though? The social media mob.

The social media mob was ready to throw Shaw a parade, hand him the key...
CAMPUS CRIME LOG

9/15: The URS hall director reported that the passenger side window shattered on his car.
9/17: A male subject called to report that his unlocked bike was stolen from the bike rack at URN.
9/21: A suspect reported that someone was in traffic, yelling at vehicles near the bridge on University Drive. The subject was located and reported that people in a truck cursed at him, so he cursed back. When they turned around, he hit their truck with his elbow and a knife, damaging the vehicle.
9/22: A subject reported that her bike had been stolen from the bike racks on the south side of Antelope Hall.
9/24: An officer received a call of a bomb threat. The library and Mitchell Center were evacuated and cleared. Nothing was found and the building was reopened. A subject was arrested on 9/25 for threatened use of explosives.
9/26: An officer received a report of a stolen golf cart from NSU LPAC. KPD later found a golf cart at LIPS Printing. KPD impounded the vehicle and the director of NSU identified it as their golf cart.
9/26: A female student reported that she broke a window at Thomas Hall by losing control of her skateboard. She was referred to the conduct officer for the damage.
9/28: A female reported seeing an intoxicated female being carried into a room by three males. An officer made contact at the room with the sober roommate. The intoxicated female was stable and asleep in bed. The officer made contact with her the next day and all was OK. She was given a Conduct Summons for MIP.
9/29: A female reported her locked bike stolen from the bike racks at Randall Hall.
10/4: An officer received a call from a CTW RA advising there was a possible alcohol violation in CTW. Upon further investigation, 10 out of 14 students were issued citations for MIP.
10/4: A female student reported her bike stolen from the bike rack at CTE.
10/5: It was reported to UNK Police that a sexual assault occurred in a residence hall on campus. The subjects in this incident were acquaintances, and one male subject has been booked in the Buffalo County Jail for First Degree Sexual Assault related to this matter.
BY NICK STEVENSON
Antelope Staff

Located one block south of the campus at 2222 9th Avenue, the Alumni House is the oldest building associated with UNK. It was built as the residence of Dr. A. O. Thomas, the university’s first president. Dr. Thomas and his family moved into the home on Feb. 21, 1907, less than two years after the Nebraska State Normal School at Kearney first started its original mission of preparing teachers.

Now over 100 years later, the Alumni House has turned into the place where people can always stay connected to UNK. The Alumni House is part of the Nebraska Alumni Association and is used to host events here in Kearney.

The Alumni Association acquired the facility from the H.W. Swan family in 1980. What was originally a private home has been transformed into a multi-purpose facility of offices, meeting rooms and reception areas, all with private gifts.

Alumni and friends have donated more than $300,000 for renovation and addition projects. Visitors to the Alumni House will find a wealth of historical items representing the periods when the university was the Normal School, Nebraska State Teachers College, Kearney State College and now, the University of Nebraska at Kearney.

Five rooms in the Alumni House are used as offices for four employees and two interns.

One intern, Nick White, a junior sports management major from Lincoln, is excited to have the opportunity to work for an organization such as the Alumni House.

White said he has been working at the Alumni House since January and his duties are varied. “As the intern I am in charge of getting and delivering cookie grams to students.” He also helps organize events and runs any errands that are needed.

White is excited about all the networking opportunities he encounters as well as meeting many alumni while on the job.

He said, of the 36,000 alumni for whom the Alumni Association has addresses, around 25,000 live in Nebraska. Historically, UNK has attracted a majority of its students from within the state of Nebraska, many from small towns, so it’s not surprising that many stay nearby. Most of Nebraska’s larger cities have a high concentration of UNK alumni.

White hopes to one day be involved with an alumni association in some way in his future. “I want to be an alumni director for a university or work for an alumni association for a university,” says White.

“If anyone is interested in the Alumni Association as a career they should try working for the Alumni House. I am really thankful I get to be exposed to a career I am interested in and see how things are done,” White added.

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.

