

Beranek banks in on senior year

KEYSHA FOULK

Antelope Staff

Senior sports administration major Connor Beranek is turning heads and getting cheers once again this year on the basketball court as his senior year gets under way.

Beranek first started playing the game of basketball competitively in Ravenna in his early elementary days. Basketball runs deep in his blood. With his dad's success as a basketball coach, it just came naturally. "I've always found a way to have a basketball in my hand," Beranek said.

He says family lies at the heart of his decision to follow in his brother's footsteps to play college basketball at UNK. "The university was close to home, and the strong connection I had with coach Lofton was something I couldn't pass up".

Beranek relies versatility on during

crunch time. "He can shoot the three like a two guard, put the ball on the floor like a point guard and make magic happen in the paint. He can play a number of different positions, inside or outside," said Coach Kevin Lofton.

Work ethic determines success not only for athletics, but in life. "He's always in the gym working on his skills, and anyone is more than welcome to join him" said teammate Cory Frank.

"Connor is very flexible when it comes down to helping out his teammates. He is a great teammate to have because he cares. He always treats me with respect, which leads me to believe that I can count on Connor if I have a problem," said teammate Isiah McKay.

Beranek has hit the court running, averaging about 28 points while grabbing an astounding 10 rebounds per game. Attitude on and off the court has begun to show

— **SEE INSERT FOR FULL STORY**



The Antelope would like to wish everyone a safe and happy holiday season!

Am I done yet?

One senior is ready to close the books and look ahead



JESSICA MADRON

Antelope Staff

My last paper is handed in, and the final group project is wrapped up as I kindly exchange my textbooks for a diploma. That only means one thing for me. My undergraduate career at UNK is coming to a close.

But it's more than filling out that last class evaluation form; it's the end of an important era in my life. As I think about the joy Friday morning will bring me as I wait to hear my name called, I will miss college for all that it is and was.

It's not just the grades and your GPA, it's the late night talks with your roommate sleeping in the bunk bed right below you. It's bonding with classmates in your general studies lab course over your strong dislike for physics. It's swimming in the fountain at 6 a.m. — just kidding that never happened. It's all of the things we soon take for granted and overlook when dead week and finals are among us.

College is said to be: "The time of our lives." In many ways, this is true. The late night parties, making new friends, road trips and spring break. Don't get me wrong, college is FUN.

But just because college is coming to a close, doesn't mean that this is the end — that college will soon become a mirage of foggy and distant memories of those "happier" days. Someone once told me that we create our own reality. That we choose to live the way we do based on our own perceptions of what it should look like.

Often in our society reality looks like the job, the marriage and the kids — sure throw in a white picket fence. For some of us, this will make us happy and for others,

COFFEE SHOP TO OPEN 2ND LOCATION

Photo by Staff



Barista's Daily Grind will open a second location in Kearney in 2016. The coffee shop was created in 2001, and 15 years later they are expanding again.

The new location will have a European look and feel. "We are happy with the niche we have carved out, however, it's time to give customers what they want: a location in north Kearney," McGinnis said.

See more photos on page 12



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Phrase 'one nation under God' not signed into law until 1954



ELLIOT GONNELLA

Reader submit

"The pledge of allegiance to our flag says that we are one nation under God, courtrooms in the land say 'In God We Trust'. Every coin in our pocket, every bill in our wallet says 'In God We Trust.'" -Ben Carson

Ever since I was a little child, the phrases that reference god were just about everywhere. I recited the "Pledge" in class for many years, heard similar phrases from the pulpit in my small Lutheran country church and they were on every bill I fed into the vending machines after school.

Such a focus on the wordings and beliefs caused me to believe that America was founded upon Christian ideals. These

were simply the traditions carried out by our Founding Fathers to create a union for the newly-freed colonies, a simple answer to some of our many seemingly antiquated practices.

However, while America was founded by a handful of men who believed in Christian ideals, they did not create a theocracy. Rather the government they founded was a democratic republic which allowed all religions to be accepted without fear of persecution.

The well-known phrase 'One nation, under God' is still relatively new. This change happened in 1954 by then-President Dwight Eisenhower. A little over two years later, Eisenhower signed into law that the national motto would be changed from the de facto 'E pluribus unum' to 'In

IN GOD WE TRUST, PAGE 11



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Tune in

Catch all the action during break on KLPR



Photo by Jessica Nichols

While most of campus is shut down over Christmas break, that doesn't mean the on campus radio station will be. Ford Clark, general manager for the station, says for the first time in a long time, 91.1 KLPR will be on the air over break. "We will feature projects that students have done from the semester. They are 10 minute interviews with prominent people from UNK in features called "UNK Campus Voices," Clark said. If you're in the Kearney area over break, tune in to 91.1.

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Music is universal

"With Christmas quickly approaching, I continually find new appreciation for music and how it has impacted my life."



LAURIE VENTEICHER
Assistant Editor, Copy Editor

"You know what music is? God's little reminder that there's something else besides us in this universe."

Harmonic connection between all living beings, everywhere, even the stars."

In the 2007 film "August Rush" Robin Williams' character (Maxwell "Wizard" Wallace) shares his personal thoughts on music and what it means to him. After performing a duet with my fiancé this past Sunday, I couldn't agree more with such a simple yet complex description of music.

