

## Meet the mastermind behind ‘Dexter’

*UNK alum Tim Schlattmann to share story Nov. 2, kick off Lambda Pi Eta’s annual Communications Day activities*



*Courtesy*

On Monday, Nov. 2, Tim Schlattmann will visit to share his success story and his experiences as a writer and executive producer of award winning TV shows. Schlattmann is a three-time Emmy, two-time Golden Globe and five-time Writer’s Guild of America award nominee. He won the prestigious Peabody Award in 2008 for his work with Showtime’s critically-acclaimed series “Dexter.”

**LAURIE VENTEICHER**  
Asst. Editor/Copy Editor

“It’s OK. Life doesn’t have to be perfect. It just has to be lived.”

That line comes from the Emmy-nominated TV series “Dexter,” a show written and produced by UNK alum and Kearney-native Tim Schlattmann, who will share his life’s experiences and talk about his very successful career Monday, Nov. 2 in a guest lecture in Copeland 142. The free presentation will begin at 7 p.m., followed by a Q & A session. A brief reception will conclude the evening.

Schlattmann grew up and attended both high school and college in Kearney. He graduated from Kearney State College in 1985, a few years before the name changed to its current one.

“Kearney was a great place to grow up. My memories from there are very

fond ones,” Schlattmann said.

Majoring in telecommunications, Schlattmann also worked in local radio during college. He attributes most of his success to the “work ethic so many of us Midwesterners have.”

“Instead of complaining, we get the job done. Hollywood is such a competitive place that when you’re willing to work harder than others, especially as it relates to your craft, your probability for success improves exponentially.”

Schlattmann’s writing credits include: ABC’s No. 1 hit “Roseanne”; Fox’s “Get Real” starring Anne Hathaway and Jesse Eisenberg; the WB’s “Smallville”; and Showtime’s critically-acclaimed “Dexter.” He served as executive producer for the last two of eight seasons. He recently wrapped

—DEXTER, PAGE 7

## Survivor in pink

*Mother-daughter pair walk for breast cancer, the disease that changed both their lives*

**JESSICA MADRON**  
*Antelope Staff*

Something felt off, Haley Hans, a UNK student, recalls. She could tell by the way her mom was acting.

Sabrina Nicholson held an ice pack to her chest as they waited in the hotel room and prepared to go to the hospital for surgery scheduled for Hans that day.

“I was waiting to go into my surgery, and my mom had received a call and came

back crying. That’s when I instantly knew. Her risk is so high,” Hans said, “It was the worst day of my life.”

Nicholson and Hans will always remember July 17, 2014 as the day Nicholson was diagnosed with breast cancer, a disease that has taken the lives of many women from their family.

Before Nicholson had even been diagnosed with breast cancer, she knew her chances were high. Her grandmother, mother, aunt and two cousins on her father’s side had all passed away due to breast cancer. Nicholson’s youngest sister even had a mastectomy after precancerous



*Photo by Jessica Madron*  
Mom and daughter duo strut to the finish line, celebrating Sabrina Nicholson’s own personal victory over breast cancer. “I think awareness for breast cancer is out there. It’s about the most known about cancer out there, but there’s a lot of misinformation. Look at me, and how many of my family members had it. I still believed the phrase ‘If it hurts, it’s not cancer.’ That’s not true; that’s not true at all. You have to educate yourself and not let fear get in the way of your health.”

—SURVIVOR, PAGE 7

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# Rethink aging

## Keynote Hinrichs emphasizes individual needs



**KORI HIXSON**  
*Antelope Staff*

UNK's Department of Social Work and Cambridge Court hosted their fifth annual conference on aging.

I was able to attend the first portion of this conference Oct. 8, and I found the information informative and interesting.

The keynote speaker Christie Hinrichs, the President and CEO of Tabitha Healthcare, focused her speech on her "Aging with a Blank Page" philosophy.

It was refreshing to see how passionate and driven the speaker was, and she did a very nice job of explaining the "Blank Page" concept.

"We forget there is a face and a story," she said, which really left an impression

on me. Although I don't have very much experience working with the elderly population, I know that these cases happen over and over again.

For example: an elderly individual reaches the point in which they simply can't live on their own anymore, or maybe the family feels it is time for them to start living in a home, and/or their complications may be so severe they have to stay in the hospital for extended periods of time.

