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UNKANTELOPE.COM

*Photo by Jacob
Rodriguez*

As a member of the University of Nebraska Kearney's teaching faculty for over 20 years Twigg has taught over 13 science based courses during his career at UNK.

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for recent New
Frontiers story



Last Lecturer goes back to his roots

ALYSSA SOBOTKA

News, Feature Editor/Asst. Copy Editor

UNK professor Paul Twigg was nominated to speak at Xi Phi Chapter of Mortar Board's annual Last Lecture series, held Thursday, Feb. 11.

Twigg, a biology professor at UNK with a specific interest in plant biology, mentioned the honor he felt to speak at Mortar Board's prestigious event.

"Anytime you are recognized by students, especially a large group of students – I would rather have that one time than 10 recognitions from faculty," he said. "It's not as though I don't respect faculty, but I'd rather have something that comes from the masses than something that comes from above me."

UNK senior and Mortar Board member Kaitlin Hehnke nominated Twigg to give a lecture with the hypothetical notion it would be his last.

Paul Twigg shares three moments that he attributes to making his time at UNK worthwhile during Last Lecture speech



KAITLIN HENKE

"I had Dr. Twigg for cell biology," Henke, a psychobiology major from Grand Island, said. "I thought he was by far the best teacher I've had at UNK. I'm going into medicine, so everything he's taught me I feel like is going to help me so much through medical school, so that's why I nominated him."

Twigg's lecture was titled "Dancing Phospholipids, Handcuffs and Mummified Twinkies: There's Always an Explanation."

He began by going back to his roots. Coming from a family history of coal miners in Pennsylvania, he credited his grandfather (or as Twigg calls him, 'pap') as sparking his interest in plants.

He continued by sharing three moments at UNK that he credits have made his 24 years at UNK worthwhile.

The first moment that has touched Twigg was the special relationship he has made with undergraduate students, and specifically, Christine.

Christine was an average student who had some personal problems. She opened up to Twigg and told him that she did not have a father figure, and asked him to help her move. While moving, Twigg jokingly said, "I may as well be your father."

Christine asked me to give her away at her wedding," he said. "She sends me

6 **MIAA wrestling**

Loper wrestling qualified for their fourth straight MIAA tournament championship.



9 **Kearney Goes to War**

Professor Jacob Rosdail screens first Kearney-based documentary.

9 **Dance your heart out**

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12 **Pride and Prejudice and Zombies**

Adding zombies to the Jane Austen classic provides an interesting spin.

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'Coming at you live'

Sports broadcast students call Loper basketball, baseball games



KIRSTY DUNBAR



ENRIQUE ALVAREZ

CHRISTIAN SCHWARZ

Antelope Staff

Being on the radio can be hard. Calling a basketball game live can be even harder.

Students in Ford Clark's Sports Radio Workshop class are experiencing what it's like to be on the radio, not only producing their own sports shows, but also calling home Loper basketball games.

"It was nerve-racking at first," said Kirsty Dunbar, a senior journalism major from Taylor, who is a student in the class. Dunbar was the color commentator for the Feb. 4 men's game against Southwest Baptist University.

Dunbar said she made mistakes, but as the game came along things started to be more fun for her.

"I was picturing this random guy's reaction when I made a mistake, and it really scared me for a while," Dunbar said. "But I think after a while it started to get better for me."

Broadcasting for the first time can be a scary experience. For Ryan Boyd, who was the play-by-play caller for the Feb. 6 men's game against University of Central Missouri, everything seemed to come natural to him.

"The first time calling a basketball game was invigorating," said Boyd, a sophomore journalism major from Merna. "I was the one getting to call the action, and I can't believe how it just clicked for me."

Though everything clicked during the game, Boyd said there were some nerves beforehand.

"I was nervous getting statistics and names prepared before the game," he said. "But once tip-off happened everything just came naturally to me."

Enrique Alvarez and Kirsty Dunbar called the Feb. 4 men's game against Southwest Baptist University. Dunbar said the experience was "nerve-racking at first," but also said that as the game went on things became much better.

Calling the games can be quite the experience, but watching the action unfold is a little bit different.

"The rush of just back and forth action down the court was amazing," said Boyd, who witnessed the game winning shot by Ty Danielson with six seconds to a Loper 57-55 victory.

Dunbar's experience watching the game was a little different, as UNK handily defeated Southwest Baptist 85-64.

"The first half was a back and forth battle," she said, "but the second half UNK started pulling away."

Dunbar also said the crowd was into that game which she said it was fun to watch, even though it wasn't very close in the end.

Students in Sports Radio Workshop are calling every home basketball game for the men and women teams. They will also be calling baseball games.

Students in the class will also be producing their own shows with other classmates that will be going on air starting Feb. 15. and will continue throughout the semester.

Catch the action

Live on KLPR, 91.1 FM.

Tune in Thursday Feb. 18 and Saturday Feb. 20 for live Loper basketball coverage.

Shatter Masters outgrows the basement

Jochum started in parents' basement, now expanding local tech repair business

KIRSTY DUNBAR

Antelope Staff

Several months after graduating from UNK in May 2015 with an information networking and telecommunications major, John Jochum found a place in downtown Kearney to open up his own business. His shop has been open since October 2015, and so far business is going well for the young entrepreneur.

At Shatter Masters, located at 1324 South Second Ave., Jochum works on a wide range of electronics for customers. "Anything electronic that breaks, we fix it," Jochum said. He said he has worked on TVs, tablets, a number of different cell phones and even hover boards.

