

the antelope

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Last week we asked:
What are your summer plans?

- 43% Summer job**
- 29% Summer internships
- 14% Summer classes
- 14% Catching some z's

From all of us here at the Antelope, have a great summer.

They have your back

UNK ahead of game, already following White House recommendations

BY AUSTIN KOELLER
News/Feature Editor

UNK is on point with presidential recommendations announced last week, already implementing White House recommendations to combat sexual assault, said LeAnn Obrecht, director of the UNK Counseling Center.

Obrecht said she is proud of what the university has done in education and prevention.

"It just added a level of confidence on what we're doing," she said. "It really underscores that we're doing the right things, that we're being effective."

Vice president Joe Biden came out strong in an April 29 press conference: "Colleges and universities can no longer turn a blind eye or pretend rape and sexual assault don't occur on their campus."

For years, when a sexual assault or rape was reported at a college or univer-

sity, college administrators would "sweep it under the rug" or cover it up. Often, statistics show, survivors of the sexual assault or rape were ignored as colleges and universities failed to listen to sexual assault and rape survivors.

A White House task force has stepped up the pressure for change. Last month, President Obama announced the formation of a task force to examine the way that colleges and universities handle sexual assault and rape, along with some recommendations on how they can better handle these situations.

The task force's findings included the astonishing fact that one in five female students were assaulted, but only 12 percent of cases were actually reported.

Why? Because the victims feared that their problem would not be addressed and that colleges and universities would try to

WHITE HOUSE, PAGE 11

GRAND PLANS OF EXPANSION



The University of Nebraska at Kearney has completed the planning stage for development of the 104-acre site now known as University Village – a new campus that will combine public and private resources in a mix of business, retail, office, services, housing, parks and recreation.

The development is planned for an area south of The Buckle headquarters and southwest of UNK's campus on the south side of Highway 30.

Read more
online at
unkantelope.com

Note from the editor

'Challenge yourself always'



BY ADRIANNA TARIN
Editor in Chief

Senior advertising and public relations major Adrianna Tarin has worked on all parts of The Antelope over the past five semesters and served as Antelope editor the past two semesters. Tarin will graduate at the end of the summer. She has a summer internship with World Vision and will attend graduate school at UNL with a grad assistantship in the fall.

On August 28, 2013, I took the role of The Antelope Editor in Chief, and I am going to leave exactly the way I came in,

with a challenge to students, and I'll try not to be too much of a cliché.

If you are a graduating senior, family to one, a faculty or staff member or just another student, no matter, take a moment to think about a few things before you get too far along in life.

Challenge #1: Set goals

Goal setting marks your first step toward success. For those graduating this week, you've set a goal, and worked diligently toward that goal. You may or may not have a career or job set up after Friday, but you have shown the world that you have the endurance; you can push through to get something done.

Even if you aren't walking across the stage soon, goals can help you drive for-

ward and motivate you to get the most out of this life. They are the fuel to keep you going even when times get tough.

As a college student, I have been a witness to tough times, but as I've got to know myself, I've gained purpose and have reached new heights.

Challenge #2: Network

It's the word most people cringe at when it is spoken, but any successful person will tell you: "It's not what you know; it's who you know."

Yes. Education and knowledge are all very important. If they weren't none of us would be here right now.

However, while learning and trying to reach your goals, it will be the relationships you've built and the people in your life that will be your saving grace. You'll never know just how important it is until you need help finding a job or need advice.

Without our advisers here at UNK,

our families and support systems, graduates wouldn't be walking across the stage this week.

Challenge #3: Be present

How many times will you walk across that stage again?

When will you be able to relive this day again?

Never.

At graduation, be there. Make memories in every situation, because before you know it, graduation, the semester or the year will be over. Get something out of every experience. Don't waste a single second.

In this graduation issue of The Antelope, staff members share the knowledge they've acquired over the last four or so years and say their final farewells to UNK.

We hope you make the most of every opportunity.

**WORLD VIEW:** *Guns galore — should we be living with or without guns?*

To Japanese people guns exist only in TV dramas or movies

BY AKIHO SOMEYA
JMC315

People in countries who live without guns often cannot imagine how they would live with guns. Yet in America people say that they cannot think of life without guns.

Dr. William Aviles, a professor of political science at UNK said, countries in the developed world (such as the United Kingdom, Japan or Australia) have demonstrated "people can live quite well with substantial restrictions upon the availability and accessibility to guns."

In the U.S. opinions seem to differ from two points of view. Dr. Aviles said, "The benefits cited by 'gun rights' organizations include personal self-defense and/or alleged declines in crime because of widespread ownership of guns in a specific region or state. Some even stress the extent that widespread gun ownership creates an important check upon over-reaching governmental power, allowing citizens the potential to resist a totalitarian state."

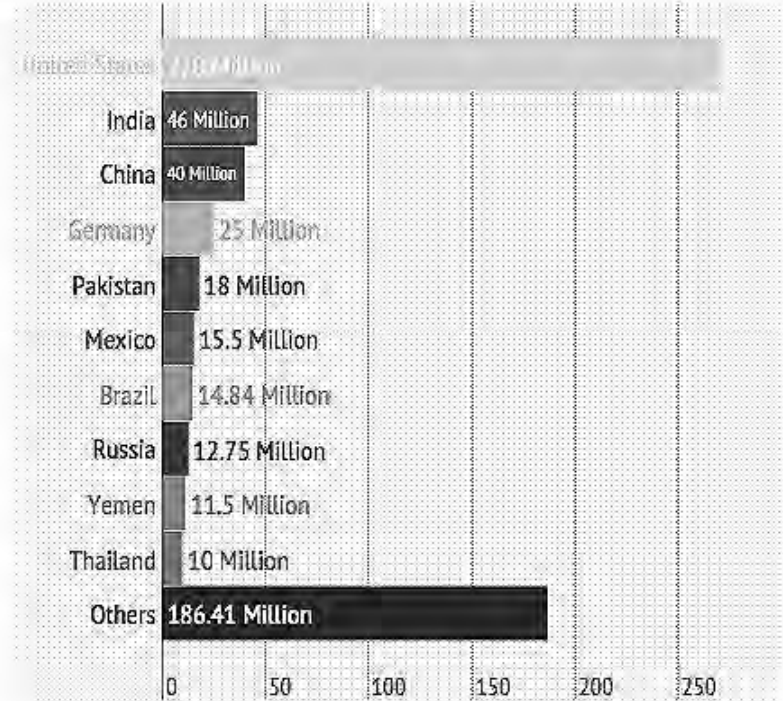
In Japan, citizens cannot use or have

guns. Most Japanese people have never seen real guns or crimes by guns. Mami Ogawa, senior Japan Women's University student said, "When I travel to a country that allows citizens to have guns, such as America, I feel a little bit scared. I cannot relax to work outside because I know people have guns."

