



## New childhood and youth studies minor to be offered

ALYSSA SOBOTKA

News, Feature Editor/Asst. Copy Editor

The inspiration to develop a new Childhood and Youth Studies minor at UNK came down to student needs and wishes.



MICHELLE  
BEISSEL HEATH

"We have seen a lot of interest from students over the years," said Michelle Beissel Heath, associate professor of English. "We will get one student who is interested in this specific focus and we have not been able to give them quite the support we have wanted to. The addition of this minor really allows that to happen."

The University of Nebraska at Kearney English Department will offer the undergraduate minor beginning fall of 2016.



SUSAN  
HONEYMAN

Beissel Heath and English Professor Susan Honeyman collaborated several years to develop curriculum for a Childhood and Youth Studies minor, choosing existing courses and creating others specifically with the minor in mind.

The minor requires 24 credits, which includes prerequisites, and includes core courses Children's Literature, Literature for Adolescents, Classic Literature of Childhood, The Graphic Novel and Special Topics (related to childhood and youth studies).

Remaining credits may be chosen from electives across multiple departments: Adolescent Psychology, The Juvenile Justice System, Juvenile Delinquency, The Sociology of the Family and The Developing Child.

Beissel Heath said it is with purpose



Photo by Alyssa Sobotka

**The UNK English department will offer a new youth and studies minor, beginning the fall 2016 catalog year. Professors Susan Honeyman and Michelle Beissel Heath are heading the courses and said courses will be interdisciplinary.**

that the minor is titled "studies" instead of "literature," despite it being housed in the English Department.

The minor is designed with unique interests and needs of each student. Depending on a student's area of passion, courses outside the English department have been worked into the minor's curriculum as electives to give students more flexibility.

"One of the things that excites me about the electives is how interdisciplinary they might be for students," Honeyman said. "Rather than just focusing on literary concerns, a student could take a family studies course or a psychology class as well to give them an interdisciplinary scope."

Additionally, Honeyman says the title will be more beneficial for resume building than a title that indicates a study confined to literature.

Answering student needs was not the

only motivation for developing current and new courses into a minor.

"Our adolescent and childhood literature courses tend to be very popular and fill, so it seems there has always been some kind of interest," Beissel Heath said. "... It seemed like the addition of this minor was also a good way to utilize our faculty's strengths."

Honeyman and Beissel Heath think their contrasting education backgrounds and areas of interest in youth studies are an asset to the program.

Honeyman, at UNK since 2002, received her education in 19th century American Literature. She focalizes on American children's literature and politics surrounding youth.

She returned this semester after being on sabbatical in fall 2015 to finish her

YOUTH STUDIES, PAGE 11

## Sports comm degree added to JMC lineup

AUSTIN KOELLER

UNK Communications

Students at the University of Nebraska at Kearney now have an opportunity to focus on sports journalism and mass communication as part of a new major.

The Department of Communication began offering a sports communication major at UNK this academic year, which focuses on preparing students for various careers in the sports industry.

**"This was something we were hearing about from students, that they wanted to have."**

—Ralph Hanson

"They move from working in broadcasting, to working in print and online, to working for the industry," said Ralph Hanson, professor and chair of communication. "They're going from being reporters, to broadcasters, to marketing communications."

"What we decided to do is put together a major that would give people the skills to not only be dealing with sports, but also to deal with the movement between," he said.

The Department of Communication previously offered a major in sports communication. It followed standard journalism curriculum with a few sports administration classes thrown in, but

SPORTS DEGREE, PAGE 11

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## CAN YOU SPELL STRESS

*Tis the season: Your personal Holy Trinity – mind, body and soul – in danger as end of term looms*



**ANTHONY HUNKE**  
*Antelope Commentary*

We come in all shapes and sizes, wrapped up all beautifully, tied in a bow. However, there is one underlying commonality that can be derived without even looking at a spreadsheet at this time every spring: stress.

As a college student, I can relate to this all too well. I have seen what stress can do, and I have found that learning how to best cope with stress in life is one of the most valuable lessons a college student can learn. Most of my information was obtained via [helpguide.org](http://helpguide.org), and I encourage all of you to check it out at least once.

Fact: stress homogenizes all of humanity. Our reactions to stress are hardwired, or synchronized within our fundamental codes. Many assign a negative connotation to stress, but what exactly does stress do to the human body?

For many, stress means feeling overwhelmed, unmotivated and, perhaps, even panicked to some degree. There is no worse feeling than trying to plan out the next few days and realizing there is no way everything on the list is going to be done on time.

I read “The Healthy Performer” two years ago, and it gave a thorough description of how the body can make good use of stress.

For instance, when gearing up to present in front of a crowd, feeling stress is a good thing, creating a degree of spontaneity and driving individuals to perform to the best of their ability.

However, when experienced in large doses without any means of regulation, stress can cause some unfortunate side effects.

Sometimes, stress can be positive in regards to protecting your life and making you more alert and vigilant. The body undergoes a stressful reaction when confronted with a demanding or

threatening scenario. As an event unfolds and the individual feels compromised, the brain issues an order to flood the bloodstream with various hormones including adrenaline and cortisol. These hormones, in turn, rally the body in a way that many call the “fight or flight” response. This includes heightened awareness, sharpened senses, increased heart rate, constricting muscles, rapid breathing and an increased performance level.

However, when stress is not being super helpful, it can distort the body. Along with increased heart rate and blood

“Despite the stigma attached to stress, our body can make good use of stress in appropriate amounts.”

pressure, the body’s reaction can be quite extreme. Consider the fact that stress makes our body transition into the “flight or fight” response. The body does not distinguish severity, so facing life-threatening danger and stressing over an argument with a significant other will produce the same results.

