



The Antelope would like to wish all students good luck with finals!



See more photos on page 5



## SENIOR VCD MAJORS PRESENT BODY, MIND, SOUL SHOW

Photo by Staff

The Fall 2015 Visual Communication & Design Senior Show opened Monday and will run through Dec. 18. Seniors Marie Bombeck, Taylor Cody, Marissa Pfeifer and Vanesa Wragge each created design vignettes and products for a visionary product display.

LEFT: Norfolk senior visual communication major Marie Bombeck checks her exhibit just before the show opens Monday. Bombeck created a Pup Palooza adoption campaign.



See more photos on page 12

## Gifts on a budget

Save big \$\$\$ during holidays



**KEYLI ALDANA**  
Antelope Staff

College students are constantly balling on a budget. We spend on what we don't need and don't have enough for what we do need. We say we need something when we only just want it – really bad. If you've been in college and you've never felt broke, are you really a college student?

Although we wish we could spend on lavish gifts for friends, families, boyfriends and girlfriends, our penniless bank accounts don't allow us to do so. Sales, do it yourself (DIY) presents and coupons help us spend less during the giving season.

Sales on Black Friday and Cyber Monday aren't the only ones around. Many department stores and companies set sales at this time of the year, knowing customers are looking for gifts during the season. Although we'll want to hit every inch of a store and online website, steer clear of the regularly priced items. If we force ourselves to continue browsing the "on sale" or "clearance items" sidebar or page, we'll be saving big bucks.

DIY presents can be not only low bank account-friendly gifts but also very meaningful. Gifts don't have to be expensive. Students can use their talents to create something wonderful for the gift-giving holiday. Can you knit a sweater? Can you draw, paint to create a beautiful canvas or frame a photo?

These items can be simple. Several websites, such as Shutterfly, also let you put together a calendar, mugs and other home decor full of pictures of you and your loved ones. These can make such great gifts.

We can't forget the coupons. Retail stores send an enormous number of coupons during this time of the year. If you

## First multicultural sorority celebrates 10 years on campus

### UNK COMMUNICATIONS

Lambda Theta Nu, the first multicultural sorority at the University of Nebraska at Kearney, recently celebrated its 10th year on campus.

"The sorority was started by seven ladies because there wasn't a multicultural sorority. They wanted a sorority that described them better," said Cristian Rodriguez, a Lambda Theta Nu alumna. "They wanted to build a sisterly bond on campus."

The sorority aims to create opportunity for Latinas on campus. The primary focus of the sorority is academic excellence and meeting the needs of Latina women in higher education. The sorority also offers opportunities for campus activities and community service.

Lambda Theta Nu's philanthropy project is The National Tijeras Community Service Program, which addresses educational needs in Latino communities. "Tijeras" translates to scissors in English,

and just as scissors are composed of two blades, the philanthropy has two components – leadership and literacy.

Lambda Theta Nu organizes and executes the Latina Youth Leadership Conference each year. The conference aims to inform and empower middle school girls to follow their dreams and pursue higher education. Session topics include self-esteem, bullying and peer pressure. Last year, 120 girls from central Nebraska attended the conference. The next conference will be Feb. 11, 2016.

Lambda Theta Nu also organizes Literacy Grams Week. The sorority reads to elementary school students and helps them with their homework, raises money for their Latino Literacy Fund and organizes events aimed at raising awareness about the importance of literacy.

The sorority has 78 current members and alumnae.

Current members and alumnae celebrated their anniversary Nov. 7 with a dinner and dance. Samuel Lopez, the



The Lambda Theta Nu sorority crest.

sorority's original advisor and former professor at UNK, was in attendance along with five of the seven founding members.

"It's a big deal to build onto the legacy of the sorority and keep it going," said Rodriguez.

Lambda Theta Nu Sorority, Inc., is a Latina-based sorority, which was founded in 1986 at California State University, Chico by 18 women.

# TAKE ME HOME TONIGHT



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# Hit play & sing it out

*A rendition of "The 12 days of Finals" may lift a little stress during the week that won't stop*



**KORI HIXSON**  
Antelope Staff

It's an odd feeling trying to get into the spirit of the holiday season, not knowing whether or not you will even survive finals week and be able to make it home for Christmas, isn't it? As I am preparing to harness my festive feelings, I am slowly drowning in the impending doom that is... Finals Week.

I love Christmas music. And I do mean, LOVE. So, I felt it was only appropriate to do a little rendition of a classic, well-known Christmas carol, "The 12 Days of Christmas," but with a little spin on it. Open up a tab on your laptop, find the karaoke version on YouTube, press play and join me in the madness that is the "12 Days of Finals."

## 12 DAYS OF FINALS

On the first day of finals my course load gave to me: a doubt in my college degree.

On the second day of finals my course load gave to me: two group projects and a doubt in my college degree.

On the third day of finals, my course load gave to me: three Netflix breaks, two group projects and a doubt in my college degree.

On the fourth day of finals, my course load gave to me: four calls to home, three Netflix breaks, two group projects and a doubt in my college degree.

On the fifth day of finals, my course load gave to me: five hours of sleep! Four calls to home, three Netflix breaks, two group projects and a doubt in my college degree.

