

the antelope

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13
Days until Christmas
It's Christmas extravaganza!
Check out p. 6 and 7

Between worlds: American boy grows up in China

Some students travel a few hours or minutes to attend UNK, but for Thomas, long-distance travel has become the norm

BY LAURIE VENTEICHER
JMC 215



THOMAS
JOHNSON

Thomas Johnson, a secondary education major with endorsements in English and Biology, had a culturally-rich childhood. When he was just 1 and one-half years old, Thomas and his parents, Brent and Serena Johnson, moved to Ha'er Bin, China. His parents and five younger siblings still live there.

"We were there for about a year before coming back to the U.S. When I was four, we moved back to China. I don't remember that trip either. I just know that for me, China is home," Johnson said.

His family moved every year from when he was four until he was about 11. "We started on the outskirts of Beijing for a couple years. Then to Yantai for a year, back to Beijing for a year, back to Yantai, and then officially to Beijing. That's where I've been living since, until coming to Kearney last year for college."

Thomas said he chose to come back to the U.S. for college because he feels it still has one of the best post-secondary education systems. "I chose UNK specifically because it was very logical financially, and I have relatives in Kearney."

"Since starting college, I only see my family twice a year – Christmas and summer break. It's hard being away from them so much because we're a very close family," Johnson said.

WORLDS, PAGE 5



Courtesy Photo

Thomas plays a "propeller-hat game" with a Little Flower child. Little Flower is a non-profit organization run by Thomas's parents, Brent and Serena Johnson.



Courtesy Photo

Kim Harper wanted to experience as much of the South American culture during her 2013 spring semester where she was a student at the Peruvian University of Applied Sciences in Lima. An anaconda, native to the Amazon, rests on her shoulders.

Harper not afraid to try it

BY JOENE CROCKER
Antelope Staff

When can you hold a sloth? Or get a chance to eat a country's delicacy, guinea pig? Even hold a monkey in your lap as it curls up and takes a little nap?

"I might as well do everything I can because when will I be able to experience this again?" said Kim Harper, a senior business administration major with an emphasis in management, as she talked about her study abroad opportunity to Peru from last spring.

"The monkeys are so cute. We'd be sitting there and monkeys would just climb up into our laps. In a zoo you can't play with them like that." Her eyes lit up as she recalled those memories of a weekend trip to the Amazon. While holding an anaconda as it rested upon her shoulders, her eagerness to "try it all" subdued all fears of the 10-foot snake.

HARPER, PAGE 12

LAST WEEK WE ASKED:

What will be your energy source through the last few weeks?



This week's online poll question:

What is your favorite Christmas movie?

Infographic by Marie Bauer

We can learn real lessons from life of Mandela



BY ADRIANNA TARIN
Antelope Staff

After nearly a century of a life filled with turbulence, the world had become accustomed to Nelson Mandela's presence. Indeed, the thought of going on without him is a little daunting, and let us hope his legacy will raise up more icons of understanding and equality. In the context of history, this seems likely. Nelson Mandela was certainly a leader, but he was also an icon, an inspiration and a teacher.

At the height of violence and tension in South Africa, Nelson Mandela was finally released in 1990 after being held for 27 years in prison, and the years that followed contained the most celebrated of his accomplishments: winning the 1993 Nobel Peace Prize, and in 1994, stepping into office as South Africa's first elected black president.

At the time he stepped into office, South Africa was plagued by an incredible divide between the way white and black communities lived. Blacks often lacked adequate education, basic sanitation and clean water supplies. Mandela urged a way forward through forgiveness and advocated repairing relationships between people rather than resorting to retaliation and violence.

In honor of Nelson Mandela, I've put together important lessons that he has left us, a legacy from which we can all learn from. He taught the world so much that can be applied to big ideas and even everyday situations.

Mandela not only spoke his advice, but lived it. He said:

"Difficulties break some men but make others. No axe is sharp enough to cut the soul of a sinner who keeps on trying, one armed with the hope that he will rise even in the end." — "Do not judge me by my successes, judge me by how many times I fell down and got back up again."

Mandela went through some situations that would make most of our "problems" seem insignificant. We get so caught up in our own lives that we forget the bigger problems out there. When times get tough, just remember that one man served 27 years in prison and went on to become president of a country. His

difficulties made him. When some people would have given up, he kept on. He changed the views of millions of people. So when you come to a problem, keep on.

"I like friends who have independent minds because they tend to make you see problems from all angles."

Sometimes I feel like our generation is just full of people who want to be the repeat quirky-girl Zooey Deschanel or cool nerd-kid J.J. Abrams. You'll find that the people who are true friends are true friends because they don't hide behind who they are trying to be, but rather they just are themselves. They are genuine human beings. It's important that we, as the future adults, understand who we are and become these genuine human beings.

"Real leaders must be ready to sacrifice all for the freedom of their people."

I know I'll never have the responsibility to make history like Mr. Mandela, but he had a point. Even if you aren't a leader of South Africa or the United States of America, you can be a real leader and role model for others. I can only assume that Peter Parker, also known as Spiderman, really got his "with power comes great responsibility" speech from Mandela. No matter. Whether you are a teacher leading a group of students or a manager at the local grocery store, you have the chance to be a leader and some sacrifice will be involved. But you'll only learn and grow because of the sacrifice.

"Education is the most powerful weapon which you can use to change the world."