One of the more severe effects of stress is a lowered immune system. With the immune system weakened, the body becomes susceptible to illness and disease, and with it being March, it is utterly imperative that we stay as healthy as possible. Many claim that this can, also, lead to an increased aging process.

Four categories resulting from stress each have specific effects:

Cognitive: issues with memory, problems concentrating, negative judgment

— **STRESS**, PAGE 11

# Work through the spin, then support your candidate



**HOLLY GREEN**  
*Antelope Staff*

I am going to come right out and say it. I do not know who I am going to vote for in the upcoming presidential election, or the state/local elections for that matter. Between Trump's over-aggressive message against the Feel the Bern(ie) campaign, I don't know who provides more direction with how they want the country to go. Sure, they say that they will do this, or do that, or mention how the other candidate doesn't know what they are saying, but the current candidates never provide a direction for how they are actually going to get us there. When a candidate does produce a plan, it is on something the president has no power in the actual process to reach that goal. Frankly, I do not know which false hope is more unsettling.

What I do know is that I am patriotic and want to participate in a right that this country holds so dear, but yet so few take part in: voting. Less than half of the population votes, even in the presidential elections, which is deeply saddening, frustrating, and costly to the nation. Even as I face a decision, I will eventually have to make, I keep reminding myself that I have the right to vote, where some countries face repressive governments that can kill you

for voting for the 'wrong' candidate, if you even get the chance to vote.

As I face this thought, the only way I can make the decision is to become educated in political matters of the day. I know what I want, and I know the candidates can change their opinions by year, by week and even once seated in their position, so I just have to find the best match or the lesser of two evils. There are a variety of things that I (or that you can) use to assist in that decision. The first: listen to the candidate and what they think—if you don't like it, then don't vote for them. The second, and perhaps one of the harder steps, is to research what each of the candidates would like to do. While I would highly recommend actually watching debates or seeking out the candidate's individual websites, I understand, as a college student myself, the crunch for time. Through classroom and political major/minor student exchanges, I have found a few websites that might help people save some of that time in researching or picking a candidate.

The Political Compass is a great place to begin. Before you start, beware, it is a test. I know, I know! We college students do not need more tests, especially just after midterms. Hopefully this one will actually provide you with something a little more beneficial for the future besides remembering if B is actually the correct answer. A series of questions

based on situations are given and how you answer will determine where you score on a four quadrant graph. It ranges from Authoritarian to Liberal and if you are left or right (explained on the site). You can also look at how the candidates compare to each other on the grid. This will explain where you are located on the political scale of the terms conservative (often affiliated with Republicans) and liberal (affiliated with Democrats). This can be helpful, but it is general and not the best resource for really narrowing down a candidate.

ISideWith is another great resource

## SAVE TIME RESEARCHING

Visit [www.isidewith.com](http://www.isidewith.com) or [www.politicalcompass.org](http://www.politicalcompass.org) to be matched with potential candidates that share your values

and best used when narrowing down the selection to a single, or at least small group of candidates. Again, it is a series of questions that need answers. Instead of situations, it asks you about current hot topics ranging around the world right now. Yes or No are the first two answers, but if one chooses the "other chances" option, you are given more popular responses on how individuals feel. This is a rather unique and helpful tool as most citizens do not have polarized views

on topics but remain fairly moderate—unlike the political candidates now-a-days. These options allow for a measurement of that trait. Scales are placed on each of these questions to measure how strong individuals feel about the issue in question. So not only is your score being calculated on which candidate your answers match up with the most, but how far you sit on the scale that was measured on the earlier quadrant grid. Once completed, it will let you know your top candidates.

Even though my top answers from ISideWith were candidates that only matched me 60% of the time and where I sit on the political grid changes with the questions they ask, I am determined to vote. Primary elections represent the chance for the candidates to duke it out to make it to General elections, the BIG vote. For Democrats (if you are a Bernie vs Hillary fan) the primaries are over already—Sanders won Nebraska; for Republicans (Cruz vs Trump) you'll get your chance in May.

Hopefully the resources provided will help you find the knowledge and candidate so that you can make a semi-educated vote at the polls in November. Take advantage of that right that some countries lack and enjoy some of the power you have when you vote. Even though I might just be voting for Kermit the Frog, I hope to see you at the polls!

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Ching-Shan Jiang

### Contact for Antelope Advertising:

antelopeads@unk.edu

*The Antelope*

166 Mitchell Center

UNK – Kearney, NE 68849

### Contact for Antelope News:

antelopeneeds@unk.edu

# Spring break, bust or boast



**ANNALESE BARNES**  
Antelope Staff

Not long ago I discussed spring break plans with three UNK students, but now that spring break has come and gone it is time to

check in with those students and see if their plans turned out the way they hoped.

For those of you who laid low this year and are thinking that next year you would like to be a more adventurous with your next spring break, sports management major Ryan King tells us about his spring break that he spent in Las Vegas.

"My initial idea was that it would be nice to get out of Kearney for a while. My friends could not think of a better place to do that than Vegas, and it definitely did not disappoint. While pretty costly, as we expected, it was worth it to be able to cut loose for a little bit in such a fun environment. There was so much to do and see that we never got bored. I would definitely recommend it as a spring break trip for those who are old enough to drink

and gamble," King said.

I spoke with Dan Harshbarger, an applied computer science major who told us about his plans to spend spring break in Moab, Utah with UNK's Outdoor Adventures.

