

the antelope

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**Baseball
wraps up
successful
season**

Check out p. 6,7

Ullman set for next adventure after graduation

An open mind, a change in majors, mission trip, study abroad, campus involvement all lead to volunteer work on graduate's agenda

BY JOENE CROCKER
Copy, Production Editor

Senior Amanda Ullman has mixed emotions about Friday, May 9 when she graduates with 691 other May 2014 students receiving their degrees. "It's going to be bittersweet. You have worked hard to get to where you are; you are excited that college is done, classes are over with and you have your degree," Ullman said.

"But there are many memories tied to UNK and just so many friends. Those friendships are valuable, and just knowing that it's the last time you'll all be together – it's sad. Everybody is going to be scattered next year.

"But it's also exciting to see where life is taking everybody. Where something so

common amongst us all – UNK – has been so particular for each person too. It's setting us up for our particular path. It's been great to see everybody grow in their own fields of study and into their next step."

The soon-to-graduate senior will receive her Bachelor of Arts degree with a major in philosophy and two minors, psychology and Spanish. Ullman received the Omaha World Herald / Kearney Hub scholarship that paid full tuition and housing expenses during her four-year college career.

It was easy for Ullman to meet people while living on-campus every semester and from her involvement in Psychology Club, the Yoga Community, the Newman

ULLMAN, PAGE 10

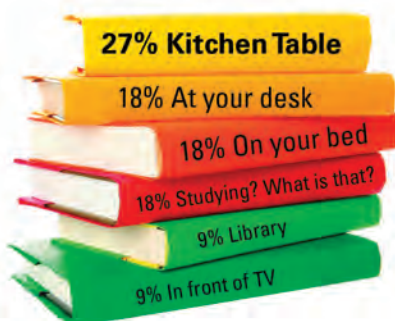


Photo by Joene Crocker

Senior Amanda Ullman would squeeze in study time during certain parts of the day and in between classes because her afternoons and evenings were filled with different activities. "My favorite place to study is in the Fine Arts Building because I can get coffee," she said.

LAST WEEK WE ASKED:

Where is your favorite place to study?



**This weeks online poll question:
What are your summer plans?**

Vote at unkantelope.com

Info graphic by Marie Bauer

Be smart, don't go it alone *After recent events on campus, UNKPD wants to raise awareness*

BY AUSTIN KOELLER
News/Feature Editor

Part 2 of 2

Last week, Koeller reported on crime on campus. This week, he concludes part two of his story with a look into Sexual Assault Awareness Month.

Following a recent sexual assault the UNK campus, as part of Sexual Assault Awareness Month, and UNK Police Department is trying to raise awareness of sexual assault prevention.

According to the Clery Report, UNKPD responded to one forcible sexual offense case in 2012; two in 2011; and three in 2010.

"On average, we have anywhere from zero to four in a year," said Michelle Hamaker, director of UNK Parking and Po-

lice Services. "But we also know that, statistically, the amount that occur and the amount that are reported, nationally, it is an underreported crime."

Hamaker said that as of right now, the preliminary reports show that UNKPD responded to two forcible sexual offense cases in 2013. The most recent case, reported March 31, she says, would be in the Clery Report for 2014.

The Clery Report takes [not only] campus police reports, but it also takes incidences that were reported to Conduct or to a Campus Security Authority (CSA), Hamaker said of the Clery Report. "It also looks at the other law enforcement that may have jurisdiction. If we teach a class at Kearney High School on Monday nights from 5-6 p.m., we have to collect [information on] any crimes that occur."

After a sexual assault is reported to

UNKPD, Officer Ricci Fast said an officer and investigator with UNKPD takes steps to respond to the report of sexual assault.

"The first thing that will take place is we will make sure that the victim has everything that they need," Fast said. "What we'll do is we'll start interviewing the victim, we'll talk to them and find out what kind of information we can."

"I try and treat every investigation that I do as if that victim is my daughter and how I'd want that officer or investigator to treat my daughter if she's in that situation," Fast said. "It's definitely something that I don't take lightly."

After an interview is conducted, Fast said, UNKPD will determine if there is enough evidence to go forward, and if there is, they will set the victim up with an

SEXUAL, PAGE 11

Schneider says see the world through another's eyes



BY AMANDA SCHNEIDER
Assistant Copy Editor

You begin to see the world differently once you've experienced life as a "foreigner."

Every day we take little things for granted, like not being charged to use the restroom or ordering water and receiving a small, tepid, room temperature glass.

A series of events opened my eyes to the world around me and led to a fascination with other cultures.