He started small, he said. "I was doing this all out of the basement of my dad's house for a few years."

But the business has prospered. "It really couldn't be better right now," Jochum said. "When I first started, I set a goal for myself to fix five phones a week. Now we're fixing at least five a day."

Jochum said he has set a goal to beat sales from the month before. In order to beat his income from last month, Jochum needs to bring in around \$1 million by the end of February.

Along with college professors and other business mentors, Jochum credits

his family for helping him get to where he is now. "My family has always supported me. It was a family project getting the store open."

In addition to fixing electronics in his shop, Jochum also sells wholesale replacement parts online to people around the country. So far he has sold parts to 38 different states. He also communicates with several reputable companies outside of the U.S.



"When I first started, I set a goal for myself to fix five phones a week. Now we're

fixing at least five a day."

— John Jochum

Jochum said running a business in the constantly fluctuating tech world brings challenges. Recently the cost for iPhone screens from a company that had been selling them for a consistent price (\$25) until a few months ago went up drastically. Without warning, the company brought

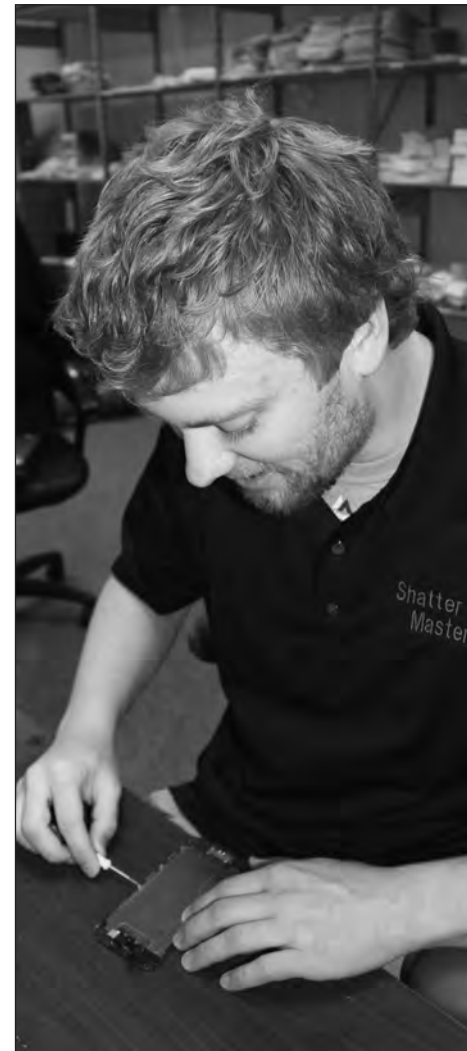
the price up to \$55 per screen. Jochum had difficulty meeting the demand from customers while also making a profit. However, he found a different way to source the item so that he didn't have to worry as much about price fluctuations.

Jochum said his favorite part of owning a business is interaction with customers. "I really love helping people out. I'd like to think that if customers come here they'll be happier than if they went somewhere else."

Since business has been going so well, Jochum is looking to open up a warehouse, possibly within the next couple years. "I'm already running out of shelving here," he said as he gestured to the ceiling-high shelves that lined the south wall of his shop. He also plans to keep Shatter Masters' current location open as a repair shop.

Jochum currently has two UNK students employed and encourages others who are interested in starting their own business, no matter what field of work they are interested in.

"Utilize your resources," Jochum said. "At UNK there are some great resources. Talk to other people who have started a business. Find out what sort of obstacles they have faced. You can learn so much from other people. Set goals for yourself. That way you can monitor yourself and see if it works or not."



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Battle escalates as primaries continue

*What issues set two Democratic candidates apart?
Plans to combat skyrocketing college debt*



ANTHONY HUNKE
Antelope Staff

COST OF EDUCATION GETTING YOU DOWN?

If so, the Democratic Party should be a place of interest right now. As

the presidential elections encroach upon our lives, the debates between the parties have escalated to an unprecedented level.

For the Democratic Party, two candidates have emerged on top: Bernie Sanders and Hillary Clinton. These two have a vast number of issues to discuss, but one such issue pertains to many: education. Sanders' views on education seem to meet the fantasy of every student far and wide.

Both candidates seem to be qualified for the position, but you should consider other factors. What about their past? I am sure the media is digging through every database in existence to get the latest scoop about "feel the bern" candidate Sanders. However, much more has surfaced

regarding our past first lady.

Clinton has been scrutinized for the Benghazi tragedy, the cover-up of lost American lives, and her continuing e-mail fiasco. However, that is a discussion for another time. Today, I want to focus on a particular issue for which both candidates express deep concern.

Both regard education as vital to our society. After all, without the proper preparations, how can we expect the next generation of leaders to step forth from the shadows of the last?

DEBTS CLIMB SINCE '65

The world is full of people who are more than qualified for any university, and they could become the next pivotal step in our world's progression. Yet, because they do not have the assets, they are unable to attend college. In 1983, a student was responsible for covering 23 percent of their tuition, today, a student is responsible for 47 percent of the total cost. The Pell Grant system began in 1965 by offering enough

funding to cover 75 percent of most tuition costs. However, as recently as 2012, it only covers about 32 percent.

In 1978, a worker could earn enough money through a part-time summer job to pay for their yearly tuition. However, today, a student would have to become a full-time employee and work year-round.

SANDERS SAYS FREE ED FOR ALL

Sanders desires to see the day when anyone can go to school, regardless of income or socioeconomic status. We need educated people to improve the quality of our community, but how can we expect this while, at the same time, college loans bury them under educational debt?