Hinrichs talked about her experience over the years working with the elderly population and expanded on Tabitha Healthcare and the services they provide, ranging from at-home support and innovative living communities, to exceptional rehabilitation, health care and hospice services. It was clear to see that

**AGING, PAGE 7**

**91.1 KLPR**

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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.

### SPORTS SPOTLIGHT: DYNAMIC DUO

Also coming this fall, for a second season, The Antelope Speaks: Sports Spotlight. Join the dynamic duo each week to recap what's going on in Loper athletics. You can catch the Sports Spotlight Thursdays from 7-9 p.m.

### 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:

**NOV. 7 VS. MISSOURI WESTERN**

**KICKOFF 1 p.m.**

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# Men 3rd, Women 12th in BB preseason polls

*The men's team returns all 5 starters for the home opener Nov. 18, while women's return only 5 players for home opener on Nov. 16*

**KEYSHA FOULK**

*Antelope Staff*

Loper basketball presented a united front as they took the court for the "Loper Basketball Tip-Off event" Oct. 15, the first official practice for all NCAA Division II schools.

Welcoming a new season, coaches, players and the crowd began gathering in the new chair-back seats available at the Health and Sports Complex.

Addressing this year's new renovation, Director of Athletics Paul Plinske said, "We have an ongoing commitment to our student-athletes and fans to take our facilities to another level."

Head coach Kevin Lofton and first-year head coach Carrie Hofstetter took center court as they introduced themselves and their players. With both Loper teams ahead of the curve, the 2015-16 season is sure to not disappoint. The skills and experience cannot be overlooked.

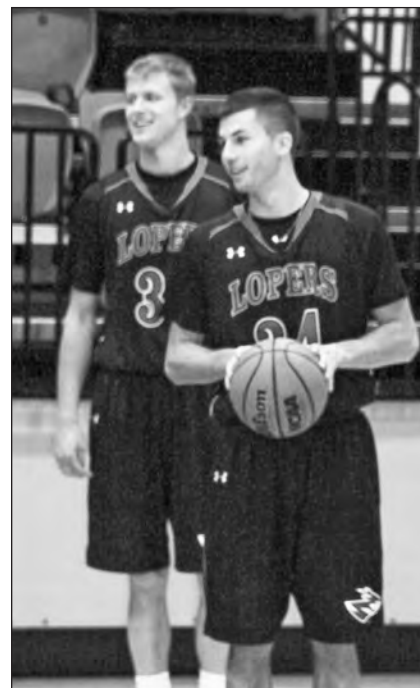
Loper men's basketball will bring back their full starting squad with Ethan Brozek, first team All-MIAA pick, and Player of the Year Connor Beranek.

The Lady Lopers basketball team will begin their season with four returning starters. Talent wise, the bar was raised when three Division I students transferred in. Coach Hofstetter said, "My assistants and I were very intentional about recruiting student-athletes who were considered a good fit but also ones that could fill in at key positions."

The night was filled with non-stop action. Kicking off the event was a student tailgate, offering up mouth-watering grub for anyone with a student ID. "Between all the on-court games, shooting and dunking contests it was something I'm glad I didn't miss," said senior business major Cory Dallam, from McCook.

Prizes were handed left and right out acknowledging fan and student appreciation. However, the free goodies did not stand out most to sophomore early childhood education major Rylee Jones. She said her favorite part "was getting a sneak peek at both men's and women's basketball jerseys."

The "Loper Tip-Off event" wrapped up in style as the buzzer sounded.



*Photo by Keysha Fulk*

**Senior Connor Beranek (LEFT) gets some assistance from York sophomore Ty Danielson (RIGHT) during the slam dunk contest. The waiting finally paid off as Connor Beranek took home the first-place prize.**

## CAMPUS CRIME LOG

**OCT 6:** Report of subject whose unlocked bicycle was taken from Health Sports Center. Bike is a lighter blue, left with no identifying marks and unknown serial number. Case open.

**OCT 7:** Female student reported two female students got into her room and put vodka in her Keurig coffee machine. The two students were cited for criminal mischief & trespassing.

**OCT 9:** Subject called, advised there were students in Room 422 drinking. Officers contacted subjects in the room and alcohol was discovered. All four subjects were issued MIP.

**OCT 9:** Reported broken back window on a parked & unoccupied vehicle. Case open.

**OCT 9:** Officer flagged down by a female student who reported the theft of her bicycle. The property was taken from the west side of FAB. No suspects at this time.