As a junior in high school, I traveled to Italy and France, vowing I'd be back for another European adventure. Seeing buildings or pieces of art I had only seen in textbooks or photos was unreal. The history, art, food, architecture and culture was incredible. It certainly wasn't my hometown farm village of 60 people. And sure enough, two weeks after graduation, I will be exploring London, Ireland and Scotland.

My older brother, Tyler Fike, came to UNK and roomed with Japanese-exchange student Shumpei Fujita. Over fall break my brother, Fujita and two of his friends, Ryo Moriwaki and Ryosuke Takei, came home to the farm. They were drilled with thousands of questions about their families, hometowns, life in Japan, what they thought of Nebraska and more.

While they were visiting they jumped on a trampoline, got a four-wheeler stuck in the mud, drank Kool-Aid and tried peanut butter all for the first time. It was thrilling to watch them experience so many "normal" everyday things with such excitement.

My freshman year at UNK I decided to get involved with conversation partners,

Think about being a friend



where I met with Boesong Kim from South Korea once a week. Kim came to UNK to learn English, and it was impressive just how fast he caught on. During conversations he challenged me as a communicator when asking me to explain slang words. Kim had never been off campus except to the bars and an occasional Walmart trip, so my husband Gavin and I took him to explore the community and see our hometowns. Kim even came back a second time to attend our wedding.

One of the neat things about this friendship is that it's worldwide. My husband spent last summer studying physics in South Korea. There he was able to meet up with Kim. The food was an adjustment, but after eating with Kim, who ordered for him, he had found a dish he liked.

Traveling to a foreign country is an

eye-opening experience. The food might taste unfamiliar and awful, the time difference might make it hard to communicate with family and friends back home, language barriers might create additional difficulties, transportation could be limited or navigation difficult. Even if travelers love the place they are visiting, these unfamiliar "foreign" places still do not have the comforts of home.

The unknown can be scary, difficult and an emotional roller coaster. Hopefully it doesn't take traveling to a foreign country to realize how much can be learned from international students. Next time you sit in class beside an international student introduce yourself, maybe ask them a few questions. I bet they'd be really excited if you took the time to get to know them and invited them to see your hometown.

The International Friendship Program is in need of several new individuals or families interested in befriending UNK international students through the International Friendship Program. New students will soon arrive for the summer English Language Institute and most will wish to participate in this program. This is simply a visitation program, not a homestay. It is a chance to connect with students one or two times a month to enjoy family or community activities together.

For additional information, or to complete the online application form, go to www.unk.edu/ifp. If you have questions, please feel free to contact

Bonnie Payne
International Outreach Coordinator
2504 19th Avenue, Welch Hall 108
Kearney, NE 68849 USA
Phone: 308-865-8939
Email: payneb@unk.edu

Maybe someday down the road you'll visit their country. It could be the beginning of a worldwide friendship.

Courtesy

LEFT: Amanda Schneider, a senior advertising/public relations major from Deweese, dances with Ryo Moriwaki, a former international student from Japan, at a wedding. Schneider first met Rio when he came home with her brother over fall break in 2008.

RIGHT: Boesong Kim, a previous ESL student from South Korea, celebrates at his first American wedding with the groom, Gavin Schneider. Schneider is a senior exercise science major from Edgar. Kim returned to South Korea where Schneider visited him last summer.



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Brace yourselves, finals are coming



Photo by Joene Crocker
Freshman Shane Swanson of Kearney catches some Zzzzzs in the library after staying up until 2:30 a.m. working on end of the semester assignments. Swanson was waiting for other members of his group to arrive to work on a speech project.

CAMPUS CRIME LOG

April 4: While at Kwik Shop, an officer was asked by the manager to check out a suspicious subject in the parking lot. A male subject ran from officers and was not located.

April 4: A female subject reported that someone had entered her unlocked vehicle and stolen \$40 in cash from the middle console. Nothing was damaged in the vehicle.

April 9: A male subject reported his laundry was taken from a dryer in University Heights sometime between March 8 after 10:00 p.m. and 9:00 a.m. on March 9.

April 11: Two subjects were given conduct summons for having alcohol in their possession.

April 11: An officer received a report of subjects being loud. The caller could also see alcohol in the room. Three subjects were contacted and cited for MIP. Three subjects who were 21 years of age were given conduct summons.

April 12: An officer observed a subject urinating on the southeast corner of Thomas Hall. The subject was not a UNK

student and was given a verbal warning.

April 15: A subject reported that he was slapped by another student. One female student was cited for domestic assault third degree outside of a residence building on campus.