**“If hearing these students' plans before spring break did not help you decide how to spend yours, hopefully knowing how their plans turned out will give you some guidance.”**

— Annalese Barnes

"The trip was really awesome. I wanted to spend a lot of time outdoors and being active, and this trip gave me just that. We were able to hike, mountain bike and do other outdoor activities all while being in absolutely beautiful surroundings. That was my favorite part by far, all the amazing

scenery we got to see. That is something I will never forget", Harshbarger said. "I would totally recommend that students who will be around for next year's spring break check out what UNK's Outdoor Adventures group has planned, it was worth every penny."

Now, maybe if you've already traveled somewhere for your spring break this year, you might be wondering what it would be like to stay put and take it easy over your next break. Music major Morgan Wipperling explains how her plans for a nice relaxing spring break in Kearney turned out for her.

"Staying here in Kearney was definitely what I needed at this point in the semester. I knew that I should take some time to collect myself and get some things done that I had been too busy to get done previously and it paid off. I was able to work ahead on some schoolwork, get some extra hours on my next paycheck, and catch up on some household chores that I had been putting off. It feels great diving back into the semester knowing I spent my break being productive but also taking some time to clear my head," Wipperling said. "For

those of you who tend to get a little stressed out over classes, taking this time to get caught up or to work ahead really makes all the difference."

If hearing these students' plans before spring break did not help you decide how to spend yours, hopefully knowing how their plans turned out will give you some guidance for next year. So, maybe it's time to start saving up for a new adventure or to look forward to a week of relaxing and catching up on life. Either way, you have plenty of time to prepare yourself for your next spring break.



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# Broadcasting is his game



Photo by Christian Schwarz

**Aaron Scott, currently the KLPR program director, finds his place on radio following diverse background and interests**

## CHRISTIAN SCHWARZ

Antelope Staff

Aaron Scott is no stranger to the campus radio station.

Scott, who is currently the program director for KLPR, has been with the program for almost four years.

"I think I started at the end of my freshman year and both semesters of my sophomore year," said Scott, a senior journalism major. "Then I transferred for a year and a half and came back to UNK to do KLPR every semester since."

Before Scott came to UNK, he went to Nebraska Evangelical High School in Waco, Nebraska.

He has a pretty diverse background. He played football, was a part of musicals, band, traveling choir, student council and was also student body president his senior year.

"It was a private high school where I lived in dorms until some weekends and breaks," Scott said. "I loved high school and the small NELHS environment is where I was really comfortable and thrived."

## What do you do for KLPR?

I am currently the program director for KLPR. I have done a show every semester I've been involved, but not yet this year. Sadly, I've just been busy with work and school, and it has taken me away from being able to do a show that I want to. I will be doing commentary this semester for my Radio Workshop: Sports class and will have a show involved with that class as well.

## Do you have any inspirations that made you want to go into broadcasting?

I think when I was young NTV News kind of reigned supreme in rural Nebraska. It was sort of inspiring to know that Seth Denney was a local guy and that NTV was just down the road from small town Axtell.

## What made you decide to do broadcasting?

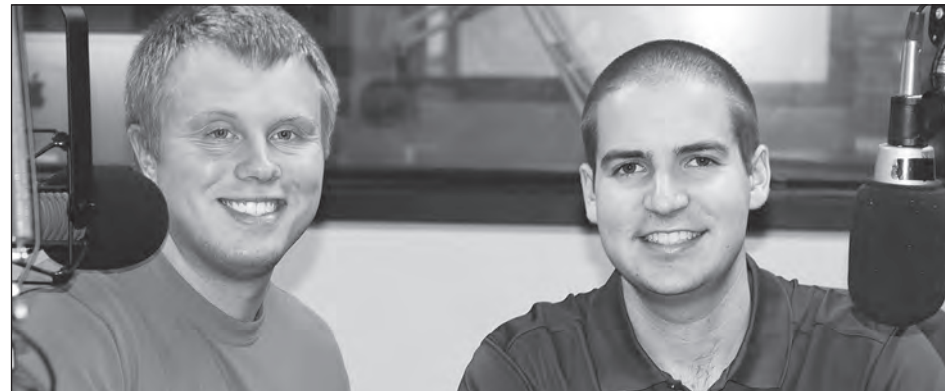
My first time at UNK consisted of a lot of water testing so to speak. I dabbled in counseling, psychology, broadcasting, but nothing really stuck. The first solid choice I made regarding major or what I wanted to do with my life was actually leaving UNK. I decided I wanted to go to Martin Luther College in New Ulm, Minnesota, to be a pastor/teacher within the Wisconsin Lutheran Synod. I was drawn to this because the high school I went to was WELS and they kind of pumped MLC in the air ducts there.

It didn't take me long to figure out that I wasn't the type of person that fit into the system there. The whole time I was up there I couldn't help but miss being on the radio and always kind of missed and admired the broadcasting field. I would always research it, talk about it and kind of brag about the experiences I had with it at UNK.

Eventually I got over the hurdle I placed for myself that the broadcasting field didn't have a job for me with money and went back to UNK to follow through

SCOTT, PAGE 11

# Catch 1st KLPR radiothon



**March 30-31  
11 to 11**

**KLPR podcasts@  
unkantelope.com**

For the first time ever, KLPR media personalities Nick Stevenson and Andrew Hanson will go live for 24 hours straight during the inaugural 24-hour Radiothon.

Prizes will be raffled off from Cole Swindell concert tickets to various gift cards.

