



Rundstroms find IFP rewarding

KIRSTY DUNBAR
Antelope Staff

A number of photos on the wall and around the Rundstrom's home show guests their love for traveling and meeting new people. They also show the Rundstrom's extended family from around the world.

When he was in high school, Todd Rundstrom studied abroad for a year in Australia. He said, "I loved being a foreign exchange student. I really understand what it is like to be in another country where everything is upside down and backwards."

Knowing the difficulties of going to school in a different country motivated him to help international students through the campus International Friendship Program.

Four years ago during one of Todd Rundstrom's trips, to the Amazon and met his wife Manuela Rundstrom.

"She was working at a restaurant.

_____ **RUNDSTROMS**, PAGE 10



Photo by Kirsty Dunbar

Todd and Manuela Rundstrom hold pictures of their time as a host family with international students. The Rundstroms have no children of their own and find the International Friendship Program a rewarding experience.

UNK alumna takes No. 1 spot on Amazon



JESSICA MADRON
Antelope Staff

Erin Pearson, a 2004 UNK graduate, celebrated last week when her newly released book, "Prodigal Lost: Oasis of the Fallen" won the No. 1 spot in the free Christian Fiction and Christian Science Fiction categories under Kindle eBooks. Since the book was published on July 13, 2015, at least 400 people have downloaded her story.

Pearson was ecstatic upon reaching the coveted No. 1 spot. "Oct. 6, 2015. I don't think I'll ever forget that day, as long as I live. It was a euphoric moment! No matter what marketing strategy it took to get it to No. 1, my heart was full that day," she said.

Majoring in English creative writing with a minor in music, Pearson was on

scholarship for the music program as she explored the world of storytelling. Pearson said UNK helped her gain confidence as a writer. She found that the most enriching experience UNK gave her was the ability to present work to peers during workshops.

"Being able to really dive into the details of the stories and finding the purpose for the writing was the best form of medicine. It's addictive, writing. It enhances life," she said.

"Prodigal Lost" is a story about an angel who fell with Satan. Mason, the book's protagonist, merely exists, until he meets Oasis Jones. The trouble starts because Satan won't allow for such a pair and brings misfortune to New Orleans.

_____ **PEARSON**, PAGE 11

Protecting the herd

College of nursing students offer flu shot clinics

RACHEL SLOWIK
Antelope Staff

To help prevent widespread illness at a time when stress makes students more susceptible, the UNMC College of Nursing at Kearney has planned student-run flu shot clinics for students and faculty on campus.

First semester students will give the shots. The students have been trained, checked off in competency and will gain practice and experience with patients. Senior students, as well as faculty members supervise them.

The nursing students and instructors have a goal of distributing 300 vaccines to students, faculty, and families.

During this stressful time of the term, students' immune systems break down, and they are more likely to become ill.

Nursing student Morgan Adams said getting your flu shot sooner is better than later. The immune system needs about two weeks to build up the antibodies to fight off the flu. The peak flu settles in during the winter semester. "A student should take any help they can get to remain healthy," she said.

Instructor Denise Waibel-Rycek RN, MSN, said there are three opportunities for students and faculty to get their shots. The first was Oct. 12.

The second clinic is Tuesday, Oct. 27 from 1 p.m. to 4 p.m. in the Cedar Room. The last clinic is Wednesday, Oct. 28 from 10 a.m. to 2 p.m. in the Cedar Room.

The cost is \$25 per student and there are forms for insurance reimbursement.

The vaccine offered this year is different than in past years Adams said. She said this year they are offering the quadrivalent influenza virus vaccine.

_____ **FLU SHOTS**, PAGE 11

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Flip the switch



KORI HIXSON

Antelope Staff

In all of my 21 years, I never would have thought that a hot dog roller would be a metaphor for my life. Yet here I am finding some weird connection to the machine I have routinely cooked numerous rows of brats and hot dogs on during the past year and a half while working at a golf course.

The fateful hot dog roller — the silver spinning wheels all crusted with the residue of processed meat, noisily grinding around and around, warming up the same old brats and the same old hot dogs each and every day.

Something Changed

On my last day of employment at the golf course I had become accustomed to over the past year or so, something changed.

It stopped spinning.

It just stopped. The reasoning is that the breaker needed to be switched, but of course I always think there are connections to everything in the world, and I couldn't help but to make this connection.

It ceased to spin after working for so long; it just quit. I couldn't help but relate to that stupid hot dog roller I had grudgingly cleaned each evening I closed.

Keep Spinning, Keep Moving

In our lives, we have to keep spinning, we have to keep moving. We have to keep those warm and caring people, thoughts and ideas in our minds and lives throughout every moment or situation we encounter.

And we have to keep the power on. Our goals have to stay big, our dreams even bigger, our desire to reach for more has to stay intact as we spin around the messy and beautiful journey that is our lives.

When my boss came over to try to figure out what was going on with the

outlets, I mentioned how the other day the hot dog roller sounded "like it was trying to quit." Immediately after uttering those words, I realized I was talking about myself. As I'm entering my senior year of my undergraduate degree, I am feeling stress at an even larger scale than any other year of my life thus far.