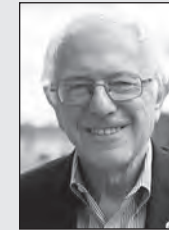
Sanders would implement a system with the following aims:

- Public college and university tuition would be free. Other countries around the world, like Germany, Finland, Sweden, and Norway all offer free tuition for public education.
- Government would no longer be able to profit off the backs of student loans. According to berniesanders.com, the government is expected to earn over \$110 billion in profit from student loans over the next ten years.
- Interest rates would be reduced drastically for the loans that would be in place on student loans ranging anywhere from 5-7 percent. would drop to 2.37 percent.
- Students with loans would be able to refinance to a lower interest rate.
- Plan would cost roughly \$75 billion per year, and this would be paid for by a tax placed upon the wealthy of Wall Street that would still total up to a hefty sum (bernieanders.com).

Clinton ideas to help college students and college graduates with student debt.

- This program, the College For All Act, would exist with a tax upon Wall Street. This would consist of "a 0.5 percent speculation fee on investment houses, hedge funds, and other stock trades, as well as a 0.1% fee on bonds and a 0.005 percent fee charged on derivatives" (feelthebern.org).

WHERE'S YOUR STUDENT 'INTEREST'



SANDERS

- Born in Brooklyn, New York in 1941
- Youngest child of Jewish immigrants from Poland.
- Grew up working class, struggled

- Attended University of Chicago in the late 50s early 60s
- Became involved with early Civil Rights Movement
- Avowed "socialist" ideals
- Former Burlington, Vermont, mayor for eight years
- Acquired seat in House of Representatives. In 2007, moved to the Senate.
- Longest-serving independent politician in Congress
- Doesn't own a tax
- Proud of his average donation, \$24

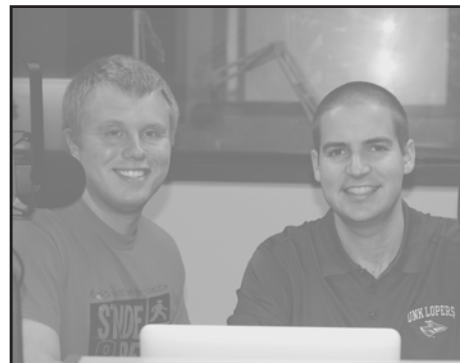


CLINTON

- Born in Chicago in 1947
- Earned degree at Wellesley College 1969; Went on to Yale Law School, graduating with

honors 1973

- Moved on to Yale Child Study center, one post graduate year working with children and medicine)
- Worked whole political career for human rights
- Became the First Lady to former President Bill Clinton in 1993
- Famous for comment: "It takes a village"
- Served from 2001 to 2009 as New York Senator.
- After loss to Obama in 2008, placed within his cabinet
- Served as Secretary of State until 2013



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PRIMARIES, PAGE 11

UNK lands 73 recruits in off-season

The team might be on break but the coaching staff is working full-force to find new recruits

DAVID MUELLER
Antelope Staff

UNK's off-season has been anything but dull.

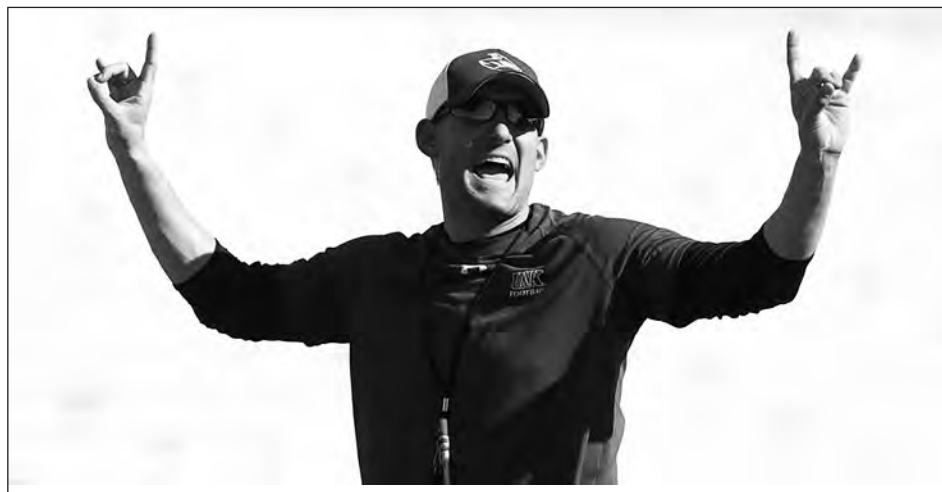
Despite some heavy recruiting battles, coach Josh Lamberson and his staff used their first entire off-season to put together a class of 73 highly sought after student-athletes.

Lamberson expressed admiration for each recruit the Lopers were able to sign.

"Recruiting is not an exact science by any stretch, but we're very excited about this class. I think a lot of these kids will be major contributors for the Lopers for years to come," he said.

Within the 2016 class, there are 57 high school seniors and 16 college transfers, making up 34 defensive players, 28 offensive, seven specialists and four athletes.

"Those transfers we brought in, we're really looking for them to provide an immediate impact. When you're talking about transfers, whether it's a junior college transfer, Division I transfer, a lot of times you're looking for those kids to come in and play right away," Lamberson said.



Coach Lamberson throws up his "Lopes". "Those transfers we brought in, we're really looking for them to provide an immediate impact.

Courtesy

"High school kids, you can ease them in, and not necessarily throw them into the fire that first year. But, those transfer kids who have played football at a high level of football, they can come in and be established, and contribute to your program."