April 20: A male subject reported that his bike had been stolen from the south side of CTW.

Campus theft down

Read more
online at
unkantelope.com

More on sexual awareness,
check p.1.



EMPLOYMENT

Ward Laboratories, Inc in Kearney, NE seeks a Lead IT Programmer.
Fax resumes to 308-234-1940 quoting job # ITP 112.



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Varon says get involved, but education comes first

BY HANNA JORGENSEN
Online News

Senior social work major Barbie Varon of Papillion is excited to graduate in May after a very busy college career. "It doesn't seem real to me. The college experience has gone by so fast," she said.

Varon is a full-time student enrolled in 12 credit hours this semester but focused upon completing a 400-hour six-credit internship at South Central Behavioral Services-Unity House in Kearney. Add together school for her six hours of academic credit, work and internship requirements, and Varon stays very busy.

Varon works 10 to 15 hours per week as an activities assistant at St. John's Good Samaritan Center, a nursing home in Kearney. "This current semester has been more demanding with my full-time schedule; internship, school work and preparation for graduation, so I am not able to work as much as I have in the past," she said.

From the beginning of her sophomore year through last December, Varon worked as a student diplomat for the admissions office for six semesters giving campus tours to prospective students.

"It seemed like a great way to get involved on campus. It would allow me to meet new people by working alongside other UNK students and getting to know prospective students and tell them about how great UNK really is."

Varon knew that sharing her experiences with new prospective students would be rewarding and said it definitely has been.

"I loved UNK from my initial experience on campus and knew that I had made a great decision in choosing to attend college here."

Varon said she loved working in admissions. "I created so many memories and friendships that will last a lifetime. Working in admissions was definitely the highlight

of my collegiate career. It's also always so cool being able to see people around campus now that I gave a campus tour when they were in high school, and now they're loving UNK." She also served as a Chancellor's Ambassador and was a resident assistant in Greek housing her junior year.

Varon is also involved with numerous organizations on campus. She has been involved in Alpha Omicron Pi sorority, Blue Gold Brigade, Loper Liaisons, Phi Alpha-Social Work Honors Society and both Gold Torch Society and Panhellenic Council.

During her time in Alpha Omicron Pi, she served as social chairperson. She also served as vice president of Blue Gold Brigade and is the organization's current president.

Varon served as vice president of education for Loper Liaisons as well as external recruitment for Panhellenic. She went on to serve as President of Panhellenic. Varon has always served as an active member of Phi Alpha and Gold Torch Society since starting at UNK.

Varon said there was a time during her sophomore year when she felt overwhelmed with school, work and her campus involvement. "Once I got the hang of managing my time, it came much easier."

Varon has stayed involved on campus her entire college career and has always been able to manage her time wisely. "Now if I'm not busy, I don't know what to do with myself because it's something I've been so accustomed with the past couple of years."

After graduation in May, Varon plans to get her masters degree in social work, hopefully in the masters program at UNO.

Varon said that although getting involved is important, it is most important to put school as the main priority. "It's very important for students to realize that your soul purpose of being at UNK is to receive an education."



Photo by Hanna Jorgensen

Barbie Varon, excited to graduate in May, had a very busy college career. She strongly suggests other students get involved during their college career.

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.

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

Find answer on page 9

www.sudoku-puzzles.net

CHAD PREGRACKE DEFENDS THE PLANET



Photo by Suneun Yoo

Chad Pregracke explains the main working area of the Living Lands & Waters Association that has had over 60,000 volunteers, including Pregracke, collect more than 6 million pounds of debris from our nation's greatest rivers. Pregracke shows a lot of information such as the documentary about his life and pictures to the audience at the event.

senior spotlight

Zippering beyond the canopy

Ambrose to study abroad in Costa Rica this summer 'for the experience'



Photo by Hanna Jorgensen

Senior elementary education major Kayla Ambrose is planning a trip abroad in May to Costa Rica with friends. The trip is part of UNK's study abroad program, where earning class credit is optional. Ambrose says she is excited to travel abroad "just for the experience."

BY HANNA JORGENSEN
Online News

Senior elementary education major Kayla Ambrose plans to spend nine days in Costa Rica at the end of May, "just for the experience."

"It's nice because it isn't for class credit. It's just a trip to help see the world," Ambrose said.

Ambrose is going to Costa Rica with a group of friends. She said the nice part about the program is you do not have to be a UNK student to go on the trip. Ambrose said there are also other non UNK-related adults going as well as one of her friends who is not a UNK student.

Ambrose first found out about the opportunity through her friend and UNK student, Megan Nelson who is majoring in traveling and tourism.