I'm Only Human

The uncertainty of graduate school — Do I even know where I want to go, let alone if I will be accepted into their program? Are my grades going to cut it? Not to mention how unprepared I feel to take the GRE in the upcoming months. There are just so many little things bouncing around in my head. The to-do lists that have to-do lists, a planner for my personal life and work schedules, as well as another planner strictly for schoolwork and campus events.

Being human, I have my moments where I get a little overwhelmed. And I know that I'm not the only college student who feels this way. The things we all have to juggle — work, school and life — can make it feel like we just want to quit. That we just want to stop and do nothing and feel fine about doing nothing because we literally cannot do it anymore.

Keep the Power On

And what keeps us driving forward, to keep spinning, to keep those good, warm thoughts, ideas and people in our lives you might ask? Keeping the power on. Keeping our eyes on the prize, our hearts in what we are passionate about, and our goals high enough to achieve more than we ever felt we really could.

Lately, I have been feeling "like I've been trying to quit." But just as electric breakers need switched back on, we as people sometimes need to flip the switch as well. We have to decide that we can do this. We want this. WE WILL.

So, after fiddling with various outlets and appliances in the snack bar, my boss flipped the switch. What do you know, that stupid hot dog roller began turning, as if it had never stopped moving before.

Looking back, moving forward



Laurie Venteicher
Asst. Editor/Copy Editor

I've always heard it said that your high school years are the "best years of your life." And then graduation comes and goes, leaving you with a sense of "What's next? How can anything be better than all of my high school memories?"

As a college senior this year, I'm perfectly comfortable rephrasing the saying into "High school was the best time of my life, until I started college."

Moving to college was the first time I'd moved away from home for any sort of extended time. Sure, I'd taken multiple trips with FCCLA, band, choir and speech during high school, but they lasted only a few days max. To quote Aladdin, college was a "whole new world."

As I think back on my first few days on campus – when I moved in a week early for band camp – I'm filled with an overwhelming sense of nostalgia.

I participated in marching band every year in high school, so I figured that sticking with it as I transitioned to college would make things easier. And it did. I met so many wonderful people, some of whom are still close friends. After two years playing with the Pride of the Plains,

however, I decided that my class load and work made my schedule too full and there just wasn't time for band.

I'm not a music major, but I love music. Playing in the marching band, Wind Ensemble and Symphonic Band was a fantastic way to meet people and continue pursuing my passion for music. I also love choir and have been a member of the Choraleers – including a couple of semesters in the Vocal Collegium – since my freshman year. While I chose to stop my instrumental music, I'm still singing in the Choraleers and at the Newman Center.

Starting college and experiencing something new away from home was the "best time of my life," until I met my fiancé. When we met, he was simply a new friend at a retreat we both attended during our freshman year. Our mutual passion for music brought us together, and we still remember the first song we ever sang as a duet.

I can easily say that the nearly three years I've spent with my friend, best friend, boyfriend and now fiancé have been the best of my life thus far. We've already shared a semester studying abroad and a summer in China. I can't wait to marry him and share many more "best years" together.

Realizing that the countdown to graduation is steadily ticking away, I find myself reminiscing more and more on my

most memorable moments during college.

At the end of my freshman year, my roommate and a few friends threw a birthday party for me. We played the Oreo game, where you start with the cookie on your forehead and have to wiggle your face muscles to move the Oreo down to your mouth. I don't know if any of us actually managed the feat. I know I didn't, but at least the cookies tasted good.

Just before Christmas break during my sophomore year, some friends threw my fiancé and me a going-away party before we studied abroad. We played Apples to Apples for almost two hours and laughed at our semi-failed attempts to decorate sugar cookies.

My junior year brought my fiancé and I into our first-ever class together (besides Choraleers). We shared the novels required by Dr. Honeyman's Adolescent Literature course, and usually we discussed the books with each other outside of class time. The range of topics discussed in that class resulted in much laughter and random tangents that eventually led back to the book in question.

And the "best part" of this school year? Getting engaged to my best friend.

He's been with me through thick and thin, and I know he'll support me as I choose classes for our final semester at UNK and begin searching for a job after

2016 Spring Registration

When: Monday, Oct. 26

Where: Online, via MyBLUE

Registration opens according to Class Standing and the last 4 digits of the NUID number. Students may register via MyBLUE beginning at the scheduled hour and anytime following. Registration will be open from Oct. 26 - Nov. 15.

graduation.

For now, though, I'm trying to balance the beginning stages of wedding planning, multiple jobs, a full class schedule, thinking about future job applications – and mentally preparing myself for my final semester at UNK.

Registration begins just under two weeks, on Oct. 26. I'll have my final advising appointment, the last hold will be lifted from my account on MyBLUE, and I'll click the "check-out" button on my class shopping cart one last time.