Division I transfers that stand out include: running back Kevon Caffey from Youngstown State, linebacker Garrett Poppen from Nebraska-Lincoln and defensive back D'Treal Stone from South Dakota State.

However, the junior college transfers look equally appealing. Wide receiver D'Andre Hood from Bacone College was named 1st team All-CSFL in 2015 for his 48 receptions that tallied 674 yards and five touchdowns.

Defensive linemen Romero Bryant came from Los Angeles Southwest College. The transfer accumulated 29 tackles and 3.5 sacks in 2015.

UNK landed 38 in state commits, but also hit the road to gather 35 out-of-state signees from Colorado, Florida, Missouri, California, Iowa, Wisconsin, Arkansas, Indiana, Kansas, Nevada, North Carolina and Texas.

Keeping tabs on so many athletes from across the country during the recruiting process can be a daunting task. It takes an entire coaching staff, working together to establish trust in the athletes. Lamberson credited his entire staff for putting in the necessary work to build sound relationships with recruits.

After all, relationships are the most important factor in recruiting according to Lamberson.

Building depth on the offensive and defensive linemen was especially crucial in 2016's class. Lamberson and his staff successfully completed that bout, bringing in 21 athletes to battle in the trenches (10

“

I've been on both sides of the spectrum. You bring a kid in that you think is going to be a home run can't miss; maybe play right away, but never ends up playing for you. On the flip side, a walk-on comes on that you don't think will ever play ends up being a four-year All-American for you."

— Coach Lamberson

offensive, 11 defensive).

However, only time will tell how these recruits fit into the Loper family.

"Realistically, you don't really know until about two or three years into the process to be totally honest with you. They all look good on paper; they all look good in high school film. You feel good about



Courtesy

Lamberson and his staff brought in 73 newcomers to UNK's gridiron gang from 13 different states. He said much of the recruiting process revolves around building trustworthy relationships.

them right now. How they pan out, how they transition into college is something that is totally different," Lamberson said.

"I've been on both sides of the spectrum. You bring a kid in that you think is going to be a home run can't miss; maybe play right away, but never ends up playing for you. On the flip side, a walk-on comes on that you don't think will ever play ends up being a four-year All-American for you."

Lamberson said his squad's main priority will continue to become the best versions of themselves, day in and day out.

The Lopers get back on the field in March in preparation for their spring game on April 23.

No. 5 rated wrestling takes 4th rolling to 4th straight MIAA Title



VICTORS HOLD COVETED TROPHY

LEFT: The team is united at the conclusion of 2016 MIAA Tournament, proudly celebrating with the MIAA trophy and a proud coaching staff.

BELOW: Taking the podium for the third time as MIAA winner in 197 pound division, Romero Cotton is all smiles.

STAFF

The fifth-ranked UNK wrestling team rolled to a fourth straight MIAA Tournament championship with six first place finishers and three others placers Sunday in St. Charles, Missouri.

UNK scored 110.5 points to easily outdistance No. 18 Central Oklahoma (71.0). The 10th-ranked Lions scored 57.5 points to be third with Fort Hays State (39.0), Newman, Kansas (34.5) and Central Missouri (17.5) rounding out the field.

The 10 point scorers for the Lopers amassed a 24-5 combined record that included six falls, three majors and one tech fall. Three non-point scorers combined for two more victories.

Winning their respective weight classes were seniors Devin Aguirre (165 lbs.), Romero Cotton (197 lbs.) and Daniel DeShazer (133 lbs.); juniors Destin McCauley (149 lbs.) and Calvin Ochs (174 lbs.); and sophomore Keith Surber (141 lbs.).

Zach Stodden (Broomfield, Colorado) was runner up at 184 lbs. and also tabbed as the 2016 MIAA Freshman of the Year. The redshirt freshman is now 18-8 as he fell to nationally-ranked Jon Inman of Hays, 9-5, in the finals.

Seniors Bolling (125 lbs.) and White (157

lbs.) placed third.

Cotton was dominant in winning a third MIAA title, recording falls in 1:15, 1:36 and 3:29.



COTTON

period, 7-5.

At 133 pounds, the top-ranked DeShazer won a second straight MIAA title by beating LWU's Hunter Haralson, 7-2, for the second time in a week. He is now 30-5 and riding an 11-match win streak.

Seventh-ranked Surber used a major, fall and tech fall to win the 141 pound title. He improves to 20-2 and has won six straight.

UNK is off until the Super Region IV Championships Feb. 26-27 in Gunnison, Colorado.

See more at Lopers.com



DESHAZER



AGUIRRE



MCCAULEY



OCHS



SURBER

Final test yet to come for wrestlers

'Let them wrestle' Bauer says of championship team

Expectations remain the same; winning tradition will follow, coach says

KATIE SADD
Antelope Staff

Coach Marc Bauer really believes in persistence and said he tells athletes to give it more than two years. "After two years you really have an idea of what you think you can accomplish," she said. "Those who come and only compete for a year don't give themselves the opportunity to see what they can accomplish."

The UNK wrestling program is more than a tough sport requiring hard work, dedication, time and commitment. It is more than a sport for many of the guys who go out for this gruesome sport, said head coach Bauer.

"It's all about experience and student opportunity to continue to compete at the collegiate level while earning a collegiate degree. It opens doors for them in the future," he said.

Bauer, the head coach for 17 years, has led one of the most outstanding and successful programs this university has seen. Bauer has led UNK to three national championships, five national runner-up finishes and 14 conference/regional titles.

