

'Buckle' up for the future

UNK announces multipurpose gift from Buckle for athletics, scholarships student Wellness Center

BY STEPHANIE MOORBERG
Antelope Staff

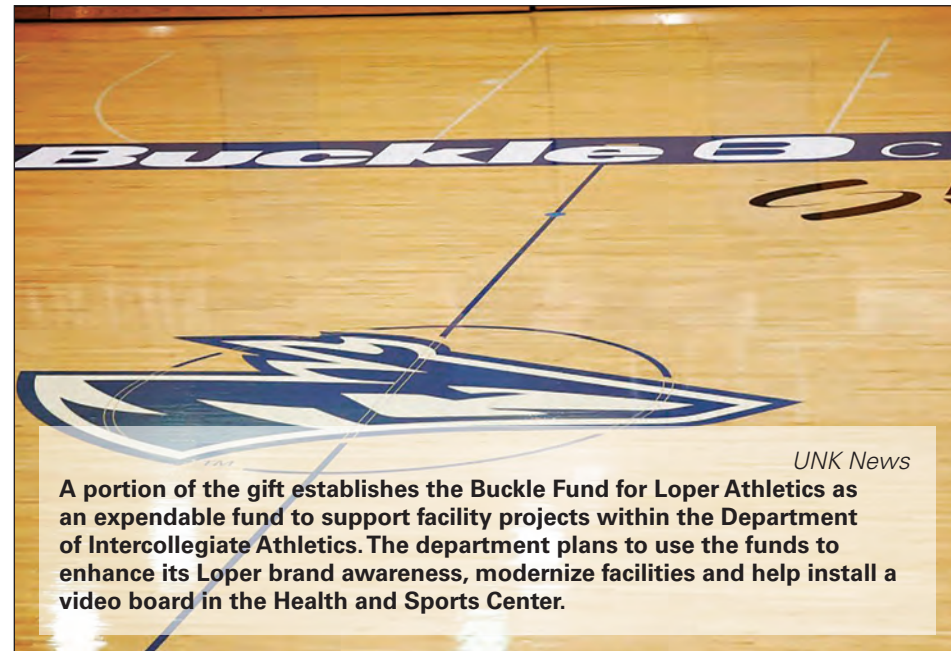
Just as classes began in January, UNK announced the retail store, Buckle, has donated a sum of money to the athletic department and the Wellness Center. This donation has reenergized UNK athletics and the campus.

The donation to the athletic department provides funding for partial athletic scholarships and intercollegiate athletic facilities and the new campus Wellness Center. You can already find the Buckle logo in the Health and Sports Center's basketball court, which has been renamed "Buckle Court" in honor of the

Buckle donation.

The largest portion of the gift establishes the Buckle Athletic Scholarship Fund as a permanent endowment to provide annual scholarships to undergraduate students who are members of any athletic team in the Department of Intercollegiate Athletics. The endowment will enable the department to award up to four full-tuition scholarships or many more partial-tuition awards each year.

Laramie Lewis, a junior guard from Trenton is extremely excited about the athletic scholarships created by the donation from Buckle. Lewis says, "To be competitive in the MIAA, we have to get the best recruits, and having scholarships



available is going to allow us to get those athletes."

This season the women's basketball team currently holds the sixth-ranked spot in the conference and wants to keep improving with promising scholarship recruits.

Not only will athletics benefit from the generous gift, but UNK students from the Exercise Science Department will benefit too. Kearney exercise science major, Nicole Potthoff says the money "will allow

BUCKLE, PAGE 11



Courtesy

The existing Keystone Pipeline (solid line) and the proposed Keystone XL Pipeline (dashed line) will combine at Steele City, Neb. Both run across the Ogallala Aquifer.

Protecting the Land of the Free

TransCanada says, 'Safest pipeline yet' - Nebraska landowners not willing to gamble

BY ALYSSA SOBOTKA
Antelope Staff

The Keystone XL Pipeline has been making news headlines since the pipeline was commissioned in 2010, and the beginning of 2015 proves to be no different.

Still in the first month of the New Year, the proposal of the new Keystone XL Pipeline is on a fast track.

A Keystone pipeline is currently in existence and travels from Alberta, Canada, down into the U.S. from North Dakota to Oklahoma. The pipeline also extends into

Missouri and Illinois.

The proposed Keystone XL Pipeline will also begin in Alberta, Canada, but begin in the U.S. in Montana, crossing into South Dakota and meeting the existing pipeline in Steele City, Nebraska. Finally, it will extend farther south to its end destination: a refinery in Texas before reaching the Gulf of Mexico for export.

What is on the line? It depends who you ask.

TransCanada has necessary easements in all states in the proposed route, barring Nebraska, to construct the XL Pipeline.

What's stopping TransCanada from building in Nebraska? The landowners.

A promotional statement from TransCanada cites "Respect for the land. Respect for the landowner. Respect for

PIPELINE, PAGE 11

Block that unrealistic resolution

"2015 can be as great as you make it," says senior Marie Bauer



BY MARIE BAUER
Antelope Staff

January is almost over. Classes are in full swing, homework assigned and late nights and cram sessions are in your future if they haven't started already.

So remember those things you made at the beginning of January? You know, those things that you are going to try to do in the coming year? Like eat better and stuff? Oh yeah, New Year's Resolutions. How are you doing on those? If you are like me, you probably are not doing so hot.