It's hard to believe that my college years have flown by so quickly. From an awkward, super-shy freshman to a confident senior, I've grown and learned so much along the way. I'm so glad I chose UNK for my college home.

the antelope | 2015 fall staff

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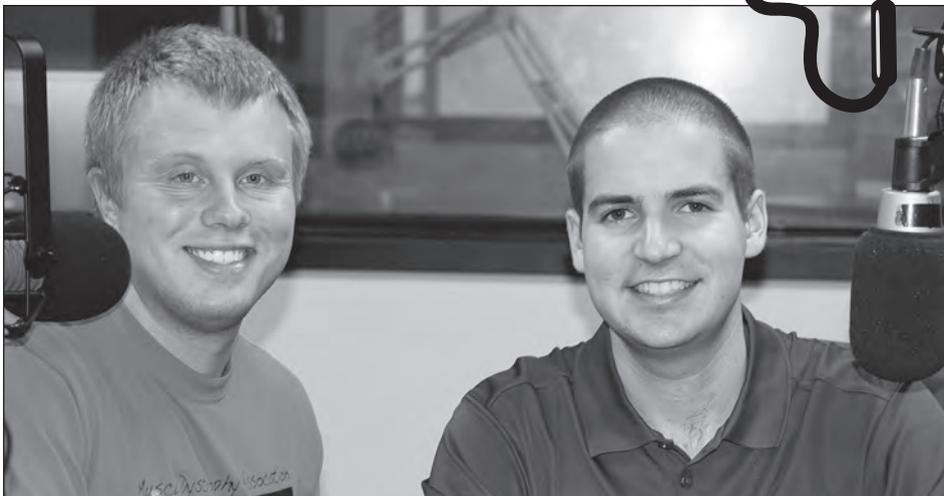
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Antelope Tune in



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ANTELOPE SPEAKS:

Tune in or stream online to hear the weekly podcast when KLPR news director Nick Stevenson and Andrew Hanson air The Antelope Speaks. Stevenson and Hanson break down the major stories from The Antelope on air each Thursday from 7 to 9 p.m.

Also, catch Sports Spotlight live on KLPR Thursdays from 7 to 9 p.m.

SPORTS SPOTLIGHT: DYNAMIC DUO

Also coming this fall, for a second season, is The Antelope Speaks: Sports Spotlight. Join the dynamic duo each week to recap what's going on in Loper athletics.

SPORTS EXTRA:

On the Live with Lamberson podcast each week during the football season, Hanson will bring an exclusive interview with University of Nebraska at Kearney head football coach Josh Lamberson. Listen

to the interview on The Antelope's podcast section on the top of the homepage at unkantelope.com.

FOOTBALL PLAY-BY-PLAY:

Stuck at home? Listen to play-by-play every home football game and cheer on the Lopers at 91.1. Upcoming games include:

OCT. 24 VS. PITTSBURG STATE

KICKOFF 1 p.m.

PBP: Ryan Dahlgren

Color: Machol Chol

Spotter/Stats: Sam Sutherland

Board: Nathan Swinney

NOV. 7 VS. MISSOURI WESTERN

KICKOFF 1 p.m.

PBP: Brian Jeffries

Color: Joel Peterson

Spotter/Stats: Nathan Swinney

Board: Christian Schwarz

“Love of humanity”

Slowik suggests attending philanthropy event



RACHEL SLOWIK

Antelope Staff

Philanthropy. It's a simple word right? When asked, many people said the word has the same meaning as fundraising, volunteering or giving back to the less fortunate.

These all very are true, but there is a deeper meaning for the word.

By definition, philanthropy's original roots means “love of humanity” with caring, nourishing, developing and enhancing what it is to be human.

This doesn't necessarily mean you must go to on a service trip for six months. It really means doing the right thing for someone at anytime. As a college student, there are many different opportunities to give back to the community.

UNK offers many different opportunities for volunteering or simply giving back. One of the most popular programs UNK offers is Campus Kitchen. Campus Kitchen allows students to deliver food to households in the Kearney community. Greek organizations have different philanthropy events each semester.

Take the Big Blue Cupboard for example. The BBC is a food pantry for students and employees in need open all the hours that the Union is open. Assistant Director of Multicultural Affairs, Monica Mueller, says it's rare to have a day without a visit. She said time and money run out before the next paycheck for too many. The Big Blue Cupboard is there for anyone who needs some extra help. Mueller said that monetary donations as well as food drives