Bauer said this program is built in the off-season, with sweat and hard work combined with training and dedication, but the tradition lives on as the student athlete turnover increases. He said the success is built on a lot of luck, a lot of knowing people and a lot of being in the right place at the right time.

"We have also had a lot of support from our University, whether it is from



Zach Stodden, a freshman from Broomfield, CO majoring in physical education 7-12, was awarded the 2016 MIAA Freshman of the Year.

the professors, the administration and even in the community here in Kearney," Bauer said. "The support from everyone has been tremendous."

The expectations for this successful team continue year to year, and now it's that time of the year that the team really has to hone in and focus on the goals they want to achieve, he said.

"Being able to compete post season, the expectations are high and they always will be, but more importantly, our guys' expectations are high: they want to win national championships."

More than winning and losing, Coach Bauer focuses on how his team performs match to match. He doesn't want it to be centered on wins; instead, he wants success to be measured by how well they compete.

Returning five on team who placed at Nationals last year calm, confident

KATE BAKER
Antelope Sports editor



BAUER

The UNK wrestling team has had a tremendous season so far with a record of 14-2 even before they brought home the MIAA championship, but they aren't done yet. As the team looks forward to the post season, coach Marc Bauer says ultimately the team goal is to win a national championship.

Bauer attributes success thus far in the season to the experience and talent of the individuals on the team. The team has five returning national competitors, with four of them placing at nationals last year.

SENIORS FROM 2015 NATIONALS

Devin Aguirre, a senior organizational communications major from Ponca City, Oklahoma (All-American).

Connor Bolling, a senior health & PE major from Central City

Romero Cotton, a senior psychology major from Hutchison, Kansas, (3-time All-American)

Daniel DeShazer, a senior exercise science major from Wichita, Kansas (3-time All-American)

Chase White, a senior industrial distribution major from Lincoln (All-American)

Calvin Ochs, a junior chemistry major from Hoxie, Kansas, commends the seniors on the team, saying that they lead by example. "They act calm and confident which sets the tone for the rest of the team. This season Connor (Bolling) has

set the pace at each dual."

So far this season, Bauer says the team has focused on sharpening themselves. "We get a better edge on conditioning and improving technique." He continued discussing the dedication and discipline that must be put forth by each wrestler for a successful season. "They have to be healthy, injury free, the guys have to be in a really good routine in their sleep and eating habits, and balance the rigors of being a student-athlete." His motto that he tells his players: "Prepare smart, train smart, compete smart."



OCHS

Ochs agrees with his coach saying, "The most important thing to do is to take care of yourself and keep up on injuries since wrestling really tears down the body." He added, "To take care of the team, you have to take care of yourself."

So far this method has paid off for the Lopers, as they are ranked fifth as they headed into the MIAA championship tournament in St. Charles, Missouri, Feb. 14. The team picked up their fourth straight MIAA title, and their 14th conference title since 2000.

Not only does the Loper wrestling team excel on the mats, but also in the classroom. Bauer said they are on line to have ten Academic All-Americans, with an average team GPA of about 3.0.

Coach Bauer says the team is looking down the road to regionals (Feb. 26-27 in Gunnison, Colorado) and nationals (Mar. 11-12 in Sioux Falls, South Dakota) where they can really achieve their big goal: a national championship.

_____ **WRESTLERS**, PAGE 11

Swimming for the win

"It all started for me back in middle school. All of my friends were joining the swim team, so I joined too. However it was my middle school swim coach that really got me interested."

KATEE DALY
Antelope Staff

Whoosh. The pool water splashes out the sides as the swimmers jump from their blocks. The race is on, and it's a tight one. They are all pulling for the final victory as they stroke to the other end of the pool.

This is the life of Brianna Monter as she competes to win every match. Monter is a senior swimmer from Omaha.

Monter says, "My favorite thing about swimming is definitely competing. There's just something about standing behind the blocks before you jump in for a race. There is nothing that compares to that feeling."

Monter has stats that prove she is a very competitive swimmer. This year she is an Aqualoper Top 10 with her stats: 200 Medley Relay (1st/1:52.92), 400 Medley Relay (1st/4:09.42), 100 Breast (2nd/1:09.59), 200 Individual Medley (4th/2:18.01), 200 Breast (4th/2:34.67).

This year has been a good year for Monter. However her most memorable swim was her freshmen year. "My 100 breast stroke my freshmen year I won a 1:09.59, and I never ever expected to go that fast. It was a huge moment I



"My favorite thing about swimming is definitely competing.

There's just something about standing behind the blocks before you jump in for a race."

— Brianna Monter

think. I asked coach, 'Was that really my time?' because I definitely did not expect that."

Coach Teresa Osmanski says, "With some ups and downs, the seniors have improved since their freshman year. This week at RMAC Championships Brianna Monter is hitting life time best and moving up in our All Time Top Ten rankings."



See the video online @
UNKANTELOPE.COM



Courtesy
Number 23 Halle Gydesen, a junior from Lexington majoring in psychology, plays infield.

Softball hits the road

Opens 2016 campaign from Las Vegas to Arkansas

SEAN LAUGHLIN
Antelope Staff

The UNK softball team left the snow-covered Kearney the past two weeks to play in two non-conference tournaments.

The Lopers started off the year in Las Vegas, playing in the 7th Annual Desert Stinger Tournament and went 3-2 on the weekend against teams across the country.

The first night in the desert, the Lopers split a double header. After losing the first game of the season to the University of Colorado - Colorado Springs, UNK

took the second game over New Mexico Highlands University 6-4 behind strong pitching of Meg Housholder and Kami Merrill.

