

From here at the Antelope, we wish you a happy holiday season.

6 Days until Christmas
Your picks for
Christmas movies p.2

the antelope

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Hats off to the UNK
Graduates of 2014

Veteran completes his plan



Photo by Joene Crocker

Caleb Schoneman, a sports administration major, gets hands-on experience during his internship in the office of the Associate Athletic Director Rich Brodersen. The Holdrege native wants to follow in his father's steps and become an athletic director for a class B or C high school. Schoneman's father is the athletic director at Holdrege High School.

BY JOENE CROCKER
Antelope Staff

During high school, Caleb Schoneman, a Holdrege native, looked ahead at his future and thought he needed to pay for college somehow, so he developed a plan. "National Guard helped me through college and gave me a bit of meaning towards life, a sense of fulfillment that I was doing something right," said Schoneman, a senior sports administration major with a double minor in marketing and management.

His junior year of high school, he enlisted in the Nebraska National Guard that included a six-year commitment to the program, but would give him education benefits so he could earn a degree.

In May of 2008, he graduated from high school and left for basic training in South Carolina for nine weeks, and then went to Newport News, Virg. for individual job training as a Black Hawk helicopter mechanic, learning in the classroom and the field.

After that, he went to Grand Island and joined the company of A-Co 1/376 Aviation Battalion where he worked on the helicopters for that division.

SCHONEMAN, PAGE 5

Undergraduate research up 5%; changing culture creates community of scholars



BY JESSICA ALBIN
Copy Editor

Thinking back over my own undergraduate research experience, I can honestly say it has been one of the most rewarding experiences I've had

so far. I fully support all of the praise Dr. John Falconer gives to the program, and I agree with his goals for the future.

There's just something about working one-on-one with a faculty mentor of your choosing that makes the experience all the more personalized.

Not only did working on original research challenge me in ways I never expected, but I was also able to learn things I never could have in a classroom setting.

Getting out into the world and doing

your own research or creative project also helps you gain experience in your field and decide if it's really what you want to do for the rest of your life.

My only regret is that I didn't start sooner.

Across campus over the past three years student participation in UNK undergraduate research has jumped 5 percent, raising the total to 30 percent of all students. Not only is this a high number nationally, but more importantly, this figure reflects a changing culture.

Falconer, Director of the Honors Program and Undergraduate Research, said the significant numbers reflect student involvement. "UNK emphasizes original scholarship experiences for students, and we have several programs to support participation. The jump from 25 percent to 30 percent of students, campus-wide, who engage in

original research and creative activity indicates more students are getting involved from more areas of campus."

Falconer says that any given student is now more likely to know other students who are doing research, so they can talk about experiences, ideas and opportunities. This creates a community of scholars who can challenge and support each other. "It reflects a growing culture of discovery, which goes beyond learning what others know to creating new knowledge."

This means more students are recognizing problems within their field of study, taking knowledge from the classroom and applying it to these problems to try and find solutions. Falconer is happy to see that undergrad research is becoming more

RESEARCH, PAGE 5

UNK to graduate 411
at Dec. 20 ceremony

UNK RELEASE

KEARNEY – More than 400 graduate and undergraduate degrees will be conferred at UNK commencement exercises at 10 a.m. Friday, Dec. 20.

In all, there are 411 candidates for degrees – 313 undergraduate and 98 graduate degrees.

Chancellor Doug Kristensen will address the graduates. The UNK Choraleers, conducted by David Bauer, will provide a pre-commencement concert and perform special music during the ceremony. Graduate Codie Patrick of Milford will sing the national anthem, accompanied by Nancy Curry, staff collaborative pianist.

Andi Diediker, who is graduating with a bachelor of science in education, will deliver the senior class reflection. Diediker of Seward served as a Chancellor's Ambassador, was a member of Pi Kappa Alpha fraternity, a New Student Enrollment Leader, Student Diplomat and served on the student senate.

Doors to the UNK Health and Sports Center will open at 8:30 a.m. Parking in the west lots is encouraged.

For those unable to attend in person, UNK commencement ceremonies are webcast at www.unk.edu.

Follow @UNKearney
and #lopergrad

on Twitter to see photos and posts from 2013 graduates, their friends and families.

Full list of graduates can be found online.

Cinematic Christmas countdown

With the holidays right around the corner, Tarin pairs off most beloved movies to watch before Christmas ends



BY ADRIANNA TARIN
Editor in Chief

"NIGHTMARE BEFORE CHRISTMAS"/"ROCKY IV"

It may seem like an unlikely combination, but there is no possible way you can watch "Nightmare Before Christmas" AND "Rocky IV" in one day and not have rays of sunshine shooting out of every part of your body. It's like the cinematic version of a piggyback ride from an actual bear that is house-trained and good with children. They are the not-so-Christmas movies that are totally within the hopeful, life-changing Christmas spirit.