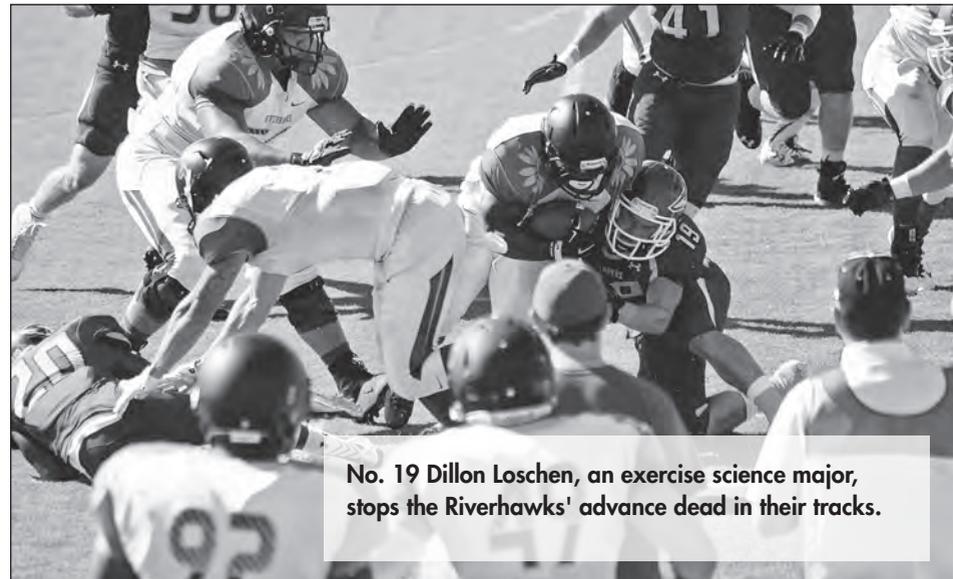
PHILANTHROPY, PAGE 11

Lopers suffer tough loss to Riverhawks



Photos by Jacob Rodriguez

ABOVE: Loper center David Squiers, a Kearney sophomore, awaits the call from the quarterback to start the next play Saturday afternoon against Northeastern State University.



No. 19 Dillon Loschen, an exercise science major, stops the Riverhawks' advance dead in their tracks.



No. 7 Bronson Marsh, senior quarterback, rifles a pass across the field in an attempt for a touchdown.



No. 22 Kevin Lane Jr, a senior studying sports management, literally holds back the Riverhawks' attempt to stop him by smashing the defense with a stiff arm to the face.

 More Photos online @ UNKANTELOPE.COM

The Office of Undergraduate Research & Creative Activity hosts:

Fall 2015 Student Research Symposium

Students who have conducted undergraduate research will be presenting their findings via posters and oral presentations.

Presentation schedules will be available at <http://www.unk.edu/ugr>.

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"Max is one of the best ball strikers that I have ever coached." - UNK golf coach Wes Bernt

Rudder in full swing



Photo by Keysha Foulk

ABOUT MAX RUDDER:

Class: Senior
Major: Pre-med (biology)
Hometown: Columbus

In full swing this season, senior golfer Max Rudder strives to make it back to regionals.

The Lincoln recreation, park and tourism management major moved one more stroke closer to regionals after winning the York College Invitational Sept. 24.

The competition was steep with eight teams featuring five other schools; Rudder knew what he had to do.

On day one at the York Country Club, Rudder shot a one-under 70. Sinking an eagle on the fourth playoff hole, he earned medalist honors.

Rudder, a true leader, leads by example, said UNK golf coach Wesley Bernt.

Sophomore Chris Sienna, a marketing major from Phoenix, Arizona, appreciates that leadership. "Max's leadership qualities include encouraging others when they feel down after a bad round," Sienna said.

Pushing the limits of success on the golf course, Rudder has his sights set on ending the season at regionals, maybe even nationals.



Photo by Keysha Foulk

Senior Max Rudder analyzes his shot during practice. Rudder finished in ninth place at the Nebraska Intercollegiate meet last Friday, shooting a 148.

Fun Facts about Max

Favorite...

Food: Steak dinner

Color: Blue

Video Game: "Call of Duty"

Movie: "Fast and the Furious" series

Golf Tunes: Rap

Dance: Quad

KEYSHA FOULK
Antelope Sports

■ Q: What made you get into the sport of golf?

A: My dad and my brother were a really big influence on me. My dad put a club in my hand when I was like two years old. And then it just kind of went from there; I loved it. I just kept playing and getting better and better. And now here I am.

■ Q: Was your dad really big into golf?

A: Yeah. He has been playing since he was 20, so that's why he got me into it.

■ Q: What is your favorite part about golfing?

A: I like the traveling. We get to travel a lot, see new places that I haven't been before. Just really getting to hang out and share it with my teammates.

■ Q: How long have you been golfing competitively?

A: I would say I have probably been doing it for 16 years. Thinking about it, I think the first place I golfed was a course in Lincoln called Jim Ager, it was just this little Par 3 course.

■ Q: Why did you choose UNK?

A: You know it was close to home. I can still go back to Lincoln whenever I want to. Plus my best friend that I went to high school with plays here with me. So that was definitely a big influence.

■ Q: What has been your most memorable moment playing?

A: Definitely when I won state my senior year of high school. It was really fun and exciting for me.

■ Q: What are your goals for the remainder of the season?

A: The main goal is to get back to regionals again this year. We have to get into the top three at conference in order to move on to regionals. Who knows? Maybe even nationals.

■ Q: In practice, what elements do you focus on the most?

A: I practice my putting and short game a lot. That is usually where I lose my strokes on the golf course.

■ Q: What is one thing about your golf game that you consider unique?

A: I don't putt conventionally, I putt cross handed. I put my left hand on the bottom instead of on top.