On the sixth day of finals, my course load gave to me: six grades a-falling, five hours of sleep! Four calls to home, three Netflix breaks, two group projects and a doubt in my college degree.

On the seventh day of finals, my course load gave to me: seven students sneering, six grades a-falling, five hours of sleep! Four

calls to home, three Netflix breaks, two group projects and a doubt in my college degree.

On the eighth day of finals, my course load gave to me: eight professors jeering, seven students sneering, six grades a-falling, five hours of sleep! Four calls to home, three Netflix breaks, two group projects and a doubt in my college degree.

On the ninth day of finals, my course load gave to me: nine deadlines nearing, eight professors jeering, seven students sneering, six grades a-falling, five hours of sleep! Four calls to home, three Netflix breaks, two group projects and a doubt in my college degree.

On the tenth day of finals, my course load gave to me: 10 mental breakdowns, nine deadlines nearing, eight professors jeering, seven students sneering, six grades a-falling, five hours of sleep! Four calls to home, three Netflix breaks, two group projects and a doubt in my college degree.

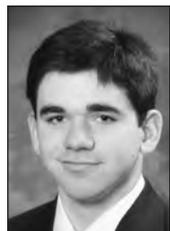
On the eleventh day of finals, my course load gave to me: 11 pages pending, 10 mental breakdowns, nine deadlines nearing, eight professors jeering, seven students sneering, six grades a-falling, five hours of sleep! Four calls to home, three Netflix breaks, two group projects and a doubt in my college degree.

On the twelfth day of finals, my course load gave to me: 12 assignments missing, 11 pages pending, 10 mental breakdowns, nine deadlines nearing, eight professors jeering, seven students sneering, six grades a-falling, five hours of sleep! Four calls to home, three Netflix breaks, two group projects and a doubt in my college degree.

So regardless of your current mental state, GPA, motivation (most likely a lack of), I hope this finds you in a cheery and optimistic mood as you battle through the last couple weeks of the semester. In reference to Kevin in Home Alone, "Merry Christmas, ya filthy animal!" But, please don't keep the change, I am still a broke college student.

# Every Who down in Whoville '(Dis)connected'

*"With no family, no friends and no bearings, my dream looked pretty hopeless," Hunke said*



**ANTHONY HUNKE**  
Antelope Staff

A few nights ago, I was plagued by a horrific nightmare. There I was, floating adrift across miles of open space. I was unaware of where I was: I was lost. It did not matter which way I looked because every direction held nothing but a wide expanse of nothingness. With no family, no friends and no bearings, my dream looked pretty hopeless.

I awoke with a violent shudder; what could that have meant? Now, I may be no expert in the field of psycho-analytical dream interpretation, but I can gather a rough understanding of what had transpired within the recesses of my subconscious.

On the evening of Dec. 4, at 7:30 p.m. in the Fine Arts Building, the fall dance concert presented an evening of music, movement and magnificence. The performance was titled "(Dis)connected," and the prevailing theme was that, with our contemporary generation, we are becoming extremely disconnected from reality.

This is a fact that I had already known, a common theme illustrated how

desensitized we have become to media severely integrated into our construction of reality. It becomes difficult for people, myself included, to see the problem.

Many think that it is perfectly normal to text someone in the same room. Some people think it is not rude to text while hanging out with friends. Do not get me started on how often I see people randomly posing for "selfies" in front of their phones. Selfie obsession is pretty easy to spot.

Do not misunderstand me; I am not calling to revoke all of these forms of technology. In fact, I use many forms myself. I have a phone, like many others, but I must say that by rocking the basic phone, otherwise known as a "brick," my experiences are far different from that of a smartphone user.

I realize I too have become a part of this desensitized society. But, the first step to solve an issue is to realize that there is an issue. Thus, my main goal comes to focus.

I am sure, for many of you, as you grew up, you have heard the classic, "Back in my day, we did not have those fancy gadgets," line from some respectable, older individual. For a while, I used to think that jealousy may have been a reason for their annoyance, or perhaps frustration due to the cellphone's complexity to even our generation's users.

However, I see things a bit clearer now. Their annoyance is not at the technology, but at us. Look how far we have come in the last one hundred years. We have seen advancements in medicine, in warfare, in transportation and in personal conveniences. For such an intelligent and advanced race, why can't we understand that this technology we developed to help our lives become better is, slowly but surely, integrating us into its culture?

Technology has come along so far and so fast that it has become like any culture on earth: advanced, comprehensive, filled with specific, meaningful code and rules. In fact, our obsession with tech is beginning to resemble a "Terminator" scenario where a complex computer mainframe becomes self-aware and starts trying to remove humanity, the last threat that stands in its way. Perhaps, for those who are not fond of "Terminator," it would be better to compare it to the "Matrix," an entire world created by the machines to keep the minds of their human prisoners captive.

The point of all this is to express my concern with how our contemporary society is progressing. It seems that we are on the verge of a "Terminator" or "Matrix" moment. We just need a "Skynet" or "Genysis" to be released to finish the job

and enslave us all. What I offer is an old-fashioned alternative.