Ever since I can remember, I've loved music and would run around my parents' house while singing along with the radio. I loved performing at various concerts during elementary and high school, in both band and choir. And I'm so thankful that I've remained involved with music ensembles while at UNK.

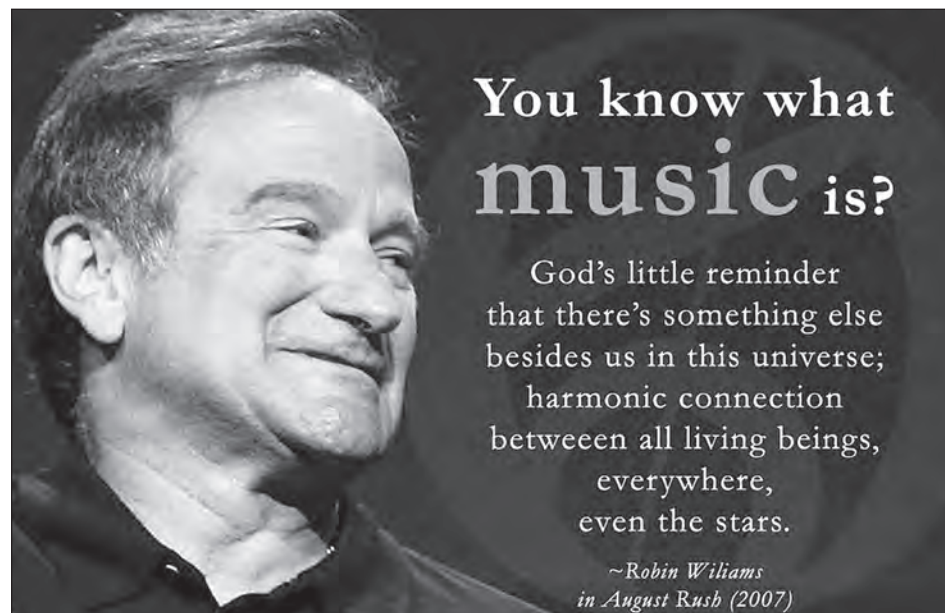
Every day is a day to be thankful, and the holiday season – from Thanksgiving to

New Year's Day – seems to be the perfect time to spread joy and share what you love. With Christmas quickly approaching, I continually find new appreciation for music and how it has impacted my life.

"Music is a universal language, and needs not be translated. With it soul speaks to soul," Berthold Auerbach, a Jewish poet & author, once said. As a musician, I understand his meaning. But you don't have to be a singer or instrumentalist to comprehend Auerbach's idea.

That's the beauty of it – no matter your background, faith, culture or personal history, some part of music will probably strike an emotional chord within you. Time and time again, I've been brought to tears, laughter and calm and found a profound sense of peace while singing and playing the French horn for many years.

At Sunday's annual Kearney Area 1733 Barbershop Chorus and Friends Christmas concert, I was reminded yet again of music's universality. As various soloists and small ensembles performed and my fiancé and I awaited our turn, I felt as though the audience became a part of each act. Toward



the end of the concert, the audience actually did become a choir of sorts, when the barbershop director invited everyone to sing "Joy to the World."

Music has brought so much joy, so much more meaning to my life. I've met so many wonderful people – some of whom have become very dear friends – during my

time as a musician. It's how I met my fiancé. I hope I will always find a way to share my love of music with others.

One more thing – This Christmas, whether or not you consider yourself to be a good musician, share the joy of the season with someone. After all, music is a universal language.

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RAs serve it up

Mantor residents treated to night of room service

MIRANDA HEEREN
JMC 215

In all the chaos, many students experience difficulties in maintaining normal habits, such as bathing, sleeping and even eating.

During the first few weeks of December upon walking into varying residence halls across campus, you will find busy students working hard in their rooms or study rooms finishing last-minute research papers, studying for comprehensive finals, preparing presentations and putting finishing touches on group projects. There is more than enough stress to go around.

Notice the exasperated and puzzled faces that gaze blankly at their large textbooks and plethora of notes, the groans from people figuring out that they are about to pull an all-nighter, and the continuous taps as students furiously work from their computers to meet looming deadlines.

That is why on Wednesday, Dec. 9 from 8:30 to 10:30 p.m., residents in Mantor Hall were treated to a night of room service complete with varying entrees: pancakes, mashed potatoes, rice, grilled cheese and other tasty snacks.

The program, planned and carried out by the resident assistants in Mantor Hall, was a quick and easy way for residents to call in their order to the senior resident assistant's office and have it delivered right to their door.

"It is a great way for the students to get some good homemade food in a quick, easy way," said Ivy Prater, an organizational communication major from Elgin.

When receiving their delivery from the resident assistant, the immediate relief and delight expressed on their overworked faces lit up the room.

"This is so good," Clayton Loughry said as he takes another large bite of rice. Loughry is an organizational communication major from Grand Island,



Photo by Miranda Heeren

Junior Kyler Kaping, a psychology major from Alliance, prepares bread in order to make grilled cheese for last Wednesday's event. The program was a tremendous success serving almost 100 Mantor residents during the two-hour event.

who helped running orders during the program throughout the residence hall.

The program overall was a great success for the hall serving almost 100 Mantor residents.

The sweet aroma and mouthwatering taste of good, homemade food seemed to perk up the tired, lethargic students, putting large smiles and satisfied looks on their faces.

"Good food can make almost any situation better," Prater happily explained.