■ Q: How do cope with your mistakes in golf? Do you have a system of putting it behind you?

A: Back in high school I used to be kind of a hot head, I couldn't let things go. In college I have really

Carver impactful on, off the court



About Kelle Carver:

Class: Senior

Major: Business administration

Hometown: Shawnee Mission, Kansas

Previous school: Cameron University



Photo by David Mueller

Senior Kelle Carver transferred to UNK in 2014. Coach Rick Squiers said her role on the team was essential in winning the conference championship last season.

UNK Volleyball Facebook page

DAVID MUELLER

Sports Editor

Although senior Kelle Carver hasn't been able to play this season due to a knee injury from last year, her role on the team is as important as ever.

Coach Rick Squiers said her transfer to the team in 2014 played a pivotal role in the team's success.

"She made a huge impact by immediately becoming one of our leading hitters at a time when we really needed some experience in her position," he said. "Her transfer to UNK was a critical part of our 2014 MIAA championship. Despite a serious knee injury in the last match of last season, she is still making a strong contribution in practice so far this season even though she has not yet been cleared to play."

The 6-foot-1-inch outside hitter from Shawnee Mission, Kansas said she was a late bloomer growing up. Volleyball didn't come into her life until she was 14-years-

old. She soon realized she had a knack for the sport after playing for various club teams.

Carver, a business administration major, began her collegiate career at Cameron University in Lawton, Oklahoma before transitioning to UNK in 2014. She said there were key factors that influenced her decision to transfer to Kearney.

"I was at a school that wasn't very good, and I was there mostly because I really liked the coach. When he decided to take another job, I didn't like the new coach coming in," said Carver.

“We have a lot more tradition here than at my other school. I love playing in front of however many fans we have on any given game – there're always people here.”

— Kelle Carver

"We have a lot more tradition here than at my other school. I love playing in front of however many fans we have on any given game – there're always people here. There's a lot of tradition behind it. We always have things we do before and after games. The same things that players have been doing for years and years. I wanted my last two years of volleyball to be at a school where I could travel and play better teams, and make it to the tournament."

In 2014, Carver was one of six players to appear in over 100 sets for the Lopers. She led the team in hitting efficiency at .298, and also in blocks with 22. She has accumulated 1,102 kills and 187 blocks

throughout her career – making the all-conference team three times.

Squiers said that Carver is a phenomenal leader for the Lopers.

"On the court, Kelle is a very strong attacker. As a lefty, she gives our offense a dimension that many teams do not have. She is a point-scoring hitter who can really hit the ball hard," he said. "Off the court, she has been very helpful in leading the younger players by sharing her insight and experience. She is also a person who can lighten the mood with her sense of humor and quick wit. She is a character in the best sense of the word."

Since her transfer to UNK, Carver has molded well with her teammates.

"We all know each other very well. When you go on 10-hour bus rides, you get very close. We're all lighthearted and funny, and competitive, obviously," she said. "We're all here for the same reason. We all have similar personalities. We're silly – we like to joke around with coach a lot, which is good because he likes to joke around with us too."

Winning the MIAA championship in 2014 is Carver's most memorable moment with the Lopers. But the events that led up to the game made it more special according to Carver.

UNK was defeated by Washburn at the Health and Sports Center earlier in the regular season. But, UNK would get revenge on Washburn's home court on senior night to solidify the conference championship – making the victory that much sweeter.

"It has been a great experience to coach Kelle," said Squiers. "She has a very charismatic personality and competitive nature that fits really well in our program."

With her free time, Carver enjoys relaxing with her teammates – watching Netflix. She plans on pursuing her business masters degree if she decides to red shirt.

Loper volleyball goes 9-0 at home

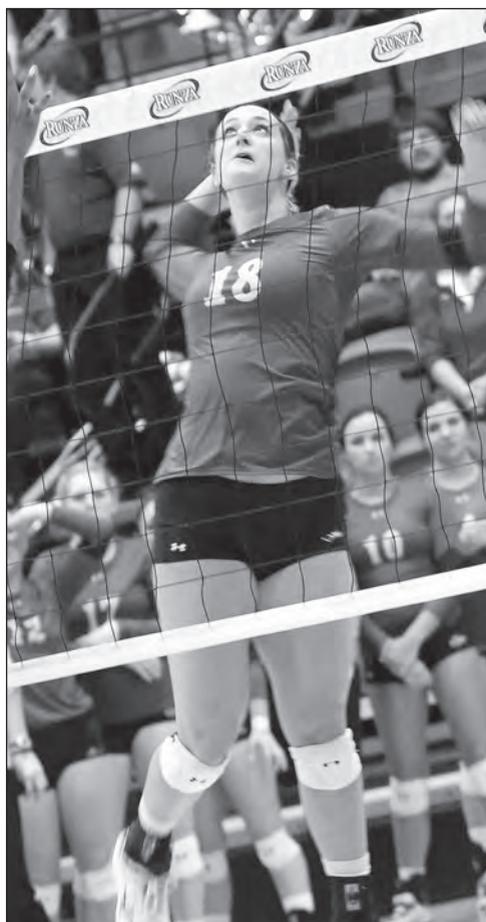


Photos by Ellen Laird

The Lopers took on Fort Hays Oct. 6 and came out on top every set. With this win, Loper volleyball has beat the Tigers 84 times out of 93 games all together. UNK dug up 66 balls, five aces, and had no service errors.