For ten minutes a day, go outside and smell the fresh air, watch the fluffy clouds roll overhead or smell the flowers. Sit on a stump and just observe life if necessary. The next time you go out with a group of friends, have everyone place their phones in the middle of the table, and make it a rule that the first person to go for their phone has to pay the bill. Do not text while with another. Do not text someone sitting in the same room and, to the best of your ability, return to the way humanity was meant to be.

I will agree to work on it as well; otherwise, I would be bordering hypocrisy. There is so much left to the world around us, but, unfortunately, it is deteriorating as we speak. Resources are being fatigued, storms are wiping out entire cities, and people are being slaughtered for various reasons.

The world, as we know it, will not stay as it is forever. Thus, it is utterly imperative that we enjoy what we have while we still can. Put down the phone, tablet, iPod, iPad or i-whatever, and go explore. You might surprise yourself by finding something that you have never seen before. These revelations are the reason we have gotten as far as we have.

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# 'Look at the stars, Simba'

*UNK Planetarium to host special show  
Dec. 11 on Geminid meteor shower*



*Courtesy*

**Geminid meteors streak across the sky  
behind a barn in western Iowa.**

**LAURIE VENTEICHER**  
*Assistant Editor, Copy Editor*

We may not be Simba staring at the stars with Mufasa, but that doesn't mean you can't watch the night sky anyway. Especially since the year's best meteor shower began last week.

To celebrate and encourage curious individuals to witness the phenomenon, UNK's planetarium will host a show on Friday, Dec. 11 at 7 p.m. in the Bruner Hall Planetarium.

An overall better display than the well-known Perseids in August, the Geminids are typically under-observed due to cold temperatures. The meteor shower began on Dec. 4 and is predicted to peak on the nights of Dec. 13 and 14.

According to NASA, stargazers may witness as many as 120 meteors shooting across the deep blue sky every hour at the peak. This spectacular show is caused by

the Earth's passing through a trail of debris left from the asteroid 3200 Phaethon.

The Comet Catalina, first spotted by scientists in 2013, may make a cameo during the Geminid meteor shower. Originally thought to be an asteroid, scientists quickly realized the icy Oort Cloud surrounding our solar system had produced a comet.

Just before sunrise, stargazers should look towards the Virgo constellation to catch a glimpse of Catalina. The comet should be visible in the Northern Hemisphere until mid-January.

For the best chance of viewing this light show, stargazers should find a place away from light pollution: a few miles out of town. Give yourself enough time to let your eyes adjust to the dark; make sure to dress warmly and bring blankets before setting your gaze on the clear night sky.

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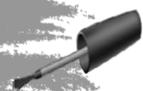
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# A world of talent connected for '(Dis)Connected'

*UNK's modern multimedia dance show explores technology's impact on humanity*

**KATE BOWER**  
Antelope Staff

The UNK Department of Music and Performing Arts premiered their talents to a full house on Friday and Saturday (Dec. 4-5) in the Studio Theatre of the Fine Art's building.

"The show presents many exciting facets," said UNK dance program director Dayna DeFilippis. "The fun thing about dance, is it's a communitive art form but it's nonverbal, so it can cross a lot of disciplines. The show combined not only dance, but also communication, music, video and literature. '(Dis)Connected' explores the ever-increasing impact of technology on our humanity."

The show presented six original pieces that all explored a different aspect of technology. Although the pieces were each individual components, when regarded together a larger observation was revealed.

Guest artists also took part in creating the show: Ariella Brown and Todd Allan Brown. Ariella Brown is a choreographer from Tacoma, Washington, while Todd Brown is an architect from Hastings. Brown's film "Then/Here" was shown with live dancing during the show.

Along with the guest artists, composers contributed to the show with their musical talents. Anthony Donofrio, a composition professor, Tyler Hileman, a senior music business major from Overland Park, Kansas, and Kory Reeder, a fifth-year senior music composition major from Kearney, all displayed their musical talents in the show.

Janice Fronczak, a performance and playwriting professor at UNK, was the writer and director of the artistic transitions during the show. DeFilippis acclaimed Fronczak on being such a great collaborative artist. Also, the students of the Video Production Foundations course compiled a documentary, "Being (Dis) Connected: A Documentary," that began



More Photos online @  
[UNKANTELOPE.COM](http://UNKANTELOPE.COM)

the show.

The show featured 11 dancers:

Tommy Augustine of Crofton  
Breanna Carter of Papillion  
Chloe Christensen of Fremont  
So-Young Chun of Ansan, Korea  
Mary Dworak of Omaha  
Makenzie Hinrichs of Hastings  
Brianna Melroy of Kearney  
Tanner Peshek of Hastings  
Akira Watanabe of Gifu, Japan  
Mizuki Watanabe of Choshi, Chiba, Japan

Minori Yamauchi of Yokohama-Shi, Kanagawa, Japan

DeFilippis commended all the dancers, "Everyone has done a really great job!" She said that dance is really personal and time intensive and that the dancers are invested in the pieces, which makes the show as a whole exciting. The performers began preparing for the show in the studio in September, putting in numerous hours each week.