Carrot chips have made the gradual shift to potato. An hour at the gym each

day is maybe a half hour a week. We all have the best intentions. We want to be healthier, feel better, accomplish more and lead a better life in the coming year. That is noble and good and if you can pull it off, kudos to you.

But if you are like me, we set too high of expectations for ourselves. They are unrealistic, and we can never live up to them. So this year, I challenge you to set a new set of resolutions that are realistic.

I tell myself 2015 is going to be a year where I take some time for me. I feel like I am always running around like a chicken with my head cut off. I have umpteen to-do lists that I never seem to accomplish. I stay up late weeks before an assignment is due thinking that I will catch up and next week I will sleep. Next week comes around and I

am doing the same thing. This year I want to set myself simple realistic goals that I think are obtainable.

1. First of all, I will take some time for me. I will take the time to step away from the homework and do something I truly enjoy. I have always enjoyed working out, but I always found excuses not to do it. Not this year. This semester I have branched out and enrolled in yoga and Zumba courses, which is time that I can just focus on me and doing something good for myself.

2. I am really good at making long to-do lists of which I never see the end. In 2015, my to-do lists will be the essential tasks I have to get done. I will prioritize and make obtainable to-do lists.

3. And most of all, I will try to be a better person in 2015 than I was in 2014. I will be a better friend in 2015 to the people I care about. Tell my family "I love you" a little more often. Make choices that help people instead of benefiting just me.

We all have changes we want to make in our lives. So take a look at yourself. Set goals that will change your life for the better. It is important to make resolutions that are realistic. And, you don't have to try them all at once. Try something for a month. If it goes well, you can add another. You can make new resolutions all year; it does not have to be done the traditional Jan. 1. Trying too many changes all at once can mean failure in all of them. Don't

RESOLUTIONS, PAGE 11

The Thompson Scholars Learning Community program wishes to recognize the following Thompson Scholar students for outstanding academic achievement at UNK during the Fall 2014 term. These Thompson Scholar students earned at least a 3.5 GPA while completing full-time enrollment.

Fall 2014

Brianna Aden
Courtney Allen
Juanita Alonso
Tamara Amesbury
Katrina Anderson
Miguel Baeza Aguilera
Jordan Baker
Jaci Ballou
Brandt Banzhaf
Anastasia Barmina
Rachel Berreckman
Bridget Best
Abigail Bills
Hannah Blum
Julie Bruns
Veronica Bunach
Travis Burbach
Megan Buss
Kelsey Buss
LaurieAnn Callahan
Hunter Campbell
Rocio Carrasco
Kayla Carriker
Lesly Chavez
Ryllie Christenson
Karen Claros
Jared Cline
Danielle Cook
Jessica Cook
Mathews Costello
Anfernee Covarrubias Linares
Kara Dael
Katherine Daviu

Maria Diaz
Callie Eddie
Elaina Eddy
Logan Engel
Zoe Flynn
Shaina Fouts
Anna Fox
Emily Franzen
Brittany Frederick
Jessica Frenzen
Erik Frias
Tad Fuchs
Tessa Gale
Johnathon Garringer
Elise Gerten
John Gibbs
Caitlyn Graf
Hannah Grote
Arelica Guerrero
Andrea Guzman
Sarah Hall
Kendra Halley
Luke Hamilton
Ashley Hansel
Sarah Hansen
Taylor Hansen
Jeffrey Hart
Starla Henderson
Hannah Hoefler
Jason Houdek
Anthony Hunke
Cruz Hurtado
Rachel Jack

Zachary Jeffery
Paige Jenkins
Abinadi Jimenez Garcia
Lars Johnson
Kaden Kaping
Kaleb Kelley
Miranda Ketteler
Jamie Kirwan
Lynette Kleeb
Katherine Kovanda
Calvin Koziol
Nolan Kratzer
Abby Krysl
Jon Kuklis
Erin Lambert
Elenna Leininger
Matthew Lenagh
Tier Leth
Tania Lima
Kayla Lindell
Kaylyn Long
Natali Lopez Perez
Jazi Lott
Hunter Love
Sarah Maginnis
Cinthia Malvais Rosas
Ellen Mannschreck
Emily Martinez
Joscelyn Martinez
Jaime McCann
Katie McCleary
Amanda McClure
Jill McClure

Maggie McPhillips
Nicholas Meyer
Logan Miller
Jordan Miller
Kate Morgan
Kyle Mundil
Thais Murua
Christopher Navrkal
Sydney Norris
Laura O'Brien
Andrew Ochsner
Megan Ockinga
Briana Orellana
Lorena Ortega-Valdovinos
Jackson Osborn
Emily Ostdiek
Ashley Padgett
Francisco Padilla Cortez
Claudia Perales-Garcia
Andrew Peterson
Randi Putera
Bryan Ramallo
Kelsey Randall
Reyna Raymundo
Andrew Riesenberg
Adam Ripp
Taylor Ritz
Meghan Rockefeller
Mackenzie Rose
Brandt Runge
Vanessa Salcido
Cassandra Schachenmeyer
Andrew Schissel

Kalieg Schlander
Dalton Schnase
Elizabeth Schott
Hailey Schroer
Melissa Schumacher
Amanda Skalka
Dana Slaymaker
Brittany Snider
Colton Stuhr
Shelby Stultz
Markie Sup
Hannah Sutton
Elaine Tolstedt
Brooklyn Trampe
Jamie Turpin
Azucena Vera Chavez
C'Sandra Vest
Bethany VonSpreckelsen
Mackenzie Walker
Brandi Walters
Sydney Weber
Sophia Weinert
Cole Wellnitz
Paige Whalen
Esperanza Wolsleben
Rani Wragge
Sara Wright
Megan Yost



Panel says, take stalking seriously; report it when alarmed or stressed

AUSTIN KOELLER
News/Feature Staff

Each year, 7.2 million people are victims of stalking. As part of National Stalking Awareness Week, the UNK Women's Center hosted a panel on Jan. 21 to discuss the dangers of stalking.