Out of everything we require on this earth, education and knowledge are two things that can never be stolen or lost. As all of us know, education is an investment we put in ourselves, and often a commodity that we take for granted. Education is a powerful tool with which we can do everything from lift ourselves out of poverty to create a more sustainable planet and foster peace between countries. Don't forget why you have or are pursuing education.

"It always seems impossible until it's done."

So, finals are almost upon us. And this might seem like I'm dulling down the words of a world leader and icon, but

Nelson Mandela: Achievement in face of persecution



Mandela spent 27 years in prison, branded a terrorist and traitor by South Africa's Apartheid government. Much of that time, between 1968 and 1982, was spent on Robben Island where he was made to do forced labor including breaking rocks into gravel. While there, he was permitted just one visitor a year, and could either write or receive one letter every six months. Despite those limits on communication, he completed a law degree, organized protests within the prison and helped lead the movement against apartheid.

this time of year it just seems like something we'll never be able to overcome. It's not uncommon to feel frustrated or stressed during this time, but keep your head up — even when you come to other obstacles in life. Once it's done, you'll

feel silly for thinking it was impossible.

Mandela left us with a great legacy. It's important that we acknowledge a great man such as him by researching his life and the things he accomplished.

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| | |
|--|------------------------------|
| ART ARTS 1210 MC 2L Art Appreciation (Online) | 12/16 01/10, 3 CR, Johnson |
| An overview of the language, process, and history of the visual arts and artists of both past and contemporary society. For non-art majors. | |
| BIOLOGY BIOS 2990 NP 1L ST: The Structures of Life (Online) | 12/16 01/10, 1 CR, Morris |
| This class will cover the function of proteins and how they relate to health. It is considered a Biology Readings class and would likely transfer as an elective to colleges that have selected Biology Readings classes. There is no lab requirement with this class. Please contact Sara Morris at (308) 535-3737 for a free book. | |
| BUSINESS BSAD 1010 NP 1L Personal/Professional Development (Online) | 12/16 01/09, 3 CR, Condon |
| Special emphasis on relating image and social awareness to job success. Covers on-the-job situations of problem-solving, time management, goal setting, business etiquette, listening skills, work groups, and the relationship between productivity and job attitude. A major emphasis will be placed on developing productive work ethics. This class is designed for the Associate of Applied Science Degree in Business. | |
| BSAD 1060 NP 2L Introduction to Sports Management (Online) | 12/16 01/09, 3 CR, Garstecki |
| The purpose of this course is to provide an exploration into the specialized field of sports management. Students will be introduced to the history of sports management, management principles and how to apply them to sports management, financial and economic principles as they apply to sports management, and legal and ethical issues within the industry. | |
| BSAD 1090 NP 1L The Job Application Process (Online) | 12/16 01/10, 3 CR, Arensdorf |
| Instruction designed to provide all students with the tools and skills to design an effective job search campaign. Topics will include but are not limited to methods of finding a job, resume preparation, developing customized application letters, interviewing techniques, and preparing follow-up communications. The student will utilize word processing skills. | |
| ENGLISH ENGL 2520 NP 1L Literature of Nature (Online) | 12/16 01/10, 3 CR, Schmit |
| Begins with an examination of the rural dream in America and proceeds to examples of long and short fiction concerned with life in the outdoors. Prerequisite: ENGL 1010 with 'C' or higher or permission of instructor. | |
| PHYSICAL EDUCATION PHED 1040 NP 02 Walking & Jogging | 12/16 01/10, 1 CR, Thalken |
| An independent study course designed for students whose schedules or preferences make it difficult to enroll in scheduled physical education classes. This course will introduce the student to the fundamental skill of walking and/or jogging. The intent is to improve a person's stamina and overall fitness. Fee \$10. | |
| PHED 1810 MC 1L Drugs & Sports (Online) | 12/16 01/10, 2 CR, Olsen |
| Course designed as an introduction to the knowledge of the roles that drugs play in modern day sport. The class will cover performance enhancing drugs, as well as the effects of prescription drugs, narcotics, over the counter drugs, alcohol, tobacco, and all other nutritional supplements used to enhance an athlete's performance. The class will cover the science of each classification of drug, all social and ethical issues that arise with the topic of drugs and sports, and cover the testing agencies, methods, and reporting of drug use in sports. | |
| POLITICAL SCIENCE POLS 1000 NP 2L American Government & Politics (Online) | 12/16 01/10, 3 CR, Cloutre |
| A course which examines the organization and operation of the national government in the United States. This will include a brief survey of historical foundations along with a strong emphasis on current political events and public policy. | |
| SOCIOLOGY SOCI 1530 NP 3L Intro to Sociology (Online) | 12/16 01/10, 3 CR, Settles |
| An analysis of society including the development of the social system, group formations and types of social organizations, and the basic elements affecting these classifications. past and contemporary society. For non-art majors. | |

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CAMPUS CRIME LOG

Nov. 30: KPD contacted a juvenile male who stated he entered an unlocked UNK vehicle and stole a towel. The officer checked lots 17, 20, 21 and 34 and located a probable vehicle from the description given in Lot 21. A report was referred to the county attorney's office.

Dec. 2: A female student reported the theft of money from her desk. She thought she knew who stole the money. After further investigation, the officer was not able to gather enough information to issue a citation to anyone.

Dec. 2: An officer received a text for a fire alarm and a call for a fire alarm in RNDH. The call came from an RA that an unknown subject lit a firework in the second floor lounge. Upon further investigation, a male subject was issued conduct summons for criminal mischief.