"Every summer there are faculty who lead 'Study Tours' which usually provide optional but not mandatory credit," said Study Abroad and Exchange Program Coordinator Ann Marie Park.

Park said students can learn about study abroad programs by visiting them online and clicking on the Study Abroad Programs link. If there are questions that

still remain, it is best to make an appointment with her for a face-to-face meeting.

Ambrose said UNK's Study Abroad Program has conveniently planned out details in advance. "I am not exactly sure where we will be staying, but we are traveling across Costa Rica and will just be staying in motels along the way."

Ambrose said the entire trip will cost her around \$2,400 for everything including food, housing and planned activities. "We get to do things like zip line over the canopy, go whitewater rafting, visit a banana farm and go to the beach, which I am really excited about."

Scheduled meetings leading up to the trip helped prepare. "The meetings were mostly about what to bring and how to pack and where we will be going," Ambrose said. "We learned a little about the culture there which was helpful and prepared me for what to expect. It all just got me more excited to go."

Ambrose said the company the group signed up with is also available for people from all different places around the world. "We will be around many other travelers from other places around the world. All of us together are going to stick out like sore thumbs and really look like tourists."

Ambrose said she has much she hopes to gain from this experience. "I want it to be an adventure. I have always wanted to see the world, and this is my first time out of the country, so it is my first giant leap."

Ambrose has been away from her hometown of Yutan before, on a trip to New York for a few days with her high school.

Park said while traveling abroad just for the experience is great, if someone can "kill two birds with one stone" by earning academic credit at the same time, that's even better. "It's most important to gain international experience. Period."

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Seventh inning stretch for seven



Alex Sosa (Cuban Missile)



RHP 29

Miami, Fla.

Major: Sports management

Celebrity crush: Jessica Biel

Fear: Spiders

Embarrassing moment: Being caught by Drew Posegate "flexing" in the mirror

Sport (if not baseball): Basketball

Will miss most about UNK: Teammates

Favorite moment: Walk off against Washburn

What's next: Trying to move back to Kearney within two years after graduation

Coach Day's words: "... stepped up huge for us on the mound over the past two seasons, and after a slow start to this season he has stepped in for the injured Dalton Cowen with great success. Alex brings a great attitude to the yard everyday and is a fierce competitor for the Lopers."

Get to know 'Team 54' before they say goodbye

Jayke Brock (Brick)



Outfield 35

Grand Junction, Colo.

Major: Construction management

Celebrity Crush: Carrie Underwood

Fear: Not graduating

Embarrassing moment: Fouling a baseball off into his own face

Sport (if not baseball): Football

Miss most about UNK: Brotherhood established with the team

What's next: Finding a job

Coach Day's words: "... the only senior position player on this year's team, and he has been a great influence on the younger players. He has a great work ethic in the weight room and the tunnel. Brock is a good teammate and someone we will miss next year for his horrible taste in music and his constant quality presence around the facility."

Logan Willard (Willard)



RHP 19

Eagle Grove, Iowa

Major: Park and recreation management

Celebrity crush: Beyoncé

Fear: Spiders

Sport (if not baseball): Football

Favorite moment: Beating Central Missouri 20-3

What's next: Hopefully coach at UNK while finishing my degree

Coach Day's words: "... has pitched in our rotation all season and has had a huge impact on our baseball program not only on the mound but in the weight room. He is a great example for the younger pitchers on how to go about your work on a daily basis to make sure you are prepared for game day."

Drew Posegate (Nighthawk)



RHP 41

Loveland, Colo.

Major: Industrial distribution

Celebrity crush: Mila Kunis

Fear: Life after baseball

Sport (if not baseball): Golf

Favorite moment: Catching Sosa flexing in the mirror in the hotel room during a road series

What's next: One more year of school then into the real world

Coach Day's words: "... a great young man who has done everything we have asked of him and has filled any role that he was called upon to fill. He shows up everyday, does his work and is always prepared."



Photos by Hannah Backer
The UNK Loper baseball seniors show their love for each other as their season comes to an end. The team heads to the MIAA Tournament (double elimination) to play Central Oklahoma in a best of three series. The games are Thursday, May 1 and Friday, May 2 at 2:30 p.m. with an "if necessary game" on Saturday, May 3 at 1 p.m.

Adam Peters (Pete)



RHP 28

Lincoln

Major: Sports administration

Minor: Economics

Celebrity crush: Carrie Underwood

Fear: Spiders

Dream walk up song: "We Can't Stop" by Miley

Sport (if not baseball): Football

Coach any team: U.S. Women's Soccer team

What's next: Graduation

Coach Day's words: "...a great young man who has been with us for three years and has had a good senior year after returning from an arm injury that ended his season last year. He has a tremendous work ethic and been quite a leader of our pitching staff."