The panel consisted of Robin Phipps, Education and Prevention Coordinator for the SAFE Center; Michelle Hamaker, Director of Police and Parking Services; and Michael Gilmour, Deputy Buffalo County Attorney.

Gilmour defined stalking as "a repetitive pattern repeated by one person... with the intent to terrify."

"State law says that we have to see a pattern of behavior," Hamaker said.

The panelists recommended that if an individual is a victim of stalking to document every situation so that it is easier to prove and to prosecute. Phipps encouraged the audience to document witnesses to stalking behaviors, to check social media security settings so that they are not as easy to track and to take photos of any property that is damaged.

Hamaker said that when there are text messages involved, to clearly tell the person to stop contacting you. She added that these messages should be kept on the phone, in their original format, as they will

"They'll keep on doing it because they can get away with it."



Photo by Austin Koeller

Robin Phipps (left), Education and Prevention Coordinator for the SAFE Center; Michelle Hamaker, Director of Police and Parking Services; and Michael Gilmour, Deputy Buffalo County Attorney, speak as part of a panel on stalking. The panel was sponsored by the UNK Women's Center as part of National Stalking Awareness Month.

be more useful in court.

Gilmour said that when a person begins to get alarmed or stressed by a stalker, that is when they need to take it seriously and report it to law enforcement.

"Their behavior won't stop," he said.

"They'll keep on doing it because they can get away with it."

Anyone who thinks that they may be a victim of stalking is encouraged to contact the UNK Women's Center, the SAFE Center or local law enforcement.

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the antelope | spring 2015 staff

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PEARCE ASKS, 'WHO AM I?'

“I tried being normal but I realized I was not happy,” Pearce recalls

BY ANA SALAZAR
JMC 215

Back in 2011 Grant Pearce had to face one big challenge, one of the most important of his life. It was mid-spring and he had decided to do it. He was telling his parents he was homosexual.

After coming out, he still questions his sexuality and gender identity, says Pearce about the challenges he still faces every day with the decision he made more than three years ago.

“I had told a few friends in March and told my mother in April, then my father a few days later and finally fully came out on May 5, 2011.”

He says he will remember this one day for the rest of his life; accepting who you truly are can be challenging, and he knew it. “I was just tired of living a lie, I wanted to be free, and after I had done it I felt free.”

But before he decided not to hide anymore, he said he had to recognize who he was and recognize what he was feeling was something right and not wrong— as is seen by society.

“I knew there was something different when I was 11 years old; however, I did not accept myself until I was 18 years old.” Of course there were other moments when he knew things weren’t right.

“If I had grown up in a more open society where sexuality and gender were not looked down upon or at least talked about more, I probably would have known I was queer in third grade.”

As a normal child he said he was experiencing changes and with the changes came the interest toward other people, but he did not consider his experiences to be right or wrong, or even what it was that was happening to him.

As time went by things just did not get any better. “I thought I was different, and it made me feel bad. Imagine yourself in third grade feeling like something is wrong with you because society says so. I even remember asking my mom when I was 10, “Why can’t two women get married?”

His mother answered, “Because in the Bible it says it is wrong for two women or two men to get married.”

Pearce says, “There were a few nights when I was in high school I would cry myself to sleep because I felt like I was not a good person because I had homosexual thoughts.”

He says he did try to play the role expected by society. “I tried being normal, but I realized I was not happy and I was not being who I was meant to be, and after middle



Photo by Ana Salazar

Pearce with Assistant Director of OMA, Monica Mueller and former grad assistant Jordan Loschen. He had his own camera working to record the first annual OMA “A Walk in their Shoes” event Nov. 5. As vice president of one of the organizations, he worked to promote cross-cultural awareness on campus.

school, I just made sure I blended in with my classmates and figured out who I was. Then I felt more comfortable with myself, and I started to open up.”

This was not an easy task; bullying impacted his life. “I was called gay and sometimes fag or faggot in middle school.”

Things just did not work the way they were supposed to. “When I tried to be normal, I felt more depressed because I was suppressing myself to fit in and be accepted by people.” “Normal” was just not doing it for him.

“I strongly believe we need to get rid of the word ‘normal’ as society. Because if we consider a family that is one race, one mom and one dad with all straight and cisgender kids, does that mean a single mother with biracial kids is not normal? Because to them it may be normal for them to have that as a family.”

Pearce says his “normal” should be no more, no less. It just is what it is.

When the day finally came for him to tell his parents how he felt and who he was, he kept it short and simple. He went to mom first, “I just went up to her while my younger brother and sister were sleeping and just said, “We need to talk...I am gay.”

He says the truth came out just like that. Forget normal, forget society, he was who he was and he was not hiding it anymore.