It was obvious after watching the show that a lot of time and hard work was invested. The dancers, production staff and the director all put in countless hours, which aided in the show's success.

In the director's note, DeFilippis said, "It is in this dichotomy that '(Dis) Connected' attempts to investigate the many facets of communication, self-identity and human interaction as they relate to and evolve with the influx of technology and social media." The show questions, "What is it that we, as a society, give up for the benefit of instant access and virtual connectivity? Do the benefits outweigh the losses?"

Sophomore theatre major/dance minor Melroy says, "My hope is that the audience feels something as they watch the show." She said that no two audience members will walk away with the same reaction. "I hope they (the audience) realizes that technology does disconnect us, but it is also moving us forward." She added, "We just need to find that happy middle ground."

As the show concluded, it left the audience pondering the questions: How have we as a society become detached due to the wide overuse of technology? How has technology changed everything about communication? And finally, when will we recognize that we truly are disconnected?

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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# Pulling an all-nighter for St. Jude's young fighters

**RACHEL SLOWIK**  
Ad Manager

Last Thursday, Dec. 4, the annual St. Jude Up 'til Dawn event raised an astounding \$37,062 for St. Jude Children's Research Hospital.

More than 250 UNK students stayed up from midnight to 5 a.m. to raise funds, support and honor families of children with cancer and other life-threatening illnesses. St. Jude Up 'til Dawn is a national event for colleges and universities. At UNK, students sacrificed a night's sleep to help raise funds for the hospital. UNK had 26 teams of students participating in the event.

Participants enjoyed three main events. They decorated team bandannas, competed in a relay race and battled in a lip sync contest. There were many breaks,

dancing and food to help participants stay awake.

UNK students have participated in a year of fundraising, with the Up 'til Dawn challenge highlighting their efforts. Fundraising will continue by UNK students during the spring semester.

St. Jude is a cancer research hospital that ensures that each patient and family does not pay a dime for care. Over the last four years, UNK students have raised more than \$197,000 for St. Jude Children's Research Hospital through its Up 'til Dawn event.

Because of donations, families never receive a bill from St. Jude Children's Research Hospital for treatment, travel, housing and food. This can help the family member fully focus on their loved ones.

Assistant Executive Director for St.

Jude Up 'til Dawn, Dani Vallis, says her favorite part from the event was seeing the students work together for a great cause. Vallis says she knows firsthand how beneficial it is to not have to worry about medical costs because she has been a patient at a similar hospital where all costs are paid.

Vallis said, "After learning about St. Jude and the miracles they perform everyday, I knew I wanted to be a part of this organization to not only make a difference myself, but encourage others to do so as well."

Vallis says her favorite part of St. Jude Children's Research Hospital is all the amazing work they have done since they first opened in 1962.

"Seeing the money we raised from this event makes a difference in the lives of children that have had a much harder life

than mine makes me happy. It makes me want to give back so much more."

Junior Kristen Benner participated in the event for her first time last week. She says she saw how successful Up 'til Dawn was last year, and she wanted to make it a goal of hers to participate this year. She was in a team with her sorority sisters, and the team raised approximately \$600 alone.

Benner says, "I can only imagine what the families of St. Jude are going through, so to know we're helping them is a reward alone. I can sacrifice one night's sleep for all those families who have to go through so much. I'm so glad UNK offers this event because it is helping families not worry about medical expenses. To hear we raised over \$37, 000 is amazing. I can only hope when I participate again next year, we can raise even more!"



1

*Photos by Jessica Nichols*

1) Audrey Arsenian, pre-nursing, made her bandana tie-dye to match the rest of her groups. During this activity, all of the groups had to design their bandannas and then tell everyone why they designed them the way they did.

2) Aaron McCauley, family studies, and Montaya Anderson, organizational communication, served as the MC's for the event. "My favorite thing about being an MC was I got to mix my loves for comedy, high energy and children together to motivate people to keep chugging," McCauley said.



2

Photo by Jessica Nichols



3) Siera Becker, exercise science, Kim Hall, elementary education and special education, Audrey Arsenian, pre-nursing, and Kelsey Hassenstab, psychology and business administration, stop to throw up their lopes during a quick game of volleyball.

4) Kiela Kuszak, social work, shows how happy she is to participate in Up 'Til Down when making bandanas with her team. The team wrote "Shooting for a cure" across them.



More Photos online @ [UNKANTELOPE.COM](http://UNKANTELOPE.COM)



Photos by Rachel Slowik

5) Junior Courtney Hayden from Kearney served as Athletic Organization Chair.

6) The UNK women's soccer team showed support for St. Jude Children's Research Hospital by forming a team to help raise funds.

Photos by Jessica Nichols

7) During a portion of the obstacle course, participants had to hold pool noodles to their foreheads and spin around ten times before they could continue on.

8) From left to right: Drew Thompson, Jacob Wiedeburg, Adam Ripp, Ben Rickert, Evan Augustyn, and Zack Wayman proudly show off their group bandanas dedicated to Blake Brouillette. "We met Blake through SigEp. He was very involved with St. Jude during his time at UNK, being on the first UNK executive board and then working nationally with St. Jude. He inspired myself and the rest of my team to get involved and fundraise for the hospital, so that's why we dedicated our team to him," Ripp said.