"MIRACLE ON 34TH STREET"/"A CHRISTMAS CAROL"

For those who need a good cry or a meaningful change in perspective, pick these two classics. Get out the tissues for your mom and nana and remember the lifetime of memories condensed into one stunning 12-minute take, as the Ghost of Christmas Past shows Scrooge what he

gave up in pursuit of wealth.

"A CHRISTMAS STORY"/"THE SANTA CLAUSE"

You might as well give in and watch these two. You know you want one of those leg lamps, and who would resist the opportunity to put on the Santa suit and take the reindeer out for a spin? You know you would do it. I, for one, know I'd make a wonderful Santa Claus. Despite nearly blinding himself with the gun, Ralphie (Peter Billingsley) contentedly goes to bed with his prize rifle by his side. Hopefully you get everything you asked Santa for this year. Yea, I know you still believe.

"ELF"/"NATIONAL LAMPOON'S CHRISTMAS VACATION"

These are the Christmas movies I watch with my family every year. Watching as Buddy the Elf completely embraces Christmas followed by agonizing as Clark Griswold slowly falls apart on a human level as he desperately clings to a thread of holiday cheer is the best thing you can do on Christmas Eve. Some of the most quotable Christmas movies for the whole world

will have you back to school in January a new person.

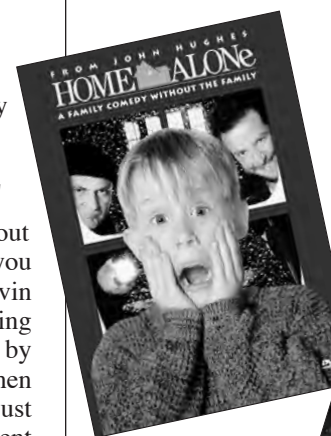
"HOME ALONE"/"HOME ALONE 2"

I'm very biased when I talk about these two movies, but why shouldn't you spend the Christmas Day enjoying Kevin McCallister (Macaulay Culkin) fighting off criminals after being abandoned by his family on numerous occasions? When you think about it, these movies are just ludicrous. But who can resist the moment when Kevin is reunited with his mom under the Rockefeller Center Christmas Tree in "Home Alone 2," or when he says, "This is my house. I have to defend it"? Kevin's screams alone make the movies worth watching. Catch a compilation that will have you laughing and dancing here: <http://youtu.be/H5CSBZz3eOI> #Classic.

"IT'S A WONDERFUL LIFE"

Is it possible to feel bad after watching "It's a Wonderful Life"? It's the cinematic version of a hug from your dad or seeing a unicorn and Batman in a field of chocolate. Open some presents and kiss your loved ones — it's Christmas!

We asked, you answered:
What is your favorite?



32%
Home Alone



11% Polar Express



11% How the Grinch Stole Christmas



11% Elf



5% The Santa Clause

Other Contenders

- 5% The Muppet Christmas Carol
- 5% It's a Wonderful Life
- 5% A Christmas Carol
- 5% National Lampoon's Christmas Vacation
- 5% A Christmas Story
- 5% Nightmare Before Christmas

This weeks online poll question:
What is your New Year's Resoulution?

'Tis the Season



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Making a dim world a little brighter

Schneider encourages others to pay it forward all year 'round



BY TATE SCHNEIDER
Entertainment Editor

December marks the beginning of my favorite time of year. Snow begins to fall, Christmas lights shed light on the city streets and people act a little more humanely. The last part may be a bit of a generalization, but for the most part people seem to be a bit more cheerful and kind at this time of year.

Maybe it's the anticipation of spending time with loved ones throughout the holidays, the fact that Santa is watching your every move or the promises the New Year may hold, but there is warmth inside people that comes out around this time of year. However, as with last year, there may be a shadow hanging over what is left in the year.

The incident at Arapahoe High School in Littleton, Colorado may bring

a somber tone to festivities this year, but that shouldn't stop people from demonstrating the kindness we are all capable of. In fact, tragedies like this serve as reminders. We are all a part of something bigger than ourselves.

This blue marble we live on hurdles through the heavens with a finite amount of space for all of us to occupy. Our lives are hectic at times. We need to study for finals. The rent is due. We get so wrapped up in what is ours that we forget about the people around us who have a lot more on their plate than we realize.

My uncle, a Vietnam veteran, double amputee and bona fide car nut has a very enlightened life perspective. Losing both of his legs in the war, he never once felt sorry for himself. He has impressed upon

me that no matter how bad I think things are going for me, there is always somebody who is in a much worse situation.