Mannie Reinsch (Mad Dog)



LHP 15

Kearney

Major: Exercise science

Minor: Sports administration/health science

Celebrity crush: Jennifer Aniston

Fear: Snakes

Sport (if not baseball): Basketball

What's next: Finding a job

Coach Day's words: "I do not have the words to accurately describe the type of teammate Mannie is and the positive impact he has had on this baseball program over the last five seasons. He will go down as the most unselfish and program first players I have ever had. I am honored to have had the privilege to be his coach."

Carlos Palomo (Triceratops)



RHP 22

Gering

Major: PE and Health K-12

Celebrity crush: Rachel McAdams

Fear: Snakes

Sport (if not baseball): Football

What's next: One more year of school until graduation

Coach Day's words: "Carlos is the ultimate fighter and the ultimate teammate. He has overcome numerous obstacles throughout his career and never gave up, and that is why I have so much respect for him as a person."

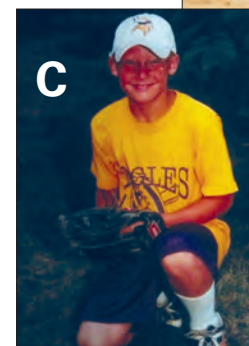
GUESS the baby turned LOPER?



A



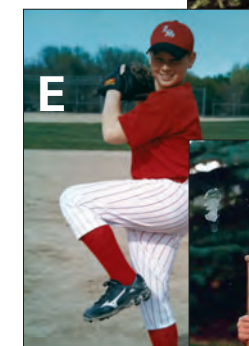
B



C



D



E



F



G

Answer Key
A. Jayke Brock
B. Alex Sosa
C. Logan Willard
D. Carlos Palomo
E. Adam Peters
F. Drew Posegate
G. Mannie Reinsch

Men's, women's tennis teams finish third at MIAA Championships

WOMEN'S TENNIS

BY ANDREW HANSON
Sports Editor

Both the men's and women's tennis teams came in third place at the Mid-America Intercollegiate Athletic Association tournament at the Cooper Tennis Complex in Springfield, Mo., this weekend.

In a first-round matchup against Emporia State, the men, who were riding an eight dual winning-streak, took care of ESU quickly, winning 5-1.

While three matches went unfinished, freshmen Mohab El Zanaty and Justin Nguyen and junior Jack Nicholson each won in straight sets in singles. In No. 2 doubles freshman Lucas Garces and El Zanaty won their match as did the No. 3 doubles team consisting of sophomore Fletcher Sheridan and Nguyen.

On the women's side, the Lopers avenged a regular season loss to Northwest Missouri State, knocking off the Bearcats 6-1 in the first round match Friday afternoon.

In the second round on Saturday morning, both teams, which entered as the three seed took on Southwest Baptist.

After falling behind early 3-0 to a nationally ranked SBU squad Garces put the Lopers on the board winning No. 4 singles. Garces points were all the Lopers were able to muster up though, and UNK lost 5-1.

Going up against the nationally

ranked women's SBU team in the semi-finals, the women fell 5-2. SBU won the first doubles match when their top-ten ranked duo knocked off senior Vanessa Gunawan and junior Kari Emery. However, in singles Emery was able to pick up a point for UNK, winning in straight sets.

The only other Lopers to pick up a win in the second round were sophomore Paula Jimenez and freshman Renee Hoekstra.

Heading into the consolation round Sunday, the men's opponent, Washburn, withdrew, giving the men their 18th win of the season.

Despite the fact that the UNK women easily took care of Emporia State at home, winning 9-0 two weeks ago, the Hornets gave the Lopers all they could in the third place match.

They used four singles victories and doubles win to beat ESU 5-4 for the second time this season.

Senior Britni Norfolk, freshman Emily Fink, Emery and Jimenez all picked up wins in singles. UNK's win in doubles came in the No. 2 doubles match with the duo of junior Kristin Weems and Fink.

The NWMSU men's and three-time defending MIAA champion SBU women's team captured the MIAA crown.

Both teams will now play in the NCAA Central Regional. The pairings are expected to be announced this week.