In Japan, criminals use sharp instruments such as knives and scissors instead of guns, so to Japanese people guns exist only in TV dramas or movies. "There is a limit to what I can do when I stand face-to-face in a dangerous accident in Japan, but I might shout or call help (by phone). These are the things that I have learned from parents and schools," Ogawa said. "I think we do not need guns now and in the future. It is hard to think everyone has the correct knowledge to use guns, so it is very dangerous to spread guns."

Ogawa sees the U.S. debate over regulation differently as well. "On the other hand, we can live with guns if the gun regulations can be like a driver's license. For example, it should have mandatory up-

Estimated Civilian Firearms



dates and confirmation of criminal record, and also we have to be strict for the regulation on storage methods," she said. If you are in any country, you have to follow and understand their rules and decide how you can defend yourself. Then, you can also live with guns well,"

In South Korea, citizens cannot have or use guns. Jisoo Lee, a UNK exchange

student from South Korea said, "We do not have guns except police officers. Before arriving here, I was very nervous about guns because lots of news about America reported gun fights and murder." Japanese and Korean people have a similar mind because of gun restrictions in their coun-

GUNS, PAGE 11

HAPPY BRADUATION!

#blessed #crying #tasteandsee #bradulthood

From Ellen, Andi, Katie, Courtney, Maggie, and Cathy



Don't forget what Billy taught you. Happy graduation Lopers!
- Antelope Staff

After transfer from larger university,

Kaufman finds she's more than a number



BY TESSA KAUFMAN
Antelope Staff

Tessa Kaufman from Gering spent just one term on staff writing news and features. She is an English major, journalism minor and will be working at the Aurora News-Register the Monday after graduation.

Well my time has finally come for me to walk across the stage to accept one of the biggest achievements of my life, my college diploma. I wouldn't describe the journey to this stage easy.

All the seniors who are walking across that stage with me on Friday should give themselves a huge pat on the back. High school graduations are a milestone, but the success of receiving that diploma doesn't feel as big as this one. College is a choice. All of the seniors here at UNK came to the fork in the road after graduation and chose to continue their education.

Unlike many of my other fellow graduates I did not start my journey here at UNK. I made the big decision to stay in my hometown of Gering and attend Western Nebraska Community College for two years. It is a good thing that community colleges are only two year institutions because by that time I was ready to move on.

After graduating with an associate's degree I wasn't able to do anything with, I enrolled into a four-year school, the University of Wyoming. I finally was able to move away but could also be home in only two hours. I only stayed at UW for one semester. On top of it being extremely expensive for my budget, I did what everyone tells you not to do...I transferred schools for a boyfriend.

After taking two long trips from Laramie, Wyo., to York to spend time with my boyfriend, I decided the drive from Kearney to York would be so much easier. I will never regret my decision to attend this institution.

I have learned more here at UNK than



Courtesy
Kaufman will start a new stage of her life when her journey at UNK ends this Friday. She will then be married next October. Though she did not start at UNK, she is grateful for her time spent here.

I have at any other school. A few weeks ago, I received an email with the subject "An opportunity to show gratitude and say 'Thank You.'" Upon reading the message, I realized so many people have helped me through my academic career. The first day I stepped foot on campus for transfer orientation, I knew the faculty and students were one of a kind.

I urge all the graduating seniors to reach out to those who have made an impact on their life here at UNK, whether it is a professor, faculty member, advisor, coach or even the many friends they have made over the years, and thank them for everything they have done.

I need to thank so many people because there is no way I would be walking across that stage without them. The people at UNK care more than any other people I have encountered through the other institutions. At UW students were numbers not names. In transfer orientation we were told to never send an email without our student ID number attached to the bottom because

it would not be answered without the ID.

My experience here has been so different. I walk through the halls of Thomas Hall and the Mitchell Center where the majority of my classes are, and every professor I have ever had, even if just for a semester, knows my name and says hello to me. UNK should take pride in the helpful and friendly environment they have created for students.

The professors at UNK want their students to be successful. Because of my professors, I was able to secure a job after college that is directly related to my field of study. I would not have been offered this job without that confidence a professor gave me in my abilities, her guidance and recommendation.

When seniors in high school ask my opinion on where they should go I don't hesitate with my answer: "UNK." It is a unique university, and even though a boy brought me here, I wouldn't change my decision. I am also marrying that boy, so I would say it all worked out in the end.

the antelope | spring 2014 staff

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From shy student to student leader

Murillo used confidence gained from her mentors to pay it forward

BY AUSTIN KOELLER
News/Feature Editor

Noemi Murillo said she knew she would have to overcome her shyness to succeed in college.

"For me, I knew that I had to step it up, get rid of whatever shyness or timidity I had in me," she said. "I knew that I had to succeed, not only for myself, but also for my family."

"It's bittersweet. I wish there was more time left because I feel like, now as a senior, I have really stepped up into leadership roles," she says. "But at the same time, I know it is time for me to move on, and continue at UNMC-Norfolk. I've done my time here. I've done what I could."

While Murillo is nearing college graduation, her path has not been easy. At age 3, Murillo moved to the United States from Michoacán, Mexico, where she was born and her parents had lived their whole lives.

Her struggles, she said, began when she started to attend school. "I was not learning at the same speed as my other classmates because I did not understand the English language," Murillo said. "I was always afraid to do stuff because I was afraid of not knowing what was going on."

Because she struggled with the English language, she found it difficult to interact with her classmates, and she often did not join conversation because she did not understand the language.

The struggle she said, continued as she entered first grade. She said that she was sent to a different teacher to do English as a Second Language (ESL) classes during the reading block.

"At that time, I didn't understand what it was," Murillo said. "I knew that my classmates were divided up into different reading classes, where they would sit down with their tote of books and read. I couldn't do that because I did not know the English language. At that time, I saw it like I was being separated from my other classmates for being different. At that time, at that age, that's how I thought."

However, she said, the separation ended up a benefit for her as the teacher helped each student on an individual level. This, Murillo said, played a big role in helping her to learn the English language.

"I felt like if they would assume that I could learn with the other students, I probably would have struggled," Murillo said.

In high school, she said, she stumbled as she was very shy and did not attempt to make new friends.

"I stuck to my group of friends all the time – my comfort zone," Murillo said. "Academically, I was very on top of stuff. I was pretty much a straight A student in high school. I rarely had a B. She still struggled with

confidence though: "It was just being able to stand up for myself. If I didn't agree with something, I usually just kept my mouth shut because I was afraid of rejection by other people."

Murillo's life changed during her freshman year of high school when she was approached about the Kearney Bound scholarship.

While she applied for the scholarship, Murillo said that she didn't have any faith in herself and did not think that she would get the scholarship.

"It was like ... I'll still apply for it, but it's totally fine if I don't get it. If I do, great, but at least I tried," Murillo said. Murillo ended up receiving the scholarship: one of only 15 students awarded the scholarship.

"Once I actually received the news that I had been granted the scholarship, that was just like a door that had been opened for me, that I could see my future," Murillo said. Her parents, she said, were excited she had earned the opportunity to attend college.

"My parents didn't have very much," Murillo said. "They only attended up to sixth grade before they were basically put to work. They want me to have a better life than they had. They also want me to succeed in something I want – not what they want."