I've always taken my uncle's advice in every facet of my life, but I think it

"December shouldn't be the only time of year that goodwill toward all men is put into practice."

—Tate Schneider

is time that we, as a society, take that same advice and look past our own selfish views. December shouldn't be the only time of year that goodwill toward all men is put into practice. We can do little things to brighten somebody's day and try to drown out all of the things that may be going wrong in the world.

It can be the littlest thing that turns

somebody's day around. You can take the extra 15 seconds to hold a door open for somebody or lending a pencil to a complete stranger. (That last one is actually kind of a big deal during finals.) Acts of kindness should not be random. The world would be a better place if they were just a bit more common.

While the tragedy at Arapahoe High School was not as violent as previous school shootings, the fact that I used the words "previous," "school" and "shootings" together speaks volumes as to the state of the world we live in. It's not a perfect world, but it has the potential to be much better. 2014 could be the year that we all pay it forward and remember that we are in this together for better or for worse. Let's start to make it for the better.

Check out Courtney Wagner's "2013 politics in review," more international stories and photos

online at
unkantelope.com

the antelope | fall 2013 staff

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Dr. Amber Messersmith at messersmithas@unk.edu

We want your feedback.

In the Dec. 4 Issue, The Antelope published "Wolf spider spins silk tunnel."

"The creature in your photo is not even a spider! It is a harvestman or Opilionid. So why the talk about wolf spiders (Lycosidae)?"

— Dr. J Cooke

Have any corrections or comments?
Ideas for stories and photos?

Check us out online at unkantelope.com or email us at antelopeneeds@unk.edu.

Already on the job,
Johnson ready to graduate

BY MINKYOUNG KIM
JMC 220

Jade Johnson, a senior in international studies with a minor in Spanish, just finished her last semester at UNK. She graduated from Cozad High School and entered UNK in the fall of 2010. She chose her major because she likes to know other cultures and also wants to work in an international environment. Johnson participated in different programs during her UNK life. First when she was in high school, she applied for a scholarship with the Thompson Scholars Learning Community (TSLC), a scholarship for UNK, UNL or UNO students. Students receive this scholarship from The Susan Thompson Buffet Foundation and take special TSLC classes. She has also focused on travel. In spring 2012, Johnson went to Czech Republic to study for three months. During time there, she wanted to experience an-

other culture. Then she went to India for three weeks this year. She says these study abroad experiences give her ideas about broader aspects in the world to help her understand other cultures, which are different from the U.S. culture, and then embrace them. Beginning in the fall semester in 2012, Johnson did tutoring in an elementary school helping classroom teachers. She also did Spanish tutoring at UNK. While she did tutoring, she could meet students from various countries. This helped her to experience more cultures. Johnson currently works full time with English language learners at Kearney Public Schools.

Read more
senior stories online at
unkantelope.com



Photo by MinKyoung Kim
ABOVE: Jade Johnson currently works with ELL student at Kearney Public Schools.

BUSY LIFE FILLS SUZUKI'S HEART WITH JOY

STORY AND PHOTO BY JINHEE LEE
JMC 220



Akiko Suzuki prepares for her tutoring session for Japanese students. She is a senior family studies major from Japan, taking 21 credits and tutoring Japanese and English.

Akiko Suzuki, a senior family studies major lived a busy life this fall taking 21 credits and tutoring Japanese and English to the UNK students. As a result of her hard work, she already has a job in Japan. After a favorite class, she decided on a career. “My favorite class was ‘Aging Adult’ by Assistant Professor of Family Studies Dr. Toni Hill,” she said, “Toni said that only 2 percent of people in this field worked for older people.” Since she really liked that class, she decided to be in the 2 percent. Even though she is going to start working as a salesperson, she thinks she could be a manager at the nursing home later. For now, she said, “I hope I would be able to help older people soon.” Suzuki also teaches English to Japanese students who need to pass the tests for English as a foreign language. She had signed up for a light load, just two classes, at the beginning of this semester when an international adviser recommended her to tutor. However, there was some problems with her graduation credits, and eventually, she had to take more classes to graduate. This made her life busier than before. “I decided to keep tutoring Japanese and English though,” Suzuki said, “I enjoy this work, and I know my students want to be tutored.” She said she wanted to do everything. “Even if this semester became the busiest one that I have, I’m happy,” Suzuki said, “This busy life makes me cheerful and gives me a reason to be happy.”

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.

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

Find answer on page 9 www.sudoku-puzzles.net

Schoneman from page 1

When asked if Schoneman would recommend this path to other students needing financial assistance for college, he said, "Absolutely. It gives you leadership skills and gets you through college."