But clearly, this was not easy. “I had told my parents separately, I figured that would make it easier. My father had told me I did not act gay, which to him meant I did not act like the stereotypical gay man; I was not fashionable and did not have a high pitched voice. But he still said he had loved me.”

PEARCE, PAGE 11

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.

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

Find answer on page 9

www.sudoku-puzzles.net

Finding your passion

Connor Schulte came into student body leadership with clear ideas



BY SHELBY CAMERON
JMC 215

It was a touching and honorable moment. The spring 2014 graduation ceremony, much like every other, was a proud and heart-warming time for many. One young woman stepped up to the podium with a prepared speech in hand and a vision for the upcoming school year.

Connor Schulte, UNK student body president, gave an address that both reflected on the past semester and showed her respect for leading the student body to new heights in the future. This was the start of the most important time during her college career.

"I came into this position with a clear idea of what we needed to do on campus,"

Schulte said. "Being student body president was a great way to make an impact on our campus and since I have been a part of Student Government for so long, I feel I knew what needed to be done."

Schulte, a senior mass communications major, has been a part of Student Government since her freshman year. She is also a member of the Gamma Phi Beta Sorority, Mortar Board, Lambda Pi Eta, Students In Mass Media and has been on the Panhellenic Council.

While heading the student body is impactful and exciting, it is also challenging and comes with demanding work. "Student Government has a lot of different components that many people are not aware of. We are a part of different committees, and it is very important to stay on top of everything."

Schulte said it is crucial to always know what is happening. "Communication and time management are key to the success of this position."

Since taking the position last spring, Schulte says she has grown and gained experience she will use in the future. "It was an eye-opening experience, I was shown different aspects of how the university works that I did not know about

before. It also opened many doors for me and I was honored to meet a number of great and important people." Schulte said her favorite part about being student body president is the opportunity to benefit the university as a whole.

Mallory Ritthaler, a junior exercise science major, has worked on the Student Government Board with Schulte for the past three years. "Connor has been a great person to work with and she does a great job at her position as student body president. I also look up to her for all of the hard work she has done," Ritthaler said.

Schulte took the opportunity to head a new campus-wide campaign between Nov. 17 and Nov. 21 when UNK took part in the It's On Us National Week of Awareness. "It's On Us was brought to my attention from the Regents. After a conference call, I felt it would be a great campaign for UNK," she said.

Schulte presented the campaign to Chancellor Doug Kristensen, and after his approval they went to work on awareness week. This campaign was launched out of the White House and is a pledge to keep both women and men safe from sexual assault. During the campaign, students, organizations and faculty members took

the pledge and showed their support by signing the pledge banner and taking photos to share with other people through social media.

As student body president, Schulte holds a position on the Board of Regents. This board supervises the general operations of the universities. She said she has found a role model through her experience, a member of the Board of Regents. "I met Krupa Savalia who is the UNMC student body president through the Board of Regents. She embodies what I want to be which is driven, intelligent and outspoken."

Schulte says that holding this position will benefit her upon graduation. "I do not have an exact timeline of when I will be graduating. Depending on if I study abroad, I am planning on graduating in either May or December of 2015."

Schulte also spoke about how her passion has changed during her transition in college. "In high school, I had a passion for dance and channeled my focus on that. Since college, that has changed. I have grown as a person and have found a different passion through being a leader."

BETTING ON A GOOD TIME

Photos by Michaela McConnell



FAR LEFT: Two students wait for the results of the Chuck-a-Luck spin. Many different casino games like poker and roulette were also offered. Students could enjoy "mocktails" and prizes in exchange for the casino cash they won at the LPAC sponsored Casino Night on Jan. 16.

LEFT: Preston Pugmire performs his unique style of music for students at Casino Night.

Wand puts students under hypnotic spell



Hypnotist Jim Wand wows students for his 26th consecutive year



Photo by Michaela McConnell
TOP LEFT: Clint Schneringer destroys a "rabid squirrel" with his newfound Kung Fu abilities. Schneringer had been hypnotized before and was easily hypnotized again.

Photo by Donghwan Kim
BOTTOM LEFT: Students scramble on the stage in response to Jim Wand's instructions. A hypnotized person becomes more expressive. Wand said, "They know what they're doing, they just don't care."

Photo by Michaela McConnell
TOP RIGHT: Hypnotized students stare in awe at Wand's hand. Wand said students are in a heightened state of awareness when hypnotized.



Photo by Michaela McConnell
ABOVE: A student admits to Jim Wand that he tore his "million dollar ticket." Wand told the students they were at a horse race.

Ready to 'Go'

Japanese fashion, origami and games will be part of the offerings at the Japanese Festival on Saturday, March 2



Photos by Akiho Someya

ABOVE: Mizuki Watanabe, a freshman general studies major from Chiba, Japan mostly teaches in the group. "Everyone on our team has never performed Soran on the stage before, so we need to practice many times. I had difficulty teaching and leading them even though I have a little bit of experience performing," Watanabe said. "Anyway, we hope to see you at the Japanese Festival!"



ABOVE: Eri Matsumoto, a freshman ELI and aviation system management major from Tochigi, Japan joins "Go" for the first time. She said, "We will do our best to show a wonderful Japanese traditional performance for

RIGHT: New "Go" has 14 members in the group. Last year, the old group performed Yosakoi, that is a Japanese traditional dance, at the Japanese Festival. However, they changed members and decided to perform 'Soran.' Soran is also a famous Japanese traditional dance. They have practices every Friday and Saturday for a hour in the Wellness Center.