As she was a shy person entering college, Murillo said that she was not comfortable at UNK since she didn't know many people.

"It was something different," Murillo said. "I knew that I was here to do this on my own now. It was an awakening, 'Well here you go. This is college for you, you're on your own.' At that time, I felt, 'I

can handle it, I'll be fine. But no. The first few days, I just needed my parents.'"

Jen Harvey, director of the Thompson Scholar's Learning Community, and Scott Seeba, associate director of the Thompson Scholar's Learning Community, both of whom Murillo cites as two of her greatest mentors, said that they have seen her confidence grow and are proud of her accomplishments.

"Noemi started at UNK as a very shy student who was unsure of herself," Harvey said. "By getting out of her comfort zone, she has grown into a leader who has had a positive influence on many students and within many organizations ... I am so proud of her for taking risks, holding herself to a high standard and giving her time to others through opportunities while at UNK."

"Noemi is a perfect example of what makes UNK so great," Seeba said. "She came to UNK in 2010 as a shy and reserved individual, but will depart to UNMC as an outgoing and vibrant leader. She stands as proof that those who put in the hard work and dedication can achieve their goals."

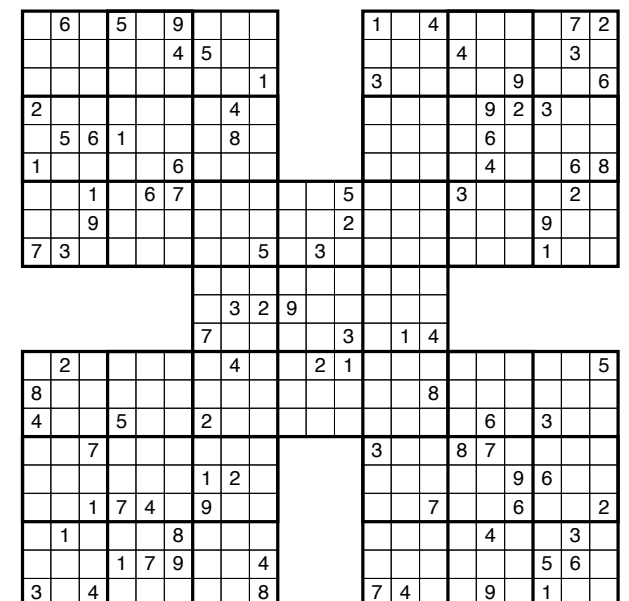


Photo by Austin Koeller

Noemi Murillo, a senior, is happy that her college journey is almost over, leaving her to attend UNMC-Norfolk for nursing in the fall. The Spanish translation and interpretation and pre-nursing major from Lexington says her journey has been transforming.

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.



MURILLO, PAGE 5

Find answer on page 9

www.sudoku-puzzles.net

CAMPUS CRIME LOG

April 24: A male subject reported \$92 stolen from his wallet inside the Antelope Hall computer lab.

April 24: An RA in CTW reported a possible alcohol violation. Upon arrival, officers met with the RA. Upon further investigation, a female subject was issued a conduct summons for minor in possession of alcohol.

April 26: An officer contacted five subjects at the fountain. He found that they were carrying alcohol in a Gatorade bottle and cup. Three female subjects were administered PBT and were issued conduct summons following positive PBT tests. Two male subjects were 21 years of age.

April 28: An RA called to report an intoxicated female student in the fourth floor lounge. The student was issued a PBT and referred to conduct for being a minor in consumption of alcohol.

April 29: A subject reported he was working on the sprinkler system at the south practice field when he discovered 16 damaged sprinkler heads.

April 30: A female subject told a Campus Security authority that she was sexually assaulted approximately three months ago by a known acquaintance. The victim did not want to file a police report.

May 1: A male subject reported that his wallet was stolen from the Cushing workout room. He had his wallet in his backpack and had put his backpack in one of the cubbies.

May 3: An officer received a request to check the welfare of a student. The student was found passed out on the bathroom floor. Upon arrival, the officer met with a male student who was intoxicated. The subject was issued a conduct summons for minor in consumption.

May 4: An officer received a report of a male subject with alcohol. The officer made contact with the subject and the male was cited for minor in possession of alcohol.

Murillo from page 4

Josh Pierce, Kearney Bound coordinator, said that he thinks that Murillo is a great role model.

"She's a hard worker, a go-getter, a helper, a leader and a fantastic person," Pierce said. "Most of all, though, she has done so much to show students who come from first generation families that there really isn't anything they aren't capable of doing, if they put in the time and effort to get where they want to go. I am incredibly proud of her for that."

Murillo's involvements include serving as a mentor for 11 mentees who are a part of the Thompson Learning Community. She also works as a student diplomat, giving tours to incoming students.

Among her accomplishments, Murillo said that she has made the Dean's list and believes others can too. By serving as a mentor for the Thompson Scholar's Learning Community, Murillo says she is paying it forward to the resources that were given to her to help

her succeed in college.

"If you want to go to college, there's a way," Murillo said. "Never think that just because maybe you don't have the money to go to college, you can't. There is always a way. You just have to seek your resources. Sometimes it takes time. It's not easy, but it's well worth it ... If anyone ever wants to go to college, that they don't feel they can, they can. They just have to keep persevering and never give up."

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Positive competition pushes twins to excel

Twins Merlene and Nolline value UNK education, share philosophy 'the harder you work, the luckier you get'

BY JOENE CROCKER
Copy/Production Editor

Of all the places in the world to go and further their education, twins Merlene and Nolline Omollo, sophomores from Kisumu, Nyanza Province, Kenya, Africa, chose UNK.

"Coming to UNK was an advantage because we had family here — an aunt who talked well of UNK," Nolline said. The twins have lived off-campus with their aunt Teckla Friedel and her husband Timothy since their arrival in August of 2012.

"My aunt had many opportunities as a student at UNK, so she's been a role model for us," Merlene said, "and she's also so particular about doing well in school."

The identical twins are naturally competitive. "When we were growing up, it was more 'I have to do better than you,'" Nolline said, "but now we want each other to do well. It's the kind of pushing where I know you can do better."

"I push my sister, I honestly do. That's something I'm

really thankful to have — somebody to compete with," Merlene said.

The girls came from a competitive education system in Kenya where you end up going to college only if you do well in classwork. After elementary education, students take a required exam, the results determine placement to a particular high school. Students who perform well attend a national school. Students who test well, but not as excellent go to provisional schools. District and division levels follow the ranking.

In ninth grade, the twins were separated and went to different high schools because of a 19-point difference after testing. "My sister did better than I," Nolline said.

Merlene says the adjustment to the separation helped each grow as individuals. "We started having our own identity. You're used to being two, two, two all the time. But at that point it was just me."

The following year the twins were reunited and completed the remainder years together. "Our schools in Kenya played a big role in our lives because most of the things we've learned in class we learned back home, so Kenya's education is good and prepared us for right now," Merlene said.