The enlistment required one weekend a month and two full weeks in the summer of his time, yet allowed him to be a traditional college student during regular semesters.

As a single person, the time commitment was easy. When he married his college sweetheart, Michell Fox, this past June, Schoneman retired from the National Guard in July.

Schoneman has no regrets of his choice with the National Guard, and he realizes it was a way for him to attend school without accumulating major debt.

"I really would like to, like my dad, be a high school athletic director," he said. "My dad's the athletic director in Holdrege and I've been around athletics my whole life." Schoneman's college course began at the University of Nebraska Lincoln. "I was going into business management." For two years, he completed courses on that campus, but said he didn't meet as many people as he thought he would, in spite of attending Husker football games.

Switching to Central Community College in Kearney, he finished his general

courses before starting at UNK. By that time, he changed his major to sports administration and found out how much he really enjoyed that area of study.

Policies and Procedures taught by Dr. Nita Unruh, was a course that stood out above the rest to Schoneman. "She's a fun teacher because she makes everything entertaining, but she does it in a learning environment. Policies and Procedures really prepared me for the management world."

If Schoneman could take any course over, he said it would be his internship in the office of the Associate Athletic Director, Rich Brodersen. He is currently the athletic events management intern and oversees all the fall sports.

"I'm learning so much just doing all the hands-on work," he said.

Managing stress and multi-tasking are skills that Schoneman has learned during his internship, and he believes he is "learning from the best, which is a plus. Rich is probably one of the best multi-taskers I've ever met. Even with so much on his plate, he still manages to get stuff done," he said. "Hopefully, I can be a lot like that within my new career."

"Schoneman's responsible for all of the setups and tear downs of athletic events, coordinates practicum workers to do jobs associ-

ated with home contests, and is the main host to make sure all visiting teams and officials are welcomed," Associate Athletic Director Rich Brodersen said.

Coming from a man with 24-years of experience at UNK and experience with all aspects of the athletic department, Brodersen would give young Schoneman this advice, "To keep pursuing it, you have it in your

Research from page 1

common in the typical student experience, and almost all students who do original scholarly projects value the experience and want more.

This is how the classroom changes from the location for learning to being the foundation, or the launching point for learning, he said.

Falconer has high hopes that the rise in students participating in Undergraduate Research will continue. His goal aims for every student to have the opportunity to work one-on-one with a faculty mentor. He acknowledges that some students have other priorities, but their choice should not be made from a lack of opportunity.

The students' love for working with a faculty mentor on original research and creative projects attributes to the rise in participants in the first place, Falconer said. "Students intuitively see the value in research. As more students get involved, they talk to their friends who then seek similar opportunities."

Falconer says that most students participating in Undergraduate Research do so out-

blood."

Both his father and mother, along with a grandmother, graduated from Kearney State College, and Schoneman will follow in their footsteps Friday, Dec. 20, when he receives his bachelor of science degree that will enable him to pursue his dream job as an athletic director.

side of the two specific programs UNK sponsors, the Undergraduate Research Fellows (URF) and the Summer Student Research Program (SSRP).

In the College of Natural and Social Sciences, over 70 percent of students participate in undergraduate research. In the College of Fine Arts and Humanities, over 35 percent of undergraduate students participate.

However, as Falconer says, students from all disciplines are encouraged to participate, and every single discipline is currently being represented in undergraduate research. "We have students from Accounting to Zoology. In some areas there is more emphasis than others, but it is leveling out. It is certainly open to any student regardless of major."

To learn more about URF and SSRP, check out the website at www.unkundergraduateresearch.com.

Applications are still being accepted for the SSRP for 2014 until Jan. 31. Applications can be found on the undergraduate research website.



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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, Gordon
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, 3CR, 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. This 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, Cloutatre
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.

Congratulations Graduates!

The Antelope wishes all graduates the best of luck as they embark on life's newest journey.

Fall 2013
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PEOPLE

WORLD of international students

Koreans have a party only when someone gets married or something like that. I felt happy for having a great night with my host mother and her friends."

—Seula Song

STORY AND PHOTOS BY JINHEE LEE
JMC 220

Shana Thomas, who participates in the host family program here at UNK, held a Pirate Party with her friends and international students on Sept. 18.

The host family program is for international students who want to improve their English and experience the American life. Every year, students from all over the world meet an American family making a happy pairing.

Thomas has participated in the program since 2011, and every year she has two exchange students as the host family. "I want my international students to

experience almost everything in America," Thomas said. "This is why I usually have a party, especially this pirate party."