The end of the semester can be an active, nerve-racking time, but with the right time management skills and some good food, you can have a better end and finals week.

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Around the World with UNK Tennis

Tennis team consists of 8 international players from Spain, Egypt, China and Venezuela

ANDREW HANSON

Antelope Staff

One look through the hometown listings on Jake Saulsbury's tennis roster sheet, and it's clear the University of Nebraska at Kearney head men's and women's tennis coach has a unique roster.

With as many players from other countries as the United States on the women's squad and three players from Spain and two from Egypt on the men's team, Saulsbury's tennis squad has a heavy emphasis placed on international student-athletes.

"First and foremost, our recruiting model is always based on trying to find the best players possible that fit in at the University of Nebraska at Kearney," Saulsbury said. "We do look at local kids. We look at in-state Nebraska kids first and then start branching out-of-state to international.

"We just try and build our lineup as strong as we can. We like diversity on our team."

The tendency of recruiting international tennis players is not something new for Saulsbury or NCAA Division II tennis.

At last year's NCAA Sweet 16, only 20 of the 256 student-athletes participating were from the United States.

"It's not that American tennis can't match that level, it's just there's only so many players that can go around," Saulsbury explained. "The top American players that would usually play in the top three of our lineup are usually looking at Division I."

Saulsbury, who is now entering his seventh year at UNK, has been following this recruiting model since his arrival in 2009.

He had four international student-athletes his first year with one from Australia, one from Mexico and two from Indonesia

"A player from India came in the next year, and it has just grown since then," Saulsbury said.

This year, Saulsbury has eight international players on his roster with Spain, Egypt, China and Venezuela being represented.

"I don't necessarily recruit from the same country all the time," he said. "I like diversity on our team and getting as many countries represented as possible."

While Saulsbury recruits globally, he often dips into the tennis hotbed in Europe.

"We have a lot of players from Spain currently on our roster," Saulsbury added. "European tennis is always strong. Typically

in Europe, you're going to find a lot of players that are at least at certain level that can play in your lineup."

Saulsbury took a recruiting trip to Europe a few years ago to cultivate relationships with the coaches over there.

"The trip was more to build my contacts with the coaches and different recruiting agencies or academies," said Saulsbury.

It's through those coaches and recruiting services that Saulsbury finds most of his players.

"We have those contacts year-in and year-out. We'll meet with them over Skype and through phone calls and e-mails. Then, we kind of compile a list of players from them as well as what comes into us," Saulsbury said on the process of finding players.

"There's a couple recruiting services that we use on a regular basis. That's usually the starting point."

Saulsbury also uses the International Tennis Federation's player database where he finds players in the junior rankings.

Recruiting services and databases aren't the only place Saulsbury has found



STEFFI RODRIGUEZ

THE SEVENTH BEE

Local blogger, Aubrey Jones, shares her experiences of learning the definitions of selfishness, wholeness, & balance. Celebrating joy, growth, and everything good on her blog, The Seventh Bee.

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TENNIS, PAGE 11

Seniors, Wickard, Strong have their sights set on achieving greatness

Tracksters enter final season



MARIA PICKERING
Antelope Sports

Chelsea Wickard

■ **Q: How long have you competed in track?**

A: I have competed since junior high.

■ **Q: How did you get in to doing hurdles in track?**

A: I started hurdling in junior high. My cousin was a coach for hurdles so I just picked it up then.

■ **Q: What have your accomplishments been in track?**

A: My sophomore year I broke the 400-hurdle record. That has been probably my biggest accomplishment.

■ **Q: Do you have goals for your last season?**

A: I would like to break my own record and I would like our 4-by-4 team to place at conference.

■ **Q: Who has helped you get where you are in track?**

A: I would say my parents have had the biggest impact on supporting me through track and helping me keep going.

■ **Q: How do you feel you come together as a team in**

track?

A: Oh yeah, I think track is more about being a team. Especially with our 400 group because we run together everyday it's definitely more family-oriented.

■ **Q: In the off-season are you always working out?**

A: Off-season is lighter workouts, but you definitely need to keep working out to come in to pre conditioning.

■ **Q: What are your goals for the future?**

A: I am going to nursing school here at UNK. I probably won't run as much anymore.

■ **Q: How do 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 eight hours of sleep every day, but of course that doesn't happen all the time.

■ **Q: Do you want to keep track a part of your life after you're done?**

A: I probably don't want to coach or anything like that, but I will still do fun runs.

■ **Q: How has track helped you grow as a person?**

A: It has helped build my character a lot, because I have had to deal with a lot of injuries. It has helped me be a team player and multi-task in school. It has helped me a lot.

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

A: In my free time, I help out a lot at my church. I sing on the worship team there. I like to hang out with my dog.

■ **Q: What is your favorite food?**

A: Spaghetti

■ **Q: What is your favorite song?**

A: I do a lot of prayer meditation before meets. The whole day of the meet I am just in prayer with God. I listen to a lot of Christian music too before I run. I would say, "I Believe" by KB.

Photos by Maria Pickering



ABOUT CHELSEA WICKARD:

Class: Senior

Major: Exercise science

Hometown: Mitchell

Event: Hurdles

Senior Chelsea Wickard broke a 36-year old school record her sophomore year in the 400 hurdles at the MIAA Indoor championships. Wickard is in the Loper Top 10 for the 600 Meters indoor event and 400 Meters outdoor event. This season, Wickard wants to break her own record.



