



Game-based learning

UNK COMMUNICATIONS

As Phu Vu watched his young sons play video games, he realized that games might be the key to getting the attention of his college students.

"We all know that children and adults love to play games," said Vu, an assistant professor of teacher education at the University of Nebraska at Kearney. "If we can implement the game strategy and principles into the classroom, students will feel more motivated to learn."

At UNK, Vu teaches instructional technology online classes using game-based learning. Instead of reading textbooks, taking quizzes or doing assignments, students answer questions in an online game. Students can even view a leaderboard to determine who has the best score. The competition helps motivate students to work harder, Vu said.

"It's a more effective learning tool for younger generations."

Students studying teacher education are able to learn the content from Vu's

classes using games, and learn how to teach their future students using games.

"Technology is everywhere now. We have cell phones, iPads and more. Technology should be integrated into schools to improve student performance, behavior and academics," Vu said. "We must follow the trends to educate the pre-service teachers to use technology effectively in their future classroom."

Vu implemented game-based learning in his classes in his second semester at UNK – spring 2014. He learned about the cutting-edge teaching method at a conference and began conducting his own research.

The lack of research done on the topic has made teachers hesitant to integrate games into their online instruction, he said.

— GAME LEARNING, PAGE 11

Phu Vu finds video games increase student interest, engagement



Courtesy

Phu Vu got the idea to incorporate game-based learning in his online classes after watching his young son, Andy, play video games.

Mortar Board now accepting applicants

KORI HIXSON
Antelope Staff

What is Mortar Board?

Mortar Board is a well-known nationally recognized honor society that recognizes college seniors for their achievements in scholarship, leadership and service. There are currently 231 chartered Mortar Board chapters nationwide.

The application is the student's opportunity to demonstrate their service, leadership and scholastic activities, which are some of the prime determinants of membership. Some brief writing, a résumé and a letter of recommendation are also required.

When selecting new memberships, involvement is key, not just good grades. The process of deciding who will be allowed in Mortar Board and who will not is quite methodical; the current membership carefully decides based on the quality of the applicants.

How to Apply

The application will be available Nov. 30 and is due by Jan. 29. It can be downloaded as a PDF file from their website at mortarboardunk.blogspot.com. Specific details for eligibility and submission are available on the application. Applicants must have completed 88 credits by May 2016, be a full-time student and plan on graduating no earlier than December 2016.

Involvement

UNK's Mortar Board chapter is actively involved. Membership in this organization means not only attending meetings, but also participating in



'TARTUFFE' PROMISES LAUGHS

Photo by Rachel Arehart

Junior, Beth Hagedorn (LEFT) from Bennington plays Dorine and senior, Tommy Augustin (RIGHT) from Crofton plays Cleante in the production of "Tartuffe" under the direction of Janice Fronczak. "Tartuffe" opens Wednesday, November 18 at 7:30 p.m. in the Miriam Drake Theatre in the Fine Arts Building. "Tartuffe" will be performed Wednesday the 18 through Saturday the 21 at 7:30 p.m. and then a matinee on Sunday the 22 at 2 p.m. UNK student tickets are \$3.

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Black Friday kills holiday spirit

Consumerism has consumed us: Are the intense shoppers, long waiting times and hassle worth more than quality family time?



LAURIE VENTEICHER

Assistant Editor,
Copy Editor

Christmas shopping is anything but simple. I know – I have eight siblings, three in-laws and a fiancé. But there are some things you just can't buy: quality time with family, cherished memories with loved ones and pure, simple holiday spirit.

That's what the holidays – what Christmastime – is about. Every family has traditions, but in today's consumer-based society, we've lost sight of the real reason for the season: preparation for and the actual birth of Jesus Christ. Christmas is His birthday, and instead of celebrating Him, we celebrate material things. We've let consumerism consume us.

The most obvious show of this is the yearly Black Friday shopping sprees. Yes, the holiday season is filled with the spirit of giving. But when we're willing to ruin someone else's Thanksgiving Day with our material greed, what's the point?

Imagine this: there is one X-Box left on the shelf. Four different people want that X-Box. Only one will get it. Who's willing to do what it takes to ensure they possess that X-Box?

Sound familiar? Thanksgiving used to be about fighting with your family over the

last turkey leg or the last dinner roll. Now it's a real-life "Hunger Games" massacre.

I salute the cashiers and store managers who put up with the attitudes of crazed shoppers. But the cashiers are people, too. They deserve to enjoy a break and celebrate Thanksgiving the way it was meant to be celebrated: No stress. At home. With family.

Thanksgiving is a day where we are grateful for the things we have. I find it ironic, then, that immediately following a spirit of thankfulness we go buy even more things. We don't need them, but we want them. We're so convinced that these items will never go on sale ever again, so we have to get them NOW. Immediate satisfaction. That's what it's come to.

Stores across the country know this. They know us better than we know ourselves.

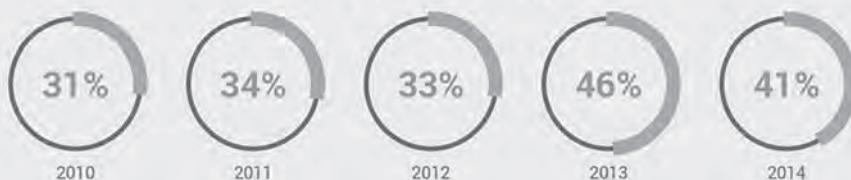
In 2013, Wal-Mart decided to open their doors on Thanksgiving evening. Not smart, Wal-Mart. Sadly, they weren't the only ones to cut into people's time off over the holiday.