At the party, her friends and international students wore the costumes of pirates, and enjoyed pirate decorations. "The Pirate party itself was really unfamiliar. It is not popular to people like Halloween, so I did not know what I had to prepare for. Meanwhile, party of pirate theme was fresh to me," said Seula Song, who is Thomas' host student.

"American people have a party even though it is about little thing. I felt happy for having a great night with my host mother and her friends," Song said.

Thomas has plans to hold other fun parties for her international students.



Photo by

RIGHT: The secretary of ISA, Maria Alejandra Amado, from Bogota, Colombia, a freshman in trial distribution, and the vice president of ISA, Angélica Maria Villabona Carrero, from Santa Colombia, a senior psychology major lead to the ISA flags homecoming parade. Last year, K Japanese and Chinese associations participated in the Homecoming Parade with the Intern Students Association but this year, they prepared separately. However, this shows the impo of the ISA because they cover various countries' flags for the students who are from other c

TOP: Guests at the "Pirate Party" enjoyed an evening together and got to know each other. Thomas and friends and their host international students for a "Pirate Party."



Photos by Jinhee Lee

ABOVE: Host Shana Thomas, other local friends and her host international students got together for a "Pirate Party" where guests dressed as pirates.



Photos by Hyein Han

ABOVE: Akiho Someya of Tokyo, Japan, a sophomore mass communication and journalism major peers up into the window of Colorado Springs, Colo., Sept. 20. **TOP:** Someya jumps on the summit of Colorado Springs, Colorado at 1 p.m. on Dec. 20. "This beautiful mountain catches my mind so that I don't want to go back to UNK," Someya said.

Photo by Sunbyn Kim

LEFT: On Oct 18, three students take a picture of themselves with funny faces at a Hayrack Halloween event even though the weather was so windy, chilly and rainy. While they were on the farm, Nuri Choi who wore the warmest clothes; Gyungmin Park with UNK necklace makes a peace sign; and Seojin Liu, who puffed air in her cheeks to look like a penguin, held a iPad for a memorable picture.



Photo by Myeongjin Jung

ABOVE: Jiyeon Park from South Korea, a freshman majoring in mathematic, enjoys a cruise tour, which showcases over 40 landmarks of modern American architecture. She says, "It is impressive that such buildings have their own history and originality."

HOST FAMILIES NEEDED

Experience international culture by adopting a student though International Friendship Program

Antelope Staff

The International Friendship Program is in need of individuals and families interested in participating in starting next semester.

If you have a few hours a month to spare, consider adopting a student through this program to give the students opportu-

nities to get off campus, get into the community and enjoy the ability to experience American family life and culture.

Contact International Outreach Coordinator Bonnie Payne with any questions, or click on this complete the online application form:

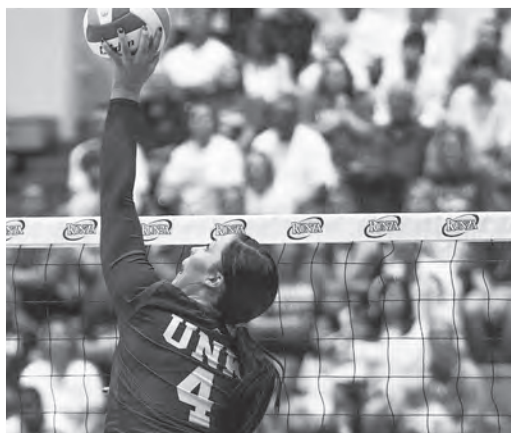
http://www.unk.edu/international/friendship/Family_Application_Form/.

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Shana



Lopers continue to grow in MIAA

Athletes step up to new competition in second year in new conference

BY ANDREW HANSON
Sports Editor

As the leaves turned to bright colors and fell to the ground, the Lopers wrapped up another fall in the MIAA. Like their first season in the new conference, Loper teams found success, struggle and heartbreak. Some teams improved greatly over their first year in the MIAA, while others are still experiencing the growing pains that come with the wear and tear of the new conference.

Cross Country: The men's and women's cross country teams were able to adjust quickly to life in the MIAA. On the wom-

en's side, the Lady Lopers were the most improved team in the region, head coach Brady Bonsall said. For their improvement and success on the course, he tabbed the entire women's team for UNK's most improved runner award.

This was a team that returned most of their runners from the year before, finishing second at the conference meet and three spots out of qualifying for the NCAA championship meet. "I couldn't be more proud of the women's team," Bonsall said. "The leadership of our seniors was great."

While the women were not able to make it to the national championships, the men did. The men qualified for the NCAA championships for the first time in 14 years. "It was great to see the men finally get over the hump and make it to the na-

tional meet," Bonsall said.