# CTE residents celebrate Christmas in style

*Students take a study break to compete in an ugly sweater contest and gorge on some delicious Eileen's Cookies*

**MACKENZIE CROWDER**  
*Antelope Staff*

On Dec. 1 in the main lounge of CTE, a Christmas CAN (Community Assembly Night) was all a-buzz. The ever-so-subtle smell of Eileen's Cookies lingering in the air was reason enough to venture into the main lounge to see what the ruckus was about.

Happy faces of the Resident Assistants welcomed students jittery with excitement for the night of fun to begin. With 72 cookies being laid out on the table and two big tubs of green and red frosting waiting to be smeared on each cookie, the residents took their seats.

"Look at all of the frosting!"

"Can we eat the frosting straight out of the tub?"

"I don't think 72 cookies will be enough..."

"I'm going to make my cookie with a design because I'm crafty like that."

Stomachs rumbling and mouths watering, people were finally able to take cookies and dig in.

After the festivities were over, Miranda Peterson, a freshman from Gordon, could be seen literally spooning all the remaining red frosting into her mouth. Peterson didn't regret her decision one bit because she's always loved eating frosting right out of the tub and said she would do it everyday if she could.

With tummies full and laughs all around, the ugly sweater contest commenced. The top two contenders, chosen by their peers, stood in front of the group. Middle school education major Jared Sanford stood by each contestant awaiting the crowd's cheers to resound around the lounge.

"For our first contestant, CAN WE GET SOME NOISE?"

(Cheers) Contestants line up.

"How about our next contestant? Isn't this a crazy sweater, LET'S HEAR IT! (Hoots and hollers)

After two rounds of cheers for each ugly sweater, the top two were chosen and each was awarded a box of Butterfinger Cups as their prize.

After the ever-so-gruesome contest, everyone came together and took an awkward family photo. Apparently this event had not been advertised as much as the other activities because many residents looked around with confusion set in their faces.

"What!?" said many of the residents, "How are we supposed to do this?" To say the least, the picture was in fact awkward, but the residents didn't have to try their hardest for this to happen.

"Taking the awkward family photo was hilarious," said Jackeline Salas, a freshman major from Grand Island.

Kailey D'Alessandro, a respiratory therapy major from Cortlandt, New York, said, "My favorite part was taking the awkward family photo because you got to see people in rare form. It was really funny when one of our RAs dropped someone on a chair."

To end the eventful night, everyone gathered around the television to enjoy the holiday classic "Dr. Seuss's How The Grinch Stole Christmas."

"Every Who down in Who-Ville liked Christmas a lot...But the Grinch, who lived just north of Who-Ville did NOT!"

"This is the perfect way to end the night."

"Too much sugar.... I don't know if I can stay awake."

"Christmas CAN was very eventful, I had a ton of fun," D'Alessandro said.

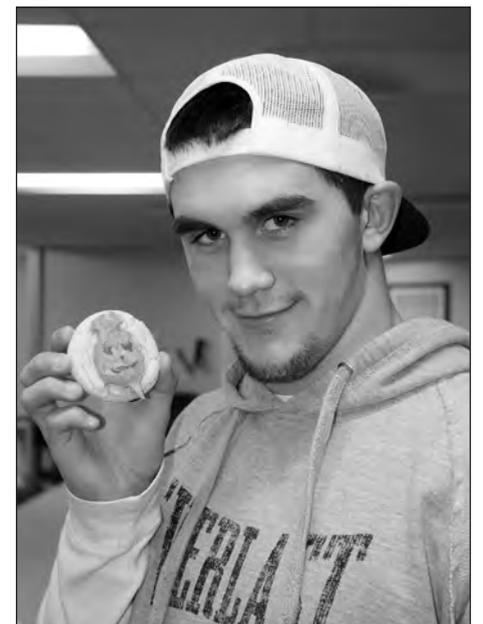


*Photos by Mackenzie Crowder*

Jared Sanford, a middle education major from Minden, awaits the cheers of the crowd for the CTE costume contest on Dec. 1. The building held its Christmas CAN and had numerous residents attend enjoying cookie decorating, an ugly sweater contest and an awkward family photo. The top two contestants for the ugly sweater contest were Alex Pinell, a freshman elementary education major from Ord, and Bre Bicknase, a freshman communication disorders major from Aurora. After many cheers and votes, it was decided that Bicknase would take home the first place prize.



Bicknase, a freshman communication disorders major from Aurora, and Molly Thornbrugh, a freshman communication disorders major from Lincoln decided to be twins at this contest. The dynamic duo strutted their stuff at the Christmas CAN party with pride showing off their fancy duds.



Cody Kingery, a freshman wrestler from Underwood, Iowa, indulged in the sugary sweets at CTE's Christmas CAN on Tuesday, Dec. 1. This activity was the most popular and enjoyed by all in attendance. Kingery got a little creative with his masterpiece by gobbing on the frosting in the shape of the Grinch.