Dec. 5: An RA reported a window was broken outside of Mantor Hall.

Dec. 8: Antelope Hall Director advised a resident who called and reported that her roommates had alcohol in the room. Upon further investigation, four students were issued conduct summons for MIP.

Dec. 8: There was an emergency call for a male student that fell through a glass door at the Fine Arts Building. He was transported to Good Samaritan Hospital by ambulance. Upon further investigation, it was determined that the subject kicked the door and broke a window. He was later issued a Conduct Summons.

Want to know more on campus crime?

**Check out next week's issue
for an inside look into crime on campus.**

the antelope | fall 2013 staff

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AFTER TRIAL AND ERROR,

Senior Eastman learns what he truly wants to do with his life

BY HANNA JORGENSEN
Antelope Staff

Senior agri-business major, Lance Eastman, grew up on a farm in his hometown of Chappell. However, Eastman never planned to continue the family history of farming. In fact, he always wanted to coach football.

“Originally, I planned on being a secondary level education major with an emphasis in history. I always wanted to coach football growing up, and to be a head coach in Nebraska, you would have to be a teacher as well.”

After taking a few courses in history, Eastman decided that wasn’t the career path he wanted to travel down. Eventually, he switched to computer science.

“When I was in high school, I was really interested in working with computers, and I was part of the web design team that designed the school web site. That field seemed to be extremely hard, and I had a difficult time comprehending some of the material. I decided that career path was not quite what I was looking for. After all, college is where you truly learn what you want to do with your life.”

It wasn’t until Eastman took Econ 100 that he decided a career in the economics field would be the right fit for him. He continued to explore his interests by taking additional classes within the agri-business department.

“Growing up on a farm and being around agriculture, I decided to try the agri-business sector. After taking my first course of Agriculture Marketing, I knew I had chosen the right field of study.”

He says the best part of his major are the friends he has made along the way.

“The best part is getting to meet the great people who are involved with my major in any way, whether it be other students, professors or the agricultural community. Not only have I learned a tremendous amount from great professors, but I have learned so much from my fellow students.”

One of Eastman’s favorite professors within the agri-business department is Dr. Frank Tenkorang.

“He is very relaxed and a lot of fun to be around. Overall, he is a great person.”

During his time at UNK, Eastman has most enjoyed his Ag Price Analysis and Ag Marketing courses.

“In those two courses, you get to follow the grain and livestock markets and act as if you are a buyer or seller and trade commodities against other classmates. You get to practice what it would be like to be a real trader on the Chicago Board of Trade. There is a lot of excitement because some days you lose and other days you make a lot of money at it. I suppose if you have more experience you would win more than you lose, but the experience was great.”

Eastman plans to graduate in spring of 2014. His goals straight out of college are to get settled in a new community and secure a job that he enjoys.



Senior agri-business major, Lance Eastman, spends the majority of his time on campus studying and going to class in West Center. He says, “College is where you truly learn what you want to do with your life.”

“I plan on trying to find a position in my field that would include sales of some agricultural product.”

He has kept busy this semester by applying for jobs within his field.

“I have currently been applying to Central Nebraska area implement dealerships and cooperatives to take a position hopefully before I graduate so I can be experienced in the sales field,” Eastman said. “As soon as I graduate, I would like to either keep pursuing the position I hopefully receive or continue looking for a position with the ability

to widen the area of employment and either stay in Nebraska or go somewhere further west.”

Eastman hopes all of his hard work during his college years pays off for

him in the end.

“I hope to be able to get a job with my degree that actually requires a degree and isn’t one of those jobs that hires you because you went to college and got some piece of paper.”

With big goals for his future, he is very ambitious in making his dreams come true, and one day he dreams to be back on a farm.

“Some day I would like to own my own crop production farm and be able to be my own boss and use what I have learned in school and at previous places of employment to help my farm thrive.”

Photo by Hanna Jorgensen

Sudoku ★★★★★

How to play: Sudoku is a placement puzzle. The aim of the puzzle is to enter a numeral from 1 through 9 in each cell of a grid. Each row, column and region must contain only one instance of each numeral. Completing the puzzle requires patience and logical ability. The puzzle initially became popular in Japan in 1986 and attained international popularity in 2005.

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

Find answer on page 9

www.sudoku-puzzles.net

Read more about seniors next week

online at
unkantelope.com

Worlds from page 1

"Brent and I are glad the kids did not grow up in the U.S. because there is a lot of undesirable stuff going on there. We're happy that our kids were not exposed to that," Serena Johnson said.

Thomas' parents decided to move to China so they could start a non-profit organization, China Little Flower, to help children orphaned due to China's One-Child Policy. Serena Johnson said, "It's not a job, it's a lifestyle. You have to be willing to give 500 percent, 100 percent of the time. Just ask Thomas." Since its founding in 1998, Little Flower has helped over four thousand children. You can learn more about Little Flower at www.chinalittleflower.org.

Thomas feels as though there is a reputation for homeschooled kids to do really well in college because they're so used to doing things on their own. "It's much less taxing on my abilities here because someone else is responsible for setting deadlines and knowing all the answers."

He said, "It's hard for people to grasp just how much you're on your own. You have to be able to teach yourself things. I had to teach myself Trigonometry and Physics. That was difficult."

At UNK, Thomas is involved in Choraleers, the vocal Collegium, the Newman Center, the Honors Program and service-learning at the Youth Rehabilitation Center in Kearney.