Greek of the week

Sig Eps take young men to etiquette school

Johng's favorite lesson is how to properly eat dinner roll, learning some of us have been doing it wrong all along.

BY JESSICA NICHOLS
Antelope Staff

After being a volunteer for the past two years, senior Andrew Johng has taken on the task of leading the 2014 session of "Skills for Success" program that invites seventh grade boys in the Kearney area to learn the proper rules of etiquette.

The biology secondary education 7-12 major first got involved as a volunteer through his fraternity Sigma Phi Epsilon and his friend, alumnus Jordan Gonzalez, two years ago. "One of the reasons I decided to join Sigma Phi Epsilon was to have multiple opportunities to get involved in my new college community and have opportunities to meet new people," he said. "Last year I also volunteered when the program was being lead by another friend and former Sigma Phi Epsilon president Landon (Lanny) Fuller."

In past years the program has averaged around 70-80 boys during these weekly sessions, and they expect the same this year. Johng says, "At our sessions we teach a variety of different etiquette lessons: how

to properly introduce yourself and others, how to dress depending on the occasion, how to properly eat a formal meal and so on. This year we are going to take a lot of time focusing on a growing issue in our young people, proper use of social media, telephone use and texting etiquette."

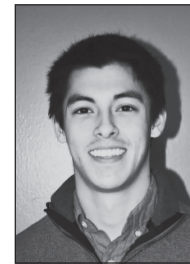
Johng's says his favorite lesson would be a tie between properly introducing yourself and others and how to properly eat a dinner roll. "Introducing yourself is a skill that is used almost every day in my life, and teaching how to properly eat a dinner roll is funny every year because everyone learns they have been eating the roll incorrectly."

The fun aspect of these sessions is that they cover at least two different types of etiquette. So every Friday is different. "We really want our seventh graders to feel comfortable at the program. Our college volunteers show up early to welcome our seventh graders to each session. After introductions, the fraternity leads an icebreaker session to get a few laughs. Then they teach and practice etiquette, professional dancers take over the session

teaching different styles of dance.

Johng says he is very passionate about the "Skills for Success" program because proper etiquette is important to him. Growing up in North Platte, Johng's parents would make sure that he was well behaved and always used proper etiquette in daily situations. "Coming from a Korean family background, our customs are often different from American etiquette. Becoming a volunteer of "Skills for Success" has taught me certain aspects of etiquette that I was never aware of." He hopes boys participating in these sessions realize the importance of good manners and etiquette. He believes that these skills will be appreciated by their parents and future employers when they begin working.

The first etiquette session will take place on Friday, Jan. 30 in the Cedar Room of the Union at UNK. Check-in begins at 5 p.m. Continuing on into February the fraternity will host sessions weekly. Feb. 27, the final Friday session, will be the graduation ceremony held at the Merryman Performing Arts Center.



Andrew Johng,
member of
Sigma Phi
Epsilon, enjoys
being a part of
the Kearney
community and
getting to help
the younger

generation create good habits.

"This program really does teach young people the tools they need to be productive citizens through the understanding of behavioral boundaries."



By: L. A. Bonté



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NFL out front again with inflation scandal

Two teams played their way to the honor of the Super Bowl matchup, but most of the talk on news cycles is about just about one



BY DAVID MUELLER
Antelope Staff

Tom Brady and the New England Patriots have faced media frenzy after defeating the Indianapolis Colts in the AFC Championship. The Colts were shut down 45-7, to send the Patriots to the eighth Super Bowl of their franchise.

However, critics raised their eyebrows after learning the Patriots may have “unknowingly” committed foul play.

According to NFL regulations, the football in play must be inflated to 12.5 to 13.5 pounds per square inch. It wasn’t found until after the AFC Championship that 11 of New England’s 12 footballs did not meet the league’s standards.

Coach Bill Belichick and quarterback Tom Brady of the Patriots both pleaded with the press to have no recollection of adjusting any of the footballs.

“I didn’t alter the ball in any way,” said Brady at a press conference Thursday, Jan. 22.

Buck Mahoney, Sports Editor of the Kearney Hub and long-time athletic enthusiast weighed in on the subject.

“I don’t think Deflate-gate does much

damage to their reputation. Everyone already knew that Belichick/Patriots would do whatever they could to gain an advantage, which, in a competitive atmosphere like the NFL isn’t totally abhorred,” said Mahoney.

The NFL is currently investing the case, but the answer may never be clear.

Despite the scandal, New England will face off against the defending Super Bowl champion, the Seattle Seahawks, on Sunday, Feb. 1.

Seattle battled back from a 15-point deficit late in the fourth quarter against Green Bay in the NFC Championship to send the game into overtime. Russell Wilson heaved the game-winning touchdown to Jermaine Kearse to put Seattle in back-to-back Superbowls.

The Seahawks are notorious for having one of the best defenses in the NFL, while New England’s high-powered offense has the capability to put up elevated numbers.

Whether or not the Patriots slightly altered the inflation of the footballs, their high-scoring performance and defensive stand against the Colts is posing the question, “Are people blowing this out of proportion?”

The Colts didn’t stand a chance against the Patriots on that given day. As a team, New England was firing on all cylinders, and not even the slightest adjustment of air pressure in the footballs could have stopped them from winning in a blowout.

It goes without saying that Super Bowl XLIX will be one for the ages.