ABOUT JEROD STRONG:

Class: Senior

Major: Construction management

Hometown: Eustis

Event: Throwing

Senior, Jerod Strong was season-best in the hammer at the Alex Francis Classic his freshman year. As a sophomore, Strong threw the hammer 142-0 at Emporia. Watch Strong, as well as the rest of the Loper track team at the Holiday Inn Invitational in Lincoln on Jan. 15-16, 2016.

WICKARD PAGE 11

“Jerod is a one of a kind guy. He can turn a bad day around just by being the guy he is. He's a great teammate and an even better friend.” Tanner Barth — throws



Jerod Strong

■ **Q: How long have you competed in track?**

A: I started a long time ago, back in Junior Olympics before I got into junior high. I developed early so I threw back then and that's how I got in to throwing. I also sprinted until my senior year in high school.

■ **Q: For people who don't know, what is throwing in track?**

A: I throw what is called the hammer. It is an outdoor event with a 16-pound ball with a wire and a handle on it, and you spin around three times and let it rip. For indoor it's the exact same thing but the ball is roughly 35 pounds.

■ **Q: How did you choose UNK?**

A: I had other schools looking at me for throwing like Doane and Hastings. I have three older brothers and two of them were UNK athletes. So, I've been around UNK forever, and I remember coming here when I was little to watch my brothers play in their games.

■ **Q: What do you enjoy about track?**

A: I think to do track, especially through college to make it all the way through your fifth year you have to really enjoy what you're doing. Everything about track especially the throwing side of things I enjoy, like the weight lifting we do. I also enjoy the team and that's what helps you stick with it.

■ **Q: Who has helped you get where you are in track?**

A: My high school coach was really good. He knew what he was talking about, whether it was running, jumping or throwing. He may have coached my dad back in the day, and he coached my brothers as well. He really started off my throwing career I should say on a positive step. As I transitioned into college I have had nothing but great coaches. Coach Bonsall has been here the whole

time I have been. He has been the rock on the team as well as my throwing coaches.

■ **Q: How do you feel you help each other as a team in track?**

A: It is a very individualized sport. You compete against your teammates in meets and compete against them in practice to get better. Me, personally, I like to compete against myself, and always try to improve my mark.

■ **Q: How do you feel track has helped you as a person?**

A: With this being my last year with track, and looking back on it now, track was something that helped me stay most accountable. To be an athlete in college sometimes there are more eyes on you. If you mess up, the consequences are going to be more severe, so it has definitely helped me stay out of trouble.

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

A I like to hunt. I also got a Lab puppy this past year that I take hunting with me.

■ **Q: What are your goals for the future?**

A: My dad has a plumbing and heating business back in Eustis. I plan on moving home after graduating and letting him slow down a little bit. He is ready to get out of that management position.

■ **Q: Do you plan to keep track a part of your life after you graduate?**

A: As far as coaching high school, I don't think I will ever get involved that far, but who knows what will happen. I have recently thought about coming back to UNK and helping with meets, and that would keep me connected to the Track and Field program.

ABOUT CHELSEA

Dani Riesberg: junior business administration from Crofton, position— sprints

Riesburg said, "I would describe you as a strong woman. You feel deeply, but you are fierce. You can be soft, but you are powerful. You are not afraid to have a voice. You know who you are and what you stand for. That's what makes you, you!"

Tangie Hileman: junior psychology from Smith Center, Kansas, position — jumps/sprints

Hileman said, "Chelsea is a runner who runs with 100 percent of her heart and endurance. She always faces challenges head on and overcomes them. She has desire, passion and commitment and that isn't just for track its for life. She's a fighter."

Julianna Burr: sophomore pre-nursing from Holdrege, position — hurdles

Burr said, "Chelsea has always been a leader. She pushes the rest of the team to get better everyday and improve."

ABOUT JEROD

Danyelle Coons: senior sports administration from Elm Creek, position — throws

Coons said, "I have known Jerod since high school and ever since we came in as freshman together, I knew he was going to be a great lifelong friend of mine. Anyone can tell you that the second he walks in the room, he puts a smile on everyone's face. He and I are the only seniors this year on the throwing squad, but he stuck it out right along with me. He is one of the best teammates and friends I have ever had!"

Ethan Young: junior agribusiness from Bird City, Kansas, position — throws

Young said, "Jerod has been my teammate for four years now. He has been a real role model to me as a teammate. A phrase to describe Jerod is 'Willing to go the extra mile for his team.' He comes every day ready to give 110% no matter the situation."

Student first, athlete second

*Success in and out of athletics is a lengthy process
“We’re not just dumb jocks,” says Dr. Paul Plinske*

DAVID MUELLER
Sports Editor

Some students struggle. Some students do great.

College freshmen are so accustomed to a defined structure in the high school atmosphere that it can be challenging to handle a new sense of freedom.

New students find that much of their learning is done during personal time, outside of the classroom. With that amount of freedom comes a heavy load of responsibility and a newly-discovered sense of priorities.

However, UNK’s student-athletes consistently out-perform the general student population academically.

As a whole, the University of Nebraska-Kearney student-athletes averaged a 3.1 GPA in the spring of 2015.

Athletic director Dr. Paul Plinske puts a heavy emphasis on the student first, and the athlete second.