When at home in China, he is involved in a variety of community-based soccer groups, Lifeworks International and Boy Scouts. Thomas earned his Eagle Scout in September 2011, when he was 17. He has also helped his parents with Little Flower for many years.

Lifeworks is a summer program for high school aged students where they spend three weeks in a foreign country and do global service learning – community service and learning about another culture. You can learn more about Lifeworks at <http://www.lifeworks-international.com/>.

Thomas has been a translator for the Lifeworks China program in Beijing because he speaks fluent Mandarin. "I miss the abundance of the Chinese language and just hearing it spoken everywhere and being able to speak it with people I meet," he said.

Future plans include studying abroad at the University College Roosevelt in the Netherlands for the Spring 2014 semester. "It should be fun because I've never been to Europe."

"I've had a lovely girlfriend for almost a year now. And I think that someday we will get married and have kids. It is my



Photo by Serena Johnson

Thomas and his siblings help their mom, Serena, practice for her digital photography class. From left to right: Theresa, Catherine, Thomas, Frances, Margaret, and Philip.

hope that our kids will have similar opportunities to experience other parts of the world because I feel that it is a very eye-opening and valuable experience to have."

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Founder: Brent Johnson

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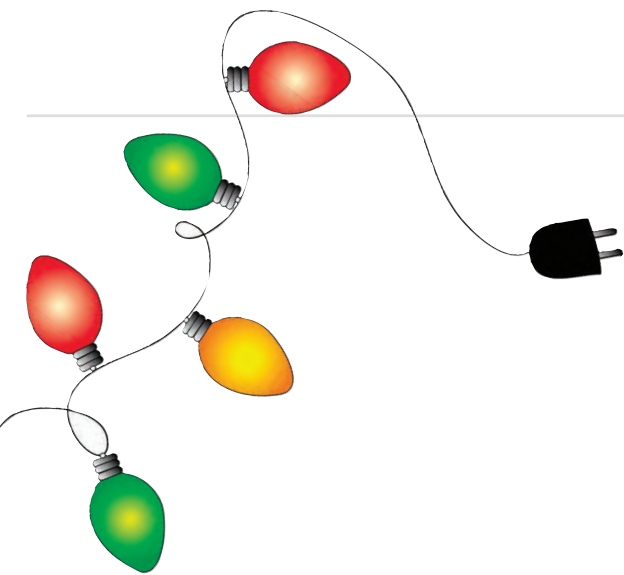
Youth programs: Students start in Beijing, travel to Xi'an, then Shanxi and Taiyuan before returning to Beijing.

Learn more: at lifeworks-international.com

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Fletcher continues holiday favorite 'Tuba Christmas'

BY JENNIFER MALOLEY
Antelope Staff

A good crowd braved the freezing weather to see Merry Tuba Christmas 2013 at the Fine Arts Recital Hall, Dec. 7.

This was the 21st year for Merry Tuba Christmas, an event in which the Loper Low Brass Ensemble joins together with area tuba, trombone, euphonium and baritone players to play Christmas music.

The event also happens all over the world. Participants can range from groups of 15 to 400-500. This particular group consisted of over 60 people, including many who drove two to three hours just to participate.

Director Dr. Seth Fletcher, UNK Low Brass, led the festivities. The audience was encouraged to sing with some of the carols, such as "Joy To The World," "Deck The Halls" and "Away In A Manger."

Fletcher was fun and humorous and made sure the audience sang in the right key. He also gave an entertaining description of each instrument played and informed us that this was a one of a kind experience, in that this group of players would likely never play together again.



Photo by Jennifer Maloley

Sousaphone player Brock Persson entertains with fellow students and area musicians on a cold, winter afternoon. This year is Tuba Christmas' 40th anniversary. Over 250 cities across the United States and in several foreign countries will be holding concerts.

Jaci Uden, a senior music major, attended with her brother, a baritone player.

"The Loper Low Brass is a very quality program at UNK, and I knew the concert would be good," she said.

The low tones were relaxing and the crowd was jovial. Grand Island resident Robert Bjorklund brought his E-flat bass sousaphone to participate in the concert.

"I've been doing this pretty regularly over the past 15 years," Bjorklund said.

The sousaphone is not his main instrument, however.

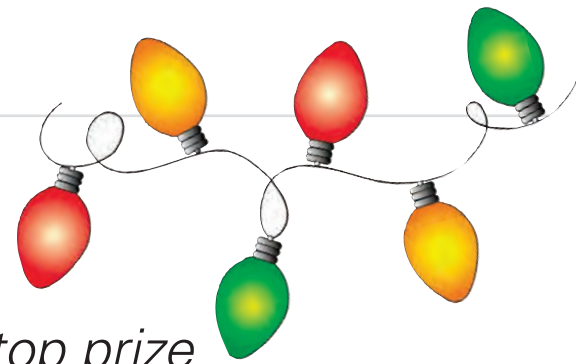
"The trombone is my major instrument—I've been playing it since 1947."

Kicking off the Christmas season in low tones, Merry Tuba Christmas 2013 was a success for all involved.

Gingerbread brings out ho



UNK students work on a gingerbread house during their session Thursday, at the University of Nebraska at Kearney. They had 15 minutes to complete their gingerbread houses.



House Competition Holiday spirit

Dinkel's manger scene takes home top prize

Photos by Austin Koeller

LEFT Johnny Dinkel, a freshman undecided major from Shelton, Sister May, and Sister Muasau display their completed gingerbread house at the eighth annual Gingerbread House Competition. The team won first place in the competition for their nativity-themed gingerbread house.