**OCT 14:** Traffic stop resulted in the arrest of a male motorist for driving under the influence.

**OCT 20:** UNKPD was advised for harassing emails. Case open.

**OCT 21:** A residential suite damaged by male subject was placed under Emergency Protective Custody. Male cited for criminal mischief and banned from Antelope Hall.

**OCT 21:** Subject reported stolen bicycle from UNIH. Case open.

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# FOLLOW THE HERD

## Loper cross country, volleyball have winning weekend

DAVID MUELLER

Antelope Sports editor

### CC takes MIAA title

UNK's cross-country team has not won a league championship since 1967, when the university was recognized as Kearney State College. But, last Saturday in Victoria, Kansas, the men's team scored 63 points collectively to end the 48-year drought to bring home the MIAA trophy.

The Lopers had five runners finish in the top 26, with two other runners finishing 30th and 32nd.

Senior Cole Wellnitz, a Rushville native, ran a 24:45.6 to finish at the top spot for UNK – third place overall. Close behind in sixth place was Jahn Landrigan in sixth place. The junior from Broken Bow ran a 24:52.8. Alex Obermeier from York clocked in at 25:03.2 to give him ninth.

Holdrege senior Jerod Schoneman came in 19th with 25:22.3, and at 26th was sophomore Andrew Fields with a time of 25:47.3.

The women's team finished fifth place with a team score of 147. Morgan Benesch led the lady Lopers with a third place overall finish, 22:08.1. Freshman Shelbi Sloup finished 24th with 23:30.2, and Abby Burke ran 23:48.0 to come in 29th.

UNK's cross-country squad is set to compete in the NCAA Regionals in Joplin, Missouri on Nov. 7.

### Volleyball upsets UCM at home

Ranked 16th in the nation, the Loper volleyball team (20-5, 9-3) is proving its worth.

On Friday, the Lopers swept Lindenwood (11-10) at the Health and Sports Center, 25-22, 25-17, and 25-10.

After a close first set, UNK found its groove and scooted past the Lions easily. Senior Erin Seele led the Lopers in assists with 34, Ellie McDonnell was in on 16 digs, and Kaitlyn Thomas struck a game-high 10 kills.

But, it was Saturday where UNK was eager for a win against the University of Central Missouri (20-4, 8-3). Prior to Saturday's matchup, UCM had defeated the Lopers 3-1. It took all five sets to decide a victor the second time around.

Central Missouri took the first set narrowly, 25-23. UNK battled back in the second and third sets to gain a 2-1 advantage on the Mules.

The Lopers seemed to have the fourth set in the bag, up 18-13. But UCM would rally with an 11-5 scoring run to send the match into a fifth set.

Junior Annie Wolfe kept UCM from taking the match after tying the score at 14 on a kill. The score would be tied again at 15 all.

After an exchange of points, the score was tied at 17. UNK would score the final two – giving them a 19-17 victory.

Thomas finished the evening with a game-high 16 kills. Tara Ziegelbein tallied three assists, and Erin Seele led the Lopers with 53 assists. Seele and McDonnell accumulated 22 digs throughout the match.

The Lopers will face Peru State (21-11) on Oct. 28, at the Health and Sports Center.



COLE WELLNITZ



ALEX OBERMIER



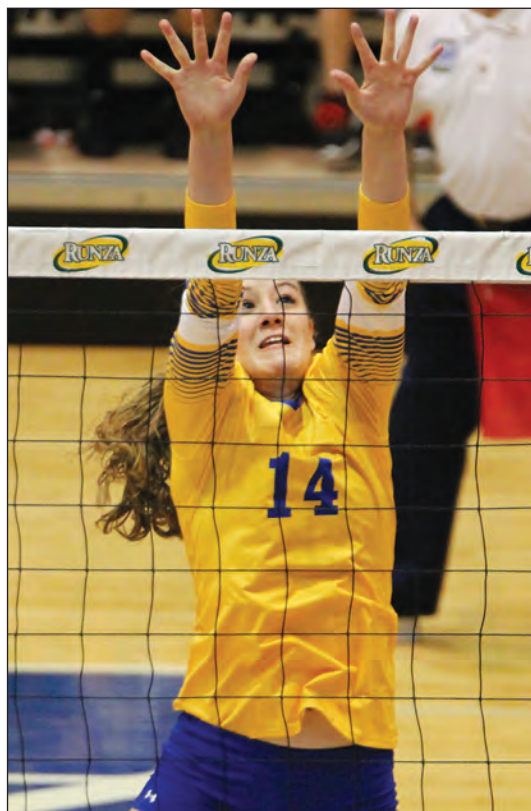
JAHN LANDRIGAN



ERIN SEELE



KAITLYN THOMAS



Photos by Ellen Laird

**ABOVE:** Lopers take down Lindenwood University Lions Friday night to come out on top with a three-set match. The ladies are now 20-5 dropping the Lions down to 11-10. Annie Wolfe added nine kills, two blocks, and six digs for the sweep.