Tune in Wednesday, March 30, at 11 a.m. until Thursday, March 31, at 11 a.m. There will also be a table in the Union this week with details on raffle prizes. Proceeds from the event will be donated to Lambda Pi Eta.



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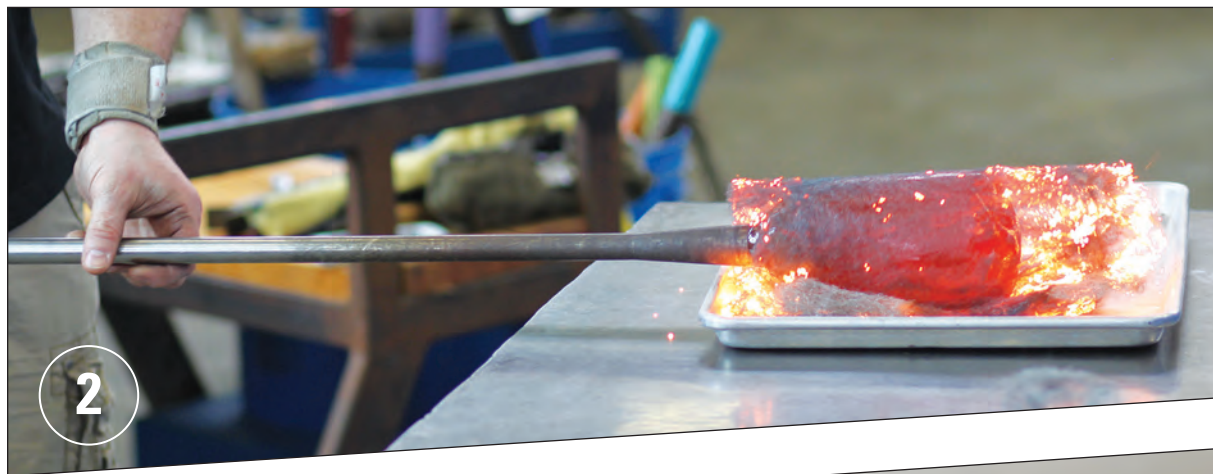
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# Glass artist demos art

*Eoin Breadon brings new techniques, sculptural skills to UNK audience*





*Photos by Austin Gabehart*

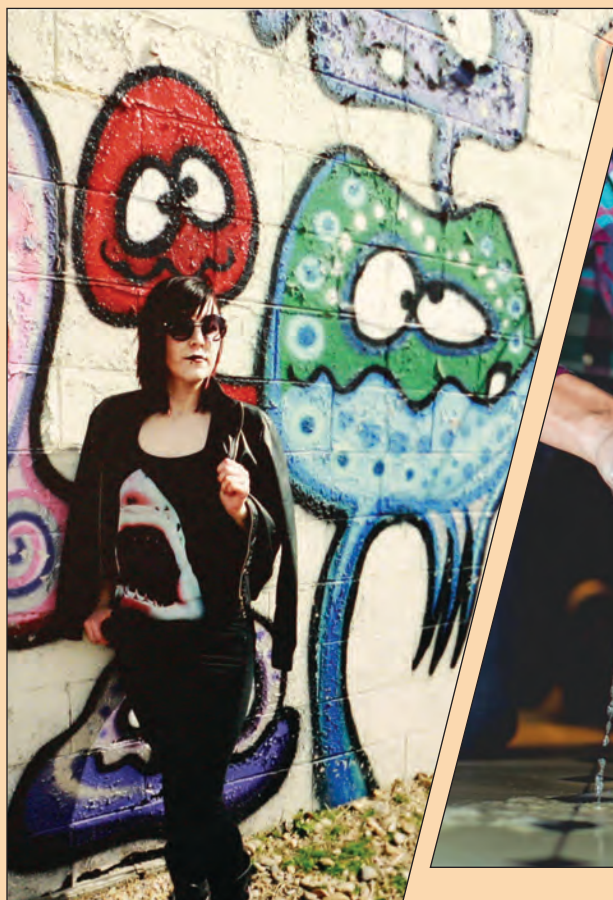
Eoin Breadon, an assistant professor of art, head of glass/sculpture at the University of Wisconsin-River Falls, visited March 14-15 to demonstrate and present his sculptural work and experience.

1. Breadon chills sections of the glass using wet newspaper in order to control the air being blown into the piece.
2. Breadon rolls the glass in steel wool to gain a metallic effect on the exterior of his glass skull.
3. Breadon uses a torch to heat only the mouth of the skull for shaping.
4. Breadon sculpts the teeth of the skull using only a small metal tool and torch.
5. Breadon prepares to separate the skull from the blow pipe in order for the skull to begin cooling in the annealer.

Learn more about Eoin Breadon and view more of his work online @ [WWW.EOINBREADONGLASS.COM](http://WWW.EOINBREADONGLASS.COM)

# “Say Cheese!”

*First ever Senior Photo Show to run through April 8*



**GRANT PEARCE**  
*Antelope Staff*

The Walker Art Gallery is currently hosting the First Ever Photo Senior Show with five students who are majoring in studio art with an emphasis in photography. Seniors Jess Marie John, Catrina Maxwell-Gray, Hannah Backer, Emily Kowalski and Alex Olsen will present their work.

Emily Kowalski, from Holdrege, will be one of the five photographers featured in the show. Kowalski, was already a photographer before she had declared it as her major. The title of her work is ‘Housework.’

She will show a collection of photographs doing everyday jobs



around the house while exploring the general stereotypes of the job. She says, “My work is based on the idea that even today, there are still stereotypes relating to gender that are placed on jobs in and around the home. I used self-portraits in order to convey this idea.”