Both women say there are advantages to schools like those in Kenya. "The students you're with are more on the same level and have the same intellectual power, making it easier for teachers to teach. Students take school seriously to avoid the district school placement."

Acceptance into a university is also based on merit. After completing four years of high school, scores from the national exam determine whether a student goes on to college and placement again.

"Yes, I qualified for college, but at that time we wanted to try something different and see if we could get more from school in a different environment," Merlene said.

Since leaving Kenya, the girls have not left the state of Nebraska, but have travelled to Lincoln and Omaha on occasion. It will be another two years before they return to their homeland, their parents and one younger brother.

"I don't want to leave the way I came in," Nolline said. "I want to learn as much as I can and take advantage of this opportunity to the very best of my ability. I've seen lots of growth in how I think and prioritize my life."

Both girls are pre-nursing majors and were recently selected into the UNMC College of Nursing program. They will begin classes in August on the Kearney campus.

"My whole life I've known everybody is born for a purpose. I believe my purpose in this life is to serve, and if I can help a life or two through nursing, I'll be more fulfilled," Merlene said.

"I want to make a difference to my roots, and Kenya is my roots. I can't forget a society that has grown me up and I got so much from," Nolline said. "But I have to also admit I've gained much from this society too."

Shortly upon the girls' arrival, they were introduced to the African Student Association. "UNK gives international students opportunities to express themselves and their culture," Merlene said, "which is an asset of the college."

The twins say teachers who have been approachable are another asset, and they take great value in professor/student relationships including undergraduate research.

"Professor Tassi asked, 'Have you considered applying to Undergraduate Research Fellows?' She believed in us, she approached us. We took our proposals to her for proofreading. She liked them and made corrections she thought we needed to address," Nolline said, "and we got accepted."

"Perhaps the trait that makes them (the twins) so pleasurable to instruct and mentor is their willingness to seek and receive input from others," said Dr. Toni Hill, assistant professor in Family Studies. "They are very, very hard working, and their accomplishments are phenomenal given the many cross-cultural adjustments they have had to make."

"I really want to give Dr. Hill credit, and if it wasn't for her, maybe I wouldn't have come this far. She's been encouraging saying, 'You need to believe in yourself. Try this, try that, try this, try that,'" Merlene said, "when I didn't want to go past my comfort level."

"I remember presenting my research at the No Limits Conference, and you can always tell when you are giving a good delivery and when you know you could have done better. Even though I prepared, my words didn't come out the way I wanted them to. But looking at her [Dr. Hill] was so encouraging. When I looked at her, she'd nod as if saying, 'Yes, yes, that is a point right there,'" Nolline said.

"One professor [Dr. Janet Steele] really made me love my major even more. Anatomy and physiology is a really tough class, and most of the time I found it really hard and didn't get it, but every time she welcomes — she expects me to ask — questions. I'm so comfortable in that class, because I found not just a professor but a friend too," Merlene said.

"Most students focus on the hardness of the class, but she [Dr. Steele] is extremely approachable.

"If you want to learn anatomy, and want something worth your money, take her class," Nolline said.

The girls' father is currently working on his master's degree at the University of Nairobi in Kenya, and their mother is an elementary school administrator and poultry farm owner. "So there is no excuse for us. We have to go to college," Nolline said. Both girls say the education they're gaining is a promise in life for a better tomorrow.

Photo by Joene Crocker

Twins Merlene (left) and Nolline (right) Omollo want to learn as much as they can during their stay in Kearney attending UNK. The students take the maximum advantage of opportunities available to them, but particularly focus on academics. "The library is my small home," Nolline said. "There is so much to learn."



Shaping lives through teaching

Ceramics teacher Jake Jacobson says goodbye to UNK



Photo by Joene Crocker

Jake Jacobson, a professor in the art department, has shaped many ceramic pieces throughout his 28-year career at UNK teaching ceramics. Students have been molded, shaped and influenced by Jacobson with some becoming teachers or artists who specialize in ceramics. He is retiring this spring.

BY TESSA KAUFMAN
Antelope Staff

After 28 years of teaching UNK ceramics, art professor Jake Jacobson is retiring after this semester.

Jacobson already knew he wanted to become an artist when he attended Butler County Community College in El Dorado, Kan., where he had set his mind to paint or draw.

In Jacobson's freshmen year in college his mind changed after watching how much fun his teachers had while teaching their art, and he decided to look into teaching as a part of his art career.

"I saw what fun my teachers were having in college and the things that they did as teachers," Jacobson said. "I loved the material, loved art and had very good teachers, and so I wanted to be like them. It

felt good working with people."

Ceramics was part of his coursework in college, but his interest in the subject didn't grow until later. When he actually started teaching ceramics, he knew.

The clay was a chameleon for his art. "It seemed very honest material to work with; it fit my nature. It could be anything I wanted it to be."

"If I wanted it to look like steel, I could make it look like steel. If I wanted it to look like wood, I could make it look like wood."

He says teaching has been a great fit.

"Jake has been really good about making himself available to students," art department chair, Doug Waterfield said. Students "know that they can easily approach him in seeking assistance with their ceramics projects, and he has a reputation as a great advisor as well. His

demeanor is easygoing when interacting with students, but he also expects good results, and is not afraid to push students into reaching their full potential."

Even though Jacobson will not be teaching art, he plans to continue his passion after retirement in a studio he built next to his home in Kearney.

"I'm going to make art," Jacobson said. "I have one nice exhibition planned on schedule. That will involve all my new work that I have. I'm just going to work in the studio."

Geographically, Kearney has always been a fit for Jacobson. He is originally from the region, took his first college teaching job here, and returned to Kearney in 1986 after three years at Midland Lutheran.

"I like the big sky," Jacobson said. "I do like visiting large cities, but I like a big

sky. If I had to teach or work somewhere, it is always going to be in the Midwest."

Jacobson said he likes helping students find their creative edge when it comes to art, and especially ceramics.

"Primarily, it is the student that comes to you, having never had the class before, and all of a sudden they just discover that they have some talent they never knew they had," Jacobson said. "It was never evident in painting or drawing, but it came out in clay. Sometimes clay, because of the nature of it, will bring out the great experiences in people."

Jacobson said he felt the reward of working with the art majors and preparing them for graduate school — watching them go on to get jobs teaching or directing at museums.

He has been a big part of the art community on campus and the Kearney community. Jacobson was a part of putting on the three Rendezvous: National Ceramic Invitational at the Museum of Nebraska Art in 1996, 1999 and 2001 as a guest curator.

"I took great joy and pride in those shows," Jacobson said. "They brought ceramic artists from all over the nation. It gave the community a chance to see some very contemporary ceramic pieces."

Jacobson was selected as the recipient for one of the first grants from the Nebraska Arts Council. The grant was given based on creative works. The panel was composed of six members from across the nation who work in the visual arts. He was also a part of Nebraska Education T.V. "Is it Art?" video production in 1992. The video included six Nebraska artists, Jacobson one of them. The production has aired nationally since its debut.

Jacobson plans to continue his work on small community teapots after retirement. Almost all of Jacobson's current work revolves around useful objects: the teapot or a pitcher.