That same year at a Chicago Wal-Mart, Mary Robbins actually stabbed three people to death with a screwdriver, just to get the last X-Box One on the shelf. And the worst part? She's not sorry about it.

"Of course I'd do it all over again," Robbins proclaimed from a Cook County

BLACK FRIDAY, PAGE 11

% Of People That Will Shop Online or In-store on Black Friday



HOW SAFE DO YOU FEEL?

Campus preparation, plan for active shooter incident ongoing



ANTHONY HUNKE
Antelope Staff

Could this happen here? What does our director of emergency planning and management think? What do students think about this problem?

With any institution, safety is the number one priority of administration and campus security. However, the real question stands, "How safe do you feel?"

Can you imagine the worst? Visualize a scenario where an active shooter walks into the building you are in and begins to enact the deadly plan. Would you feel somewhat reassured knowing there is a procedure in place?

The point is not to frighten, but to enlighten. I asked quite a few people for opinions on active school shootings, and they provided some interesting perspectives.

One of the perspectives gained came from Michelle Hamaker, director of the

emergency planning and management position here at the University of Nebraska at Kearney. Under her direction, UNK's first Emergency Operations Plan has been established, and exercises/drills for crisis situations have been implemented. Hamaker knows the campus as she worked with Police and Parking for many years before transitioning to this new position.

I began by asking what the likelihood of an active shooter is on this campus. Hamaker said that these shootings are becoming more common, and they are occurring in different places, not just schools. Churches and theatres have also been targeted due to the vast number of people present. She stressed that we need to be aware of the possibility and need to have a basic idea of what to do to best survive the situation.

I asked for her opinion regarding the increase in reported school shootings over the past few years or if she thought there might be an agenda-setting tactic giving more emphasis to a sheer increase in recent years.

Hamaker said that there has been an increase in these incidents the past 15-20 years, but no one thing could be attributed to that. "I don't think that we can put the blame on one person or one living choice or anything like that," she said.

Then I reached the big question, "What is the current plan for a campus shooting event should it occur?"

Hamaker said that the University police officers do not carry firearms, and thus, the initial response would come from local law enforcement.

- The planned response time would be very quick since the city is broken into zones, and of course, we have officers in our zone.

- Meanwhile, the UNK alert would go out to all students notifying them of the danger zone and warning all to stay away.

- For the people in the same building as the shooter, the good news is that random school shootings often do not last long.

- Shooters are either taken out, or they surrender.

- As for a long-term response, the building would be thoroughly checked to rule out other assailants.

- Quickly, the emergency operations team would convene to discuss what the plan of action would be for the next 12 to 24 hours.

I wanted to know about specific drills and tests that the campus could implement to better prepare for an event such as this. Hamaker said that one of the most important steps is to build relationships with the source of the response to our call for aid.

It is for this reason that UNK works with First Responders. The Buffalo County Emergency Services unit and the S.W.A.T.



"I feel the security at UNK is great enough to protect us from that. They do building checks every night multiple times, do no I am not worried about it."

— Cody Castleberry,

sophomore, from Grand Island majoring in elementary education



"I do worry that one day there will be a shooter on campus. Nowadays, you cannot trust

anyone. We must remember that Kearney is not in a little bubble. Real world problems are out there, and UNK campus is always at risk."

— Taylor Rieper,

junior, from Fairbury majoring in elementary education & special education

the antelope | 2015 fall staff

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Mental health issues at forefront of nation's consciousness this week

National 'Text, Talk, Act' mental health sessions designed to reach young people where they live

The Big Blue Cupboard is a food pantry on campus open to all those who need it. Located on the east end of the Nebraskan Student Union and open during all NSU hours, it is a free and confidential service.



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Other Daily Specials

CREATING COMMUNITY SOLUTIONS

The campus tragedies that have occurred over the past few weeks at Northern Arizona University, Texas Southern University and Umpqua Community College in Oregon have, once again, brought mental health issues to the forefront of the nation's consciousness. These large-scale, horrific incidents, while still rare, receive a lot of media attention.

Unfortunately, they only tell part of the story. The reality is that there are many mental health stories in every community, sometimes very close to home. The majority of people struggling with mental health issues do not resort to violence, and instead are more likely to have acts of violence happen against them.

Mental health can be one of the most difficult topics to bring up, but it's also one of the most important. Given that one in four Americans struggles with mental health issues, and three-fourths of all such problems arise between the ages of 14 and 24, it's crucial that young people know they're not alone, learn to talk openly about mental health and seek help as early as possible.

Some warning signs that may indicate a young person needs help include: frequent sadness; changes in mood, behavior, eating and sleeping patterns; not wanting to go to school or work; fighting with family and friends; drug and alcohol abuse; and feelings of hopelessness, anger or confusion.

When teens and young adults learn to recognize these signs and have the tools to address mental health challenges, they can step up, contribute to the conversation and, ultimately, help formulate community solutions to issues of mental health

diagnosis and treatment.

With this in mind, the National Institute for Civil Discourse is launching the national "Text, Talk, Act" mental health awareness campaign, with text-message enabled community events going on throughout October and November.

These events are designed to reach young people right where they live, through the use of mobile technology and social media. The events, which will be occur across the country, encourage candid, face-to-face discussions on mental health to reduce isolation and misunderstanding and teach teens and young adults how to get and give help, when necessary.