The show will run through April 8 in the Walker Art Gallery located in the Fine Arts Building.

The Walker Art Gallery is free and open to the general public, gallery hours are Monday through Friday 8:30 a.m.-4:30 p.m. The reception will be Saturday, April 2 from 4-6 p.m., with seniors displaying their work.

*Courtesy photo by Jessica John*

**Left: Senior Jessica M. John presents Graffiti & Glasses II as part of her digital photography senior photo exhibition.**

*Courtesy photo by Emily Kowalski*

**Right: Emily Kowalski scrubs the floors of a kitchen. One of many photos that will be displayed in her collection titled “Housework.”**

## Free gallery visits

Weekdays 8:30 a.m.-4:30 p.m.

April 3, Athletics Appreciation Day

# Senior athletes lead event promoting UNK baseball, tennis

**SEAN LAUGHLIN**  
Antelope Staff

Paula Jimenez and John Watson are two amazing examples of student athletes on UNK's campus. Both seniors, Jimenez is a member of the women's tennis team while Watson is a relief pitcher for the Loper baseball team.

This upcoming Sunday, April 3, the two athletes are promoting a Loper athletics appreciation day, encouraging all students, faculty and the Kearney community to support various UNK athletic teams who are both in the middle of their spring seasons.

First, head over to Memorial Field to watch the final game of a three-game set between the Loper baseball team and Washburn University. Going into this week both teams are tied for 5th in the MIAA with a 9-7 record.

Then, at Harmon Park, the men's and women's tennis teams take on their rivals



from Northwest Missouri State University. This event starts at 2 p.m. The Loper men's team is coming into this week a perfect 11-0, while the women's team is coming into this week 9-3 this season.

It is a jam-packed day full of Loper athletics; they hope to have free promotional items to help endorse UNK athletics.

These are two of the premiere teams on campus and the more support there for each team the better.

*Photos by Sean Laughlin*

**TOP:** Senior Paula Jimenez prepares to return a serve. The business administration major from Barcelona, Spain, is 10-2 in singles this year and 6-2 in doubles.

**BOTTOM:** Shawnee, Oklahoma native John Watson pitches in relief against Lindenwood. The senior business administration major currently has a 4.50 ERA in six appearances.

# Women host Easter golf tourney

**KATE BAKER**  
Sports Editor

The UNK women's golf team battled the weather this weekend as they hosted a tournament at Awarii Dunes in Axtell. Later this year in May, the NCAA tournament will also be hosted at Awarii Dunes. The tournament was pushed back to Saturday and Sunday, where the girls had to fight off wind and cold, with both days having tee times pushed back two hours.



**MAAIKA MESTL**



**ANA SUMMERS**

The score cards had a lot less color on Sunday as the team made a great recovery. Ana Summers, a senior from Bellevue, Colorado, majoring in middle grade education, led the team with a very impressive two over par, to tie for a team-best 45th place, shooting a 36 hole total of 165. When she completed her second round, it marked her 74th round as a Loper, breaking the



**SAMANTHA CRAWFORD**



**DANIELLE DICKERSON**



**KATELYN HASCHKE**

The team finished with a two day score of 673, placing them in 14th place ahead of St. Cloud State and Fort Hays State and just behind Central Missouri. The Lopers will travel to Waterloo, Iowa, on April 2 for their next tournament hosted by Upper Iowa University.

school record of 73 set by three-time All-American Carla Dobchuk (1997-01).

Also for Kearney, Samantha Crawford, a sophomore sports management major from South Jordan, Utah, had a great round shooting a 79. She finished the tournament placing 51st, with a 36-hole total of 166. Mestl was just one stroke behind Crawford, placing her in 55th place. Additionally, Danielle Dickerson, a freshman business administration major from Brentwood, California, shot a 36 hole total of 176 which tied her for 74th place. Finally, senior Katelyn Haschke, a psychology major from Sioux Falls, South Dakota, came in 82nd place scoring a total of 190.

## LOPERS DESTROY BEARCATS 16-5

*Photo by Jacob Rodriguez*

Shane Sharkey zeros in on the ball with his bat for a great hit into the outfield. The Lopers went on to beat the Bearcats with the final box score of 16-5.



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## ABOUT KYLE HONEYCUTT:

Class: Senior  
Major: Business administration  
Hometown: Omaha

Senior Kyle Honeycutt is set to make the most of his final season with the Lopers.

And so far, the Omaha native has done just that.

One of the most efficient hitters on the Loper squad, Honeycutt is hitting .347 from the plate. Five of his 25 hits have been doubles, and another five have resulted in home runs. He has also driven in 24 runs in his 23 appearances this season.

His dedication to his work in the classroom has also achieved the business administration major three MIAA academic honors.

UNK baseball coach Damon Day credited Honeycutt for his perseverance throughout his career.

"He has battled through a lot to make it to this point in his career. I have the utmost respect for him. The highest compliment you can give a UNK baseball player is to say 'They're a program guy.' He is the ultimate program guy."

Last season, Honeycutt's batting expertise was aired on Sports Center when he hit a walk-off Grand Slam to complete the cycle.

"Every facet of who he is I have had the pleasure to watch him grow and mature. He is a great young man and I am blessed to have had the opportunity to be his coach and watch him become a Loper," said Day.

Above all, Honeycutt just wants to do what it takes to help his team win.