"It is a historical reference, a civilization reference, it is a past, present, future configuration. Sometimes there is a sense of animation within the teapot itself," Jacobson said. "I found that it is a great device to animate, and it can take on characteristics."

General studies should include useful 'Cooking 101'



BY AMANDA SCHNEIDER
Assitant Copy Editor

Amanda Schneider, a graduating senior advertising public relations major, has worked this term as a copy editor, column and feature writer. Schneider, originally from Deweese, will be moving to Omaha graduation day.

Have you ever been sitting in class and the grizzly bear inside you is so loud the professor even asks if you're hungry? That hasn't happened to me either.

"What's for lunch?" The common answers among college students are Ramen noodles, frozen pizza or anything microwaveable from a box. It's easy to gain the "Freshman 15" when your mom isn't cooking balanced meals and you're eating trans fats packaged in plastic.

This may even be a contributing factor to students wardrobe choices. Some say sweatpants are the choice of clothing on days you roll out of bed for class, but maybe those blue jeans just aren't quite fitting like they used to.

Every college student should have to



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Office of Multicultural Affairs
Nebraskan Student Union

Need an idea for dinner?

Crockpot Cheesy Chicken Spaghetti

Combine all ingredients, let cook until cheese is melted.

- 16 oz. dry spaghetti, cooked
- 1 lb. Velveeta Light (2%) Cheese
- 12.5 oz. can chicken breast, drained & flaked (or cooked chicken breasts)
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 10 oz. can diced tomatoes & green chilies (Rotel)
- 1/2 cup water
- 1 small onion, diced
- 1 med. green pepper, diced
- Salt & pepper to taste

CHECK OUT PINTREST FOR MORE DINNER IDEAS

master cooking before crossing the stage at graduation. First, cafeteria meal plans might not always be an option. Second, Jimmy John's might not be very close to your place of employment. Third, someday you may have a family, and you just might need to feed them.

I took several general studies classes throughout my time at UNK, and while some of them have proved to be useful, a few cooking classes could have helped a few people. For instance, every college student could have benefited from "Cheap Meals 101," "Using Ingredients, Not Wasting 102" and "Healthy and Tasty 103." A rather large population of campus probably needs to start with "Using the Oven 100."

Cooking is art, math and science combined, so these classes would be the perfect way to test your general studies knowledge.

If we thought college life was busy, we might be surprised that graduating isn't necessarily going to free up anymore time. Knowing how to shop and use all the ingredients before they go to waste, knowing how to make a meal both healthy and tasty and finding ways to cut costs when shopping could be really beneficial, especially for students whose first paychecks will need to go towards paying off student loans.

People interested in cooking can share recipes, tips and ideas on Pinterest.

Board with school?

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Salt from page 12

After four years, Taco Bell is no longer in the Union (but forever in my heart) and I keep my "Caribou Lou" jams strictly to the weekends.

So as you can see, I've really grown as a woman here at UNK and luckily someone gave me access to write an article about what tips I could share with other members of the student body. So I decided to use my Finals Week movie of choice, Caddyshack, to help me out.

"...big hitter, the Lama."

When the groundskeeper Carl Spackler is talking about his golf game with the Dalai Lama, it's safe to say that no one expects the Dalai Lama to be a great driver, but we are told otherwise. There are Dalai Lama's everywhere (not literally), don't underestimate anyone, including yourself. Every day is an opportunity to prove yourself and show that what you're working for is worth it, whether that's grades to get into medical school or finally getting an Art professor to say your piece "snaps." Be the big hitter...with flowing robes and grace.

"Whoa, did somebody step on a duck?"

Al Czervik says this as he breaks wind at the dinner table. What does this teach us? Don't blame other people (or a Mallard) for something you did, unless of course, you are Rodney Dangerfield, then you can do whatever the hell you want.

One of the best lessons I ever learned from my parents was to take responsibility for myself. I am forgetful and unorganized, which has positives and negatives. But I'm not going to blame Galileo for his work on the telescope for my astronomy grade.

"You're not good, Al. You stink."

Ah, Ty Webb, you lovely, rich playboy. When Ty says this to Al, he doesn't mean to be cruel or to put Al down, he's just telling him like it is. Al just isn't a great golfer but he's got a fantastic flair for fashion. I could always take criticism, sports and speech competitions force you to show emotion after you're alone in your room with a spoon and peanut butter, not in front of your peers. However, in my time in college, I got to experience some of the most honest and what sometimes felt like, brutal, constructive criticism, ever.

And I wouldn't give that up for anything.

There's no question in my mind that I'm a better worker, leader and person than I was when I moved into my sixth floor room in CTW. I have my professors, peers, friends and family to thank for that. Unfortunately, I still get awkward in emotional situations, so at the risk of turning this into a Steel Magnolias ending, I'll just end with this:

Au revoir, gopher.

Nebraska

4 out of 5 Tacos



Captain America: Winter Soldier

4 out of 5 Tacos



Sudoku answer:

Upside down, from page 4

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

entertainment: Antelope movie reviews

Omaha filmmaker hits home with appropriately titled 'Nebraska'



BY JORDAN COSLER
JMC 215

Filmmaker Alexander Payne, is an Omaha native who has an undoubted fondness for the state that he's from. He was born and raised in Omaha, lives in Omaha to this day and uses the Cornhusker state as the backdrop for a majority of his award-winning films: "Citizen Ruth," "Election" and "About Schmidt." And with his most recent release, Payne has paid homage to the American Midwest and the state of Nebraska more than ever before, with the appropriately named "Nebraska."

In many ways "Nebraska" is very comparable to Woody Allen's "Manhattan" (1969). It is bluntly titled, completely made in black and white, shot primarily in the state, and it's an exposé of the personality of both the people and culture of his homeland. If rural Midwesterners are stereotyped as being bleak and simple-minded people, the main character, Woody Grant (Bruce Dern) fits the description near perfectly. He doesn't enjoy conversation and keeps to himself for the entirety of the film. When asked a question, he rarely strays from his comfortable responses: "I suppose," "Doesn't matter" or "Don't know." Woody is an elderly alcoholic set on a mis-

sion to venture from his home in Billings, Mon., to Lincoln, Neb., to collect his "winings" from a mail-in sweepstakes scam for \$1 million. As a man that takes everything at face value, Woody refuses to believe that somebody would say something to him they don't completely mean.

The film's opening scene gives us an immediate look at just how dedicated he is to reach Lincoln — with Woody detained by a police officer while walking alongside the interstate, toward Nebraska. Woody's son, David (Will Forte) then shows up to give his father a ride home. Woody insists that he will not return home and asks David to drive him to Lincoln. David, realizing his father's days are numbered, seizes the opportunity to spend time with him, as well as to (hopefully) bring a bit of temporary happiness into his father's mundane life. He promises to drive Woody to Lincoln.

On the long road trip, the pair stops at Mt. Rushmore against Woody's wishes. He is not impressed. He says, "It's just a bunch of rocks," and that it looks "unfinished." They then make their way to Woody's fictional hometown of Hawthorne, Neb., to stay at the home of Woody's brother, Uncle Ray (Rance Howard).