FAR LEFT: Ellisa Janzen, a sophomore social work major from Lincoln, works to assemble her gingerbread house during the eighth Annual Gingerbread House Competition. Janzen's team made snow covered trees to go with the design of the gingerbread house.



BY AUSTIN KOELLER
Antelope Staff

With Christmas music blaring in the background, teams moved to their tables with materials such as popcorn, candy corn, candy canes and chow mein noodles. As the timer counted down to the beginning of the competition in the background, teams scrambled to get their materials ready to build a gingerbread house.

When the timer struck zero, the teams of one to eight people used precision to build the best gingerbread house using their materials, frosting and graham crackers.

Johnny Dinkel, a freshman undecided major from Shelton, participated in his first gingerbread house competition. "We wanted to go with the manger because we want to keep Christ in Christmas, and we figured nobody else would be doing a Jesus Christ theme," Dinkel said. "We decided to represent the church and represent the true meaning of Christmas."

His partners were Sister May and Sister Muasau, both of the Church of Jesus Christ of Latter-day Saints in Kearney.

"We used chow mein noodles there to make hay," Dinkel said, pointing to the hay in his nativity-themed house. "We used orange slices for Jesus' manger and little gin-

gerbread men from the cookie package."

The group said that they ran into some obstacles in the building process. "The other design failed," Sister May said. "So we revamped our construction ideas to make a flat top roof because the frosting was not thick enough to support the roof we wanted."

The eighth annual Gingerbread House competition was held Dec. 5 in the Ponderosa Room of the Nebraskan Student Union and consisted of 22 teams, most of which were made up of five to six people. Each group was given 30 minutes to build and assemble their gingerbread houses. According to the rules for the competition, each item on the house had to be edible.

The houses were judged on characteristics such as: creativity, Loper spirit and integrity of the structure. Prizes for the winners consisted of \$150 for the first place winners, \$100 for the second place winners and \$50 for the third place winners.

The Loper Programming and Activities Council (LPAC) put on the event. "Basically all the events that happen around campus, we put them together and do a budget for them and put them on," said Brandi McHarness, a junior elementary education major from Axtell and holiday chairperson for LPAC. "I love the holidays.

I love decorating, the music, so I thought it would be a perfect activity to do."

McHarness said that attendance for the event was up from last year. "Last year, we had 17 teams, and this year it was 22. Attendance was up a little bit." McHarness said that in the past, attendance has been around 20 teams, and this year's attendance was consistent with that of past years.

After the judges evaluated the houses and the scores were tallied, it was announced that Dinkel, Sister May and Sister Muasau had won first place in the gingerbread house competition, earning the \$150 prize.

"I feel really good," Dinkel said on winning the competition. "It's not so much because we were so creative, but because I think we did a good thing. We were expecting to do well, but we didn't think we would win first place. Maybe second or third if we had tried."

Dinkel said that he had not decided what his team would do with the prize money, but that he may possibly give a portion of it to the church.

LPAC will host hypnotist Jim Wand, the Fame talent show and the big spring concert next semester.



Photo by Adam Buerer

LPAC's annual gingerbread house competition was held in the Ronderosa Room. Each team had 30

There is no loyalty in sports, and it's perfectly acceptable



BY ANDREW HANSON
Sports Editor

Moments after LeBron James announced to the world, "I'm going to take my talents to South Beach and join the Miami Heat," the streets of

Ohio filled with Cleveland Cavaliers fans engulfing his jersey in flames.

When James appeared on ESPN's "The Decision," the Cleveland faithful presumed the Akron, Ohio native would remain a Cavalier for life. That's not how sports work though.

For 16 years, Brett Favre stood on the home sideline of Lambeau Field wearing his No. 4 jersey. Two years later, he was back in Green Bay, only this time on the opposite sideline wearing his Minnesota Vikings uniform.

In college, football and basketball coaches come and go, with or without warning.

Certainly there are better ways to han-

dle leaving a university than others. There are two approaches a coach can take if fleeing for greener pastures.

They can either take the Gary Andersen approach: when he left Utah State for Wisconsin, he was up until 2:30 a.m. calling all 106 of his players to inform them of his decision.

Or, take a page out of Todd Graham's playbook: on his flight out of Pittsburgh, Graham sent a text via another football staffer to his players that he was leaving to be the head coach at Arizona State.

There are right and wrong ways to handle situations, but you cannot blame these men for taking these jobs. In sports, coaches are only bound by the number of zeroes in their buyout, not by how long they say they will stay at a press conference following a contract extension.

After Lane Kiffin was fired as the head football coach at Southern California following a loss against Graham's Arizona State squad, Ed Orgeron was named the interim head coach. Orgeron, who had his own failures as a head coach in the past, an-

nounced he was going to do things differently this time. In regard to his players, he said, "I'm going to treat these young men like they were my own sons."

Flash forward two months to Dec. 2, and USC hires Steve Sarkisian to be their guy. Although Orgeron was passed over for the head coach position, he was offered an assistant coaching job that would make him one of the nation's highest paid assistants. Outraged, Orgeron resigned from USC and left his players without a coach for the second time this year.

Those same players Orgeron considered "like his own sons," he was willing to walk out the door on for his own personal agenda.

Should Coach "O," as his players called

him, have stayed on to coach the bowl game and finish the season out with the players he considered like his sons? Yes, it would have been a good thing, but he has to do what is best for him; the same way James felt when he took his talents to South Beach.