Find answer on page 9 www.sudoku-puzzles.net
Senior a ‘cymbal’ of opportunity

Haley Allen pushes herself to be a leader on campus, including serving as president for two organizations

BY COURTNEY MCCLELLEN
UNK Communications

When she came into college, Haley Allen wanted to try new things and broaden her horizons. Little did she know, the things that she tried and the experiences she had would be so much more than she was bargaining for.

Allen, a senior from Omaha, is a music education major. However, her campus life extends further than the classroom. She is involved in numerous activities on campus, holding various positions and improving her leadership skills.

Allen is in Gamma Phi Beta sorority, where she serves as president; she is on the drum line and in the wind ensemble, where she also serves as president. She’s been a Student Diplomat, a Chancellor’s Ambassador and a New Student Enrollment leader.

Allen says that coming into college she decided to go Greek because she wanted some new experiences and to open doors for herself.

Going Gamma Phi was her next big decision.

“I chose Gamma Phi because I really liked the way I felt here. I felt like I could grow and be who I wanted to be because of the women I talked to and the things that they had become through their time in college and in Gamma Phi, and so I knew they would inspire me and support me to become what I was meant to be in college.”

Allen has held various positions around the house. During her freshman year, she served as historian and later Panhellenic affairs vice president. Her sophomore year, she held the position of education vice president. Then her junior year, she was elected to be president.

Allen says she decided to run for president to give back. “I just thought about all that Gamma Phi has given to me and the skills that it has given me and the way it has pushed me to become a better me, and I wanted to give back and help other girls find that in Gamma Phi.”

Allen serves as a leader and a role model for many of the women in her chapter. Junior Rachel Poots, a sports management major from Omaha, says she looks up to Allen because she is so passionate. “Once she has a goal in mind, she will do everything in her power to accomplish it. She is also very caring, she will go out of her way to help someone out when she can.”

Allen has been doing music since she was in second grade, when she started taking piano lessons, and is involved in the music department. Her main instrument is saxophone. However, this year she auditioned for the drum line. She is now playing cymbals for the marching band season. She says that doing drum line has been her favorite experience in band so far.

Although nerves used to play a role in her performances, Allen has learned a way to cope and handle her nerves. “…my piano teacher sophomore year of college told me that it’s not really about the performance, it’s about the music and for some reason, that just really calms me down. People aren’t there to watch me or judge me. The real important thing is the music that you make and how it makes people feel.”

Allen hopes to be a middle school band teacher. “I’ve been involved with music since I was really young, and in middle school I was in band, and all of my friends quit, because they didn’t like the instructor or just didn’t like band,” she said.

Allen believes that her friends that stopped doing music so young missed out on a lot of opportunities and experiences in high school and going on, “Music is pretty much a lifelong skill and that’s why I’ve targeted middle school because I want to inspire them to stick with music even if it doesn’t come easily,” she said.

“I just think that music is an equal opportunity for everybody. It shouldn’t be if they have a certain amount of talent or if they have money for lessons or a nice instrument. It should be open to all students and something that they can take pride and excel in.”

Not only does Allen keep herself busy during the school year, but she keeps herself busy on campus during the summer as well. The past two summers, she has served as a New Student Enrollment leader, helping incoming freshmen transition from high school to college.

Allen was inspired by the NSE leaders when she was coming into college. She was excited to hold such a prestigious position on campus. “I felt like I have been through experiences that would make me qualified to help other people be enthusiastic about coming to college, and I wanted to be able to do that for them.”

Allen really enjoyed her time as an NSE leader because of all the people she got to meet. She was able to get to know the other leaders really well and spend a lot of time with them. She also enjoyed getting to know various staff members on campus and liked seeing what they do for the students. “It just gives you a different light of UNK, like behind the scenes,” she said.

Although Allen has had to make a few sacrifices in order to be so involved on campus, she still has loved her time at UNK. Allen says her favorite thing about UNK is “…that if you put yourself out there, you can really meet a lot of people, but there are always still more people you can meet and more things you can try.”
Asai revisits Korea over past summer

BY AKIHO SOMEYA
Antelope Staff

If you want to see the world, there are great study abroad programs here at UNK. Particularly, the summer exchange program in South Korea is very exciting for students.