The script for these scenes is beautifully and hilariously written. Payne's interpretation of small town folk in conversation is, from my experiences, perfect. Payne shows the images in a way that only a person with firsthand experience could. The scenes are

mostly filled with awkward TV watching and porch-sitting. The only interruptions occur when someone occasionally breaks the silence with, "So how long was the drive over?" or "Uncle Ray's foot's been bothering him. Ain't that right, Ray?" followed by the response "It's OK. Just hurts."

"Nebraska" is a character-driven film and each character is masterfully cast. Payne's characters are often times flawed/troubled individuals that, deep down, are great people. Forte and Bob Odenkirk give exceptional performances as Woody's sons, Stacy Keach plays the antagonist role as Ed Pagram as well as anyone could and June Squibb steals the show with her portrayal of Woody's wife, June. She plays a brash, free-speaking, 80-something year old as only Squibb could. She was truly one of the biggest highlights of the entire movie. And on top of those, Dern as Woody is performance-of-the-year worthy.

Payne seems to have a few recurring themes in all of his movies. Character development takes priority over story development and almost all of his stories deal with family, human interaction, travel and personal adventure. Often times his characters will embark on an adventure, encounter hardships and then, through family and human interaction/relationships, they end up finding something more than what they set out to discover. And "Nebraska" may be his most flawlessly executed effort to date.

Captain America sequel runs roller coaster of emotion



BY NATE ABEGLLEN
JMC 215

Returning to the silver screen as Marvel's immortalized World War II hero, Steve Rogers, aka Captain America, (played by Chris Evans) is back for another round of heroism sure to leave you on the edge of your seat.

When I first heard of the movie, I have to admit that the first thought that came into my head was, "Oh great, yet another superhero sequel." It just seems that every follow-up movie ends up being a regurgitation of the original that leaves the crowds yawning. I am pleased to say that this one has broken the chain.

Through the twists and turns of the ever-changing plot, heroes become villains and villains become heroes in a world where

deception plays the antagonist through an evil organization known as HYDRA and a ruthless assassin, equipped with a bionic arm, known as the "Winter Soldier."

From the beginning, Rogers is faced with a very hard good-bye, and throughout the funny, intense and downright ridiculous moments, some of these good-byes continue. This leads the viewer on a roller coaster of emotion that will leave you yelling at the big screen.

Unlike the first Captain America, which took place around the 1940s primarily in Europe, this fresh take on the familiar face is set in modern time Washington, D.C. with Rogers up against adversities he may not be so equipped to battle. No, this isn't a physical barrier. The adversities I'm talking about are the changing times and the way Rogers must come to terms with these changes. For once, it seems that the super soldier may have to reject orders and fol-

low his own moral compass in a series of events that will lead to a full-on manhunt of America's hero.

This battle with change comes to a peak when, toward the end, Rogers is faced with a familiar face, and that leads him to make a decision that will leave him changed henceforward.

I believe that Captain America's strength came through the development of the story and the incorporation of figures that bring about emotion from the audience.

Don't get me wrong, the multiple fight and action scenes are pretty cool, but the emotional aspect of the movie sets it apart from its predecessors of questionable sequels. This excellent combination of action and suspense, with a little emotion thrown into the mix, makes for a movie that is worth making a trip to the theater.

Sports photographer says his farewells

SO IT'S FINALLY OVER

"All jokes aside, I am so glad that I stuck with college. It wasn't easy but it was worth it."



BY KENT KEHLER
Antelope Staff

Kehler is a Greeley senior sports management major with a broadcasting minor. See some of his sports photos online from the spring semester. See columns and stories online at unkantelope.com

It has been a long time coming. As I am about to graduate on Friday, a thought crosses my mind, where has the time gone?

I came to UNK in the fall of 2010 on a slight chance that I was going to like it. I came here without going on a visit and without knowing very much about the town of Kearney. I came to UNK because my brother was going to school here and I knew some people. It isn't too far from my hometown so I was glad that I could go home when I needed to.

When I came to sign up for classes I ate lunch with a professor who convinced me to take one of her classes. She seemed nice, so I signed up for it. I remember her class was the first class I took on campus, I must have thought it was going to take me all day to find the classroom, because the class started at 8 a.m., and I think I was waiting outside the classroom at about 7:40 a.m. Needless to say I wasn't lost, I was just really early and very nervous. It turned out to be an okay class, I got to do some visits to parks around town and it wasn't all that bad, but I knew that college was going to be tough for me. Not that I couldn't handle the homework, but I knew I was going to miss my little hometown.

I moved in to CTW with a guy I played baseball with in high school. He was on the football team here, so he was gone a lot. I ended up becoming best friends with the guy who was my suitemate, and the girls across the hallway weren't so bad either. The girls did spray pepper spray in the hall once, that about killed my suitemate and I, but other than that it was a lot of fun. The dorm life was pretty fun. Between killing a bat on

our floor with a hanger, to playing ball in the hallways, I really did enjoy that part of college. I didn't have the traditional freshman year. I went home almost every weekend, because I had a job back home, and it was nice to see my parents.

After my freshman year was over, which I thought it would never be, I seriously contemplated not coming back the next semester. I was tired of school and tired of not being home. After some serious convincing from my parents, my brother and a very good friend, I came back. I can say it was the best decision I ever made. Even though I didn't have the amazing college experience that most people have, I am so glad I stuck with it.

I wasn't involved in many activities on campus, which was fine with me, but there were a few things I enjoyed a lot about college. I really enjoyed taking pictures at basketball games, being on the campus radio and learning how to save lives in a CPR class. I have taken a variety of classes with a lot of different people in each class. The classes weren't always easy, but I took something away from each one. It could have been how to run a Mac computer, or how to hide your cell phone so the teacher doesn't see you using it in class.

As I look back right now it seems like it flew by. What I thought would never end, is over in just the blink of an eye. I have made a lot of friends and had some very good times. If I can give any advice to anyone who reads this I would say a few things. One, enjoy the time you have in college, even though you may want to, you shouldn't go to school for longer than you need to. It becomes a little expensive if you stay too long. Two, professors aren't usually as bad as they seem to be. The third and final bit of advice I can give you is, don't put Twinkies on your pizza.

All jokes aside, I am so glad that I stuck with college. It wasn't easy but it was worth it. I cannot thank the people that helped me enough. College wasn't all that bad; just remember it's a place to learn, but also a place to have fun.

Track & field teams finish second and seventh at MIAA championships

BY ANDREW HANSON
Sports Editor

The Nebraska-Kearney track & field teams won three events and had runner-up finishes in six others on their way to a second place finish for the men and seventh place finish for the women's team at the MIAA Outdoor Championships at Dwight T. Reed Stadium in Jefferson City, Mo.

The three-day meet, which was held at Lincoln University started Friday with the decathlon and heptathlon.