MEN'S TENNIS



VANESSA
GUNAWAN



KARI EMERY



PAULA
JIMENEZ



RENEE
HOEKSTRA



BRITNI
NORFOLK



EMILY FINK



MOHAB
EL ZANATY



JUSTIN
NGUYEN



JACK
NICHOLSON



FLETCHER
SHERIDAN

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»»» LOOK into the HERD

By Sports Editor Andrew Hanson

Baseball earns six seed In MIAA Tournament

The Nebraska-Kearney baseball team earned the six seed in the MIAA baseball tournament and will take on No. 3 Central Oklahoma for the first time this season in Edmund this week.

The best-of-three game series starts on Thursday. Game two is set for Friday, and game three if neces-

sary will be played on Saturday.

UNK (30-17, 24-16) enters the MIAA tournament winners of three straight series after taking three of four games against Washburn, Pittsburg State and Missouri Southern State.

UCO (34-14, 26-14) come in as

the three seed after dropping three of four to the MIAA regular season champion, Central Missouri.

The difference between the four and the six seed was slim and came down to cancelations and rainouts.

Because UNK played all 40 conference games they finished with a .600 winning percentage in MIAA play. Southwest Baptist earned the five seed with a 24-15 record (.615). Missouri Western who played one less game than SBU finished 24-14 (.632) in conference action.

The winner of the UNK-UCO series will take on either Emporia State or Washburn in semifinals of the

MIAA tournament at Hammons Field in Springfield, Mo. on May 8-10. Once the tournament gets to Springfield it is double-elimination.

Hey, did you know...

The Antelope is online!

Go to see extra stories and photos.

unkantelope.com



Lopers end season after win against Eagles

Sudoku answer:

Upside down, from page 4

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

Loper Spotlight

Loper Football Backers annual fundraiser May 6

The fifth annual Loper Football Backers dinner and scholarship fundraiser will be Monday, May 6 at the Younes Conference Center. The event begins with a social hour at 5:30 p.m., a dinner and silent auction start at 7 p.m. and a live auction begins at 7:45 p.m. Tickets to the event are \$35 and corporate tables that sit 10 are \$500. For tickets or to make a donation to the Loper Football Backers call the UNK football office at 308-865-8020.

Track & field teams prepare for MIAA championships

The UNK men and women’s track & field teams will hit the road this weekend for the MIAA track & field championships held at Lincoln University in Jefferson City, Mo. The three-day meet will begin on Friday with the men’s decathlon and women’s heptathlon. The remaining running and field events will take place on Saturday and Sunday. At the indoor championships the men finished third and the women sixth.

Photos by Kent Kehler
ABOVE: Sarah Rome, a senior exercise science major, takes a cut at a pitch against Chadron State at Dryden Park. Rome led the Lopers during her senior season with five home runs. The Lopers finished with 13 wins and 28 losses.

TOP LEFT: Bailey Backhuus, a senior exercise science major, winds up to deliver a pitch. Backhuus had seven strikeouts and only gave up six hits while she pitched the entire game against Chadron State. The Lopers won the second game of the double header 4-3.

3 days off... What can you do?



BY BRYAN BUGAY
Antelope Staff

As we embark on this journey through our college years, we build relationships and memories. Some of those memories stay with us forever and can come from a crazy weekend or a memorable spring break vacation.

Things such as money, work or other priorities always seem to factor into whether or not you do something for spring break, winter break or even fall break.

Say you have a three-day weekend: no classes and you were able to get off work. Some may sit around, but not you. You decide to take advantage of this time off. There are things that you can do that don't require a ton of money, which is what college students are looking for.

Say it is winter. Laramie, Wyo., is approximately five hours away from Kearney. The Snowy Range, a small, but very

nice ski resort is another 30-45 minutes from Laramie. Snowy Range is one of the cheaper resorts to go to and has so much to offer. They even provide a student ID discount for ski lift tickets. If you are on a tight budget, use your persuasive skills to persuade a load of your friends into going. Not only will you divide up the gas and lodging, you will be creating one of those memories from college that you will remember forever.

Of course not everyone skis or snowboards or wants to learn how. Denver, Colo., with tons of things to do, is also only five hours away.

Say winter has passed and warm weather finally lies ahead. In Colorado you can go to a Colorado Rockies baseball game for as little as \$20 depending on where your seats are. From there you can walk around downtown Denver and eat at one of the many delicious restaurants. If you are feeling on the adventurous side, then hike one of the many trails the mountains have to offer.



Photo by Brian Bugay
ABOVE: Paul Huettner catches his breath and taking in the beautiful scenery from the 14,010 feet mountain; Mt. Huron.

Is that not adventurous enough? Hike up your pants and tighten your laces and climb one of the 53 "14'ers" (peaks above 14,000 feet) that Colorado has to offer at no cost to you except sore muscles in the morning. You can also explore the river from a raft while dodging white water rapids at every turn.