With the constant scrutiny and increasing sizes of contracts in sports, players and coaches are given fewer reasons to spend long periods of time in a particular city.

The city of Cleveland will swear to your face they don't need LeBron James and they don't want him, but when next July rolls around and NBA free agency heats up, the Cavaliers will be on their hands and knees begging for the chosen one because loyalty is oh so transient.

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Loper Spotlight

Cole Manhart named to SID All-Region Team

Redshirt junior Cole Manhart was named to the 2013 All-Region team, which is selected by SID's around the region. Manhart, who was a unanimous first team all-MI-AA selection at left tackle, blocked for a Loper running game that averaged more than 200 yards per game.

Lopers fall to UCM Jennies for third time this year

The UNK volleyball team's season came to an end Friday after falling to the University of Central Missouri in five sets during a first round matchup in the NCAA tournament. The loss marked the third time this year that the Lopers had lost to the Jennies. In the regular season finale in Warrensburg, the Lopers were swept, and in the MIAA tournament championship, they fell in five sets.



Men's Basketball:

| | |
|--|---------|
| 12/5 UNK Lopers @ Missouri Southern State University | L 99-76 |
| Pts: Connor Beranek | 26 |
| Reb: Connor Beranek | 7 |
| Ast: Davion Pearson | 9 |

| | |
|--|---------|
| 12/7 UNK Lopers @ Southwest Baptist University | L 96-93 |
| Pts: Davion Pearson | 21 |
| Reb: Connor Beranek | 7 |
| Ast: Davion Pearson | 6 |

Volleyball:

12/5 UNK Lopers vs. University of Central Missouri
L 3-2 (25-20, 25-21, 23-25, 20-25, 11-15)

Women's Basketball:

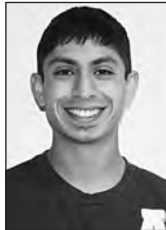
| | |
|--|---------|
| 12/5 UNK Lopers @ Missouri Southern State University | L 76-72 |
| Pts: Amarah Williams | 22 |
| Reb: Amarah Williams | 6 |
| Ast: 3 tied | 2 |

| | |
|--|---------|
| 12/7 UNK Lopers @ Southwest Baptist University | L 85-66 |
| Pts: Amarah Williams | 16 |
| Reb: 3 tied | 5 |
| Ast: Kelsey Fitzgerald | 4 |

ZIMMERMAN STEPS UP FOR TEAM AS SENIOR BB TEAM LEADER

"One of my roles is to welcome in eight new players and try to help our team chemistry. I am familiar with the program after being here for three years, so being a leader, I know how to help our team."

Shelby Zimmerman



BY TYLER CAVALLI
Antelope Staff

Shelby Zimmerman reflects fondly on her mentors and the basketball program during the past three years she suited up for the blue and gold. As she finishes her final year as a Loper baller with high hopes and as one of the leaders for the women's basketball team, she and I sat down and talked about her memorable years while she was cinching up her laces for Lady Loper basketball. This extremely goal driven, unselfish teammate has a bright future not only on the court, but in the years to come.

Zimmerman, a Beatrice native, is an exercise science major who has had a decorated career in the sport she loves. Coming into the 2013-2014 season, she has started 41 out of 66 games played, averaged 6.6 points, 4.3 rebounds and 1.2 steals per game. Zimmerman, who is a 70 percent free throw shooter and hits 48 percent from the field, earned MIAA Academic Honor Roll last year.

"One of my personal goals this sea-

son is to get all-conference pick. But my ultimate personal goal for the season is to have team success above individual success. Team success is a lot more fun than individual success in my opinion," said Zimmerman about the upcoming season.

Zimmerman said she knew from seventh grade year that she was destined to wear a Loper uniform. "I attended a basketball camp at UNK and instantly fell in love with it. Megan Becker was a camp counselor at the time, one of the reasons why I came to Kearney. I saw a lot of myself in her." Becker, one of 23 Lopers to score 1,000 points in her career, now a graduate assistant for the women's ball club, has been a huge role model for Zimmerman.

With that said, one of Zimmerman's fondest memories playing for the Lopers is her part of Becker's 1,000th point. "Megan was very close to 1,000 points my freshman year. Her senior year, I called a play that found Becker open. That was a big memory for me— that I helped my role model achieve such an accomplishment."

As a senior, Zimmerman naturally rose to the occasion of becoming a leader. She was elected by the team to become one of the three captains along with fellow seniors, Nicole Arp and Sarah Hix. "One of my roles is to welcome in eight new players and try to help our team chemistry. I am familiar with the program after being here for three years, so being a leader, I know how to help our team."

As much as Zimmerman loves the game of basketball, she says she appreciates time away with her fiancé, Clint, and of course, endless amounts of time with her 10-inch Beagle, Libby Lou, who she absolutely adores. She plans to marry next July.

Zimmerman has already been accepted to graduate school at UNMC, which she will begin next August. Zimmerman is also planning on becoming a high school coach.

I ask every athlete to pick one person, dead or alive, to play a round of one



Photos by Adam Buerer

Senior Guard Shelby Zimmerman looks to the left and then reaches for the ball in practice Friday afternoon at the Health and Sports Center. Zimmerman missed the last 10 games of her junior year due to injury but is stepping up as a team leader this year.

on one with. Sometimes I can guess the answer by the time the interview is about over; however, Zimmerman surprised me with her answer.