Photo by Keysha Foulk

## ABOUT COLE WELLNITZ:

**Class:** Senior

**Major:** Health & P.E. K-12

**Hometown:** Rushville

**High School:** Gordon-Rushville

Senior Cole Wellnitz has had an excellent year so far for UNK. To start off the year, Wellnitz finished fourth place in the NW Missouri Sate Bearcat Open, helping his team capture gold with a first place finish. Two weeks later, Wellnitz sprinted to 29th place and secured a second place finish for the team in the Missouri Southern State Stampede.

The season's first true test came in the third meet for the UNK Cross Country team when they competed in the KU Rim Rock Classic against Division I and Division II schools. Wellnitz ran for a 16th place finish out of 142 runners in the meet and assisted his team with a first place finish among Division II schools.

Nearing the end of the season, pressure to compete and finish the year strong was vital. The next meet for the UNK team and Cole Wellnitz was the MIAA Championships in Victoria, Kansas. Cole ended up with a personal best of the year and cruised to a third place individually out of 82 runners. He helped his team once again capture gold with a first place finish in the meet.

With Wellnitz's confidence building after a great performance the meet before, the next test came with the NCAA Central Regionals in Joplin, MO. Wellnitz posted a 20th

## [LOPER OF THE WEEK]

"Cole's greatest leadership quality is to serve others. He's a guy that often does little things to serve others...things that often go unnoticed." - Coach Brady Bonsall

# Leading the pack



KEYSHA FOULK

Antelope Sports

### ■ Q: What made you get into the sport of cross-country?

A: I watched my older brother run cross country, and I decided I wanted to do it! And I wasn't allowed to do football.

### ■ Q: What is your favorite part about cross-country?

A: The relationships I make on my team and off the team. It is a friendly competition for the most part.

### ■ Q: How long have you been cross-country competitively?

A: Since my seventh grade year. So this would be my tenth year.

### ■ Q: Why did you choose UNK?

A: I really liked coach Bonsall, and even from the beginning of high school I hoped to get to run at a place like UNK.

### ■ Q: What has been your most memorable moment athletically at UNK?

A: My sophomore year at Regionals I was walking towards a group of teammates and Kearney spectators

Photo by Keysha Foulk

"I don't need music when I run. Most people need it to stimulate themselves and take the focus off them running. When I run, I use that time to think and clear my head."

## Fun facts about Cole

**Favorite...**

**Food:** Biscuits and gravy

**Color:** Dark red

**Trending song:** "Hello" by Adelle

**Movie:** "Lion King"

standing at the results board, then all at once everyone erupted in cheers and jumping around. We got fourth place, which qualified us for nationals, it was the first time UNK had qualified in 14 years.

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

A: I want to help my team accomplish to the best of our abilities, it is a team effort and I need to do my part. Individually, the goal is to gain another All-American status, which is top 40 at nationals. There are also a few people I'd like to beat.

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

A: Working hard when it is right to do so, but taking it easy when it is needed. Also I try to be the best example for others that I can be.

### ■ Q: What is one thing about your running style that you would consider unique?

A: I just go compete. I go out and beat as many people as I can.

### ■ Q: How do you cope with exhaustion in cross-country? Do you have a system on dealing with it?

A: I eat a lot of food, it's important to replenish all the energy we use. I try to get 8 hours of sleep every day, but of course that doesn't happen all the time.

### ■ Q: Do you have any unusual pre-race rituals?



Photo from lopers.com

## ABOUT ETHAN BROZEK:

**Class:** Senior

**Major:** Business administration

**Hometown:** Norfolk

**Position:** Forward

Ethan Brozek has been a starter for the Loper Men's Basketball team since he was a freshman. Brozek is currently averaging 15 points per game this season. Last season, Brozek was First-team All-MIAA. Throughout his career for the Lopers he has been on the MIAA Academic Honor Roll, two-time ALL-MIAA, and has scored 1,056 points with career averages of 14.1 points.

Listen in on radio station KGFW AM 1340 as Brozek and the team play University of Central Missouri on Saturday Dec. 12, or watch them in person at the next home game as the Lopers take on Missouri Southern State University on Saturday Jan. 2, 2016 at 7:30 p.m.

**Teammate Connor Beranek** said, "Ethan is the ultimate teammate. He is an excellent leader by example; he's always doing the right thing on and off the court."

**Teammate Pierce Almond** said, "Ethan is a great leader. He leads by example everyday and never hesitates to help us younger guys out when we have questions. Overall a class act guy."

**Head Coach Kevin Lofton** said, "Ethan has a great attitude and work ethic, and is an excellent servant leader."

## [LOPER OF THE WEEK]

*Ethan Brozek, a Norfolk native, helped lead the Lopers to a 18-10 record last season.*

*The senior has continued to succeed this year, averaging 15 points through seven games.*

# Basketball, it's in his blood



Photo from UNK Men's Basketball Facebook

**Ethan Brozek goes up for a lay-up at the Health and Sports Center. Brozek averaged 17.8 points and 7.9 rebounds per game last season.**

## Fun facts about Ethan

**Favorite...**

**Food:** Steak and shrimp

**Song:** "Jack and Diane"

**What is something a lot of people don't know about you?**

Something a lot of people don't know about me is that I have a twin sister, Courtney, and a 2-year-old boxer, Koa. Both are pretty big parts of my life, along with my older sister, Kelsey.

at UNK.