Here's how "Text, Talk, Act" works: Participants gather at any time in November in small groups (3-4 people), with one cell phone per group. They text the word "START" to the number 89800 and receive a series of text messages that guide the group through a 45-minute conversation on mental health. The text messages provide prompts about topics such as why talking about mental health is important and how to help a friend in need. The messages include videos, social media interactions and a series of questions, some of which invite participants to text in ideas on how individuals and communities can improve mental health. Participants' submitted ideas are visible in real time to all other participants around the country. As the conversation comes to a close, participants receive links to resources to continue the conversation and/or seek help.

Previous participants have said "Text, Talk, Act" events helped them better understand mental health and left them feeling more comfortable talking about

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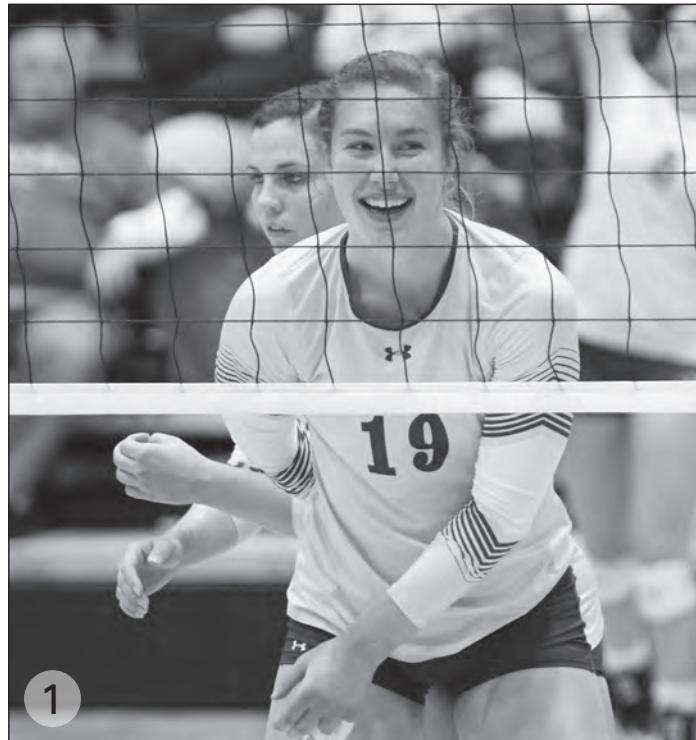
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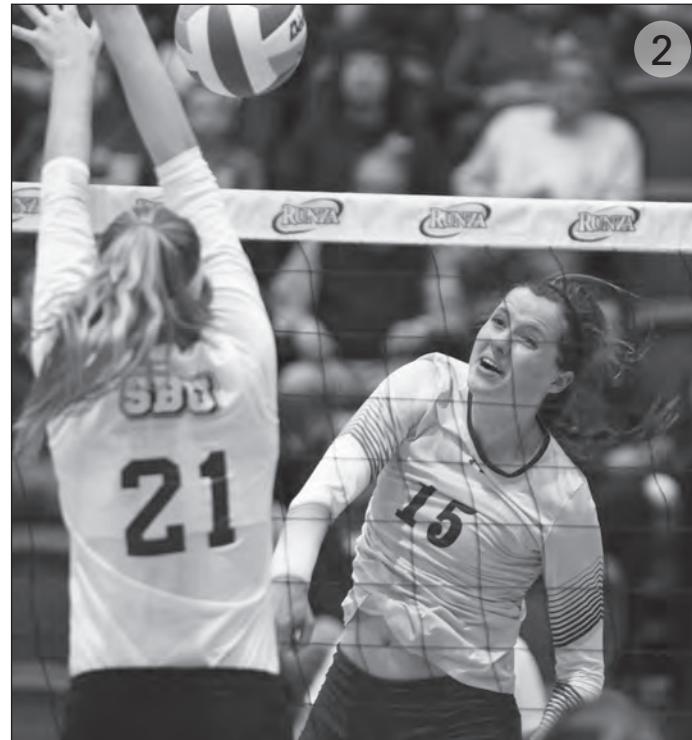
19 E. 21ST ST. ON THE BRICKS

MENTAL HEALTH, PAGE 11

Loper VB breaks winning streak record



1



2

Photos by Ellen Laird

1. Loper Tara Zieglein, a sophomore from Lincoln, majoring in biology, smiles after putting her 11th kill of the night down on the Bearcat side. Lopers made it a three-set match, making 10 wins in a row. This is the longest win streak in three years.

2. Slammer down 20 kills Friday night, sophomore Kaitlynn Thomas from Yutan was a powerhouse as the Lopers swept the Bearcats. Thomas ended the night with a total of 36 swings and five errors.

2015 King of Hearts contestants to debut Nov. 19

ALISON BUCHLI
Editor in Chief

Alpha Phi will host its third annual King of Hearts male pageant on Thursday, Nov. 19 at 7 p.m. in the FAB Recital Hall.

This year's contestants and the organizations they represent include:

Colton Gayer - Sigma Phi Epsilon
Colton Dorr - Sigma Tau Gamma
Greg Christen - Phi Delta Theta
Daniel Carlson - Phi Gamma Delta
Ruben Meza - Sigma Lambda Beta
Mason Rohrich - Industrial Distribution
Cody Kingery - UNK Wrestling
Jesse Zwiener - Student Government
Asante Fuqua - Pi Kappa Alpha

Tickets for the event are \$5 and may be purchased at the door or from any Alpha Phi. Raffles are also being sold 1 for \$3 or 3 for \$5.

Prizes include a fitness bucket with memberships to Anytime Fitness, a movie date bucket with free tickets to the Kearney Hilltop Theater and an Apple iWatch. You do not have to be present to win.