“We want our students to be successful in the classroom. It’s a priority for us to do better than the general student,”

he said. “We want our student-athletes to sit in the front row, we want them to be engaged with the faculty, we want them to complete assignments in a timely manner, we want them to be exemplary in every way.”

Dr. Plinske recognizes three key components to each student-athlete achieving a premier experience at UNK. The first is to succeed in the classroom. Next is to be great competitively. And last is to be loyal community servants.

All in all, the overall objective is to graduate the student-athlete, and equip them with the skills necessary to excel.

“The mission of collegiate athletics is to be focused to provide the best experience possible, to move our student-athletes

toward graduation and help them to be productive citizens after they leave UNK,” Plinske said.

Among the top of UNK’s athletics programs were men’s and women’s cross country. The men with finished with a 3.313 GPA, and the women with 3.254.

Brady Bonsall, 2015 MIAA Men’s Cross Country Coach of the Year, said being involved on campus can drastically enhance a student’s chance to achieve academically.

“At the end of the day, they’re coming here to be students. Athletics can play a really big role of success in the classroom,” he said. “A lot of times in the recruiting process, you get the question along the lines of, ‘Well, do you think I can still do well in school if I’m being an athlete?’ My response is, ‘Yeah, absolutely.’ You’ll probably do better in school if you’re an athlete or engaged somewhere on campus.”

Bonsall believes there are two factors that give student-athletes an edge in the classroom. No. 1: they are naturally high-achieving individuals. No. 2: student-athletes have more structure in their everyday lives.

However, not all student-athletes perform at a premier level academically. Let’s not forget that these individuals log many hours in practices, games, and traveling. Keeping up with classes can be a daunting task.

For this reason, guidelines and regulations are in place to help those who need assistance.

First, all freshmen student-athletes and those at-risk are required to attend four hours of study hall per week, which is tracked through the library. At-risk students are those who fall below a 2.5 GPA. Also, tutors and coaches assist in providing tutorial services.

Student-athletes are constantly

checking in with their instructors for grade checks. This information is relayed from the teacher, to the student, to the coach. This is a primary reason Dr. Plinske suggests building a strong student-teacher relationship.

To facilitate learning, Wi-fi hot spots are built into UNK’s buses for long road trips. This allows the students to make efficient use of their time on the road, especially with classes that rely heavily on online learning.

Bonsall said communication is the most important factor in helping the at-risk students

“You have to become more proactive with them. Asking them questions, requiring grade checks, making sure they’re getting in their study hours. Even with the study hours, they have to be using them proactively in a good way,” he said.

According to Dr. Plinske, the process of succeeding in and out of athletics is a lengthy process.

“At the end of the day, they’re coming here to be students.”

— Brady Bonsall

“No. 1 is recruiting.” He said coaches recruit the high caliber student-athletes that are projected to be successful athletically and academically. “My job is to provide them with resources. They have to have the scholarships, the facilities, the coaching staff and the tradition of success. You look at our successful programs, and they’re the ones who have all those in place. Now my job is to infuse them in those sports so they can do that.”

“The other piece is there is a high level of accountability. It’s not only the recruitment process, but it’s the ongoing review and analysis of an individual, and tracking them.”

Plinske said coaches continue to preach layers of success. “It’s not just



Photo by Keysha Foulk

Senior Cole Wellnitz is one of many athletes excelling academically and athletically. The runner from Rushville is a three-time recipient of MIAA academic honors, and finished 20th at Regionals this fall.

the performance in athletics, but it’s also academic success; doing well in the community, which allows them to move forward to graduation. To me it’s a lengthy process from start to finish. I think we’re real successful at it compared to our counterparts in the league, and I believe were only going to get better.”

This fall, UNK student-athletes performed exceptionally well in the classroom.

230 earned above a 3.0 GPA, 141 earned above 3.5, and 34 had a 4.0 in the term. There are six student-athletes with a cumulative GPA of 4.0.

The men’s and women’s golf teams held the highest GPAs in all sports on campus. The men averaged a 3.471, and the women claimed a 3.421.

While there is no composite GPA in MIAA athletics, Dr. Plinske said that UNK ranks in the top 80 percent.

“My favorite time is going to commencement ceremonies and being on the stage with the chancellor and the president of the system and some members of board of regents and other administrative staff. To me, it’s a reflection of what we’re trying to do for our student-athletes from the get-go,” said Dr. Plinske.

Leaving with a degree and memories

As graduation approaches, one senior reminisces on memories made as an undergrad

KEYLI ALDANA

Antelope Staff

Graduation is what every student at UNK is here for right? Senior business administration major Emily Olsufka from Columbus looks forward to her graduation day on Dec. 18. As her proudest day approaches, Olsufka thinks back to her time in Kearney as an undergrad. Her biggest accomplishment up to this point has been studying abroad. "I studied in Ireland for a semester and it helped me

become more confident and independent. I made many new friendships and memories that will last a lifetime," says Olsufka.

She believes UNK students should do a few things while they are still in Kearney. "I recommend trying out the many restaurants such as Nick's Gyros, Cunningham's and Luke & Jake's BBQ," she says. Rollerblading at Yanney and frisbee golfing at Cottonmill Park is another must-do along with cozying up to a warm coffee at Barista's during the colder months.

The senior also has some advice for

undergrads. She encourages incoming UNK students to not decide on a major immediately and recommends taking the general studies courses to find their niche before they decide their future. Olsufka also recommends not being scared to ask questions and build relationships with professors because that will make college easier and much more rewarding.