Football: On the gridiron, 2013 rang a tune familiar to the 2012 season. Injuries and instability at quarterback plagued the Lopers once again as they started their seventh different quarterback in 18 games dating back to last season. In all the Lopers had three different signal callers start a game this season.

With the instability under center and lack of a passing game, the key for the Lopers this season was being able to run the ball. In their three wins, they averaged just over 325 rushing yards a game; whereas, in their eight losses they gained just over 150 yards a game.

The tough schedule through the start of the season didn't do the Lopers any favors either. After opening the season against four top 25 teams and one of the toughest schedules in the country, the wear and tear of the MIAA got to the Lopers.

Soccer: Although the Lopers won one less game than they did in 2012, the young program still continued to improve. UNK qualified for their first conference tournament in the program's five-year history before falling

to Washburn in penalty kicks.

"We were very proud of our team this past fall," Coach John Maessner said. "They continue to improve with each season and are a very hard working group."

After recording the first winning season in school history and helping the Lopers reach their first conference tournament, Maessner has his eyes set on the future. He said, "We have a group that is excited about where this program is headed and are anxious to get back on the field."

Volleyball: Despite a disappointing end to the season in which the Lopers were unable to get past Central Missouri on three separate occasions, head coach Rick Squiers was still proud of what this team did.

"We are proud of what the team accomplished this year in qualifying for the NCAA tournament in the strongest region of the country and maintaining a national ranking from start to finish," Squiers said. "Although it was disappointing to lose some very close matches against highly ranked competition, our team continued to fight and played some of its best volleyball in the post season."

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"Shifty" DeShazer two-sport talented

Oklahoma University transfer jumped at opportunity to play two sports at UNK

BY TYLER CAVALLI
Antelope Staff



TYLER CAVALLI

Daniel DeShazer is a rare two sport athlete for the Loper football and wrestling team. DeShazer, otherwise known by KLPR football broadcasters as "Shifty" DeShazer, is not your typical athlete. While extremely talented, DeShazer, 5 foot 6

inches tall, weighs in at a whopping 150 pounds.

Don't let the small size fool you, though, DeShazer has excelled beyond expectations. Shifty is a ball of fire when it comes to the turf or mat.

DeShazer, a transfer from Oklahoma University, is originally from Wichita, Kan., and is pursuing a sports administration degree. Shifty's career so far as a Loper is an impressive one. This season as a Loper back, he rushed for a total of 290 yards and ran the ball back for a total of 126 yards on kick returns.

But, the most impressive stat about his UNK career is that last year he won the Division 2 133 lbs. national wrestling title for Kearney. Not only did he slip his own national title under his belt, but he helped the UNK wrestling team to back-to-back D2 national championships.

"Things weren't going as I hoped at Oklahoma, and I really wanted to play



Photos by Nathan Huer

DeShazer, the former 133-pound champion will look to lead a Loper wrest;omg tea, currently ranked third according to Division 2 Coaches Association rankings. DeShazer compiled a 31-8 overall and 21-1 D2 record.

football. I had friends here, and the chance to wrestle and play football was an opportunity I couldn't pass up," said DeShazer about his journey to UNK.

Suiting up in the blue and gold is an honor, but wearing two different uniforms, now that's just plain extraordinary.

Shifty said his transition from the field to the mat has been a challenge.

"The transition has been interesting, coming off a roller coaster football season; you have to shake off the minor injuries and immediately prepare for another physical sport in wrestling. It reminds me of high school again, except with a bigger ambitious grind."

Shifty set some goals for himself that he feels he didn't quite reach, "I wanted to be the top kick and punt returner in the entire nation, and I love making big exciting plays. In wrestling, it's just me out on the mat, so it's on me if I win, lose or draw. Most of all, I want to help my teams be as successful as possible."

I asked DeShazer how he handled being a two-sport athlete, and his answer

shouldn't be a surprise: "Honestly, it's not that big of a deal. I just love to be competing and being active as much as I can. If I could do track after wrestling, I would. But, let's not take it that far."

DeShazer said he began working at his talent at a very young age.

"I began my wrestling career when I was two years old. I was a baby wearing wrestling shoes. I officially started competing in wrestling and football when I was four years old," DeShazer said.

DeShazer has other secret talents. Shifty told me that he really enjoys singing, rapping and poetry is his deep dark secret.

DeShazer enjoys other hobbies as well: watching movies, cheering on the Los Angeles Lakers to a win, hanging with friends and of course, every athlete needs their beauty sleep.

"Besides my family, friends and supporting hometown, I would believe to be my own inspiration," DeShazer said. "I would like to create my own legacy. I want to be that guy in 20 years that kids look up

to and say they want to accomplish what I have."