All proceeds will go to the Alpha Phi Foundation and the Women's S.A.F.E. Center in Kearney.



Photos by Alison Buchli
(Left to right) Mason Rohrich, Mr. Industrial Distribution, Ruben Meza, Mr. Sigma Lambda Beta, Jesse Zwiener, Mr. Student Government and Colton Dorr, Mr. Sigma Tau Gamma strike a strong man pose for the song "I'll Make a Man Out of You" from Disney's "Mulan" during the dance rehearsal.

Mr. Pi Kappa Alpha, Asante Fuqua, grabs his shirt as he dances to "Watch Me" by Silento.



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Tatreau strides in, out of pool

KEYSHA FOULK
Antelope Sports

Whether at the pool or in the classroom, senior Skylar Tatreau has been pushing herself all season long to make her last year as a Loper memorable.

Tekamah native Tatreau first began swimming in a summer league at the age of seven. Three years later, Tatreau started swimming for the Blair YMCA club team year-round for nine years. Other sports like softball, dancing and gymnastics didn't appeal to Tatreau, so instead she turned her focus to swimming.

From day one to now, 16 years later, she still enjoys spending countless hours practicing to improve her time, even by a millisecond. The multimedia major has competed in over 100 swim meets; still, Tatreau says her favorite part of swimming is "When I'm up on the block about to race as the starter



Photos by Keysha Foulk

Since joining the UNK Swim team, Tatreau's college career has been affected in a big way. "Being a student-athlete has enhanced my skills with time management: setting goals and working hard toward achieving them in everything I do," says Tatreau.

something special," Tatreau said.

Her most memorable moment came last February when she broke the 200 freestyle record at the RMAC Conference Meet in Grand Junction, Colorado. "Skylar is an extremely hard worker, and very focused. She constantly brings her 'A-game,' and it shows at every single meet," sophomore teammate Kylie Kenedy said.

As athletes, we all have heard the slogan "practice makes perfect." To Tatreau, practice does make perfect.

Head Woman's Swim Coach Teresa Osmanski said, "Skylar has an incredible work ethic. She is very determined and works hard at practice, pushing herself every day. She has a positive attitude, even when facing a hard set at practice."

As a senior, Tatreau has developed into a leadership role for the Aqualopers. Whether it's promoting team activities or helping out her teammates, Tatreau sets a positive example for all to follow.

"Skylar definitely has leadership qualities. She is always cheering on the team and making sure everyone is ready for their race," junior teammate Mackenzie Eubank said.



Being a UNK Aqualoper is really something special."

— Skylar Tatreau

says 'Swimmers take your mark' and the sound of the beep echoes through the pool area."

Coming to UNK was easy as one, two, three for Tatreau. The level of competition paired with a great coach was the right fit when it came to the UNK swimming program. UNK has the perfect campus size since it's big enough to meet new people, yet allows you to get to know a lot of people. Once learning about the multimedia program, Tatreau settled in knowing that she could do both computers and design.

"Being a UNK Aqualoper is really

Tatreau is constantly driven by pre and mid-season goals that she strives to make possible. One goal for the remainder of the season is to make every personal best time that she possibly can.

The coach agrees Tatreau can accomplish tough goals. "I think Skylar will finish her senior year with personal best in all her events," Coach Osmanski said.

Tatreau has set her stakes high as she looks forward to finishing up the season and her college career. She said, "I am so blessed and proud to share the experience with my teammates, coach and the rest of the athletic department. My teammates are supportive, positive, energetic, goal-oriented, and are the best group of girls I wouldn't trade anything for."

Swimming has taught Tatreau to be independent and self-confident, she says. While competing in over 100 swim meets, it's not the results that matter, it's the friendships that are made and become everlasting.

Aqualoper Tatreau will jump back into the pool this Friday Nov. 20 when the team faces Northern State University at Aberdeen, South Dakota.

Getting to know Skylar

Favorite...

Food: Lasagna

Quote: "Pain is temporary, pride is forever" and "Hard work pays off."

Swimmer: Missy Franklin

Hobbies: Spending time with friends, running 5K's playing with my dog, Tater, and working on web projects

Pre-swimming ritual: Listening to music

Loper home meets

Jan. 29 -- Colorado State University
- Pueblo & University of Northern Colorado

Jan. 30 -- Colorado State University
- Pueblo & University of Northern Colorado

A reason to celebrate



Soccer team went two in post season, won big games, collected accolades along the way



KATE BAKER
Antelope Sports

The UNK women's soccer team found a lot to celebrate as their season concluded. After ending the season with a record of 5-10-4, the Lady Lopers claimed a spot in the post season as the seventh seed. This is the second time in the program's history that the team has made an appearance in the post season. The last time being two years ago.

The team welcomed many new players to the team and faced some injuries at the beginning of the season, but overcame this adversity to come together as a team to defeat two of the top teams in the conference, University of Central Oklahoma and Southwest Baptist.

Kadie Walaszczyk, a junior elementary education major from Houston, Texas, said, "I could not be more proud of this team. We pushed through every obstacle this year no matter what the circumstances were. We beat UCO the first time we played them when they were tied for first place – which was a major accomplishment this year."

Walaszczyk helped the Lopers clinch their spot in the post season, scoring two goals against Emporia State for a 2-1 victory. She was named the MIAA Co-Offensive Women's Soccer player for the week of Nov. 3 after this impressive game.