## [LOPER OF THE WEEK]

*Senior Honeycutt swinging for fences in final season*

# Honeycutt hits home

DAVID MUELLER  
Antelope Staff

### ■ Q: How would you describe your career at UNK?

A: It has been incredible. The people I have met, the coaches I have played for, the places we have gone, all of it has given me some of the best moments of my life that I will never forget. Baseball was only a part of the entire story, and I won't remember most of my at bats or defensive plays, but I will always remember the people I met and what the coaching staff instilled in me to become a better person.

### ■ Q: Describe the moment you saw yourself on ESPN last season, hitting a walk off grand slam. What kind of feeling was that?

A: It was almost surreal. I never imagined myself being on Sports Center for baseball, and I never would have gotten there without my teammates. They believed in me when it was my turn at the plate and they helped get us into that situation. I never would have had that opportunity without our entire team buying into the "next man up" mentality.

### ■ Q: Baseball players are known for their superstitions. Do you have any unusual habits before, during or after your games?

A: One of the most well-known baseball superstitions is never step on the foul line. Well, before every game, we meet up as a unit of position players and break it down, and when I run back to the dugout, I do not just walk over the line, I make sure I jump over it, to avoid any problems with just stepping over it.

### ■ Q: Individually, what are you seeking to accomplish this season?

A: I want to make sure I do whatever job I am expected to do to help this team win. Being my senior year, I want to make sure I help this team accomplish all of the goals we set out to complete at the beginning of the fall.

### ■ Q: What did you work on in the offseason to improve your game?

A: I really worked on getting myself into shape, as it was the first summer in a couple years that I wasn't recovering from surgery. I made sure to hit and work on my swing as much as I could, but I would say my conditioning was the No. 1 priority.

### ■ Q: What are your strengths on the diamond?

A: I like to think that I do not let any moment get too big out on the field, and I communicate well with my teammates, both on field and in the dugout. We are told to take every pitch with the same mentality, and that way we do not let big situations get the best of us and we do not let any pitch feel like it isn't important in helping us win.

### ■ Q: As a veteran on the team, what kind of role do you fit into regarding leadership?

A: I have always tried to be a vocal person in the dugout to keep the energy up in the dugout, and I have always tried to lead by example. So I work hard and do what I am asked to do in any given situation, and hopefully the younger guys see me putting in all of the work that it takes to be successful, and they try and follow in my footsteps.

### ■ Q: You've been playing baseball for a while; do you still get nervous when you take the field?

A: Of course. the nervousness never goes away no matter how many games I play, but I think that's a good thing. Being nervous keeps me focused and it shows that I care about this game very much. I've played this game for around 18 years now, and I have learned how to use my nervousness to excel in my performance on the field.

### ■ Q: Do you have a favorite baseball player that you try to replicate? If so, why?

A: Over the last couple of years, I have really enjoyed watching Salvador Perez play the game of baseball. He goes out on the biggest stage in the baseball world, and he always has a smile on his face. He truly plays for the love of the game and has fun while he plays. He reminds me to not take things too seriously and have fun playing the game I love because it will not last forever.

### ■ Q: What kind of challenges do you face as a student athlete, balancing school and baseball?

A: Being a student athlete always comes with certain

HONEYCUTT, PAGE 11

# DeFilippis works to bring dance program to life

**KIRSTY DUNBAR**  
Antelope Staff

Purple is everywhere in the office of UNK's only professor of dance Dayna A Defilippis. It's painted on the walls, in decorations and in her hair. Photos of past dance recitals, family and friends are scattered around the small space, previously a closet.

Most noticeably, a deer head hangs on the wall with a purple boa draped around his neck. "Deery" is from her dad, all the way from suburban Chicago, an office present to show her Midwestern roots. "So here he is, and because this is my office and I'm a dance instructor I had to put a boa around his neck," she says.

The place and job suit her. She says she is really fortunate and colleagues are very supportive about helping the dance program grow. "Even though I'm the only dance instructor, I don't feel like I'm alone. There are other universities that only have one dance teacher, but they are few and far between. Being a faculty of one for dance is definitely a minority," DeFilippis said.

## What got you interested in dance?

"It was my mom. She had always loved dancing, singing and musicals. She never took any lessons for dancing, though. When my sister and I were old enough, I was 6 and she was 4, she enrolled us in everything she could."

I started teaching dance classes when I was 14. At that age you're teaching 3 to 5 year-olds. It was all by trial and error.

As I got older I took more time to get better at it. I danced and taught all through high school. We had a group that I helped choreograph performances, run rehearsals and organize most everything for. That was when it cemented in my head that I wanted to go to college to dance.

## Where did you grow up at?

I grew up in Chicago area. My parents lived in the city, but when they got married and wanted to start a family they moved to the burbs. When I wanted to go to college, I was a bit of a snot, and I didn't want to stay in Illinois. I ended up at University of Iowa, in Iowa City. Then I moved back home, near where my parents grew up. I



*Photos by Kirsty Dunbar*

**ABOVE:** DeFilippis spends time in her office, which just a few years ago was a closet used for miscellaneous items from around the Fine Arts building.

**LEFT:** DeFilippis leads class warm-up in the studio.



## What's up with the deer head wearing a boa hanging on the wall?

My dad thinks he's hilarious. He's been a hunter and fisherman all of my life. When he came to visit me once, he said he was bringing an office present to show my Midwestern roots so nobody would be intimidated by me.

"I told him he didn't have to do that but he said, 'Dayna, just let me do this.' He and mom drove here for Thanksgiving my first year here, and this deer head was sitting in the back of his pickup. I was like 'Dad, what are you doing with that?' and he said, 'This is your office warming present, Dayna.'

was working in dance studios and various administrative jobs.