**LEFT:** Connor Newberry of McKinney, Texas, blocks a swing from the Lions and answers back with kills setting the Lopers for a 22-19 lead after 11 ties and four lead changes in the first set.

**ABOVE LEFT:** Sophomore Tara Ziegelbein (RIGHT) aids senior Erin Seele (LEFT) in a block against Lindenwood's junior middle hitter Sarah Makowski.



# Lopers can't hold lead against Gorillas



No. 47 Trey Andersen, a junior, tackles the Gorillas' offense. Andersen, a construction management major, went on to make three more tackles against Pittsburg State.

*Photos by Jacob Rodriguez*  
**Interception:** With his eye on the prize, No. 21 Shai Harris intercepts the ball thrown by the Gorillas offense. Harris, a journalism major from Glendale, Arizona, went on to carry the ball to the end zone, resulting in another touchdown for the Lopers.



Surrounded by the Gorilla defense, No. 7 Bronson Marsh scrambles to gain some yards before being brought down. The Omaha exercise science major, Marsh is always ready to make a run for it.



# UNK bike share program ready to roll

*Launch of Zagster program offers students a fun, fast way to get around Kearney*

SARA GIBONEY

UNK Communications

KEARNEY – Getting around just got easier for University of Nebraska at Kearney students.

This week, UNK launched a bike share program that includes 40 bicycles and 80 parking stations located at six locations on

campus: West Center, College of Education building, Wellness Center, Calvin T. Ryan Library, Nebraskan Student Union and Centennial Towers.



**In terms of health, environment and convenience, this partnership is a win-win for our students.”**  
— Chancellor Kristensen

“Kearney is a wonderful, safe community with a great fitness trail system and easy access from the UNK campus to restaurants, shopping and entertainment venues,” said Chancellor Doug Kristensen. “In terms of health, environment and convenience, this partnership is a win-win for our students.”

A group of students presented the idea a few years ago, and the Kinesiology and Sport Sciences Department has led the effort, along with the Business and Finance Department, to bring the program to campus. The cost to implement the bike share program at UNK is \$95,000.

“The bike share is a cool program that promotes health and wellness,” said Nita Unruh, chair of the Kinesiology and Sport Sciences Department.

The seven-gear cruiser bikes by Zagster feature adjustable seats, front and rear lights, a U-lock and handlebar basket.

Unruh said the program will improve transportation and parking for students. “Parking is very limited for students on campus. Why drive from Founders Hall to West Center? You can ride and you don’t have to find a parking space,” she said.

Students pay a \$20 annual membership fee to use Zagster bikes by the hour or day. Rides under three hours are free. Rides more than two hours cost \$2 per hour, up to a maximum \$20 per 24-hour rental.

Riders must be UNK or UNMC



Kearney students, staff or faculty and be at least 18 years old. Students download the Zagster mobile app, enter a bike’s ID number and tap “Start Ride.” The app generates a code that can be used to open the bike’s lockbox.

A key located inside the lockbox operates the U-lock that attaches the bike to its station or other bike racks. Riders can ride the bikes anywhere, but the bike must be locked to a secure object when not in use. When finished, riders lock the bike at a UNK Zagster station, close the lockbox and tap “End Ride” in the Zagster app.

Unruh hopes the program eventually expands into the community.

“The availability of bikes on-demand fits the tech-enabled and active lifestyle of today’s students, while also making transportation more efficient for everyone on and near campus,” said Timothy Ericson, co-founder and CEO of Zagster.

## Bicycle Safety Tips

- Bicycles in the roadway are considered vehicles. Ride in the same direction as other traffic, and follow the same rules.
- Ride far enough away from the curb to avoid unexpected parked cars.
- Signal in advance of a turn. Use correct hand signals so others can anticipate your actions.
- Sidewalks were designed for pedestrians. Give pedestrians the right of way and stop before crossing the street to give motorists time to see you.
- Wear a helmet.
- Always assume that you are not seen by others. When riding at night or in low visibility conditions, wear bright colors or clothing made from reflective material.
- Stay alert and never wear headphones while riding.