With 10 kills, sophomore Tara Zieglebein aided in the three-set win over Hays.



Junior Annie Wolfe slams a kill on Hays. Wolfe had 12 kills, 16 digs and five assists Tuesday night in Cushing Coliseum.

AQUALOPERS



More Photos online @
UNKANTELOPE.COM



Photo by Ellen Laird

AquaLoper Zhu Zhu Lundin Daniels competes during the Team Pentathlon in the 100 Yard breaststroke Sunday night in the Cushing pool.

Clay Club throws mugs

Revived club will host sale of handmade mugs on Dec. 2 to raise money

MICHAELA MCCONNELL
Assistant Editor/Print Editor

A club started back in the '80s is making its return to campus. Clay Club, originally Clay Works, consists of students who enjoy making ceramics or are interested in learning more. The club returned to campus last semester, but is now starting to increase its numbers.

Sara Moseman, senior art education major from Omaha and co-president of Clay Club, said they are planning a mug sale in December.

Later this month, some of the members of the club will get together for a "mug-a-thon" where they will throw clay on the ceramics wheel for five or six hours to turn out as many mugs as possible for the sale. After that, they will have a "glaze-a-thon" to glaze all those mugs. "This one sale takes about two months of preparation because you can't turn these out overnight," Moseman said.

"We're doing this sale to help pay for us to attend the National Council on Education for the Ceramic Arts conference in the spring," Moseman said.

The conference will feature many artists and there will be panels for attendants to learn about ceramic techniques. Moseman said, "The way one person throws on the wheel may not work for another person, so there are a lot of different tools and techniques, and this conference is the best place to learn about them."



Photos by Michaela McConnell

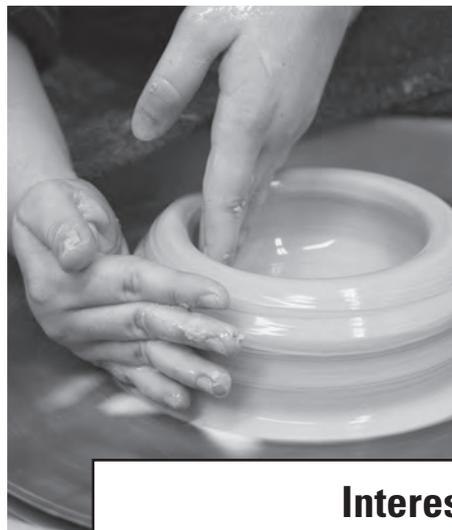
Sara Moseman, co-president of Clay Club, demonstrates how to throw ceramics on the pottery wheel.

Mug Sale

When: Dec. 2 from 9 a.m. - 2 p.m.

Where: Fine Arts Building
Breezeway by Java Notes

What: A sale of handmade mugs made by the members of Clay Club



Interested in joining?

Anyone is welcome to join Clay Club. If interested in joining, contact Assistant Professor Mallory Wetherell at: wetherellma@unk.edu



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Goal to increase recycling by 50%

Photo by Ru Meng

Wilcox sophomore Katelyn Ziebarth (right), a business administration major with an emphasis in finance, and Maggie Garcia, a manager for Facilities Management and Planning and Waste and Recycling, show varieties of recyclable items to UNK students in the Nebraskan Student Union on Wednesday, Oct. 7.

Garcia said, "We created this booth to have students and staff become aware of what can be recyclable here at UNK. Plus, we just purchased our new recycling and waste bins. We want to help students, so they know what these are. We are also working on our goal, which is to increase our recycling by 50 percent on campus."



RUNDSTROMS from page 1



Photo by Linda Kim

On Sunday the Rundstroms took their host family to Harmon park for a picnic. Afterwards, the students got to meet Todd's father, Jim, and have dinner together.

She did not speak any English, and I did not speak any Spanish," Todd said. Despite the language barrier, they married not long after they met.

Soon Bonnie Payne, the International Outreach Coordinator at UNK, contacted the Rundstroms about the International Friendship Program to see if they were interested in becoming a host family. Todd said they were thrilled to be given this opportunity and quickly agreed to take part.

The International Friendship Program matches students up with host families in the community. "We are a safe place for them to come to. Somewhere that they can go if they just want to get off campus for a bit and experience our culture away from the college-life," Todd said.

Manuela is familiar with the cultural shock of moving to a different country. "Where she comes from, there are no roads

connecting it to any other community. It is completely isolated," Todd said. Manuela added that after four years of being in the U.S. she is still adjusting to local culture, but she does like living here.

"Although we do not have any children of our own, we have found this to be a really rewarding experience," Todd Rundstrom said.