Junior Dillon Schrodt ended day one of the decathlon in first place after the first five events and extended his lead when he won the 110-meter hurdles, which was the first event on Saturday morning. Despite finishing third overall in the event, he did break his school record with a mark of 6,932 points.

In the long jump junior Brady Land came in third with a personal-best leap of 7.43 meters.

UNK also advanced five runners to the 800-meter run finals, three men and two women.

Day two wrapped up with the 10,000-meter run. Senior Kevin Carder came in third running 31:31.64 and redshirt sophomore Bryan Hill finished fourth with a personal-best time of 31:37.93.

In the women's race senior Jordan Boesser recorded a fourth place finish, covering the 25 laps in 37:47.85. Junior Briana Adams picked up a sixth place finish with a time of 37:55.21.

On Sunday, the final day of competition, UNK won three events.

Senior Michael Thalken won the hammer throw with a toss of 58.51 meters and threw the shot put 17.13 meters on his way to a second place.

Another Loper thrower to win an event was redshirt senior Jackie Ziemke, who won the shot put with a personal-best throw of 15.22 meters.

UNK's lone win on the track came from redshirt junior Nick Knudson, who repeated as the MIAA's 3,000-meter steeplechase champion with a time of 9:17.78.

Freshman Morgan Benesch finished second in the women's steeplechase with a time of 11:25.62. This ranks her third in

school history.

Schrodt continued his busy meet on Sunday, when he ran a personal-best time of 14.31 in the 110-meter hurdles, while picking up eight points in his runner-up finish. His jump of 1.93 meters netted him an eighth place finish in the high jump. He finished up the meet running anchor leg of UNK's sixth place 4x100 meter relay team.

Sophomore Kalen Farr, who competed alongside Schrodt in the decathlon, finished fifth in the 110-meter hurdles.

In the 800-meter run finals, the UNK men's team picked up 11 more points. Redshirt senior Paul Pape ran a career best 1:51.00 on his way to a third place finish. Joining Pape in the 800 was freshman Cody Wirth who ran 1:53.79.

Redshirt sophomore Jerod Schoneman finished seventh in the 800-meters and then came in sixth in the 1,500-meter run. Redshirt-freshman Cole Wellnitz came in second in the 1,500-meter run with a time of 3:55.04.

Another bountiful event for the men's team was the 5,000-meter run. Redshirt senior Al Sanabria came in second, running 15:18.52. Carder was right behind in third and Hill came in sixth.

In the women's 800, senior Marissa Bongers bested her previous school record with an NCAA automatic qualifying mark of 2:08.35. Junior Liz Damman then finished third in the 1,500-meter run and added six points to the women's tally.

The men's team finished with 118.25 points, only behind MIAA champion Pittsburg State, who scored 145. In the women's race, UNK's 56 points were good enough for seventh. Host Lincoln captured the women's title with 182 points.

This weekend the UNK track & field teams are back in action at various last chance meets across the region.

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WHITE HOUSE from page 1

put the blame on them.

Biden said, “We need to provide survivors with more support, and we need to bring the perpetrators to justice. And we need the college and university to step up and learn the lessons we have learned in the implementation of the Violence Against Women Act on the criminal side.”

The 20-page report also announced that 55 college and universities, including top universities such as Harvard University Law School, Dartmouth College and Princeton University, were being investigated for their failure to adequately respond to cases of rape and sexual assault on their campuses.

The report’s recommendations were as follows:

- Colleges should promote bystander intervention
- Colleges and universities should learn about what’s happening on campus through surveys
- Colleges should identify trained victim advocates who can provide emergency and ongoing support

While other institutions have come under scrutiny recently for the way that they fail to respond to cases of rape and sexual assault, the University of Nebraska at Kearney and the Kearney community is one step ahead of the game as they have already implemented each and every one of these recommendations before this report was released.

GUNS from page 2

tries. “I think there is no need to have a gun in our life because of the fact that I have lived in my country well so far without any threat by guns,” Lee said. “Of course, even though I heard news about guns, I have never thought about the necessity of protecting myself from guns before. In South Korea, no one can use guns, so I do not need to prepare for the threat.”

“I think we can live without guns,” Lee said. “I know that America might be the best country that citizens can have guns freely.”

America is a society that allows guns, however this does not mean all of the people in the nation want to have guns. Some citizens have been trying to restrict guns. On the other hand, some American parents want their children to have guns for their safety, and they claim that guns do not kill people, people kill people by using guns, so guns are just a tool. Incidents caused by the right to own guns relate to the 2nd Amendment, “the right to bear arms” guaranteed in the U.S. Constitution are unending.

There’s no universal gun registry in the U.S., and therefore it is not easy to pin down

LeAnn Obrecht, director of the UNK Counseling Center said that they have “done a huge amount of programming and campus education for students, as well as staff and faculty.”

One part of that education, to promote bystander intervention, because, as Obrecht says, they know it works.

“If we teach ourselves how to do it without causing further problems, all the better,” Obrecht said.

“For example, if a good guy friend sees that another guy friend is really coming on to this girl that’s really drunk, it might be wise for him to interfere and say, ‘Hey, let’s go for a walk, or let’s get something to eat. She’ll still be here in the morning.’ The same thing for guys and gals, good friends of the female.”

Biden also called on men to be part of the solution by supporting survivors and speaking up if they see someone in danger of being assaulted and released to coincide with the announcement that encouraged males to “be part of the solution.”

Obrecht said that the university also surveys students about sexual assaults, which is one thing that the White House report recommended. She said that they have been doing the surveys via students’ email every two years since 2006.

“In all the surveys, we get between 650 and 700 respondents—which is pretty good,” Obrecht said.

Some of the questions asked on the sur-

vey include:

- Within the last 12 months, were you sexually touched without your consent?
- Was sexual penetration attempted without your consent?
- Were you a victim of stalking?

Obrecht said they have already used some of the data to create programming.

The final recommendation in the report suggests that colleges “identify trained victim advocates who can provide emergency and ongoing support.”

Obrecht says that UNK meets this requirement through the Sexual Assault Response Team, or SART. She says that it stems from the grant the UNK Women’s Center got to promote sexual assault education.

The SART team consists of various famous resources and local law enforcement agencies, including:

- UNK Counseling Center
- UNK Police and Parking Services
- UNK Residential Life
- UNK Women’s Center
- Buffalo County Attorney
- Buffalo County Sheriff
- The SAFE Center
- Kearney Police Chief
- Family Advocacy Network (FAN)

“We get together and talk about cases anonymously, figure out our strengths and our weak points so that we can improve,” Obrecht said. “All of us touch the victim in some sense. Working together, we can be

even more effective.”

“We try to have all the programs in place that a victim will need so they can go the distance” Trish Holen, assistant director of the UNK Women’s Center said. “It’s up to them how much they choose to use those services. But we have them in place.”

This coming year, Michelle Hamaker, director of Parking and Police Services said that all incoming students and employees will be educated about sexual assault.

“This coming year, all incoming students and employees will get an education about dating violence, domestic violence, stalking and sexual assaults,” Hamaker said. “This will cover our policies, procedures, definitions and what that means.”