"Nera White. She is one of the best women basketball players of all time." It started when Zimmerman was injured her eighth grade year and was instructed to write a paper until she became healthy. She came across White and was instantly intrigued.

"The research about White said, 'If you want to become a great player, write Nera White under your basketball shoes.' I swear to this day I still do that and will continue to do that with my final pair of basketball shoes."

I guess you could say it's not that surprising, considering the person Zimmerman is, that she chose a "great" basketball player. She always strives to be the best she can. It's no secret Zimmerman will have a successful career, and if she does coach, the leadership will leave a lasting effect on her players.

ZIMMERMAN CAREER HIGHS

At end of 2012-13 season:

- Career High Points: 20, at Colorado Mines (1/28/12)
- Career High Rebounds: 12, at CSU-Pueblo (2/18/11)
- Career High Assists: 5, vs. Lincoln (12/5/12) & at Chadron State (2/25/12)
- Career High Steals: 4, at Regis (2/10/12) & vs. Fort Lewis (1/3/11)

Sudoku answer:

Upside down, from page 4

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

Can there be an upside to Incognito/Martin mess?

"Some form of sports psychology has been ever present. Now it's just come to the forefront. People are more aware of it, so people recognize it more."

—Dr. Krista Fritson

BY CAIT GRAF
Assistant Sports Editor

Prompted by media scrutiny that has continued since the Penn State Sandusky scandal when people looked the other way, sports coaches, administrators and fans seem to take the bullying scandal via text messages and locker room gab more seriously.

The incident between Richie Incognito and Jonathon Martin has turned into a petty "he-said-he-said" scenario; yet, the limelight remains on the situation because people are intrigued and wondering how this supposed "friendship" manifested into a verbally abusive relationship.

Incognito claims the conflict was more like "horseplay," a sign of brotherly love and typical of locker room behavior; so, why was Martin suddenly offended by Incognito's actions to the point where he checked into a mental institution due to emotional distress?

The Incognito/Martin saga proposes a larger issue that is relevant far beyond the Miami Dolphin's locker room: athletes' mental stability. Mental stability is crucial for athletes at any given level of competition; thus, sports psychology.

Dr. Krista Fritson, licensed clinical psychologist and psychology professor at the University of Nebraska at Kearney, said sports psychology encompasses varying aspects: how to generate peak performance, set goals, avoid conflict, build team relationships and manage stress and anxiety relating to competition.

Although sports psychology seems to be on the rise and more prevalent today, Dr. Fritson believes media accessibility is a contributing factor.

"Some form of sports psychology has been ever present. Now it's just come to the forefront. People are more aware of it, so people recognize it more. I would say the research and the application of sports psychology continues to grow."

That is exactly what the Incognito/Martin outbreak has done – provoked the minds of coaches and other athletes and stimulated different ideas. Are the locker rooms more aggressive than before? Is competition more vigorous resulting in more injuries and emotional anxiety? Is the need for sports psychology more prevalent than before?

Currently, UNK does not have an existing sports psychologist position. However, head-wrestling coach, Marc Bauer, has developed his own system, especially after realizing the importance of an outside outlet.

"Student athletes come with personal issues all the time. I can sit down, and I can try to talk to them and console them, but I don't know how to deal with that. I'm still coach. No one wants to tell coach their problems because they don't want me to see their inadequacies. Trust me, every college wrestler comes in thinking they are Superman."

Bauer was in search of an outside outlet once he became head coach. While wrestling at the University of Nebraska at Omaha, Bauer realized the significance of

an outside resource for sports psychology. "He was a friend of our coach. He was a sports psychologist in Omaha who donated his time."

Bauer says Josh Erickson joined the Loper wrestling program in 2007. Coach Erickson acts as a team coach. Bauer said Coach Erickson is highly involved with the team as he travels with them, comes to Monday meetings and frequently stops by practice.

Coach Erickson worked in the Lexington public schools, is an ordained minister, is trained in counseling and trained in several leadership and team building styles. Bauer said, "He actually has his own team building business called Team Concepts. He works with public school systems and corporate businesses on team building all across Nebraska."

Bauer believes Coach Erickson benefits the team due to his developed and close relationships with the athletes. Because of that intimacy, the wrestlers feel relaxed and able to discuss any issues occurring in their life, whether sports related or personal.

"I don't know if there is anyone on campus that does that for their team."

Bauer said he feels sports psychology can benefit athletes in the right circumstances.

"It would be advantageous only if there was a relationship developed. I think there would be limited interaction unless they are really pushed to be involved in the programs. If they are able to pop in during practice or come to team meetings, like Josh does, then I could see it being beneficial. Otherwise, athletes won't talk to them. There is already a counseling center in place for that."

Bauer finds the Incognito/Martin scandal insignificant because it was a situation that could have been easily avoided. In fact, Bauer has yet to see hazing or bullying from his team because a high expectation is set from day one. "Do you want to be a part of a classy program or a crappy program? It's as simple as that."

Dr. Fritson said psychology enables one to predict behavior; the best predictor

of future behavior relates to accessing past behavior.

"Incognito has a history and pattern of behavior consistent with these charges. It is real and it is legitimate, so there needs to be an intervention because it is a problem. In my opinion, the problem starts way before professional athletics." Dr. Fritson says a solution is to minimize patterned behavior early.

As a proponent for psychology, Dr. Fritson strongly believes in the integration of the mind and the body, so she says if the opportunity arose for a sports psychologist at UNK, it would be beneficial.