The second day of action resulted in another split by the Lopers winning the first game in a high-scoring matchup with University of Mary 12-11. They lost the second game against Minot State University.

Lopers rounded out the weekend with a big win over Concordia University - St. Paul 11-10.

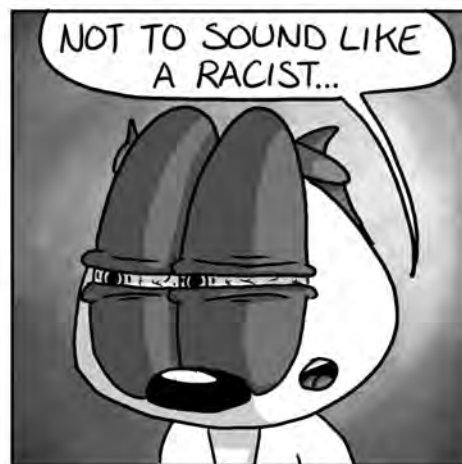
The Lopers moved south to Bentonville, Arkansas, to play in the 8-State Classic. Opening night the Lopers went 1-1 losing the open round game to Truman State University, then defeating Drury University 7-5. Kate Ruwe, had a monster game going 4-4 with 5 runs batted in, and 1 home run.

The following day, UNK dropped both games against two tough opponents, William Jewel and University of Missouri - St. Louis. The Lopers were scheduled to play two on Sunday, but, due to weather they were canceled.

Loper softball is back in action this weekend in St. Cloud, Minnesota in the Kelly Lass NSIC-MIAA Crossover Invite.



By: L. A. Bonté



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Dance your heart out

Alpha Phi wraps up national Heart Health Week with Zumba class

SHELBY CAMERON
Antelope Staff



JUSTINE SEBADE

Over 20 students got their hearts pumping with a \$1 Zumba class Tuesday, Feb. 9 hosted by the Alpha Phi Sorority in the Health and Sports Center. Justine Sebade, an Emerson senior health science major, led the exciting and energetic class.

All proceeds from the class were donated to Alpha Phi's philanthropy, Women's Heart Health, and the event wrapped up a week of activities promoting the philanthropy.

"Alpha Phi decided to do a Zumba class for the event because it promoted Heart Health Month and it gets people exercising and have fun doing it. I wanted participants to get a good workout from the class and I also wanted them to be

willing to come to another class again," Sebade said.

Participants in the class followed Sebade's moves and instructions. They danced along with upbeat hip-hop music, and the energy and enthusiasm made the workout enjoyable. Participants spent the hour-long session laughing and smiling. The result: an estimated 500-1000 calories burned and a whole lot of fun.



**ELENNAL
LEININGER**

"Alpha Phi's week of events raised awareness of heart health, and we wanted the Zumba class to be a fun and active way to raise the awareness," said Elenna Leininger, an Aurora sophomore health science major and the director of philanthropy for Alpha Phi.

Leininger said February is National Heart Health Month and typically heart health week is celebrated the first week of February. With the recent snowstorm, the Zumba class was rescheduled for the following week and was a celebration of awareness.



Photo by Shelby Cameron

Students get their hearts pumping and feel the rhythm during the session with dance moves and lively music.

Kearney learns about WWI

UNK professors share research project with community



Photo by Ana Salazar

LEFT TO RIGHT: Jacob Rosdail, Chandler Lynch, Jeff Wells and Todd L. Petersen answer questions the audience had after the screening.

ANA SALAZAR
Antelope Staff

Jacob Rosdail, assistant professor for UNK's Department of Communication, has been in Kearney for only two school years, and just last week he experienced his first screening of the documentary "Kearney Goes to War: Remembering the Homefront," his first research project as part of UNK's faculty.



JACOB ROSDAIL

On Wednesday, Feb. 10, after rescheduling due to inclement weather, the World Theater in downtown Kearney was the chosen location for the Buffalo County Historical Society supported screening of the documentary that brought history department assistant professor Jeff Wells and Rosdail together. They created the documentary about the Kearney Army Airfield and Kearney's involvement in World War II. Wells and Rosdail worked together and with students.

This documentary was created and then backed by a grant as a project of the history department: trying to digitalize all of the history documents of Kearney's WWII involvement.

One of the students involved,

Connor Dudley, a history major from Hickman, said he, like most students, knew little about WWII.

"To most people in Kearney, and Nebraska as a whole, the Kearney Army Airfield is a facet to World War II that they've never heard of or knew how important it was. Many people my age do not know much about the war in general, why we fought or how we won," Dudley said. "This documentary sheds light on the contribution Kearney had on the war effort and eventual victory."

The first screening was a successful event even though it had to be rescheduled. A full house, the audience enjoyed the documentary and then had a brief time for a Q&A with Rosdail, Wells, Todd L. Petersen, the author of "Small Town America Goes to War: The History of the Kearney Army Air Field" and Chandler Lynch, a member of the Buffalo County Historical Society.

The audience came up with all types of questions from rumors that Enola Gay, the aircraft that dropped the atomic bomb in Hiroshima, Japan, had gone through Kearney's airfield to personal experiences of how the war shaped people's lives during and decades after.

"I thought it was really interesting. I've lived here for a long time, and I knew there

Get fit in campus classes

Fitness skills offered in welcoming environment

ANNALESE BARNES
Antelope Staff

Managing to stay fit and healthy while attending classes, working or doing both can prove to be a tough task for college students and staff members alike, especially for those who haven't taken advantage of the fitness classes that are available on the UNK campus.