The White House task force is ready to push for change and has announced the website, NotAlone.gov. The website will post enforcement actions in a bid to make the process more transparent as well as provide students with resources about their rights.

The Justice Department will also develop training programs for campus officials investigating possible sexual assaults and adjudicating the cases.

MORE ABOUT COMBATING SEXUAL ASSAULT

in April 30 Antelope: Page 1,
“Be smart, don’t go it alone.”

the exact number of firearms in the U.S. But often cited surveys such as the independent Geneva based Small Arms Survey estimate 88 small arms per 100 citizens. The U.S. has a handgun ownership rate that is 70 percent higher than the country with the next highest rate according to the Small Arms Survey. In addition, the gun-homicide rate per capita in the U.S. is 30 times that of Britain and Australia, 10 times that of India and four times that of Switzerland.

According to the Bureau of Alcohol, Tobacco, Firearms and Explosives, more than 3.1 million weapons are registered in the U.S. as of March 2012: more than 488,000 machine guns and more than 2 million “destructive devices” such as grenades, which are also classified under the law.

Men are five times more likely than women to own a gun, according to Gallup surveys, but the vast number of guns alarms Ogawa. “However, if I live in this country as a citizen, I want to have a gun because everyone around me has it.”

If you are in any country, you have to follow and understand the law and decide

how you can defend yourself. Then, you can also live with guns well.

Crime is a significant issue that isn’t being ignored, it’s an issue that has many different aspects that doesn’t get the atten-

tion it should from the media.

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

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With a grain of salt

Cue the Boys II Men hit "End of the Road." It's going to get real up in this column.

As The Antelope Editor in Chief, Ad Manager and Entertainment Editor, we'd like to give you some advice from the things we learned in our years at college. **Here we go.**

Tate's advice: As a graduating senior, it is my responsibility to impart my, uh, wisdom onto my younger classmates.

Don't feed your Gremlin after midnight

Just because you can do something, doesn't mean you should. Calling Jimmy John's at 1 a.m. and ordering a "Gar" is one of those things you should probably reconsider. You'll wake up in the morning with mayonnaise smeared across your pillow, a terrible case of halitosis and a "walk of shame" to the trash bin to get rid of the evidence. If this habit continues, those things will be the least of your worries.

Eating past a certain point in the night will disrupt your slumber and you will start to notice your torso taking on a pear shape. This is the origin of the infamous "Freshman 15" and it is a mistake everyone makes after a night of heavy *apple juice consumption. Be mindful of what you do after 11 p.m. and don't let your roommate talk you into ordering Dominos every night of the week. This brings me to my second point.

*Apple juice means beer

Roommate research

Throughout your tenure here, you'll more than likely switch roommates almost every year. If you make the same mistake that I did, you could end up in a two-bedroom apartment with someone you don't necessarily get along with. Here's what to avoid:

1) Pick someone you gel with

When I first moved into an apartment off campus, I had great hopes of what the experience would be like. Those perceptions soon changed when my roommate was less than friendly when I had people over past 8 p.m. or disturbed his viewing of "Wheel of Fortune." I had moved in with an old man and was stuck in a lease for 12 months. We didn't gel.

2) Find someone trustworthy

Toward the end of my time with the old man, he was going home for the summer but said that his kitchen table, recliner

and TV would stay in the apartment while I spent the summer here. A few days later, I came home from work to find that all of the things he said would stay were now gone. Unfortunately, the apartment flooded due to a burst pipe, and I had to call maintenance who then had to break the lock to my roomies bedroom to clean up water damage. There they found his television, recliner and kitchen table. Just so we're clear, that guy sucks.

3) Healthy habits

"Just because you can do something, doesn't mean you should."

— Tate

laptop. It was nice that we both got to do things on our own, but it was concerning to find that he hadn't moved from the time I left the apartment to the time I came home several hours later. His recliner didn't have memory foam, but it sure looked that way.

In conclusion, a roommate is someone you are going to share experiences with that other people aren't privy to. If you can help it, don't go in with a stranger. Pick someone in your friend group. I moved into a house with three of my friends soon after I left that two-bedroom apartment, and I have some of my fondest college memories associated with that house. Sure there was tension at times, it wasn't nearly as severe as the tension with the old man and the sea though.

Adrianna's lifetime of knowledge — find your Aunt Phoebe: Hopefully her mother didn't commit suicide and she doesn't have an evil twin. But let's face it, having someone that will look out for you and be there for you when you need advice is something everyone can have.

My mentor, who is one of many, I think of as my crazy aunt. She can be pretty spacey at times and she has a great way of making everyone laugh.

She's the one that has gone the extra

I enjoy getting out and experiencing life, old man river enjoyed staying in and playing flash games on his

mile to help get a job and encouraged me to go on and get my master's degree. Not only did she encourage me, but she looked over my application materials and gave me advice on what I could do better in the whole process.

So not only would I encourage you to find your "Aunt Phoebe," but always find those people who will back you up at any cost. It might be a mentor or a whole "Central Perk gang."

You might need someone to lean on in tough times. You might need a ride when your '98 LeSabre breaks down or when your designated driver leaves you downtown. In the end, you'll be all the better for having people who care about you.

Out of the Box (Not the kid show)

There is a reason they call it a "comfort zone." You are comfortable there. It's terrifying to think that you might have to speak out in class or get involved in a club or something.

But think about your future on this one. Don't trick yourself by rationalizing away your discomfort by telling yourself "participating just isn't important." It is.

When you are looking for a job or looking for advancement in your career, it might be the little experiences that will set you apart. If you are a social work major, get in on some department clubs and learn from others in your field.

The more knowledge and experiences you have, the more likely you are to be successful in the future.

Don't go chasing waterfalls

In the timeless words of TLC, take the time to chase down what is going to matter. That might be the path you are on or the people you choose to be around.

When you start out college and you don't know what you want to do, don't

worry. You aren't the first. The one thing I can tell you to do is to do what you like to do.

College is the perfect place to figure it out. If you are graduating, don't settle for something you know you don't want to do. Do what makes you happy. (Sorry if Pharrell Williams just popped in your mind.) Which brings us to my last point.

Be you #CloneWars

I could insert a quote here by a famous person about being yourself, because everyone else is already taken. But I think I'll just say that in today's society technology has everybody staring at their screens, waiting for their brain to turn on and being "basic" (which I'm not really sure what that actually means).

It's important at this time, to find who you are and don't be afraid to show it.

Find what TV shows you like. Figure out if you actually like coffee. Watch Netflix for a straight 48 hours and go outside every now and then.

Once you find out who you are, be you.

Tara's nostalgia: I was ready. An 18-year-old small town girl with a Johnny Depp movie collection that would make Richard E. Roeper take a step back, and every type of Rubbermaid tote my mother could throw my way. You bet I thought I was ready. "I'm an independent woman!"

"An 18 year old small town girl with a Johnny Depp movie collection that would make Richard E. Roeper take a step back..."

— Tara

definitely made me the coolest girl on the floor. So, so very wrong.



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