Former Loper Ochoa makes career of football

BY DAVID MUELLER
Antelope Staff

Now coaching his third year as offensive and defensive line coach for the Colorado Ice, former football player Rico Ochoa has always had a passion for the gridiron.

Sidney native Ochoa played for the Lopers back in the late ‘90s before leaving

to play in the Arena Football League for eight seasons.

“Growing up in Nebraska, football has just been something that’s been a part of my life. I was always good at it. I wanted to do it as long as I could. It’s just pure – it’s a team sport,” Ochoa said.

“In a small community like Sidney, as far as school, you’re not a number. It was a great experience. When I look back I have fond memories because everybody was supportive,” said Ochoa.

Ochoa credited the Lopers for helping him strengthen his mentality. “They (UNK) helped me overcome adversity. I had a shoulder surgery my freshman year. I could have stopped playing right there, but I rehabbed, and they got me back on track and it just taught me to fight,” he said.

He realized: “If I want it, I have to go get it – just getting it in my attitude and my will. It taught me a lot about myself.”

Numerous teams found interest in Ochoa’s abilities throughout his professional playing career. The Spokane Shock, Pittsburgh Power, Kansas City Command, Wichita Stealth and the Dallas Vigilantes all employed him during his time in the AFL.

Coaches, media and fans named

Ochoa the third best lineman of all-time in the af2 Football League. He was also inducted into the Hall of Fame in the af2 according to <http://www.thecoloradoice.com/coaches/rico-ochoa/>.

Throughout his athletic days, others recognized how important his presence was on the field. When he re-signed in 2008, head coach Adam Shackleford of the Spokane Shock said on KHQ news, “Rico is one of the best linemen in this league – bar none. He has made a commitment in the off-season to get in even better shape and so we are excited to have his experience and ability back.”

Although his playing days are numbered, Ochoa still has not stepped away from football. He is entering his third year on the coaching staff for the Colorado Ice, serving as the offensive and defensive line coach.

At the same time, Ochoa manages two Verizon Wireless stores in Colorado. One is in Elizabeth, 95 miles from the home of the Ice. The other is located in Limon, 131 miles from the Ice’s stadium. He travels nearly every day for practice and games, accumulating many miles.

“We put in our work during the week as coaches, but on game days when the



Rico Ochoa,
Viaero Wireless
Store Manager and
Offensive/Defensive
Line Coach for The
Colorado Ice. Ochoa
played college football
with the Lopers.

lights come on it’s different. I had the respect of my teammates because of how I played. Now it’s a different type of respect, as a coach they look at me to lead,” Ochoa said.

Ochoa mentioned the most difficult part of his job is the commuting and being away from his family. In his free time, he enjoys spending time with his son and daughter and traveling.

“People told me all the time I wasn’t going to make a career out of football. Whether it’s the NFL or not, they’re lying – I’m doing it. Football is my life, and I feel like football was a vehicle to help me get where I am,” said Ochoa. “It shaped me and molded me into the person I am today. It helped me expand my knowledge of the real world, life, ups and downs, and all that stuff. Without it I can honestly say I wouldn’t be the person I am today.”

Sudoku answer:

Upside down, from page 4

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

Rundstrom holds Mary Daake close

As director of Academic Advising and Career Services, Rundstrom thinks back to advice of her mentor and friend

MINJI CHOI
JMC 315

Amy Rundstrom, director of Academic Advising and Career Services, stepped into her current position when Mary Daake, her coworker as well as best friend, passed in May 2014 because of cancer.

Rundstrom started in the department 16 years ago because her best friend (Mary Daake) recommended her as secretary and she moved up to associate director over the years.

Rundstrom says Daake's death was the biggest hardship in her life. "That's the first real hardship I've ever had."

After Daake died, Rundstrom stepped up to her job, but it was still hard for her. Although it was difficult to take her friend's job, she says she knew that her friend would want that so she did it.

"I hold her in my heart," Rundstrom says, and she prays for Daake everyday. Sometimes, she thinks about "what Mary would do" and because she and Daake wear the same size clothes, she wears her clothes.

Daake says Mary helped her learn something before she died. "Life is short. Be happy. Do not wait to do fun things.



Photo by Minji Choi

To remember her friend, Amy Rundstrom sometimes wears her friend Mary Daake's clothes as she steps into her new position as director of Academic and Career Services.

Take a trip. Do not wait until you retire. Do it now," Daake said. Rundstrom said she takes that advice and practices it.

LAST SECOND SHOT



Photo by Enrique Alvarez

Travis Schock of South Dakota School of Mines prepares to slam the inbound pass past Lopers Ethan Brozek and Isaiah McKay. The Lopers won the game 99-62 for their 12th win on Jan. 23.

Stay healthy; don't let nasty virus catch you

FLU SEASON UPON US



Flu Views: info graphic by Jim Ma

Peak months of flu activity 1982-83 through 2012-13

January

February

March

In the Northern hemisphere, winter is the time for flu, but the exact timing and duration of flu seasons vary. While seasonal flu outbreaks can happen as early as October, most of the time flu activity peaks between December and February, although activity can last as late as May.

KELSEY UNICK
Antelope Staff

It's January, time for the second semester, New Year's resolutions, and... the flu. Yes, that's right - it's the dreaded flu season.

So how are you supposed to stay healthy in a world full of germs? Take a few tips from webmd.com and oscillo.com to keep you staying healthy this flu season.