The team faced the second-seeded

University of Central Oklahoma in Edmond, Oklahoma, on Wednesday, Nov. 4. UNK was UCO's only home loss earlier in the season, so they were looking for revenge.

Walaszczyk put UNK on the board early with a goal within the first eight minutes of the game. Unfortunately, the team fell 3-1 to UCO to end their season. After the game, Coach John Maessner said, "We're proud of our entire group for their efforts this season."

Two Loper soccer players earned recognition on the 2015 All-MIAA women's soccer team. Papillion senior Montanna Hosterman, a criminal justice major, earned a spot on the third team and Walaszczyk was named honorable mention. This is Hosterman's third MIAA selection in her career and Walaszczyk's second.

Both of these players were very deserving of these awards with incredible performances throughout the season. Hosterman, the all-time leading scorer for UNK, led the team with 11 points, 4 goals and 3 assists this season. Walaszczyk scored six points with three goals.

Walaszczyk was grateful for this award and commends her teammate as well.

"I felt so blessed that I could be recognized out of all the players in this conference. It's something one does not expect, so when that happens it's a moment of pure joy. Montanna deserved that recognition because she is an outstanding player. She has scored more goals than anyone else in UNK history, and she always works hard. She has a positive attitude and keeps pushing through, which is what makes her so successful."

Walaszczyk proved to be a very versatile player. North Platte junior biology major Jaclyn Paloucek commends Walaszczyk on her versatility, discussing her switch from



Photos by Ellen Laird

Junior Kadie Walaszczyk attempts to deflect a strike against Southwest Baptist University. The Lopers picked up a conference win against the Bearcats, 1-0.

defense to offense in the last two games of the season.

Walaszczyk said, "Kadie played defense for most of the year, which she is really good at. However, we were having some trouble scoring goals, and with her being one of the fastest people on our team, the last two games coach put her up top. She scored three goals in the last two games." She added, "She basically won us the game that put us into post season."

Other UNK players posted impressive statistics this season. One player that deserves some recognition was the freshman goal keeper, Ali Hirschman, an Omaha native with an undecided major. She led the team with 91 saves and two shutouts this season.

Others deserving recognition are Reina Horikawa, a sophomore psychology major from Hoshigamine Kagoshima,

Japan, and Evie Sintek, a junior elementary education major from Norfolk. Both scored three goals this season. Meaghan Pasbrig, a senior political science major from Chandler, Arizona, tallied two goals herself.

Coach Maessner said the team will say goodbye to many talented seniors: "A big thank you to our seniors who have given so much and helped build UNK soccer. They have all been so important to our program and we wish them well."

These seniors include: Meaghan Pasbrig, Holly Brown, Montanna Hosterman (captain), Katelin Mielke, Ashtin Pawlowski (captain), Nicole Potthoff and Samantha Reiber.

Maessner said the team is looking forward while celebrating this season: "We're excited about the future of Loper soccer and look forward to big things for the 2016 team."

feature

Photo by Ru Meng

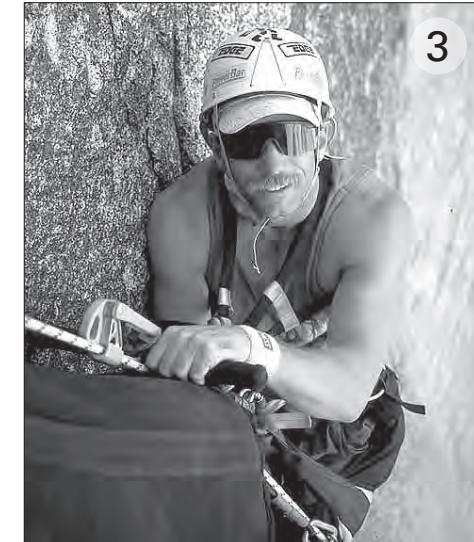
1. **Mark Wellman helps Dylan Wells, a freshman exercise science major from Axtell, prepare for climbing the rock wall.** After Wells completed the climb, he said, "I think this is a great event to get other people involved in climbing. It also shows people that people like me in wheelchairs can still do what they want."



2. The extreme sports athlete Mark Wellman shows freshman Samuel Saintizaire, a physical education major from Boynton Beach, Florida, how to climb rock walls by using some other helpful tools to complete tasks.

Courtesy

3. An accident in 1982 left rock climber, Mark Wellman paralyzed from the waist down. Wellman has been climbing since age 12 and did not let a disability slow him down. Wellman is a former member of the United States Disabled Ski Team and was the first parapalegic to sit-ski across the Sierra Nevada Mountain Range.



Tackling the mountain of disabilities

Mountain climber Mark Wellman demonstrates that disabilities don't hold him back from his dreams



Showing in November

NOVEMBER 5, 12, 19	THE BLACKLIST viewing party	6:45 PM
NOVEMBER 13-15	ONE FLEW OVER THE CUCKOO'S NEST	7:30 PM
NOVEMBER 20-22	DEAD POETS SOCIETY	7:30 PM
NOVEMBER 27-29	GRANDMA	7:30 PM

SHOWTIMES: Friday & Saturday at 7:30PM and Sundays at 2PM
doors open 1 hour before showtime

RU MENG
Antelope Staff

During Disability Awareness Week, Nov. 9-12, Mark Wellman spoke in the Wellness Center Thursday about how he climbs rock walls, even with a disability.

A mountaineer since age 12, Wellman has ascended over 50 Sierra Nevada peaks. An accident on his descent of the Seven Gables in the John Muir Wilderness in 1982 left him paralyzed from the waist down. After his accident, he continued climbing. In 1989, he and his climbing partner Mike Corbett made history with their ascent of the 3,000-foot face of El Capitan in Yosemite National Park.