## How did you end up teaching?

One day I had this epiphany, and I wanted to be able to teach dance in college. I decided I needed my master's degree. When I was searching for programs online, I found the University of Arizona in Tucson. I studied there for two years. I was job searching and the UNK position came up. I interviewed, really enjoyed my experience here on campus and in town and got offered the position. Three years later here I am.

## What have you changed in UNK's dance program since coming here?

It was really important to me that the dance studio not be a storage area on top of a workspace because that's counterproductive. Not appropriate for a collegiate program. Even though space is very limited here in the Fine Arts building, I still found a way to create a workable, proper, college-level dance studio.

From there, I have continued to work on elevating the level of quality and expectations of the dance program, in classes, curriculum and performances. I'm in the process of redesigning the curriculum so it makes more sense and is up-to-date with other colleges in our area. It really is a good minor program for people who are in other fine arts programs.

**Have your tattoos ever been a**

## problem for you professionally?

When I first started getting tattoos I was an undergraduate, and it wasn't a problem. I made sure that they were placed where they could easily be covered up because directors and choreographers do not want to see that on stage.

Once I graduated, I continued to get tattoos and also kept performing, but it was with people I knew so they didn't make a big deal out of it. The other thing about tattoos is they aren't as big of an issue for modern dancers as for someone who is in ballet.

## What is your favorite dance movie?

I would have to say "Footloose," although "Dirty Dancing" is a close second. I don't really like any of the newer ones. They're all kind of cheesy.

## YOUTH STUDIES from page 1

third book project, “The Politics of Child Pain, Migraine, and Invisibility,” which draws attention to childhood migraines and misconceptions from adults. Her other published works include: “Elusive Childhood: Possible Representations in Modern Fiction” and “Consuming Agency in Fairy Tales, Childlore, and Folkliterature.”

Beissel Heath has been associate professor at UNK since 2009. She has an educational background in Victorian literature. She focuses on British literature

## STRESS from page 2

and increased worrying

Physical: chest pain, increased susceptibility to illness and bodily aches/pains

Emotional: Fluctuating moods, short temper, easily agitated, isolation and depression

“To combat stress, reach out and connect with an effective support system.”

Behavioral: increased/decreased eating, too much/too little sleep, closing out others, external substance abuse, habitual actions derived from nervousness

To combat stress, reach out and

## SCOTT from page 5

with a journalism major.

**How do you feel about the college radio station? Has it come far?**

When I first came in (as a freshman), the radio station was dated. Looking back at it with what I know now, that was common and should be expected within any college radio stations. There were universities twice our size or colleges with broadcasting focuses that had similar outdated studios. It was old, but something to be proud of. By the following semester the studio had been updated. I’m talking whole room renovated from the carpet to the ceiling to the tables and countertops all the way encompassing the chairs and

and the classics, with a specific interest in material culture that includes childhood games, toys and play.

She will go on sabbatical in fall 2016 to finalize her first book, “19th Century Fictions of Childhood and the Politics of Play.” Her book makes connections between childhood games and how they often take literary themes.

Honeyman and Beissel Heath hope the Childhood and Youth Studies at UNK program grows to include more faculty members and courses.

connect with an effective support system. Establishing eye contact with another person, listening to regulate the senses and knowing you are understood by another can help tone down the effects of stress.

As the body becomes high on adrenaline, we need to burn the excess energy. Exercising can produce great benefit. Furthermore, it is a given that we should eat well and eat regularly. Many people overeat, while some do not eat enough.

Many of you probably believe that you can handle the stress. After all, you have been learning how to cope with it for many years. However, I want you to realize that simply “handling” it is not a healthy alternative. This may not severely affect your life right this second, but down the road, it will haunt you. Take action now, and take back your lives. If you are going to live in this world, you might as well do it on your own terms.

lights. It was nuts. The equipment is mind-blowing; there are probably literally tens of thousand of dollars worth of equipment in those rooms. For that I am very thankful to be involved with the radio station.

**What do you plan on doing after college? Do you have any job plans?**

I currently work at NTV News as a Technical Director. I basically live edit the news, cue and play videos and put things on screen. I enjoy working in broadcasting at the moment. I would love to remain in broadcasting. I could see myself reporting or anchoring, but I could also very easily see myself remaining in production.



Ralph Hanson

## SPORTS DEGREE from page 1

administration classes thrown in, but faculty felt it was not a specialized sports major.

After hearing from students who wished to pursue a career in sports, the department revised its curriculum and revived the sports communication major to meet student needs.

“They wanted to have something with a little more sports broadcasting background,” Hanson said. “People were also very interested in sports writing. This was something we were hearing about from students, that they wanted to have.”

Students working toward the sports communication major are required to take classes in communication and journalism. They take courses in writing and design, as well as classes in small group communication and leadership.

The department also has created three new courses that are offshoots of existing courses.

A new section of Writing for the Media is offered as Sports Writing for the Media. Hanson said the class is held concurrently

with Writing for the Media, but assignments are sports oriented. Additional new courses offered are Radio Workshop: Sports, a class focused on sports talk radio and play-by-play announcing, and a sports section of The Antelope newspaper staff.

For those wishing to pursue a major in sports communication, Hanson suggests minoring or double majoring in sports administration.

“One of the things we didn’t like about the old major was that it threw in one or two sports administration classes. It wasn’t enough to give them that background,” he said. “We think that a minor or double major will take them a lot further with that if that is the route they choose to go.”

Hanson said the new major is exciting one and goes after what the department wants to do well – giving students skills needed to succeed in the future.

“Instead of saying, ‘We’re preparing you for this specific career,’ we are preparing them for things that may or may not even exist right now.”