He said they enjoy spending time with the students they are matched with. They like to take them to different local activities, UNK games, community events, music recitals and campus activities such as the Homecoming festivities.

Todd's family also likes to meet the students and often invites them to occasions where the family gets together: birthdays, holidays, and family reunions. They also try to provide fun activities for everyone to participate in at their home. Sometimes the Rundstroms have movies outside games and provide food.

"We really like to have fun with the different seasons and activities, and we also have fun putting them to work so to speak," Todd said. They do Nebraska things such as rake leaves, husk corn, carve pumpkins and set up the Thanksgiving dinner and decorate the Christmas tree.

"They like to reciprocate and invite us to their house, cook traditional meals for us," Todd said. The first year, 2012-2013, the students made a photo album for them. The next year the Rundstroms had four students who made a video thanking the couple for all they had done for them.

One of the students, Jeong Hun Nam from South Korea, said she appreciated meeting them "because you make my time in Kearney very fun. If you ever come to Korea text me or give me a call and I will show you guys around. Thank You So Much!"

Nam was not originally assigned to the Rundstroms. "She heard how good the

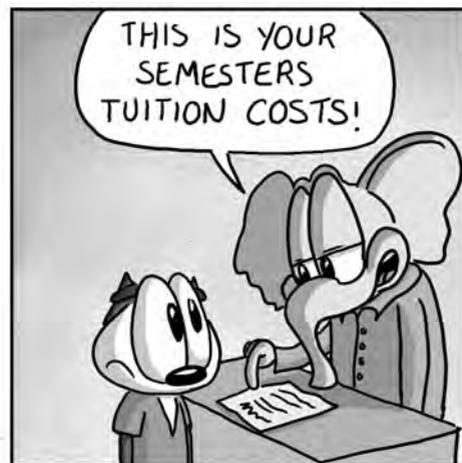
food was, we do not think it is that great, but wanted to come visit. She did not have a host family so we kind of took her under our wing."

"I have traveled a lot, but I have never been to South Korea or Asia. Now we really want to go because we have a connection," Todd said. They communicate regularly with everyone through Facebook and other forms of social media.

The Rundstroms plan to continue with the International Friends Program for as long as they can. "This year we have three girls and they are so fun," Manuela said.

"We like to introduce the American culture to them, and love to take them out to look at Cranes," she said.

"I take a lot of pride in our community. I feel like there are a lot of hidden secrets in our area; the parks, the archway, and crane watching are just a few," Todd added.



By: L. A. Bonté



For more comics and animations visit FilbertCartoons.com

FLU SHOTS from page 1

Adams, a senior from Firth, said that this type of vaccine is a better match for the type of flu expected for the upcoming season. She said a single dose vaccine is preservative free and is recommended for all ages.

Adams said she understands shots can be something students don't like. So they are bringing in a new device to help those students. She said, "The shot blocker is the best thing we can offer for the students nervous about getting a shot."

She said the plastic, horseshoe shaped

device has points on one side and is smooth on the other. She said the pointed side goes towards the skin creating a distraction from the pain of the shot. Adams said she used the shot blocker on a patient last year, and with the device, the patient did not feel a sting.

Waibel-Rycek said this is a great tool and essentially gives individuals pain free shots.

"Being able to get students involved in this opportunity is one of the best things about the clinic," Adams said.

PEARSON from page 1

Pearson chose a fallen angel because the idea has always intrigued her, which led her to the library to do more research. This led her to finding a book by Gustav Davidson, "A Dictionary of Angles: Including the Fallen Angels." The rest was history, according to Pearson.

She did a lot of reading and writing during the time when the "Twilight" series was becoming popular. "I read those and thought to myself, I could do this, and so much better," she said.

Pearson says her story is one about hope. "I am convinced this message has a purpose for many people. It did for me really, as it was partly cathartic for me to write it... My trials in life are no better or worse than anyone else's...they all tell a story, and that story is about God's grace and love."

Pearson is not only a successful writer, but she serves as The Buckle's current social media community manager in the marketing department. With this background, Pearson learned how to market her own book. She attributes a lot of her success to her knowledge in this field and the support of her family and friends.

"I was lucky to have the chance to start on with Buckle, not only because it is

such a supportive atmosphere and family-friendly, but because I have made and cherished so many friendships with others. These friends have become like family, and have encouraged me in my publishing exploits. If it weren't for the constant support of my husband and my Buckle family, I don't think this book would have ever been published," Pearson said.

With a full time job, it's difficult to find time to write. Pearson is also a wife and mother of twin boys. Pearson says she typically writes in the wee hours of the morning, evenings or on the weekends. Finding a small notebook, she prefers to write in pen. "It just looks better to me. I have a notebook near me at all times, and when the mood strikes, I must obey," Pearson said.

Continuing her momentum, Pearson has big plans ahead. With a sequel to "Prodigal Lost" and more books in the making, she writes steadily. Pearson even has scheduled a few local events to promote her current Amazon best seller. "I am releasing the paperback of "Prodigal Lost" before Christmas yet, and have a release party and book signing in the works now," she said.