Wellman is a former member of the United States Disabled Ski Team and competed in two Paralympics. In 1993, he skied 50 miles and was the first paraplegic to sit-ski across the Sierra Nevada

Mountain Range.

David Brandt, UNK academic service coordinator, said, "Our UNK Collegians for Integration and Accessibility, a student organization, invited Mark Wellman to speak to our students."

Brandt said the event has not only been a great way to show students an awareness of disabilities on campus, but more importantly, focus on what people with disabilities can do, not what they cannot do.

Other Disability Awareness Week events included a presentation on disabilities in the workplace, a talk from the ARC of Buffalo County and a student panel on disabilities.

During the faculty luncheon Tuesday in the Cedar Room in the Nebraskan Student Union, a panel of experts presented Read and Write Gold Edition.

Read and Write Gold Edition is a campus-wide literacy support program

used at hundreds of colleges and universities across the country. The program supports reading, writing, research and study skills tools for struggling readers and writers, English language learners, international students, students with disabilities and faculty.

Debbie Shaw of TextHelp, Brian Wojcik from the UNK Department of Education, Pam Cody of Assistive Technology Partnership and UNK student Katrina Maxwell were on the panel.

The Color of Abilities Tree located in the Nebraskan Student Union Monday through Thursday asked the public to add a color to the tree in honor of someone with a disability.

All events were free and open to the public. Disability Awareness Week was presented by the Collegians for Integration and Accessibility and the Academic Success office.

You can't stay bored at the Nebraskan

OMA Week, The Korean Festival, blood drive, Gingerbread Competition upcoming

KEYLI ALDANA
Antelope Staff

It's hard to believe students could ever be bored or have nothing to do on campus. The Nebraskan Student Union offers the campus community: food, coffee, billiards, a sit-down area, a bookstore, the Office of Multicultural Affairs and numerous events throughout the year.

OMA WEEK FESTIVITIES

OMA week is happening this week. See the event calendar. This is a week for the campus multicultural organizations to celebrate their culture with the community. On Thursday Nov. 19, through A Walk In Their Shoes in the Ponderosa Room from 6-8 p.m., students can learn more about each organization in OMA and what campus organizations involved promote.

The Office of Multicultural Affairs will present games, food, prizes and entertainment that will showcase a variety of cultures.

"Students can look forward to seeing lots of diversity. Anyone can go and learn about so many different cultures all in one day. It includes language, traditional dishes and aspects of each culture included," junior business administration



major Laura Tercero from Crete said. She is involved in the Hispanic Student Association part of OMA.

On Sunday Nov. 22, the Korean Student Association Festival will be held in the Ponderosa Room at 7 p.m. This event includes a show, dancing, food and other activities that come from Korean culture.

Students can also participate in the blood drive on Nov. 23 at 11 a.m. to 5



This week Korean Students Association at Kearney has continued multiple rehearsals for the Korean Festival Nov. 22. Yoo Hyung Cheol, from South Korea, presides over Korean traditional wedding ceremony, one of the sketches for the festival. Caption info by Yejin Lee

p.m. in the Ponderosa Room hosted by the Health Science Club.

Students are always able to use couches and the food court as a sit-down place in between classes and to enjoy being around other students. Organizations often table at the union to promote events and causes or fundraise.

Although we are getting closer to the end of the semester, there are still plenty of

events planned.

UPCOMING EVENTS

On Dec. 3, LPAC (Loper Programming and Activities Council) will have their annual Gingerbread Competition where students can form groups to compete with other students in building the most creative gingerbread house.

Every December, LPAC hosts the gingerbread house competition, a friendly and festive event, which allows students to take a break from studying for final exams.

Gingerbread teams can consist of one to eight people, and the house must be built in the 20-minute allotted time. Graham crackers, frosting and spatulas will be provided, but participants must bring their own food coloring, candy and other decorative items. All decorations on the house must be edible, and no preassembled pieces will be allowed.

Past designs have included the White House, an igloo, the UNK bell tower and a lighthouse.



By: L. A. Bonté



For more comics and animations visit FilbertCartoons.com

Your future depends on this

Choosing a major can be hard, here are some tips to help make this big choice

UNK COMMUNICATIONS

"What are you going to do for the rest of your life?" That sounds daunting for a college-bound student to answer, but that's usually what people want to know when they ask, "What's your major?"

For many 15 to 19-year-olds, the answer to that question will ultimately influence a large part of their future. It will affect their first job out of college, what city they will live in, who they will generally hang out with and what quality of life they will have. Feeling some pressure yet?

The truth is, this decision is supposed to be fun, exciting and yes, scary! But a student's initial choice is usually not set in stone. Many sources report that 80 percent of college students will change their major at least once. So remember, it's okay to start out as Deciding instead of declaring a major right away. Perhaps that lessens the pressure.

There's no perfect formula or equation to determine what one's major and career should be. However, there are resources to help guide you. At the University of Nebraska at Kearney, the Academic and Career Services office advises students to take the FOCUS-2 Career Assessment. This test is designed to help them select the right major and develop a career plan.

"FOCUS-2 is a site where students can search for career information based on industry, job title and related majors," says Aaron Estes, Associate Director for Academic and Career Services at UNK. "The site has several assessments that connect students to careers based on their interests, personality, values and skills. Students have access to a great deal of information that allows them to make educated decisions related to major selection."

Even with these resources, the choice is still up to you.