## HONEYCUTT from page 9

challenges, but I have always had a lot of help from my professors and the university in making sure I had everything in line so I could travel and play baseball. Also, having Wi-Fi on the buses now makes homework a lot easier to complete while we are on the road. Coach Day does a great job of keeping us in check with our academics to make sure our professors are good with us missing class as much as we do.

**Q: What are your plans after you graduate?**

A: Right now I am going to be an assistant coach for the Ralston High School reserve team this summer. And after that, I will be looking for a career job,

which could be in either baseball or in my major field of business management.

**Q: What intrigued you about coming to UNK?**

A: The facilities that UNK has for our baseball team are incredible. I wanted to be around these top-notch facilities, and I wanted to be around a great coaching staff. Coach Day was the coach that I wanted to play for, and I knew it from the first time that I had a full conversation with him on my recruiting trip. I loved his philosophies and how he said he would coach me, and how he told me his main goal was for me to graduate and become a better man in the process of playing baseball.



# Pollard transitions from role player to potential star in Kaôh Rong



**ANDREW HANSON**

*Antelope Staff*

I remember watching Scot Pollard play in the NBA as a kid. Specifically, when he played for the Indiana Pacers from 2003-06, which was one of the five franchises he played for during his 11-year professional career. My recollection, granted I'm trying to recall 10+ years ago, made Pollard out to be very much a role player. His career average of 4.4 points, 4.6 rebounds and 16 minutes per game validate that claim. When he played for the Pacers, one of Pollard's teammate was hall of fame shooting guard Reggie Miller, who ranks second in NBA history in career three-pointers.

Off in Cambodia for "Survivor: Kaôh Rông", Pollard's game started to follow a similar trajectory. Early on, he attached himself at the hip of the leader of the brawn tribe, Kyle Jason. Pollard played a pivotal role in the retrieval of the hidden immunity idol, but it was just assumed that Jason would be the one to lay claim to the idol.

Pollard was on a one-way train to role player status.

Then, host Jeff Probst told everyone to drop their buffs.

In the new tribe division, the three remaining brawn tribe members were split up with Jason and Cydney Gillon on Chan Loh and Pollard all by himself on Gondol. The former NBA champion found himself

in a new position. He didn't have his all-star right beside him, but he was also no longer going to be a role player in the game. Pollard was forced to relegate his position as a right-hand man, which could have carried him far.

"I'm the sole brawn, and I'm thinking all right I'm on the bottom of the totem pole," Pollard said in a confessional. "It is a familiar feeling for me. I played for five different teams in the NBA, and each time you're joining a group of people you used to play against and you used to fight against. I can handle it. I've just got to figure out if I can trust anybody, who it is and if it's going to do me any good."

Because this isn't Pollard's first rodeo when it comes to situations like this, he's able to adapt. With three brains, two beauties and Pollard, a brawn, on the tribe, Pollard gravitated towards the two beauty members, particularly Tai Trang. Trang isn't much taller than five feet. Meanwhile, Pollard is a 6-foot-11, 300 pound giant. The two quickly developed a rapport with each other. With Trang being the tribe gatherer but lacking in size, Pollard used his massive frame to give the fan-favorite contestant a boost.

"Tai is light as a feather. I tossed him up the tree, and that little dude just ran around that tree, picking mangos like crazy," Pollard said. "I've got a man crush on Tai right now already. In my opinion, he's number one most valuable member of the tribe right now."

While nothing will ever top the early

bromance of Trang and Caleb Reynolds before Beast Mode Cowboy was medically evacuated from the game, Tai's newfound friendship with Pollard is fascinating.

After the newly formed Gondol tribe lost the immunity challenge, the three former brains decided after some deliberation to get rid of Anna Khait. Trang had offered to use his immunity idol for the betterment of the group of Trang, Khait and Pollard, but because of the potential of a new super idol, Pollard knew that it was best for his game to keep the idol in play and sacrifice Khait, especially since Julia Sokolowski, a beauty who was exiled during the tribe swap, would be joining the tribe to fill Khait's vacated spot.

“The astute game play by Pollard was also of importance because of the three players involved in his plan, he’s the only one without an idol in his pocket.”

Pollard explained the situation.

"Aubry came up to me and said Tai's safe. With Jason, I've got two guys that have idols and if you put them together, it becomes a super idol, and I thought, 'wow, we could blindside Anna and keep the idol hidden.' That would make me the only person in the game of 'Survivor' that knows

where two idols are. That puts me in a pretty good spot, provided I can get to the merge."

It was a very savvy move on Pollard's part to keep the idol in play and leave the door open for the possibility of a super idol. The astute game play by Pollard was also of importance because of the three players involved in his plan, he's the only one without an idol in his pocket. It's very logical to think that if the super idol makes an appearance in the game in this situation it would be used to save Pollard.

Pollard's conversation with Trang right before tribal council sealed the deal and kept his new man crush in the game along with the potential of a super idol:

Trang: "What do you think I should do?"

Pollard: "I think they are voting Anna out. They like you. I like you. Nobody wants you to go, and she's been scheming. You're asking what's best for you. What's best for you is to save the idol for as long as you can."

Trang: "Yes, of course."

Pollard: "They're not voting you out tonight, so don't use it."

The entire series of events was a very shrewd piece of gameplay from Pollard and showed that he may not just be a role player in this game. He may in fact be the star.

**Andrew Hanson is writing about all things "Survivor", "Big Brother", "Amazing Race" and reality TV in general at [www.andrewrhanson.net](http://www.andrewrhanson.net).**