Although Olsufka's major is business administration, a hobby she is very passionate about is makeup. "I love making women feel better about themselves



EMILY OLSUFKA

through enhancing their natural beauty. I also like educating about skin care and the makeup application. It is more rewarding than anything," she says.

Olsufka is currently working as a mortgage loan processor at Trius Federal Credit Union and is looking forward to being promoted to a mortgage loan officer after graduation.

'Take away more from college than just the education'

Two senior friends reflect on their experiences in college and give advice to younger students

TRAVIS BLAND

JMC 215

Take away more from college than just the education, two senior buddies looking back say. Have some fun.

Josh Barger, a criminal justice major from Omaha, and Daniel Chacon, a radiology major of Cozad, had never met prior to finding their way to UNK, nor had they expected to cross paths.

Yet, the two have been inseparable for the last two years. Not because they were forced to share a dorm room, not because they had heard great things about one another, but because they took the time to be sociable.

Friendship and knowledge are two of the largest reasons students attend colleges and universities across the world.

Barger and Chacon have now been roommates for two years. Whether eating at Louie's diner with Chacon effectively and completely covering every meal in a thick layer of black pepper or watching Barger enjoy a course of cereal at every meal, these men stick together.

The two of them can usually be found sitting in their dorm room working on homework or just playing games throughout the day. They act as if they've



JOSH BARGER

known each other for decades rather than only a couple of years.

"We've grown, like super together over the last two years," Barger said.

Chacon responds with, "Oh... super apart ha." Jokingly the two give each other a hard time.

"First time I met Josh he was outside of Randall Hall, sitting in a kiddie pool, drinking a juice box," Chacon said.

Barger, quick to respond, said, "We had to tote like 20 buckets of water from the basement."

Barger will graduate in December of 2015, and Chacon in the spring semester of 2016.

"After Josh is gone, I really just plan on getting a king-sized bed for the dorm room. Ha, it'll be nice to finally have some peace and quiet," Chacon said. "I'll miss the humor. We have weird senses of humor, but we always make each other laugh."

Looking to the future, "We do plan on going to Las Vegas at 30, but I'd like to make a plan to see all my buddies together at least every five years, but Dan doesn't

spend money so I'll have to get him out whenever I can," Barger joked.

Seeming to agree Chacon grins and nods.

"Omaha P.D., that's my hope," Barger said. "I really need to pay off my debt, but also maybe propose to my girlfriend, maybe buy a house, I don't know so I guess we'll see."

Chacon said, "I can't decide, maybe I'll stay here in Kearney, maybe move to Texas. Either way I want to find a children's hospital for radiography, and I'll definitely have to travel before I have kids."

Barger gladly, and quickly explains that the idea of graduating is a positive thought. "I'm excited to graduate, but fearful of how long it will take to find a career, making money is really my only concern."

Chacon, nervous and taking a moment to think, "I am afraid of graduating... really, I'm insecure of being on my own and being an 'adult' like. I like being in a safe state like now, I guess I just want assurance."

Yet, both men realize the experiences learned, good and bad.



DANIEL CHACON

Barger offered advice to young students: "Ask for help! You're never on your own. There are at least 100 other students in the same position you are."

Chacon agreed but had wisdom of his own to add: "Take your time — with everything. It's OK to not know your major for like two years, better to know what you really want to do in life, especially when that decides how happy you are from here on."

Study tips from Barger & Chacon

Don't procrastinate.

Do your work.

Make your mark somehow because it makes you a better person.

Talk to your professors.

Focus on school and not so much on the relationships.

Don't take a bunch of credits or work 40 hours a week as then you have no social life.

VOTE

MARILYN SYNEK
Reader Submit

Dec. 9 the UNK College Republicans held a straw poll in the UNK Student Union atrium to gauge the student body's favorite candidates in the Republican presidential primary.

Respondents indicated their choice candidate by putting a straw in a mason jar bearing the candidate's name. Students were also given the opportunity to join the Nebraska Students for Rubio, Paul, or Fiorina campaigns.

The purpose of the poll was spark dialogue and encourage students to research the candidates before they vote for real on May 10.

The poll was open from 10 a.m. - 6 p.m. Dr. Ben Carson scored 1st place, Marco Rubio placed 2nd, and Donald Trump ranked 3rd. 207 students voted in the poll. This is a significant number considering only 273 freshmen voted over a two day span in this year's freshman student senate election.

The UNK College Republicans plan to host another straw poll in February and May 2016.

Straw poll gauges student body's favorite candidates among Republican candidates

Poll Results

The following are the statistical results:

- Ben Carson** — 36.2%
- Marco Rubio** — 22.2%
- Donald Trump** — 9.2%
- Mike Huckabee** — 8.2%
- Ted Cruz** — 6.8%
- Jeb Bush** — 4.8%
- Carly Fiorina** — 4.3%
- Rand Paul** — 3.9%
- Chris Christie** — 1.9%
- Lindsey Graham** — 1.9%
- George Kasich** — *
- Rick Santorum** — *



Tune in
KLPR podcast



ANTELOPE SPEAKS:

Tune in or stream online to hear the weekly podcast when KLPR news director Nick Stevenson and Andrew Hanson air The Antelope Speaks. Stevenson and Hanson break down the major stories from The Antelope on air each Monday on 91.1 Thursdays from 7 to 9 p.m.