CONSIDER YOUR OPTIONS

- 1) Know your skills and interests.



"I'm majoring in Molecular Biology and am pre-Cardiovascular Perfusion. I started college as a Biology comprehensive major. In the first few weeks of school I met Dr. Kim Carlson, after learning I was pre-med she asked why I wasn't majoring in Molecular Biology because the prerequisites matched perfectly with medical school requirements. After doing some research I realized she was right and I changed my major and made her my advisor. I think this just goes to show how willing UNK professors are to go out of their way to make sure we are successful."

-Jordanna Glock, Senior from Shelby, NE



Take an honest look at the subjects and skills you are best at and be realistic with your strengths and weaknesses. Also, think about the activities, courses and topics that inspire you. Are you

more social, artistic, investigative, conventional, enterprising, realistic or other? Answering questions like these will point you in the right direction.

- 2) Don't just think about life right

now or right after college. Think into the future. Remember that your lifestyle will change over time. Your career path should cater to your life and offer a nice balance between work, family, hobbies and everything else.

3) Consider what type of community you prefer and how flexible you are with where to live. Certain fields require people to move...a lot... to advance. Then there are those fields that present opportunities to settle down and stay in one spot for years. Some careers are most accessible in big cities. Others are more prevalent in smaller communities. Which sounds more appealing to you?

4) Find out what the job market is like in your chosen field. For example, in Nebraska, there is a significant shortage of nurses. That means ample opportunities for work right out of college for nursing students. Ask your prospective college or university for a list of majors with high job placement. At UNK, many programs have a job placement rate that's at or near 100 percent, including accounting, athletic training, education, computer science and information technology, graphic arts, industrial technology, school psychology, and speech-language pathology.

5) Remember it's not always about money. Yes, that's the primary reason we all work – to earn a living. But it's more than that. Like the saying goes, "If you like what you do, you'll never work a day in your life." There are many career fields that are so rewarding in more ways than a paycheck. If that's important to you, choose a major that will allow you to make a difference for others, regardless of what the average starting salary is. We're looking at you, teacher education majors!

So what are you going to do with the rest of your life? It's a major decision. Take your time and be smart about it. Making the right choice will help lead to an enjoyable college experience and, hopefully, a happy life.

GAME LEARNING from page 1

His study "Using Games in Online Education: Is it a Winning Strategy?" which was published in the Online Journal of Distance Learning Administration, examined the impact of adding game elements on students' performances in an online setting.

The study examined two online graduate-level course sections – a treatment group and a control group. The classes had the same assignment requirements, but one class used game elements to supplement the lectures.

The findings indicated that more studies need to examine the impact of game-based learning on students' academic performance and whether the nature of the assignments

or subject areas makes any difference in the impact of students' grades.

However, Vu concluded that integrating games into online learning has the potential to help students achieve a higher degree of engagement in their online courses.

"My research interest is in game-based learning to promote student interest and engagement in the learning environment," Vu said. "I want to motivate students to log in to class more often to promote student learning."

Phu Vu got the idea to incorporate game-based learning in his online classes after watching his young son, Andy, play video games.

MORTAR BOARD from page 1

meaningful activities and campus/community projects throughout one's year of collegiate membership.

The chapter on UNK's campus, Xi Phi, was officially chartered on April 24, 1988. UNK's chapter has had a long history of excellence, having been awarded the Gold Torch award 15 of the last 16 years by the

national Mortar Board organization. This award designates that they have exceeded the expectations for a chapter in the areas of scholarship, leadership and service.

For more information check out their website at mortarboardunk.blogspot.com or contact the advisor, Dr. Kenya Taylor, at taylork@unk.edu.

BLACK FRIDAY from page 2

jail cell. "My little Dustin is going to have an X-Box for Christmas this year. No one can take that away from him. Not even the police. Shopping isn't a hobby for me, it's a war. So I have to spend a little time behind bars. So what? I didn't punk out. I fought hard for my family, and I'm proud of that."

The news story about it can be found at <http://dailycurrent.com/2013/11/30/woman-kills-three-for-last-x-box-at-chicago-wal-mart/>.

Well, if fatally wounding three people – including a young pregnant woman – gets you an X-Box, so what? It's not like their

families' holiday seasons are now ruined or anything.

That's just the thing, though. It seems like no one cares about anyone else. Or, if they do, it's a shallow type of caring. Black Friday has allowed consumers to place the value of material items above the value of human life.

That. Is. Wrong.

Instead of taking such precious family time away from others by making them work on Thanksgiving, let's spend the time we would've spent waiting in line or shopping to help others have a happy holiday season.

MENTAL HEALTH from page 4

mental health. We learned that when given a safe forum, young people are eager to join the conversation and become committed to being part of the solution.

So, let's make a resolution to talk to each other. Let's commit to learning the warning signs and starting the conversation when a young person needs help. As a community, let's learn our needs, find out about recovery resources and explore ways to improve

and augment our resources.

Come to one of our events or organize your own. Organizers of "Text, Talk, Act" events can win \$1,000 prizes for their schools or community organizations, and the campaign provides all the materials needed to organize an event.

To find an event in your area, sign up for the contest, get materials for your own event, or learn more about mental health, visit <http://creatingcommunitysolutions.org/texttalkact>.

ACTIVE SHOOTER from page 3

team for this area have come to campus and completed training with certified staff members in our buildings. They do this to become familiar with our buildings and to get to know UNK's police department.