- Get a flu shot. Even though the shots are not as effective as originally hoped, they can lessen the intensity. This is the No.1 thing that can help prevent you from getting the flu.

- Wash your hands - a lot. This will help you get rid of those germs you come in contact with throughout the day.

- Eat a healthy diet rich in vitamins C and E. Foods containing these vitamins are helpful in supporting your immune system. Sunflower seeds and nuts such as almonds and peanuts are rich in vitamin E. Orange juice, citrus fruits, broccoli and green peppers contain vitamin C.

- Get a good night's sleep. Lack of sleep

can strongly inhibit your immune system. A full night's sleep will keep your body's natural defenses at optimum efficiency.

- Stay hydrated. Increasing your water intake will help you stay healthy and lessen the chance of you coming down with the flu.

- Exercise regularly. Research indicates that exercise can stimulate the immune system and promote healthy sleep.

- Listen to your body. If you do come down with a cold or the flu, take it easy. Using excessive energy steals valuable resources from the immune system.

- Try to avoid getting close to people who are sick. For example, don't shake hands. If you must, wash your hands afterwards.

- Keep your surroundings clean. For example, frequently sanitizing doorknobs and light switches in your house or any other surfaces that get touched a lot will help eliminate germs that you may bring in.

Be sure to keep these tips in mind this flu season and hopefully you won't have to take a sick day or a trip to the doctor. Of course if you do become ill, stay home, get healthy and visit student health if needed.

Buckle from page 1

the program to get new material to aid in learning and equipment for more practical, hands-on applications of concepts.”

As a junior, Potthoff has seen the program grow from the construction of the Wellness Center, and she is excited for the future of the Exercise Science Department as a whole. Following the Health and Sports Center court renaming, the Wellness Center plans to rename the fitness area “Buckle Cardio Fitness Zone.”

Kearney is the headquarters of Buckle Corporation as well as a thriving Division II college. Over the years, Buckle has provided internships and practical learning opportunities for UNK students. In return, UNK has named the “Buckle Court” and soon to be “Buckle Cardio Fitness Zone” in the Wellness Center. The university is putting their efforts into this partnership that Buckle has shown through the years and this year’s donation. Buckle calls Kearney home and shows continuing support to make UNK a part of their home.

In connection with the gift to UNK, Dennis Nelson, president and CEO of The Buckle, said the company is pleased to support its longtime education partner.

“At Buckle, the talent and dedication of our many outstanding teammates is key to our success,” Nelson said. “The University of Nebraska at Kearney has been a tremendous partner for us, as they provide educational opportunities for tomorrow’s leaders. We are proud to be able to invest in the university, to further solidify our partnership and to help UNK as it raises the bar for academic and athletic achievement.”

Resolutions from page 2

overload yourself. Right now make a resolution not to make too many resolutions.

We are all looking for ways to improve our lives, but big change has to come in baby steps. Habits, especially healthy habits, are not formed overnight. So take some initiative. The most important thing is to be reasonable. Don’t expect too much of yourself, but don’t let yourself off the hook and make excuses. Don’t give up. Kick your butt in gear, and 2015 can be as great as you make it.

Pipeline from page 1

Nebraska” in a recent advertising effort to garner public support for the construction of their foreign pipeline through Nebraska.

However, one Nebraska landowner with land in the proposed route is not buying it.

“TransCanada’s refusal to include liability protection for the landowner is just one example of their flagrant disregard for the land we own,” Jeanne Crumly said. “They [TransCanada] make no provision for removal of the pipe at the end of the project. That becomes the landowner’s problem.” Crumly resides in Page, Nebraska.

In recent history, Nebraska has maintained “the good life” without the aid of dirty tar sands transported via a 36-inch foreign pipeline.

In 2014 Nebraska remained No. 1 in irrigated acres and surpassed Texas to become No. 1 in cattle on feed. Nebraska remains integral to feeding the nation and world. The Ogallala Aquifer is the source of the water Nebraska needs to irrigate those acres and water the livestock.

The Ogallala Aquifer ranges from 3 to 1,000 feet deep and extends approximately 174,000 square miles in the Great Plains region including: Texas, New Mexico, Oklahoma, Kansas, Wyoming, South Dakota, Colorado and Nebraska. The Keystone pipeline already in existence is built within a portion of the aquifer in Nebraska. The newly proposed Keystone XL route will span across North Central Nebraska, covering more of the aquifer.

The cattle and crops cannot drink dirty water, and neither should Nebraskans. Groundwater accounts for about 80 percent of the state’s public drinking water.

Nebraska cannot afford to have their water source compromised to foreign oil, say landowners pleading with representatives they put in Washington.

But the legalities of the project are really sticky.

In January 2013, Nebraska Gov. Dave Heinemann approved the route the proposed XL Pipeline will travel. In a response to Heinemann’s approval, Dave Domina, attorney for three landowners challenging Heinemann’s decision, filed a suit questioning the constitutionality of

eminent domain.

Nebraska landowners opposed to the pipeline were disheartened with the Jan. 9 news of the Nebraska Supreme Court split decision, which resulted in one vote short of a supermajority required to protect landowners from TransCanada’s eminent domain threats.

On Jan. 20, three short days after a pipeline breach in Montana that resulted in 50,000 gallons of Bakken oil polluting the Yellowstone River, TransCanada filed for eminent domain over the some 100 remaining landowners in Nebraska that refuse to sign their land rights over.