“Bike sharing is increasingly seen as a key component of an overall campus transportation strategy, and we look forward to working with the university to make this program a success.”

Zagster is a provider of on-campus bike sharing programs and currently has hundreds of bikes in more than 30 cities.



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CUNNINGHAM'S JOURNAL - 15 W 23RD ST. ON THE BRICKS - KEARNEY

## SURVIVOR from page 1

cells were found.

After the initial shock and news sank in, Hans knew that this disease was something that would change her family for the rest of their lives. She had to make a hard decision. After already having signed up to attend classes in Fall 2014, Hans decided to take the semester off to help drive, pick-up and support her mother through countless appointments and doctor visits.

"It was an easy decision because I knew I was doing the right thing...I don't regret it. I see it as she has taken care of me my whole life; the least I can do is be there for her when she needs me," Hans said. Hans was present for at least 75 percent of Nicholson's appointments.

"She put 31,000 miles on her vehicle in one year," Tim Nicholson, Nicholson's husband and Hans' father, said to put the number of trips into perspective.

Having Hans' help really helped alleviate the hardship on Tim who was taking work off. It helped us get through,"

## DEXTER from page 1

up the third season, also as executive Producer, of CBS's "Under the Dome."

Schlattmann is also the producer of "Sock Puppet Therapy."

"I've always had a big imagination and a creative mind. I love asking the question 'what if?' and then coming up with characters and stories to answer that question in a way that will hopefully keep an audience coming back for more," Schlattmann said.

He said one of his proudest moments was receiving the nomination from the Writer's Guild of America for Best Writing in a Drama Series. This particular nomination was for "The Dark Defender,"

Nicholson said.

However, this family still isn't done with trips to the doctors. While some only happen once every three months, Nicholson is still seeing doctors for reconstructive purposes.

Which is all to say, breast cancer is a difficult road. "You're not going to feel good but you need to try to live your life as possible and as often as you can. Don't just lay down. I still got out and shot my bow and rode my motorcycle when I could. I even took pictures throughout. Do the things that still make you happy. Don't give up," Nicholson said.

That's why Nicholson signed up another team for this year's Susan G. Komen's Race for the Cure. After her mother's diagnosis, Hans organized a team to run/walk for Sabrina in the Susan G. Komen race last October. Nicholson participated, but a little over a year later, this mother/daughter duo walked again. Except this time, Nicholson was a survivor.

a script from the second season of "Dexter."

"Only six scripts are nominated for the entire broadcast year, so that was quite an acknowledgement from my fellow writers. I'm also very proud that we brought Dexter Morgan to Kearney for a kill. Trust me, it was not an easy feat to find cornfields in Southern California."

Other awards and nominations for "Dexter" include Writer's Guild of America, Emmy and Golden Globe nominations for best dramatic series from 2008-2010. In 2008, "Dexter" received the prestigious Peabody Award.

Schlattmann said he is excited to return to his alma mater because he still has family

## AGING from page 2

she was very passionate about her career and truly enjoyed what she does.

### Aging with a Blank Page

This philosophy that is utilized by Tabitha Healthcare gives professionals the chance to get to know each elder individually and learn what is truly most important to them. This ideology offers a personal touch and support to create goals and received customized assistance to meet those individual goals. It includes dedicated and intentional interactions with each member to provide early interventions and achieve proactive aging. As a result, this leaves not only the elderly individuals at peace, but also their families can rest easy knowing that their loved one is checked on frequently – especially by individuals who truly care for and have taken the time to truly know them.

### Everyone has a Story

In our health care system, we simply see these individuals as problems, and not as human beings. The speaker continued to say, "Everyone has a story. The past is behind us – those chapters have already been written. Our future

is a blank page, where we can write our own stories. When that time comes, we don't want someone else to be holding the pen."

She stressed the importance of each individual feeling that they could be the own author of their lives. Once they are at that stage of their lives where a decision needs to be made, it sometimes seems as if they don't have full responsibility and input in that decision, which is pretty ridiculous, considering that the decision made most directly affects them.

### New Perspective

The rest of the convention consisted of a panel of older adults who had the chance to speak out about their concerns and answer questions provided by those in attendance. It was a very eye-opening experience on a topic that I am not extremely familiar with nor have experienced first-hand. It left me feeling a sense of understanding and desire to help that population, to make sure they are treated fairly and with respect in that stage of life. It was truly an informational and enlightening experience for not only myself, but also for all of those who attended.

in the area.