There's no doubt how much confidence DeShazer has in himself, and if his career is anything like his first year, it's bound to be a career he and many people will never forget.

After graduation, DeShazer said he would like to be a wrestling coach and personal trainer at the college level. Shifty picked one athlete he would like to wrestle one-on-one: Logan Stieber, a two-time defending champion at Ohio State.

"If you want to be the best, you have to beat the best," he said.

Sudoku answer:

Upside down, from page 4

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

Check out p. 12

DeShazer reunites with childhood friend Romero Cotton

Enthusiastic Lady Lopers just keep swimming

The sport will never be over for Jenkinson and Prochaska



ALEX PROCHASKA



JAMIE JENKINSON

BY CAIT GRAF
Assistant Sports Editor

An average bystander believes swimming to be a monotonous activity, spending hours in chlorinated water and stroking back and forth; however, the sport itself is rather complex and physically

taxing. For senior Jamie Jenkinson and sophomore Alex Prochaska, the water is more than vital; it's a way of life in the past, present and future.

The Loper swimming team has arguably the most extensive season. Wasting no time, swimming season begins within the first few weeks of September. At the end of November, competition begins and carries into mid-February with the final conference meet. After resting during March, post-season workouts begin in April for the remainder of the year.

Throughout the year, swimmers are subjected to a variety of in-pool and dry-land workouts. Jenkinson swims the 200 and 500 freestyle as well as trains for her breaststroke.

As a mid-distance swimmer, Jenkinson said she usually swims about 5,000

yards (about 3 miles) at practice.

Prochaska, a sprinter, swims the 50 and 100 freestyle and the 100 backstroke. She said each swimmer has a particular set whether it is a distance set to build endurance or a sprint set created to increase your heart rate. Prochaska said another crucial component to the weekly workout revolves around dry-land workouts, which include running, stairs, cord weights, basic plyometric drills and weights training.

Ironically, both Loper swimmers did not imagine themselves swimming at the collegiate level; yet, they have no regrets. In fact, Jenkinson, who is from Liberty, Mo., did not believe she was fast enough. "I thought I would just swim in high school, but as high school swim went on, I began to realize that I didn't want swimming to be over. At first I thought

that I wasn't fast enough to swim in college, but once I started looking, there were many teams that had girls that swam at my level."

As soon as she stepped on UNK's campus, Jenkinson knew she had made the right decision. After spending her first visit with the coach and team, she inevitably felt a connection.

Prochaska's story is similar. "I didn't want to swim in college at first. Swimming is hard in general and I just couldn't imagine it at the collegiate level, but once my senior season in high school was over, I just couldn't imagine my life without it. I

didn't want it to end, so I started considering schools."

Because swimming has proven to be an irreplaceable part in these athletes' lives, both will continue to incorporate swimming into their life once graduated.

Last summer, Prochaska coached a summer league team in her hometown of Omaha, and she said she would continue to do so in the coming summers. "Like I said, I tried to quit once, and I just couldn't. I don't think I will ever actually be able to quit." Thankfully as a sophomore, Prochaska is looking forward to the upcoming seasons.

As Jenkinson's collegiate career winds down, she said she would continue to swim because it is an impressive workout. As a triathlon competitor, it is necessary for her to maintain an optimal physical condition, and swimming enables her to do that, she said.

After all, swimming is more than continuous laps in a pool – it defines these athletes' lives. "When I was a baby, my dad dunked me in the water. Before I was two, I could kick back and forth between my parents. I began swimming for summer leagues after I turned 6. Once I decided to become a swimmer and dedicate so many years to it, I will always be a swimmer. I just can't get away from the water."

"Like I said, I tried to quit once, and I just couldn't. I don't think I will ever actually be able to quit."

—Alex Prochaska

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LOOK into the HERD

By Sports Editor Andrew Hanson



Photo by Adam Buerer

Junior David Krumland long jumps in UNK's Pre-Holiday Invitational Friday. The event was held at Cushing Coliseum at UNK.

Loper Recap

Men's Basketball:

12/12 UNK Lopers vs. Bellevue University	L 73-65
Pts: Mike Dentlinger	18
Reb: Mike Dentlinger	10
Ast: Davion Pearson	6

12/13 UNK Lopers vs. Lincoln University	W 84-58
Pts: Connor Beranek	38
Reb: Connor Beranek	17
Ast: Davion Pearson	10

Women's Basketball:

12/14 UNK Lopers vs. Lincoln University	W 71-50
Pts: Amarah Williams	13
Reb: Amarah Williams	10
Ast: Laramie Lewis	6



Photo by Adam Buerer

Sophomore Kalen Farr long jumps in UNK's Pre-Holiday Open Invitational and finished in fifth place in the long jump. Farr also competed in the heptathlon.