Hamaker said the university is also attending and hosting training events. "We have held three active shooter trainings this semester with a total of approximately 100 people attending the three combined classes. We also hosted the Department of Homeland Security, who put on an Active Shooter planning class. This class was for private businesses, schools and government entities to assist them in creating active shooter response plans. We had approximately 100 attend this training."

Before the end of the term, Hamaker said that on Tuesday, Nov. 17 they will host Recognizing and Preventing Violence Training from 2:30 to 4:00 p.m. in Copeland Hall 142.

As far back as 2012, a mock exercise was conducted in Conrad Hall that started as a hostage situation, and it evolved into an active shooter. The exercise called for hostage negotiations. In addition, Police and Parking services has a video, titled "Shots Fired," and they have used it to train faculty/staff on what they can and cannot do by teaching the "get out, take out, hide out" philosophy.

Hamaker said we need to continue to expand and develop our training procedures and spread it around campus.

I was curious about opinions of some students on campus, for it is their safety in question. I asked each of them the same question regarding the likelihood of a school shooting occurring here.

The first student said it could happen here because it could happen just about anywhere. They felt that there was a 20 percent chance of it happening here.

The second student did not see it as probable. From the people they had met so far in college, the likelihood of a shooting occurring did not seem high. At least, they hoped not, anyway.

The final student said a shooting happening here was just as likely as anywhere else. With UNK being a smaller community as compared to some larger ones out there, statistically the chances are not as high, but there are other factors: psychotropic drugs and the usage and withdrawal from the drugs play a huge part. This student stressed the need for educational programs to be implemented on campus to bring awareness and to teach others what to look for.

Awareness is only the first step. Taking direct action to make the change is the next. The point is not to frighten, but to enlighten. It is imperative that you all know how much you can do.

Something all can do could also prevent an active shooter incident: Show kindness to others, make them feel welcome and wanted, and never turn your back on anyone.

If you see someone hurting, talk to them. If you see someone standing alone, stand with them. A little kindness goes a long way.

Consider your own peace of mind while developing awareness in a plan for students through an exercise planned through the National Institute for Civil Discourse: "Text, Talk, Act" is a mental health awareness campaign, with text-message enabled community events going on throughout November.

These events are designed to reach young people right where they live, through the use of mobile technology and social media. The events, which will be occurring across the country, encourage candid, face-to-face discussions on mental health to reduce isolation and misunderstanding and teach teens and young adults how to get and give help, when necessary.

greek

Sisters for Soldiers exceeds expectations

225 boxes sent to soldiers, 75 more than last year

RACHEL SLOWIK
Antelope Staff

With the holiday season quickly approaching, organizations try to give back in some way. On Nov. 12 Alpha Omicron Pi sorority hosted their third annual Sisters for Soldiers event. The sorority invited the Kearney community and UNK students to build boxes to send to soldiers overseas.

Weeks before the event, Alpha Omicron Pi set up booths outside local grocery stores and asked for donations. Philanthropy chairman Dani Vallis said this helped the community know more about the event.

"We received so many donations - monetary and items we could box. It was so great to see not only the UNK student's support, but also the Kearney community!"

In the weeks leading up to the event, Alpha Omicron Pi raised \$3600 in donations. This money went towards the shipping of the boxes and buying items to put into the boxes. The event was strictly donation based.

The event was hosted in the Alpha Omicron Pi house. The house was filled with good spirit and music. As participants came to the house they were warmly greeted and asked to write a letter to a soldier. Once they finished writing, they went to assemble a box. These boxes consisted of snacks, playing cards and Sudoku booklets.

"Last year we were able to send 150

boxes to soldiers overseas. Our goal this year was to send 175 boxes. At the end of the night, we managed to make 225 boxes to send to soldiers. This was 50 more than our goal and 75 more than last year," Vallis said. She gives thanks to the Kearney and UNK communities for all their donations.

Junior Kristen Benner is a member of Alpha Omicron Pi. She explained how special she thinks Sisters for Soldiers is: "I think sending boxes to the soldiers is so heartwarming. The holidays are coming up soon, and everyone talks about doing service at during this time. I'm so glad that Alpha Omicron Pi gave me an opportunity to give back to those serving our country. It also makes me happy because UNK is not the only campus to host this event."

Sisters for Soldiers happens across the country on campuses with Alpha Omicron Pi chapters. The Alpha Omicron Pi chapter at UNK had their first Sisters for Soldiers event three years ago.

Another member of Alpha Omicron Pi, Kendall Renken, said she is so proud of the way this event has grown since her first year in the sorority. "I'm a senior this year, and seeing how much this event has grown makes me very proud. I can only imagine how the event will be next year."

When asked about goals for next year, Vallis smiled and said, "The goal for next year will be of course to send more boxes. I know we will be able to because we have sent more and more boxes each year. The community always comes together and exceeds all expectations."

Photos by Rachel Slowik
Alpha Omicron Pi was able to send 225 boxes to soldiers. This was 50 more than their goal.



1) Members of Alpha Omicron Pi help participants write letters to put into their boxes.

2) (Left to right) Jaidin Stonacek (sophomore from Lincoln), Ashley Padgett (junior from Shelton) Caitlin Leitner (sophomore from McCook) and Sami Cromer (sophomore from Kearney) help pack boxes for soldiers. Boxes were packed full with candy, Sudoku books and playing cards.

GINGERBREAD HOUSE CONTEST

Thursday, Dec. 3, 2015
5:00 PM | Ponderosa Room
Teams of 1-8 People

FOR MORE INFORMATION AND TO REGISTER,
GO TO THE STUDENT UNION WELCOME DESK!