In July this past summer, about 70 UNK students went to Hanyang University for international study. Almost 1000 people from different countries and universities gathered for this program and lived there for one month.

Rika Asai, a junior travel and tourism major from Saitama, Japan, attended the Hanyang summer program this past summer. “I went to South Korea three years ago for the first time. It was just a three day and two nights trip, but I do remember I had so much fun.”

—Rika Asai

“I went to South Korea three years ago for the first time. It was just a three day and two nights trip, but I do remember I had so much fun.”

—Rika Asai

Language proved to be a difficulty, but not a barrier. “It was also a big challenge for me to stay in South Korea for one month because I had no idea about any Korean when I got there, so I could not read or speak Korean at all.”

Many kinds of classes are offered at Hanyang University, and students can transfer the credits to their university. Asai took a beginning Korean language class. “Because I learned Korean, I could understand Korean little by little,” she said. Slowly, Asai said she noticed her language skills improving. “That was my pleasure,” she said.

“If you are interested in another country, especially about culture, I do not mind if you attend a study abroad program,” Asai said. “In this time, I learned that our country, Japan, and Korea are very close and seem similar, but we have very different cultures. I could see the characteristics of this country.

“I was glad to stay there for one month,” Asai said. “This memory stays with me as a great memory forever.”

“TOP: Patbingsu is a famous Korean shaved iced dessert. This dessert is bigger than Asai’s face.

ABOVE: Asai met a friend and went sight seeing. They stopped to see the front of the gate of Gwanghwamun at Changdeokgung in South Korea. Asai visited South Korea during the summer of 2014.
As a senior getting ready to graduate in May, I constantly find myself asking the same question: where has the time gone? People always said college would go fast, but I don’t think I ever really believed them. With each school year going by faster and faster, I am really glad I have taken the time to make some awesome memories along the way.

When I was a freshman, I had the opportunity to take a spring break trip to Vancouver with eleven other UNK freshman. While I was there, I made a split second decision to go bungee jumping. As I was standing on the edge of the bridge, the only thing running through my mind was “you’re so dead. There is no way you’re walking away from this. This is stupid. Why are you doing this?” And that was the precise moment when I jumped.

After the initial shock, I was completely amazed at how awesome it was. I was swinging back and forth over a deep canyon with white water rapids rushing below me and big flakes of fluffy snow had started to fall. It was one of the most beautiful sights I have ever seen.

Despite my fear at the outset, I am so glad I jumped off that bridge. Since then, I have become much more open to getting outside my comfort zone and trying new things. That one, split second decision has had a positive impact on the rest of my life.

My junior year, I had the chance to study abroad in Ireland for a full semester. During my time in Ireland, I was able to interact with many different kinds of people and really get a feel for the culture. While there were definitely some differences, I was able to see that the same basic mannerisms and desires are present among all cultures.

Not only did I get to meet a lot of people, but I was able to experience many new things and expand my horizons. I learned about a culture that is so different from my own and it has made me appreciate the similarities among all cultures.

The chance of a lifetime
Studying abroad makes forever memories

BY JESSICA ALBIN
Asst. Editor/Copy Editor

As a senior getting ready to graduate in May, I constantly find myself asking the same question: where has the time gone? People always said college would go fast, but I don’t think I ever really believed them. With each school year going by faster and faster, I am really glad I have taken the time to make some awesome memories along the way.

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all over Europe. During my four months abroad, I saw the four corners of Ireland and many places in between. I spent my spring break traveling through Rome, Venice and Prague. I even took a long weekend trip to London. Walking through the Coliseum and the Vatican, taking a gondola ride on the canals, experiencing real Italian gelato, seeing the famous red rooftops, kissing the Blarney Stone and seeing Big Ben and Shakespeare’s Globe Theater up close are some of the best memories I have of college.

While I didn’t always get along with the wet Irish weather, I had the time of my life traveling around and adapting to a different way of life. If my time overseas taught me anything, it is that I will be going back someday. There are so many wonderful places in the world, and I am determined to see as many of them as possible.