■ **Q: What do you most and least enjoy about basketball?**

A: The best part about basketball is spending time with my teammates on the bus or heading out to eat and just enjoying that time, as well as working together on the court. My least favorite time is probably missing out on family events and spending time with friends during the holiday season.

■ **Q: What are your team dynamics like?**

A: We all work together really well on and off the court. On the court, that comes from a large majority of us being returners and knowing each other, and we all play.

■ **Q: How do you and your team handle losses?**

A: Losses are always tough, but instead of dwelling on them we always try to find positives and things we can work on. Using a loss to motivate is something that has really benefitted us in the past and something we would like to continue to do, but hopefully not too often.

■ **Q: What are your goals for this season?**

A: I just go compete. I go out and beat as many people as I can.

**MARIA PICKERING**

*Antelope Sports*

■ **Q: What is your background in basketball?**

A: I've been playing for as long as I can remember. It all started out in the driveway with my dad and then eventually it has all led to this.

■ **Q: How did you choose UNK?**

A: I chose UNK because of the tradition they had in basketball and the want to bring back that tradition and to also be able to play for Coach Kropp and Coach Lofton, two people I really admired and still do.

■ **Q: Who do you think has helped you the most get where you are in basketball?**

A: I've had lots of great coaches over the years as well as teammates, but I would have to pick my parents: my mom for her competitiveness and my dad for his hard work and willingness to always find time to go in the yard or to the driveway and play for hours and hours. Those are the fondest memories I have of sports.

■ **Q: What have been your personal accomplishments in basketball?**

A: I have been selected for All Conference First Team once and All Conference Honorable Mention twice here

————— **BROZEK PAGE 11**

**BUDGET** from page 1

do not like to sign up for email coupons in fear that your inbox will be filled with unwanted messages, you can create an email strictly for coupon use. Coupons help you save on items you'd like and are great for saving on products, but can also be fabulous gifts. Making a coupon book for someone is a useful gift. You can collect coupons and put together a coupon book for retail stores, food and other places where most love to shop. It is a convenient gift that will make the giver and receiver happy.

Most of all, we can't forget cards. Cards allow you to express how much you appreciate someone. They are a simple

**BROZEK** from page 10**Q: What are your team goals?**

A: For this team, we would love a conference championship and a qualification for the NCAA tournament. However our main goal is just to get better every day and grow closer as a team.

**Q: How do you manage school and sports?**

A: School and practice can be difficult at times, but the key is never procrastinating and always staying organized. Getting ahead before the season and road trips start is a must as well.

**Q: What do you like to do in your free time?**

A: In my free time I like playing with my dog, Koa, playing board games, FIFA and just hanging out with family and friends.

**Q: What are your plans and goals for the future?**

A: I would like to work in Omaha or Lincoln in the business sector and be able to give back to the community in which I live, while remaining active with sports-related activities such as coaching.

**Q: Do you want to keep basketball in your life after college?**

A: I'd like to always have

way to make a person you love or are thankful for feel special. For those family and friends who do not care about material things, a card will mean more than the most expensive gift on the planet to them.

Websites like Pinterest contain many great gift ideas for people of all ages. Simply googling "inexpensive gift ideas" will bring up a countless list of places that will provide anyone with several ideas for any presents one may want to give.

Even though college students are on a budget, we don't have to miss out on the joy of gift giving and showing those we love we thought of them while choosing presents. After all, it's the thought that counts.

basketball be a part of my life whether that is a church or work league or just eventually coaching my kids. I don't want basketball to be a main part of my life, but I always want to keep a little basketball with me.

**Q: What is something a lot of people don't know about you?**

A: Something a lot of people don't know about me is that I have a twin sister, Courtney, and a 2-year-old boxer, Koa. Both are pretty big parts of my life, along with my older sister, Kelsey.

**Q: What do you want for Christmas?**

A: I actually want an espresso machine for Christmas. I am a big coffee drinker.

**Q: Is your family able to make it to a lot of your games?**

A: My parents make it to most games, home and away, while my girlfriend and sisters are able to come to most of the home games.

**Q: What is your favorite song?**

A: "Jack and Diane" is my favorite song.

**Q: What is your favorite food?**

A: Steak and shrimp are my favorites.

**WELLNITZ** from page 9

"I unfortunately didn't finish the Nationals race. I had a bad day, it started fast and I wasn't ready for it and the race just kept getting worse for me," Wellnitz said. "But I plan to come back stronger than ever.

"The team did well without me. We were ranked 14th going into the meet and ended up 15th. Maybe seeing me fall way behind the rest of the team stepped up. They all ran excellent races and got the things done they needed to."

**Q: How do you prepare for meets?**

A: In the last year I started wearing argyle dress socks for all my races. I listen to different music before races than most people too. Something that is calming like nature noise, classical, or Jim Brickman on the piano. There's a playlist on Spotify that I use often called Deep Focus.

**Q: Where do you see yourself after graduation?**

A: I'd like to be teaching and coaching at a small school. In the class c-b range.