SPORTS SPOTLIGHT: DYNAMIC DUO

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

DONE YET from page 1

miserable. It's not about fulfilling a pre-planned checklist, it's about realizing what type of reality you are fighting for. College is a stepping stone for this. It's a place to learn about who we are, to challenge the way we think, and figure out how to live a

life that is authentic to us.

College helped me do that, and as I wait to walk across the stage on Friday, I am walking toward my reality. One, that because of college, is a little clearer, a little more focused, and a little more my own.

IN GOD WE TRUST from page 2

God We Trust'. That is around 60 years ago, compared to the 239 years our nation has existed.

The phrase 'In God We Trust' upon our currency is still a relatively new addition. The US Treasury explains that The Coinage Act of Feb. 12, 1873 put the phrase on all coins. Then in 1957, Congress with Eisenhower made it so that paper money would bear the phrase as well. The first of these measures did not happen until 92 years after our nation was founded.

Placing that aside, let me take you back when America was not a nation, back to a time when the ink on the colony charters was still wet. A large amount of European colonists came to the New World to avoid persecution by nations whose state-sponsored religion conflicted with their own. Notable groups were the Quakers, Pilgrims and Puritans.

They left Europe to practice their faith without fear of backlash as they would have feared back in their homelands. While this may not have represented all or a majority of the new world colonists, it was quite a sizeable group. Even Catholics from predominately Protestant nations were among those who came to the New World

in search of sanctuary from state-religion.

Our Constitution has the Establishment Clause, written as: "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof." This simple sentence found in the First Amendment assures that Congress cannot sign any law that favors one religion over any others. "A fence between the church and the state," as one Founding Father put it.

The Establishment Clause was not made with the intention of harming religion, rather it was done to protect religion. The Founding Fathers knew that if America established a state religion or faith, all others would be discounted and persecuted. Even other denominations of the same religion would be negated with the creation of a state-sponsored religion. There are hundreds, if not thousands, of different Christian denominations inside American borders. Each one with their own unique customs and beliefs.

America is a nation where all faiths are equal in the eyes of our government and Constitution, with none placed above the others.

WICKARD from page 6

Q: What do you want for Christmas?

A: We aren't really doing gifts this year. My mom and I are taking a vacation to the Bahamas.

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

A: A lot of people don't know that I love to sing.

STRONG from page 7

Q: What is your favorite song?

A: If I am getting pumped up for a meet, I listen to hip-hop or classic rock. If I am just hanging out I like to listen to country.

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

A: I would say maybe I get misread sometimes. I should say I am very competitive, but a lot of times at practice I am pretty light-hearted and

high-spirited kind of person. I don't get a lot of times real serious, I like to keep it light-hearted and fun.

Q: What do you want for Christmas?

A: I just got a new dog and I have been working with her a lot, and I probably need 10 different accessories to go with her for hunting so I've thought about stuff like that. I would also like a pair of waders.

TENNIS from page 5

players, though.

"We've found players on Instagram actually before," he said. "We've found players on YouTube through a recruiting video there. We're looking every place we possibly can."

Saulsbury tries to prepare the student-athletes before they come to Kearney, too.

"You've got to know yourself pretty well and just be open to change because a lot of the time they're coming into a completely different environment," Saulsbury said. "But at the same time, these kids that come in get pretty well connected with their teammates and it becomes a family-type environment that we try and promote."

"Then outside of that, we encourage them to have a good strong foundation of friendships formed and getting involved in other things that aren't just athletics."

Senior Paula Jimenez and junior Sthefani Rodriguez, who are both Division I transfers, have found UNK to be the perfect home.

A native of Barcelona, Spain, Jimenez was hesitant about coming to a town as

small as Kearney.

"I am a city girl, and I am used to doing the things that a city girl usually does," Jimenez explained. "At first, I wasn't sure what I was putting myself into. I didn't know if coming to such a small town was going to be the right fit for me. But I wouldn't change this experience for anything."

Rodriguez, who is from Maracay, Venezuela, has found UNK to be the perfect fit as well.

"I wanted to be able to have the time to study and have a normal life, but also to have the time to be an athlete and travel everywhere," Rodriguez said. "This school has it. I have the time to enjoy both of those things. I'm so happy I chose this school."

Jimenez feels the same way about her choice to transfer.

"My experience here at UNK as an international student-athlete has been amazing," she said. "The tennis team is my family. I have the best coaches I could ask for and at the same time, teammates that are like my brothers and sisters."

CAMPUS CRIME LOG

NOV. 10: Female student reported her purse being stolen from Fine Arts Building. Case open.

NOV. 13: A male subject (non-student) arrested outside of the Fine Arts Building for a warrant as well as possession of a controlled substance & possession of drug paraphernalia.

NOV. 15: A UNK student reported to UNK Police while they were in Omaha, Nebraska they were sexually assaulted. Case was turned over to Omaha Police. Case closed.

NOV. 17: Officer met with several female students, who had concerns about a male student messaging them on Facebook. This incident didn't reach harassment at this point, as none of the female students have told male to stop. They were advised to do so. Case closed.

NOV. 17: Male advised of alcohol in Mantor room 324. Two males & one female student cited for MIP. Case

closed.