Loper Spotlight

UNK set to host NCAA regional events

The NCAA announced that UNK will host the men's and women's cross country regional in 2017. UNK will host the 2016 women's and the 2017 men's golf regional at the Awarii Dunes Golf Club. UNK also bid to host volleyball's Elite Eight round and the wrestling national championships, but were not selected. The Division II football championship game will be moved to Kansas City after hosted in Florence, Ala. the last 28 years.

Lopers break records in pre-season meets

In the Pre-Holiday Invitational, the Lopers saw records fall on the track. In the heptathlon, junior Dillon Schrodt broke his own school record. His 5,256-point mark also qualified him for the NCAA indoor championships in March.

The meet, which was held in the Cushing Coliseum, also saw two Cushing Coliseum records fall. Senior Paul Pape set a Cushing record winning the 600 meters, as well as the women's 4x320 meter relay team consisting of Anna Wagemann, Morgan Hopkins, Steph Hutsell and Morgan Linneman.

Congratulations Graduates!

The Antelope wishes all graduates the best of luck as they embark on life's newest journey.

Fall 2013

The University of Nebraska at Kearney



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Dual sport athletes reunited

DeShazer, Cotton looking to make history together once again

About 15 years ago Romero Cotton and Daniel DeShazer joined together for the first time on their kids club wrestling team in Wichita, Kan. The duo's success began at an early age and hasn't seen a decline since. "We've been dominating the whole time basically," Cotton said.

**STORY AND PHOTOS
BY NATHAN HEUER**
Assistant Sports Editor

DeShazer went to Wichita Heights and Cotton went to Hutchinson High School. During that time Cotton earned 10 total state titles over four years in three different sports while DeShazer accumulated three state titles in wrestling. The duo was ranked seventh in the nation at 130 pounds and 189 pounds respectively during their senior years.

Following high school the two went their separate ways. DeShazer went to the University of Oklahoma in 2011 and was redshirted his lone year there before he decided that UNK was the best decision for him. "It was a good place for me, and it provided a great opportunity," DeShazer said.

Cotton, the older of the two, decided to go the University of Nebraska in Lincoln, then Hutchison Community College, before he was recruited to UNK.

"Dap (DeShazer) brought me out here on the visit while I was wrestling at a tournament, and the football coaches wrapped me up there so the plan was to be a two-sport athlete," said Cotton, the former two-time All-State running back who contributed in large part to Hutchinson High Schools' four state titles in football.

DeShazer, originally a wrestling only recruit, joined the football team during the 2013 spring semester after taking a few



years off during his year at OU and first year at UNK. "I missed it a lot, and Romero was playing so I wanted to get back out there and get involved," he said.

"It was an amazing opportunity to join together and do something special," said DeShazer.

Rewind to the fall of 2012, and DeShazer began his wrestling career for the defending national champion Lopers. He started the season strong at 12-7, losing only to Division I wrestlers in open tournaments. The second half of the season was a much different story for the DeShazer, as Cotton joined the team for the spring semester.

The duo officially reunited at the Truman State Duel on Feb. 2, 2013, and neither has looked back on their decisions since. "It was an amazing opportunity to join together and do something special," DeShazer said.

At Division II nationals the two contributed to the teams' second consecutive national team title. DeShazer earned a national title at 133 pounds and Cotton finished runner up at 197.

During their football campaign in 2013, the two combined for 1,253 all-purpose yards from the running back position. Cotton lead the team in rushing with 801 yards while helping the Lopers improve to a 3-7 record in the MIAA from a 2-8 finish the previous season.

"It was a mediocre season; it could have been a lot better, but I feel the more I compete, the higher level I will be at for both sports," Cotton said.

The two are ranked first to start the season at their respective weight classes on the No. 2 Loper squad that returns five All-Americans. DeShazer said their debuts this season will occur before the end of the year "Sometime in December we'll touch



LEFT: Romero Cotton runs the ball during their the Loper game against South Dakota School of Mines and Technology. Cotton led the team in rushing, accumulating 801 yards for a Loper squad that finished their second year in the MIAA conference 3-8.

RIGHT: Daniel DeShazer returns a punt against Missouri Western State University Sept. 23, 2013. The former 133-pound national champion was a running back and return specialist for the Lopers, finishing fourth on the team in all purpose yards with 428.

TOP CENTER: The two childhood friends joined together in the spring of 2013 at UNK and have not looked back on their decisions since. When football season ended Nov. 16, the duo headed into wrestling conditioning with their eyes on a three peat as team national champions. "With hard work and dedication we can always accomplish those goals we want to achieve," DeShazer said.

the mat," he said.