If you want to keep the traveling miles lower, Lincoln or Omaha has a lot of things to do. If you're feeling lucky, you can even cross the border into Council Bluffs, Iowa,

and try your luck out at the casinos.

It's the ambience that plays a helping hand in creating memories in college. Getting your closest friends together for a small trip could mean a lot when you look back after graduating college. You can travel and have fun with friends without spending a lot of money. So plan a trip with your closest friends because before you know it you will be looking back to your college days reminiscing about that memorable trip.

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Center and Mortar Board.

Dr. Amber Messersmith, assistant professor in the communication department and senior advisor to Mortar board, a national honor society that recognizes college seniors for their exemplary scholarship, leadership and service says Ullman stands out among students. "She is not only willing to work, but also willingly goes above and beyond what is asked."

"College is more than just about going to classes," she said. I love meeting up with people and making time for friendships, relationships and conversations."

Ullman's junior year during spring break, she went on an alternative mission trip with the Newman Center to Denver, Colo., and served at Christ in the City. "We stayed with a group that lives in a community and works with homeless populations and other populations in need." The experience has motivated Ullman to volunteer at Christ in the City after graduation for a year of service.

The goal of the program is to prepare people for life. Ullman will receive intellectual and spiritual formation, live in a community and is ready to give herself fully to the service of others. "There's a lot that I'll learn once I'm there. It's a bit of a leap of faith. I don't know exactly

what I'm getting into. But at the same time, I know this is what I'm supposed to do," she said.

"After Christ in the City, I might go on and further my education, maybe I'll come across a job that I know is a good fit, or maybe I'll do something else that I wasn't even expecting."

Ullman says her UNK adventure has set her up for the next adventure. The honor student said she hopes she made the best of her college experience and shares advice hoping underclassman can do so as well.

Go outside your comfort zone

"Through my experience of switching majors, I encourage you to find what you want to study, but also to take classes that you might think 'I'll never major in that, or I don't really have any interest in that.' Explore different classes or majors. You might surprise yourself and come across something you love. For example, I never thought I'd major in philosophy," Ullman said.

"I came into undergrad as a psychology major, but after taking a philosophy class my freshman year just as an honors course, I enjoyed it and decided to take another class my sophomore year. I didn't officially make the switch until the

first semester my junior year." Ullman says her philosophy major has set her up for a variety of different careers.

Consider studying abroad

"UNK makes it so easy to study abroad, so find a place that interests you and just get away for a semester. It helps you grow so much as a student and as an individual. You'll see your life in a whole different way just because you expose yourself to so many different ways of life."

Ullman spent the entire spring semester of her sophomore year studying at Lund University, in Lund, Sweden, a university with which UNK had exchange agreements. "I didn't go with a group of UNK students. I went with one friend, and it was so good for me to do that."

The summer after her junior year Ullman went to Costa Rica with the credits applied towards her Spanish minor. Ullman says she came from high school thinking she would never take Spanish again. "It just goes to show that college presents all sorts of opportunities. You never know what you might get yourself into."

Get to know your professors.

"I got to know my professors just by asking them for advice or help with assignments. Not only would they answer my questions, but they in turn would ask me more about myself. Our professors here are so available. Multiple professors of mine say, 'I'm in my office, shoot me an email, give me a call.' You'll see them on campus, and you can stop and talk to them. It's just so easy to be friendly with them."

Study

"School is important to me and I work hard for my grades. I simply want my work to reflect my potential. I would study in the Fine Arts Building a lot, or at Barista's, partly because you can get coffee there and study. Sometimes I would find a cubicle at the library, especially when I had big papers to write. Studying in my room just isn't as productive."

Cherish the time that you have here in your classes and with your friends.

"Enjoy the college experience because it goes by way too fast. My group of friends has stuck with me all through college. Don't be afraid to build your life here and call UNK home."

AWARENESS LIMITS OPPORTUNITY

Knowledge is power for women, men; even bystanders have a responsibility

BY AUSTIN KOELLER
News/Feature Editor

Following the report of a sexual assault on campus Monday March 31, a campus alert reported the subjects were acquaintances and reportedly met through social media. This incident is currently still investigated by University Police.

"Sexual assault is about power and control, can literally happen to anyone – male or female. Don't try to handle it by yourself, get someone to help," said Michelle Hamaker, director of UNK Parking and Police Services. She said that students can take a number of precautions to prevent sexual assault.

Be cautious, Hamaker said. "Just because I had met you, doesn't necessarily mean that I truly know who you are."