PHILANTHROPY from page 4

will help BBC very well. She said BBC is "for students, by students."

If you haven't gone to a philanthropy event, challenge yourself to attend one this semester. Donate your time to help deliver meals to families who are in need. Spend \$7 for

a meal that will be donated for a cause. Give those extra boxes of macaroni and cheese to the Big Blue Cupboard for a fellow student. Challenge yourself to do one of these things, and you will feel the true meaning of philanthropy.

FULL SWING from page 6

worked on letting things go and focusing on the next shot. It's in the past, so just leave it in the past because there is nothing you can do about it.

Q: Do you have any unusual pre-golf rituals?

A: I mark my ball with the same quarter. It started this summer after I had a couple really good rounds. Then our first couple tournaments we did pretty well, so I'm going to keep using it.

Q: Where do you see yourself after graduation?

A: After graduation I want to work for the BNSF railroad. That's where my dad works right now. I have applied for an internship there for next summer, so hopefully I get it. I really want to work in the environmental water services department for the railroad.

Q: What do you enjoy doing with your free time?

A: I play video games and study. I just like to watch a lot Netflix and chill. When I'm off the golf course, I don't like to think about golf. I feel like when I think about golf a lot, I start to overthink things.

Q: Where is the most exciting place you have ever traveled to play?

A: My freshman year we went to a course two miles West of Lake Michigan. We actually got to travel and see the lake. The golf course was probably the nicest place I have ever played. It was really fun.

Q: Could you give me a favorite quote or life motto?

A: What I live by is Jim Valvano's speech, "Don't ever give up on yourself or anything." Especially in golf, it's easy to give up after hitting a couple bad shots, but you can't take the easy way out, you can't give up.

Q & A with Coach Wesley Bernt**Q: What kind of motivation/work ethic does Max have?**

A: Max has a great work ethic and a great attitude. Once he realized the weaknesses in his game, he focused on those areas and has become a better player.

Q: What does Max do that makes him a true leader?

A: Max has developed into one of the leaders on the team. He leads primarily through example.

Q: In practice what have you and Max been working on?

A: Max has had issues with his putting. He has worked hard on putting throughout various drills.

Q & A with Chris Senna**Q: What you think of Max compared to other golf players, how does he stand out?**

A: Max is different than any other player because of his work ethic at practice and his ball-striking skills. He is always trying to get better each and every day.

Q: Does Max have leadership qualities? If so what kinds?

A: Max's leadership qualities include encouraging others when they feel down after a bad round.

Q & A with Brad Holmes**Q: What do you think of Max compared to other golfers? Does he stand out?**

A: Max is probably one of the best ball strikers I have met. He is comparable or better than most professionals in that category.

Q: How flexible is Max when helping other golfers outside of practice?

A: He's just an all-around nice guy and is willing to help if you need it.

'Horseshoes' fly for cancer research

JESSICA NICHOLS
Antelope Staff

The practice field behind URS buzzed with laughter and excitement this past Thursday as Phi Delta Theta held their first Polish Horseshoe Tournament. The event was directed by Philanthropy and Fundraising Chairman, Danny Chacon.

Chacon, a Cozad senior radiography major with an emphasis in biology, chose to do this type of event because of its low cost. "We needed an event that would attract a crowd at a low cost," he said, "As college students we understand money is scarce, but we love to have our Greek and UNK community get involved for a great cause."

Phi Delt's national organization is the ALS Association. For this event however, they decided as a chapter to donate the proceeds from the event to a local organization. They settled on the research

center for breast cancer at Good Samaritan Hospital.

Chacon began organizing during the summer with the help of his fraternity brothers. "We had a list of materials: PVC pipe, flowerpots, sand, bottles, prizes, frisbees and reservations we had to set up (URS practice field)," Chacon said.

The tournament was run single elimination style, but \$5 buy-ins were available for those who had been knocked out but wanted to continue to play. Twenty teams participated, with a max of two players per team.

Chacon's expectations for the event were for everything to go smoothly and have a successful tournament with no sour and unfairly treated players. If he could've changed one thing it would have been to hold it on a warmer day with less wind. "The wind was giving the players and us a challenge; it would just be nice to hold it on a warm, sunny day," Chacon said.



1) Kenzie Drudik, undecided, and family studies major, Kaela Samek, panic as their pole is hit by the Frisbee. The point of Polish Horseshoes is to knock off your opponent's bottle.

Photos by Jessica Nichols

2) Education major Jimena Guerrero, watches on as her teammate Ashlee Glaser, a business administration major, throws their Frisbee at the opposing team's pole.



3) Ashlee Glaser, a business administration major, waits as Evan Augustyn, majoring in chemistry with biochemistry emphasis, throws the Frisbee to their side.



4) Family studies major, Aaron McCauley, and Jacob Stallbaumer, major in business administration, explain the rules of the tournament to the teams.



5) Evan Augustyn, a chemistry major; Zack Wayman, a 7-12 social science education major; Kaela Samek, family studies; and Kenzie Drudik, undecided, shake hands after a good game.