Students are often unaware that UNK offers such a variety of fitness classes. From pilates to spinning and even TRX, there are a ton of ways to get your exercise in, and receive credits for it, no matter your current fitness level.

What makes the classes even more accessible is that some are offered in the morning, such as a 7 a.m. spinning class, while others take place in the evening like the 6 p.m. Zumba class. Some classes last only a couple of months while others are every week of the semester.

Senior music major Morgan Wipperling has taken a few of the fitness

classes on campus.

"I took the pilates class last year, which was super fun. I had never done any type of pilates before, so I learned a lot of moves and skills that I still practice on my own now," she said.

"I was a little intimidated at first. It's not easy to join a fitness class for something that you have no experience with, but knowing that the class was full of my peers who probably did not have much more experience than I did really helped give me more confidence," Wipperling said.

If you're looking for something a little more intense than Pilates, don't worry. UNK has you covered.

"I also took the spinning class last semester," Wipperling said. "If you're looking for a good workout, it's an awesome one. The class starts at 7 a.m., so by 8 a.m. you've got your workout in, which is an awesome way to start the day."

Wipperling e had a friend who took the class with her, which she thinks was a really good idea, especially if it's something new to you. "Having a buddy to go with really helps keep you motivated," she said.

UNK lecturer for recreation, parks and tourism management in the kinesiology

"I think all students should take a physical activity class so they can try something new in safe environment. Exercise is a great way to relieve stress and build friendships."

—Pat Philipi

sports science department, Pat Philipi, said she she thinks campus fitness classes are beneficial for students.

"I feel like the environment is not as intimidating. A lot of people walk by classes at gyms and shy away because they think they'll get judged or think they're not good enough," Philipi said. "As an instructor it's our job to create a welcoming atmosphere, and I found it harder to convince people to just randomly drop in because they had some hesitation about joining the class. With academic classes I feel people are

more willing to try something outside of their comfort zone."

Philipi has been at UNK for two semesters now, as a yoga class instructor. "I love seeing the growth of students from their first class to the end of the semester and knowing at the end they can do this on their own or feel comfort continuing to go to classes out in the real world."

The fitness classes at UNK are held in the Wellness Center on campus, a setting that most UNK students are familiar with, which helps students feel more comfortable while trying something new.

"I think all students should take a physical activity class so they can try something new in safe environment," Philipi said. "Exercise is a great way to relieve stress and build friendships. Some of my closest friends are my workout buddies; you form a bond with them, and they become a vital part of your support system."

If you are interested in joining a UNK Fitness class you can see what is offered and how to join at <http://www.unk.edu/academics/wellness/fitness-classes.php>. Or, students can enroll in a class next semester as you would any other class.

STEADY FLOW TO SPRING CAREER FAIR



Photo by Inchang Back

At the Spring Career and Graduate School Fair Thursday, Feb. 11 in the Health and Sports Center. Over 80 companies attended to the fair to give students an opportunity to look for a full-time jobs and internships. Students attended the fair to get this opportunity, or simply explore information of companies and practice their professional networking skills. UNK offers the fair both fall and spring semesters every year.



See video online @
UNKANTELOPE.COM

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As a result of more people becoming educated, a higher skilled workforce would emerge, earning a higher income, producing a greater GDP for the country, and thus, increased consumer spending.

CLINTON PLAN ALSO SPECIFIC

On the other hand, Hillary Clinton has her own ideas when it comes to educational reform in terms of finance. Clinton's plan would cost roughly \$350 billion over the course of 10 years. Instead of eliminating tuition altogether, Clinton proposes a system to lower the price of tuition, change interest rates on student loans and amend the grant system.

According to Clinton's proposed New College Compact Plan:

- Students/families would still have to pay a "realistic" sum for tuition. However, this sum could be covered by the student's earnings, borrowings, or from the money they will earn by working 10 hours per week at the campus, all part of Clinton's system.
- The dreaded FAFSA application would become much easier to complete.
- The loan system would be changed to cap a loan payment at 10 percent of the student's income, and if outstanding debt remains after 20 years, debt would be forgiven.
- Current loans would be refinanced to

lower rates.

- Future rates would remain low, and the government would not profit as much off of students.
- Additional money would be provided to colleges that helped minority students, cut costs, offered assistance to low-income students, or provided student support services in which higher rates of graduation resulted.
- Colleges with graduates unable to repay loans would be penalized.

Both candidates offer benefits for current and future students. Many claim that Sanders is too idealistic. They see him biting off more than the country can chew.

I will admit that when I first heard about Sanders, I thought so too. But after digging a bit deeper, I have found that his ideals can be supported. We still have a long way to go before the final vote, but the earlier we begin to invest in knowing the candidates, the more informed we will be, and the better the final decision will be. Both viable Democratic candidates have many other specific issues, some they agree on and some they do not.

I encourage you to educate yourself thoroughly upon this subject. Each one of you has a voice, and it is your God-given right to use it within this democratic system of ours.

WRESTLERS from page 7

"I hope their next match is a solid performance. That's what we focus on; winning and losing takes care of itself. We want our guys to go out and perform well. Chances are they are going to win."

As Bauer has been to numerous national tournaments, and has coached several champion wrestlers, he leaves his words to a minimum when his guys step on the mat. Every match, every dual paves

the road to the national tournament, and when they get there Bauer simply lets them wrestle like they have been wrestling all year.

"They have competed against tougher competitors before the national tournament. They've already been here; they've already done it. They have beat guys who are better than the guy they're about to wrestle, so I let them wrestle."