"You can't really beat a college campus in the fall. California is basically one, long sunny season, although there's no humidity, bugs or wind chill, so I'm not complaining."

Currently, Schlattmann is executive producing a project – called "Caper" – at FX. However, he said the decision on whether or not it moves forward to become a series is still a few months off.

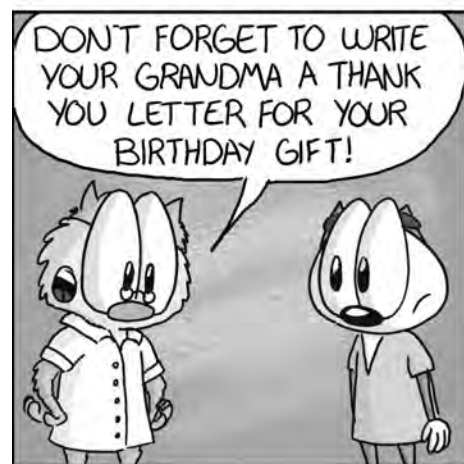
"I am in what we call in the industry 'development,' working to create a show of my own, instead of joining an existing show that's already on the air," Schlattmann said.

His advice to students interested in a similar career path is Steve Martin's words that inspired him: "Become so good at what it is you do that you can't be ignored."

Schlattmann's talk, sponsored by UNK's Lambda Pi Eta (Communications National Honor Society), serves as the kick-off event to the annual Communications Day activities on Friday, Nov. 13, in the Ponderosa E room of the Nebraskan Student Union.

The day will showcase panels of alumni, graduating seniors and faculty, who will discuss their degrees and their role in the real world, along with hosting games and a leadership / group role test.

For more information about Schlattmann's lecture, contact Holly Green at [greenhe@lopers.unk.edu](mailto:greenhe@lopers.unk.edu). For additional information about Communications Day, contact Dr. Fletcher Ziwoya at [ziwoyaf2@unk.edu](mailto:ziwoyaf2@unk.edu), or call at 308-865-8486.



By: L. A. Bonté



For more comics and animations visit [FilbertCartoons.com](http://FilbertCartoons.com)





# Sister to Sister thinks pink

*Organization hosts volleyball tournament to support breast cancer awareness*

**KIRSTY DUNBAR**

*Antelope Staff*

At the fourth annual Big Pink Volleyball Tournament Thursday, Oct. 22, unlike traditional volleyball, players used a giant four-foot pink ball, thus changing the way the game was played.

This tournament in the Cushing Complex was originally conceived at Western Illinois University in 2002. Since then, it has spread across the country and raised over \$115,000 for the Susan G. Komen Foundation.

The Sister to Sister organization, located in the Office of Multicultural Affairs, organized the event. President Vanesa Salcido said, "We as an organization

like to talk about women's issues and gender equality. Our philanthropy is mainly for breast cancer, so we needed to find an event in October to help raise money for it, and this is what we came up with. Everyone seems to enjoy it."

Nine teams registered for the tournament, which began at 6 p.m. and lasted until almost 8 p.m. Some teams were comprised of all male or female members, and a few had both. Sister to Sister also held a raffle during the tournament; prizes included gift certificates, shirts and candy.

Phi Delta Theta ultimately won the tournament. Freshman Taylor Janicek, a member of the winning team, said, "I thought it would be fun. We actually had a whole bunch of people sign up for it, and unfortunately some of them had to be left out."

The organization raised \$270 from the event for the Susan G. Komen Center.



*Photos by Jessica Nichols*

1) From left to right: Jacob Stallbaumer, business administration, Tyler Nelson, pre-physical therapy, Ryan Boyd, broadcasting, Aaron McCauley, family studies, Nathan Lemmer, business administration, and Taylor Janicek, pre-physician's assistant, were the winners of the Big Pink Volleyball Tournament.



2) Odalys Cruz, a member of Alpha Omicron Pi, gets big air as she jumps to hit the big pink volleyball back over the net. Unfortunately, Cruz's team was knocked out of the tournament after this game.



3) Jacob Stallbaumer, a business administration major, protects the net as Indra Rowedder, an organizational and relational communication major, sets the ball over.

4) Indra Rowedder, an organizational and relational communication major, sets the ball up and over the net with force. "I would say my favorite part was seeing all the teams have fun playing, getting competitive, and being able to give out raffle prizes for them getting involved in our event," Rowedder said.