Hamaker said that if two individuals want to meet up again, it is safe to go out in public, rather than a private, secluded place, until you truly know a person.

For students needing resources, the UNK Women's Center offers education and resources as well.

"We offer programming, whether that's coming in to an organization, or going into a classroom. We are more than happy to meet that need," said Trish Holen, assistant director of the UNK Women's Center. "Usually it's around the issues of dating or domestic violence, sexual violence, sexual assault or stalking ... As far as other services, I am a licensed counselor so I'm able to offer counseling to students, especially in the areas of abuse and stalking."

Holen said that bystanders are important in preventing sexual assaults.

"A bystander can intervene sometimes and be that voice of reason, whether it's girls going up to other girls and saying, 'Hey, come with me, I'll go to your room with you. Let's get you back to your room' ... That's where bystanders can help," she said.

Holen said that males can be bystanders by telling their male friends that they are too drunk to give consent and can keep their friends from making a decision that they will later regret.

Consent, Holen says, is important in a relationship.

"If someone doesn't have consent, then

"Sexual assault is about power and control, can literally happen to anyone—male or female. Don't try to handle it by yourself, get someone to help."

Michelle Hamaker, Director of
UNK Parking and Police Services

PREVENT SEXUAL ASSAULT

- When you party with friends – don't go by yourself
- Don't leave your drink unattended.
- Don't take a drink from someone who has already opened the container.
- Do go to public places rather than private secluded areas.

it's considered rape," she said. "It's important because if you don't have consent, then it's even coercion. If somebody talks somebody into having sex with them, that's still rape. It's coercion. They're not doing it on their own."

When giving consent, Holen says that the consent needs to be given sober, and it needs to be loud and enthusiastic.

Holen said that students need to know that sexual assaults are not their fault.

"It's about power and control," she said. "It can literally happen to anyone—male or female. Don't try to handle it by yourself, get someone to help."

GET YOUR GLOW ON



Photo by Austin Gabehart

Left to right: Alysha Daley, Jessi Hoffert, Lindsay Klassen, Cacia Lyon, and Caleb Pederson are just a few UNK students who danced all night at CAN's glow dance Tuesday night.

Sexual from page 1

there is, they will set the victim up with an interview with the Family Advocacy Network (FAN).

"They will have a forensic interview. Also, if it's to the point where they would need a rape analysis done, FAN is also the one that can help us with that," Fast said.

Fast said that time is an important element in responding to a sexual assault. "Time is going to be of the essence when a sexual assault is reported to us for the simple fact of evidence collection, DNA collection and crime scene preservation," Fast said. "Those are the things that are going to be our No. 1 priority in determining whether or not it happened."

Trish Holen, Assistant Director of the UNK Women's Center, said that not all sexual assault victims are the same. "Some are able to talk about it because they understand that's how they're going to get healing around it," Holen said. "Everybody's just so different, and they heal at different rates. One person might be able to find some balance and be able to heal faster than others."

Holen said that a sexual assault or rape survivor's life is forever changed after a sexual assault or rape.

"If a man or a woman has been raped, their life now has a 'new normal.' Everything's going to be filtered through their experience of the rape," she said.

In the aftermath of the recent on-campus sexual assault, an all-student email was sent to alert students aware of the situation.

"That is a part of the Clery Act. That is a mandated thing that we have to do per the Clery Act when something like that occurs on campus," Hamaker said.

"That was just a safety alert telling

them, 'Yes, there was a sexual assault that did take place in a campus building.' That is to let everybody know that we are aware of the situation, to calm everybody's nerves that we know about it and that it is currently under investigation at this time. Then, typically, we will tell you whether it's an ongoing threat or if you don't have anything to worry about."

Hamaker said, "Social media seems to be an avenue where individuals meet on a much more regular basis than 10 years ago, or five years ago," she said. "We want people to understand that just because you meet someone on social media, they're not always the person that they're portrayed to be."

Hamaker said the university is taking measures to further educate about sexual assaults.

"This coming year, all new, incoming students and employees will now get an education about dating violence, domestic violence, stalking and sexual assaults," she said. "That will cover our policies, procedures, definitions and what that means."

While all incoming students and employees introduced to basic information, the university provides other educational programs held as well, Fast said.

"I also hold crime prevention classes. We offer self-defense classes," Fast said. "I also hold trainings on the drug-facilitated sexual assaults. I go into the classrooms and I offer classes that I'll teach on my own. We're out there, we're trying to spread the word. We're just trying to raise awareness that it's 2014. You need to definitely look out for yourself and be conscious of what you're doing."

WOW!

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