WAR from page 9

had been an airbase there, but that was it. I really didn't know much about it," said Pat Neff, a historical society member, after watching the documentary.

Those attending had very different opinions of the event. Some wished it would have been longer, and some thought it was the perfect length. But there was one answer that was unanimous: it was great.

"I was amazed and humbled by how many people from the city of Kearney came to the documentary. It's clear that this is a town that is interested in history"

said Rosdail of the success for the first screening.

"Kearney Goes to War: Remembering the Homefront" was just the beginning of what the history department has planned for making all of Kearney's historical documents public and reachable. The documentary may be scheduled for public television and has been accepted into upcoming film festivals. If you would like to see the trailer or an exclusive clip you can do it by going to YouTube and simply searching for "Kearney Goes to War."

LAST LECTURE from page 1

Father's Day cards. I don't have children."

Twigg's second moment he shared with attendees was what he considered a special encounter with a fellow UNK professor. Frank Kovacs, UNK professor of chemistry, had a young girl diagnosed with Wegner's Disease, a terminal lung disease where the immune system attacks the lung line. While in the lab one weekend afternoon he confided in Twigg and shared the news that his little girl would be unplugged from a lung/heart machine in a hospital keeping her alive. Twigg said he could not help but break down and cry with his colleague.

"Kovacs and I are as different as two people can be," Twigg said. "We share very little in common, but I don't think there's anyone here I would call a closer friend." Twigg's final moment involved his definition of home. "Home isn't a place really, is it?"

He continued to tell the story of UNK

biology department chair Janet Steele when she was a new faculty member. Steele had been a victim of sexual abuse from her graduate advisor.

"Today, if you will, she's my home. She's my wife."

Other significant quotes from Twigg's lecture:

"If it takes making a fool out of myself in front of kids to dance like a phospholipid, or anything else to help students remember something, its what I'm here for.

"For those of you who know me fairly well know I'm a fan of hockey. I like to feel like I'm a center. I like to get the puck to others to score."

"If you get into one spot and you're not changing or moving forward, it's time to leave. If that grass starts to grow under your feet, move for God's sakes."

When interviewed for his position at UNK and asked why he wanted to work with plants, he responded: "They don't leap, they don't scream, they don't bite, they don't run away and you never have to ask permission to do anything with them."



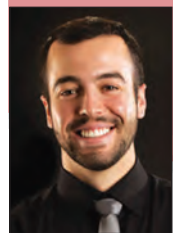
Photo by Jake Rodriguez

The Xi Phi Chapter of Motor Board at the University of Nebraska Kearney poses for a group photo with Paul Twigg the featured speaker for the annual Last Lecture event. The Last Lecture event has occurred annually for more then 20 years here at UNK.



NICOLE POTTHOFF

Two parts romance, one part zombie mayhem



NATHANIEL ABEGLLEN
Antelope Staff

I think that “Pride and Prejudice and Zombies” is an awesome movie if you put aside a comparison of the original novel and take this spin-off for a fun story of its own.

I think that subtlety actually makes this movie oddly charming.

All right, I know that the mere idea of this movie might offend some who are turned away by any deviation from the classic novel. Of course, throwing zombies into “Pride and Prejudice” can be considered a major deviation; but I would recommend that you give this one a chance, especially if you are the type of person who enjoys a movie that weaves together both drama and comedy and that doesn’t take itself too seriously.

“Pride and Prejudice and Zombies” holds the same basic premise as the Jane Austen novel. Elizabeth Bennet (played by Lily James) and her four sisters try to navigate through the dizzying world of courting as their mother (played by Sally Phillips) is more than a little concerned with marrying them off to rich suitors. Their father (played by Charles Dance, who also plays Tywin Lannister for you “Game of Thrones” fans out there) meanwhile, is more concerned about them being strong, independent women.

I suppose it complicates things a bit more that the world they live in is now ridden with undead zombies that feast on the brains of the living.

And, these Bennet sisters are not just traditionally schooled in the manner that English ladies in Austen’s novels are in preparation for being married off to the gentry, but instead they are trained in the martial arts from China. What ensues is a mad mix of romance and zombie mayhem between Elizabeth, a colonel named Mr. Darcy and a mysterious Mr. Wickham.

The director at the helm of this project was also a bit of a surprise to me. Burr Steers, whose other movies include “17 Again” and “Charlie St. Cloud,” seems to go in a whole different direction from those lighter movies



Still of Jess Radomska, the actress who plays Annabelle Netherfield in *Pride and Prejudice and Zombies* (2016).

“...The world they live in is now ridden with undead zombies that feast on the brains of the living.”

— Nathaniel Abegglen

to one that is a little more...zombified.

The background is a little sloppily put together, and that seems to extend a sense of confusion throughout the movie. I think this is a result of them trying to condense a

IMDB.com
Lily James takes control as Elizabeth Bennet and proves that she and her sisters are more than capable of maintaining more than just well-rounded etiquette in Burr Steers’ “Pride and Prejudice and Zombies.”



ANTELOPE REVIEW

‘Pride and Prejudice and Zombies’

3.5 out of 5 Kernals



Courtesy

Elizabeth Bennet and her four sisters prepare for battle against the undead at a post-apocalyptic English estate.

<http://www.youtube.com/watch?v=foGraEVNIOs>

The “Pride and Prejudice and Zombies” trailer sheds some insight into some of the distinct skills one may need in a polite, zombie ridden apocalyptic world.

“Pride and Prejudice and Zombies” is now showing at Kearney Cinema 8.