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

A: I have a Playstation 4 I play occasionally, or I'm hanging out with friends, often times it's my teammates. Going to a fellow Loper game is always fun.

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

A: Oregon, while I was there I went to California for a day and saw the Redwoods and ocean. It was beautiful. I'd love to go back.

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

A: May I do what it takes to be a better person today than I was yesterday, not just on the outside but also the inside, and not for myself but for others.

**COACH BONSALL****Q: What kind of motivation/work ethic does Cole have?**

A: Cole is pretty motivated to achieve at a high level. After placing at the national meet in the indoor mile last March, I have seen him raise his expectations.

**Q: How bright of future can Cole have with track?**

A: I'm excited to see what he can do in the 1500-meters in the spring. I think that's his best race. He set the school record in that race last year but was actually injured much of the spring. So, he is just scratching the surface there.

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

A: Cole's greatest leadership quality is to serve others. He's a guy that often does little things to serve others...things that often go unnoticed.

**Q: What do you consider Cole's greatest strength when cross-country?**

A: As with many of our men and women, the success of the team is important to him. I can see this is the low-key manner in which he supports others.

**TEAMMATE JEROD SCHONEMAN****Q: How long have you known Cole Wellnitz?****Q: What you think of Cole compared to other cross-country runners, how does he stand out?**

A: Cole is a go getter. He likes to take some runs easy but when he decides to turn it on and go fast! Cole is one of the taller guys on our team and also one of the leanest guys, so his stride is about equal to two of mine so it's kind of hard to keep up with him at times. When we race together though, we try to work together.

**Q: How flexible is Cole when helping other runners outside of practice?**

A: Cole is one of the guys on the team that is first to ask anyone if they need anything. He will be there to help with anything the person asks he is very open to helping others.

# Takenaka finds her place

**RU MENG**  
Antelope Staff

Moe Takenaka, a senior business administration major from Shizuoka-shi City, Shizuoka, Japan, will start her new job in Chicago after she graduates this December. Takenaka said learning new things is an indispensable part of life's journey, from academics to a new job.

When she talked about the reasons why she decided to study at UNK, Takenaka said she was originally going to UNO but unfortunately, she could not receive any scholarships. At that time friends recommended she study at UNK. When she started her academic journey at UNK, she really enjoyed its small classes:

each class has fewer than 20 people, so she felt closer to the professors.

Takenaka said she has been really actively involved in school organizations, including the Japanese Student Association, Asian American Student Association and International Student Association.

"At first, I did not like living on campus, and I moved off campus," she said.

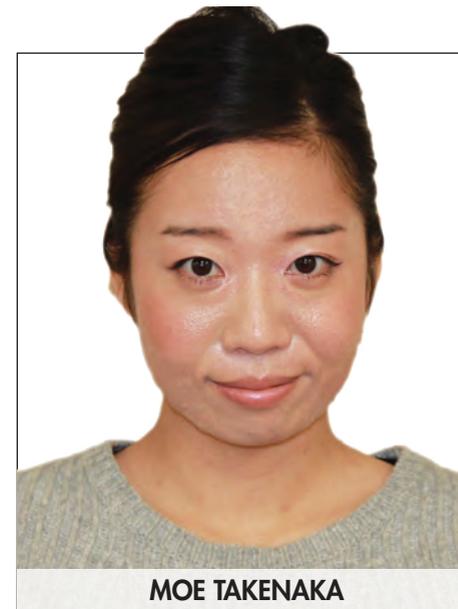
However, she still wanted to do many things within campus, so she started participating in organizations and campus events. Through the process of being a board member in three different organizations, she has learned how to make people do things on time, how to work things out as a team and how to be a good team leader.

*"Learning new things is an indispensable part of life's journey," Moe Takenaka said.*

When she was a junior, she earned an internship at Sugar Technologies in Singapore as a business developer. She said it was not easy to find a job, especially overseas. However, she continued searching for jobs online until she found the one in Singapore.

She said her internship in Singapore was incredible, though it is hard to explain what working abroad has felt like. Because of this internship, she gained confidence in what she wants to do.

At first, it was hard for her to find a place to live, have friends to communicate with and get used to living in a strange environment. However, within three months, she said she not only made many friends and built work connections, but



**MOE TAKENAKA**

also has achieved one of her goals, which was working in a different country.

In the spring, she will start her new job in TOP Chicago, a business consulting firm. She hopes she will have the opportunity to work on a good team in Chicago and help others find good jobs.

# Take a walk on art side

2015 Visual Communication and Design Senior Show underway



Photos by Staff

1) Taylor Cody created a fictional festival as part of her senior show. Cody created a vinyl poster and put her graphics on items such as hats, lanyards and bottles.

2) Marissa Pfeifer created an imaginary winery. The exhibit is complete with wine bottles and a wine menu.

3) Vanesa Wragge's show includes a diagram on the beer brewing process, sample bottles and a hand crafted bar made by Wragge's father.

4) Senior Marie Bombeck created a pet adoption campaign. Bombeck put her pawprint logo on various products such as T-shirts and a handbag as shown.