If you have the opportunity to study abroad, DO IT. Trust me, it is well worth the money spent. Even though it may seem like a large chunk of money now, you’ll never be able to live in another country for four months that cheaply again. Even though the level of my bank account occasionally tries to convince me otherwise, I wouldn’t trade my experiences abroad for anything.

My four years of college have gone by extremely fast, but that is why I’m glad I have made so many unforgettable memories. If you want to make sure you really remember and treasure your college experience, take a leap of faith and jump off a bridge. Or, if heights aren’t quite your thing, seriously consider taking a semester abroad. You won’t regret it, I promise.

**Study Abroad** from page 7

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Japanese dancer stands out on the stage with ‘Organix Crew’

Yuki Shiratori from Kanagawa, Japan, put himself out there through hip-hop dance after seeing team practice.

By Akiho Someya
Antelope Staff

Yuki Shiratori, 21, majors in engineering but belongs to the dance team Organix Crew.

“My hobby is dance,” Shiratori said. “The members of this group are mostly UNK students. The others have jobs while they dance. We practice some choreography for a performance and improve our own dancing skills with advice from each other.”

Organix Crew is a college program that introduces the art of hip-hop through performing. The group focuses on teamwork, good morals and growing together as a family.

The crew already danced at an international dance event at Copperfield’s Bar in downtown Kearney last April. They practice every Friday from 6 p.m. to 8 p.m., and they will be performing on Oct. 31.

Shiratori came to UNK during the summer of 2013. “I was interested in street dance because my elder brother had danced, and I was going to start dancing when I enrolled in a university,” he said. “Then, Organix started to practice in front of the Nebraskan Student Union. They kindly welcomed me to join practice.” That triggered his dancing for Organix Crew.

Shiratori said he cannot think of life in Kearney without the existence of the team. “After I joined them, I had some performances. To perform in front of people made me not only nervous but also excited. That is a treasured experience.”

Outside of dance, the group sometimes hangs out together. “I could meet great friends, and this is also a good time for me to improve my English while having fun. Those are merits of being in Organix. I appreciate them for these worthy opportunities,” said Shiratori.

If you want to know more about Organix Crew, you can visit the website: http://www.organixcrew.com

Sudoku answer:

Upside down, from page 4

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www.sudoku-puzzles.net
Social Media Mobs from page 2

to the city and name their firstborn after him. If you know, he wasn’t lying.

Social media mobs view everything in black and white. Someone is either guilty or they’re innocent. Someone has to be fired. Someone saved their nephew. They don’t bother to step back, breathe and examine the facts.

That would be too rational.

A week after it was revealed that Shaw was lying, the social media mob was nowhere to be found.

For about a week that is.

About a month ago the Ray Rice saga played out. The social media mob was calling for the heads of everyone from Roger Goodell to the night janitor for the way the NFL botched the situation.

A few days after that, the social media mob was an expert on corporal punishment and parenting with the Adrian Peterson ordeal.

Social media mobs are on the forefront of everything. They’re vigilantes out for blood. They don’t really care who they take down, as long as they take someone down.

Remember William Golding’s book Lord of the Flies? There is the fun lovable character, Piggy, a poor-sighted, asthmatic and heavyset lad, who gets killed and run over by a boulder by Jack and his band of savages.

That’s what social media mobs are like.

Albeit, Michigan is having a rough football season, but losing to Minnesota, god forbid, the social media mob was at it again.

Some issues, mainly relating to a concussed quarterback, were not handled properly. But, if the Wolverines were 5-0 at the time, as opposed to 2-3, the social media mob wouldn’t be standing on head coach Brady Hoke or athletic director Dave Brandon’s door with pitchforks.

The thing with social media mobs is that they just wait for the next prey to pounce on. Inevitably, they’ll just move on to the next outrage in society.

Check out Andrew’s blog http://unkantelope.com/wordpress_antelope/category/andrew-hanson/

Water from page 1

Student Ministry Council helps coordinate the tournament. “It got really popular because people like to play soccer. People just have a good time.”