As a softball coach, Dr. Fritson says her psychology background is threaded so much into her coaching methods she can't determine the difference.

Dr. Paul Plinske, the director of athletics at UNK, said many positions, like a sports psychologist and nutrition specialist, would be beneficial at a Division 2 athletic program, but it is a matter of financial means.

"It would be advantageous only if there was a relationship developed. I think there would be limited interaction unless they are really pushed to be involved in the programs."

—Coach Marc Bauer

For that reason, Dr. Plinske said the 55 coaches and staff have multiple roles. The student athlete handbook, given to every athlete at the beginning of the year, lays out a baseline of expectations and consequences, but the individual program is open to go

beyond if they wish.

"Image is everything. We spend a lot of time talking about how student athletes need to be great competitors, outstanding students, great community members and people of character." The expectation is set, and thus, no incidents, like Incognito/Martin, have occurred so far, Plinske said.

Plinske finds the Incognito case tragic because NFL players portray an image that elementary, middle school, high school and collegiate athletes see as role models and inspiration.

"It's tragic that the NFL doesn't have a sports psychologist that is responsible for these two athletes and their behavior, and that it has got to the magnitude that it has because it is unacceptable behavior. I am glad the NFL is taking a hard stand on it."



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PROTESTING PSYCHIATRIC DRUGS



Courtesy Photo

On a chilly day, students enrolled in a child and adolescent development course bundled up for a cause in front of Kearney Clinic last Thursday. The participants were raising awareness on the overuse of psychiatric drugs with children. The course is taught by Dr. Jeanne Stolzer, professor in family studies and interior design.

STUDENTS COLLECT 'BRAS FOR A CAUSE'



Photo by Joene Crocker

Katie Michel (left), Rachel Flaugh, and Amanda Slater (right) participated in "Bras for a Cause" as part of a portal course. While some made posters or collection boxes, others located contact sites, manned collection tables or wrote thank you letters. The bras donated go to a nonprofit organization so women rescued from sex trafficking can earn money by selling used clothing.

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Courtesy Photos

ABOVE: Kim Harper was eager to hold a sloth on her visit to the Amazon during her study abroad trip to Peru. The guide warned it would be difficult to get out of because of the huge, long claws if the animal grabbed her. They were told they could hold the sloth like a baby and cradle it in their arms.

TOP RIGHT: Machu Picchu, located in Peru, is a series of buildings made by the Incas that are now considered important works of art, and the site attracts many tourists. Debby and John Harper arrived in Lima, Peru at the end of their daughter's, Kim Harper, study abroad semester. They all toured together an additional two weeks before returning to their home in Waverly.



BOTTOM RIGHT: On their way to Arequipa, UNK students and native children walked past a field of llamas grazing. The students stayed with host families while they were enrolled at a university in Lima, Peru.



HARPER from page 1

Twelve university students and one faculty member, Dr. Marta Moorman, professor in health, physical education and recreation, jumped on the educational opportunity and traveled to Lima, Peru, the first week of January and enrolled in courses at the Peruvian University of Applied Sciences. Moorman taught the eager learners their only English-speaking course, programming, while their other classes were all spoken in Spanish by professors of the institution.

Harper has two minors, Spanish and finance, and all the courses she enrolled in counted toward her Spanish minor. But, the time in Peru was more than just a checkmark off of Harper's degree audit. "I learned so much more Spanish than I would in classes here. It pushed me. You had to learn. I had to speak in Spanish."

Harper and the others were placed with separate host families within a 15-minute radius of each other and the university. "I

love my host family so much," Harper said. Her host family included a father, mother, sister and brother. She continues to stay in touch through Skype and Facebook.

"My (host) mom didn't speak any English so it was a lot of communication through emotion, but we were eventually able to communicate," Harper said. "I couldn't just speak in English like I would with my friends."

Moorman said the students were really shy about speaking at first, but encouraged the students to "get out there, try and make yourself understood."

The students had classes Monday through Thursday which allowed them to have a three-day weekend to spend with their host family, visit sites or go on planned trips organized in their programming course. "The course is all about putting together special events," Moorman said, "So in class we planned trips and took them."

One trip was to Ica, four hours south of Lima and centered in the middle of the desert. "We found a lady who hooked us up with an hour's worth of dune buggy rides and sandboarding," Moorman said.

"The vehicle zoomed almost straight up the tallest dune we could see, paused, and headed back down the other side. My knuckles were white from holding on." The students glided down sandy dunes head first lying on their bellies just like they were sledding in the snow.

The next day the group visited Islas Ballestas, a small group of islands composed largely of rock formations. They viewed sea lions, cormorants (large diving birds), terns (seabirds) and even penguins.

On another trip, the group flew to Iquitos, the largest city of the Peruvian rain forest. After a quick tour, they soon were on their way to a boat that would float them down river to the lodge that would house them during their time at the Amazon.

They saw a large number of critters in their natural settings.

Day and night hikes in the jungle, fishing for piranhas from a cayuco (similar to a canoe only much longer and carried everyone plus the tour guide) and swimming in the Amazon (allowed as long as no one had open sores or cuts) gave students experiences they will always remember.

"You really get to know the culture when you're there for four to five months," Harper said. "The things I experienced are just amazing," Harper said. "I have that to carry with me forever now."

Other sites visited were Machu Picchu, Sacred Valley, Colca Canyon, Cusco and the floating market of Belen.

Next week, see more stories in print and online from international students