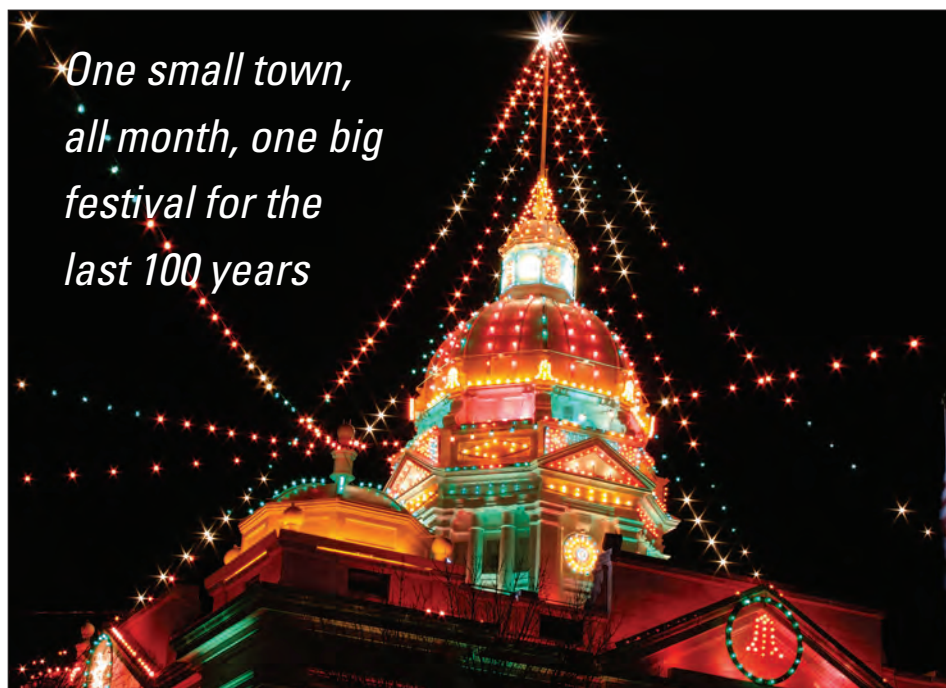
NOV. 18: Threat assessment meeting in regards to male student posting inappropriate videos on YouTube & Facebook. The videos are two years old. Case closed.

NOV. 19: Officer met with female student to obtain information from a hit & run accident earlier in the day. Case open.

NOV. 20: Traffic stop resulting in the arrest of male subject for DUI-Drugs. Marijuana was also seized. Case closed.

NOV. 21: Received call of subjects possibly drinking. Subjects were contacted & six subjects were cited for MIC. Case closed.

NOV. 24: A UNK student reported clothing & a wallet were taken from locker in the Health & Sports building. Case open.



*One small town,
all month, one big
festival for the
last 100 years*

Minden lights up town for all to see

RANDI CLARK
JMC 215

All month long one small Nebraska town brings the Christmas spirit to life. This year marks 100 years that Minden has lit up the whole downtown area. To make this year a tad more special than normal, Westminster United Presbyterian Church Youth Group imported an artificial ice rink to allow skating.

With the brisk, cold Nebraska winter weather outside, you instantly wonder if it's worth getting out the nice warm car. By the way, IT'S WORTH IT! With all of the different colored lights overhead, you really start to think about the things you're grateful for.

With the swift push on the cold glass, a wave of frozen wind radiates through all the layers of clothes, chilling you to the bone, it rushes into your nose and mouth tasting of nothing but cold gusts as it circles into your lungs taking your breath away all as your step out of the car.

Like knives on a cutting board, you hear the skates on the ice, a couple swift steps followed by a thud! Then the laughter of children fills the air.

The closer you walk toward the rink, you hear the crackling of a fire, the giggling becoming more frequent.

"MOM, Come skate with me," said one little girl.

"When I grow up I wanna play hockey," said one little boy.

"I'm going to have so many bruises tomorrow," said a girl.

The smell of fresh hot chocolate fills the air. The Latte Da! Mobile espresso shop announces, "Hot chocolates ready," then quickly shuts the small window of the trailer, trying to prevent all of the cold air from getting in.

With all the festivities going on you walk around the town square admiring all of the decorations that the small shops have put out.

Faintly you can hear the instrumental version of "The First Noel", just as soon as your brain determines what tune it is, a group of children runs past belting out the lyrics as loud as they can, not wanting to miss a moment of ice skating.

Sniff after sniff, the cold air making your nose run. You are in the final stint of the walk wondering how long it will take your car to warm up. Hoping it will not take forever, you almost start to walk faster but you don't want to miss any part of the view.

Rubbing their eyes, children begin to get crabby whether it from the cold weather or the adrenaline starting to wear off, the town starts to wind down and become the small, quite Nebraska town. All until darkness falls and the lights come on again.

Check out their schedule of events at mindenlights.weebly.com/schedule.html.



Barista's to add second location



"We've actually needed a second location for about six years."

— co-owner
Jasmin McGinnis.



Photos by Keysha Foulk

1) The coffee shop attracts customers both young and old. An older couple stops by for coffee while students study in the background. Barista's Daily Grind has been making mornings brighter since 2001. With business booming it's time to expand their reach in the Kearney community. A second location in north Kearney is planning to open their doors in the summer of 2016.

2) Local coffee shop co-owner Edgar Cruz (LEFT) is always willing to surprise his customers. Day to day he dabbles in creating fun latte art made into each individual drink. Whether it's warm or cold outside, you're sure to find a cozy place at Barista's Daily Grind.