In its fourth year, Vinton said this is the first year that UNK alumni will be participating as players in the tournament.

“We really try to provide an environment for the students to find a home away from home while they’re in college,” Maly said of the Newman Center. “It’s a place where they can find acceptance, belonging and support.”

Enactus from page 1

The experience not only transforms lives, it helps students develop the kind of talent and perspective that are essential to leadership in an ever-more complicated and challenging world.

The 135 plus students expected for the event will be divided into teams and instructed to create a business and evolve it throughout the course of the day. The teams meet with professional bankers, realtors and other professionals to help increase the “real” aspect behind the event.

At the end of the day, the teams give a brief presentation illustrating the work, promotions, financial figures and other information relating to the development of their business to a panel of judges. The judges critique each business and then decide who will be crowned as the champion business. The individuals of that team will receive prizes at the conclusion of the day.

NVA will be held in the Ponderosa Room in the Nebraskan Student Union on Oct. 9, 2014. The day will start with check-in at 8:30 a.m. and will conclude at approximately 3 p.m.

Hey, did you know...

The Antelope is online

unkantelope.com

Loper FB gives back at Good Samaritan

The University of Nebraska at Kearney football team donated footballs to CHI Health Good Samaritan hospital for the distribution to families of newborns and other patients at the Kearney hospital. Team captains Bronson Marsh, Romero Cotton, Tyke Kozeal and Jack Wardyn delivered the footballs Monday, Oct. 6 and visited with patients and families.

Tyke Kozeal, a sophomore health and PE k-12 major from Sargent, Neb., and junior exercise science major from Omaha, Bronson Marsh, teamed up to visit with patients. The two serve as captains of the UNK football team and stopped to visit with Paul Wice of Kearney in the hospital. Wice has taught in the UNK Department of Communication.
**FOLLOW THE HERD**

By Sports Editor Nikki Thompson

**It's October... so naturally the freshman were outvoted and a scary movie was chosen for the trip back to Kearney from St. Louis. Sinister was the scary movie of choice. The first scare tactic was a classic. Yelling during a suspenseful part of the movie! AHHHHH!**

Next scare tactic took more planning and accomplices. We stop to get gas in Lincoln at 11 p.m. We are all on edge and scared already. As we exit, some girls decided to move a statue in the gas station as Jill Stoumbaugh walked by. Jill fell immediately to the floor, started crying and almost peed her pants right then and there!

It was a complete success!
After three years of strangers turning into teammates, weekends that became long bus rides and going head to head with the competition each season, Liz McGowan is reaching the finish line. McGowan, recruited in 2011 from Grand Island Central Catholic as a volleyball libero, instantly began exceeding expectations in the back row. Ever since, she has been leading the Lopers in digs each year.

With 16 games remaining in her final season as a Loper, the senior is striving to be even better. McGowan is on her way to the record book for the most digs overall in UNK history. Trailing behind Angie Usher of 1995, who holds the record of 2,058 digs, McGowan is close with 1,751.

As a senior captain, she plays a very important role as a leader for her teammates and takes that role seriously. “I think I played pretty well last season, but I still think I can step it up even more this year, and I think the rest of the girls can do the same.”

“The mental side of volleyball is huge, and it can always be improved,” McGowan said. “As a libero, you have to have the mentality that every single ball has to get up. Every game and every practice you have that focus. We all have our own focus.” To that end, the team has been working with Dr. Krista Fritson, associate professor in the psychology department, to improve their team dynamic and game day preparation.

The Lopers are working together to make sure they have a successful season. McGowan said they have even been utilizing long bus rides to gather together and get to know the freshman one-on-one.

McGowan gives the credit to others and is very humble when it comes to her success. “I give the credit of my success to all of my players every year and all of our work ethic that we have had all of these years.”

Not only has she stayed focused on the court, but she also has been rewarded each year for academics. “I think I’ve gotten better at time management, but sometimes I still struggle as a senior.”

Moving forward through her final season, McGowan hopes her team can make it past regular season and continue further into post season than they did last year, inching her closer to breaking the record of most career digs in UNK history.

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