U.S. Congress has approved building the Keystone XL Pipeline. U.S. Senate will have about a two-week period to discuss and vote on the issue before refusing or approving the proposal, thus sending it to President Barack Obama’s desk. Obama has indicated he will not sign it.

It is a time of turmoil and uncertainty for Nebraska, and landowners are left wondering if they are truly living in the land of the free.

Pearce from page 4



“There were a few nights when I was in high school I would cry myself to sleep because I felt like I was not a good person because I had homosexual thoughts.”

—Grant Pearce

Denial might have prompted those words, but nonetheless Pearce did feel better.

“My mother and I cried. She was

worried about what will happen to me in life; she was afraid of the diseases and the hate crimes.”

He says his parents slowly started to accept the reality of their lives: They have a gay son, and no matter what he will always be their son. Being “different” did not actually change who he is, or was.

“They are still accepting it today. At first it was something we didn’t speak about. After a year of being out, it slowly was OK to talk about — just not in front of others or my younger brother and sister who are both 15 years old.”

He says his parents were surprised. He was just a regular teenage boy. He participated in sports, went camping and even got his Eagle Scout award.

Regardless, once he came out, he felt like he always wanted to feel, free. “If I was not seen as masculine, it was fine with me.”

Today Pearce is vice president of the Queer Straight Alliance Organization, which helps others recognize who they really are and that it is OK to be “different.”

While helping others, Pearce says he becomes truly himself as well. “I know who I am, and I know where I want to be

in five years. I was lucky enough to find a family of my own here at UNK. The best thing about my family here is that it keeps growing, and it allows me to grow into a better person.”

“He is the one that keeps us on the right track and makes sure we are doing that we need to be doing. He is easily excited over every new idea we bring to the table. He is an inspirational person, always very happy, he is a doer, always working on something or coming up with something new. I might consider him the engine of our organization. Constantly moving us,” says Tiffany Weekly president of the Queer Straight Alliance organization and Pearce’s friend.

Be happy, Pearce says. “Take your time. Gender and sexuality are not black and white. I thought about my sexuality for about five years before coming out. The nice thing about it now is I have a support system in my life. I know whatever sexual orientation and gender identity that I feel like matches up with me. I know I have people to support me with it.”

More than just tickets...

"Any time you get the 3.5 by 5 piece of paper on your car, people are upset. You just have to take that and make it a learning experience."



UNK News

Wilma Heinowski, UNK Parking Services Coordinator, directs traffic during move-in day at UNK. Heinowski is responsible for dealing with the parking program as a whole.

BY AUSTIN KOELLER
Antelope Staff

At the University of Nebraska at Kearney, one thing that students, faculty and staff alike dread is the piece of paper tucked beneath their windshield wipers informing them of a parking violation. Anger and frustration soon follow as drivers often complain to Police and Parking Services about the ticket.

Wilma Heinowski, UNK Parking Services coordinator, deals with these parking ticket complaints on a regular basis.

"There are days when you have person after person who comes in and is unhappy," Heinowski said. "Any time you get the 3.5 by 5 piece of paper on your car, people are upset. You just have to take that and make it a learning experience."

Heinowski began her career at UNK in 1982 as a part-time student security guard.

"We escorted students if they came in late at night when the buildings closed," she said. "We would go and let them in the

front doors of the residence halls."

After an 18-month hiatus, Heinowski got a job as a police officer, went to the police academy, and returned to UNK as a police officer and parking coordinator where she has worked since.

As part of her official job duties, Heinowski is responsible for looking at the parking program as a whole and seeing how it impacts the university monetarily.

"I look at repairs and maintenance of the parking lots and those types of things," she said. "I'm responsible for ordering all of the permits, seeing parking permits get designed and suggesting ideas on how that parking permit process is handled."

Heinowski says handing out parking tickets and dealing with complaints are her least favorite part of her job.

"You don't take it personally. I think ultimately, you just can't take it personally," Heinowski said. "Occasionally, it does get to you, but you just have to step back and remember: they're not mad at me. They're mad at that piece of paper. That's just how you have to deal with it. That's how I deal

"Occasionally, it does get to you, but you just have to step back and remember: they're not mad at me. They're mad at that piece of paper. That's just how you have to deal with it."

—Wilma Heinowski

with it."

Heinowski said that she understands the feeling of getting a parking ticket as she has personally received parking tickets before.

"I wait until the last minute to go to a meeting that I've got to go to, and I've got to park," she said. "It's only going to be half an hour. I can put my two quarters in and park. Ultimately, I get stopped 5,000 times and the parking meters [run out of time]."

Tickets and complaints aside, Heinowski said that she enjoys her job

because she gets to talk to people. "I love to talk to people. I like to do those kinds of things," she said. "I love to be out there and just get to talk to people."

When she is not working, Heinowski describes herself as being an outdoors person who enjoys hunting deer and turkey, fishing and bow hunting, with bow hunting being her biggest hobby.

Heinowski said that she bow hunts "from whenever bow hunting season starts to when it ends" and whenever she has a chance. During the off-season, she continues to practice and shoots her bow at the local archery range.

"I've got my own stuff at home," she said. "So that's what I do on my lunch hour a lot of times. I'll just go out to the archery range."

Even though everybody may think of her as "the mean parking lady," Heinowski says that she does not want them to see her that way.

"I want them to see me as a personal nice person," she said. "Finding that fine line sometimes is hard to come across."