

Local shelter provides furry friend fix

UNK students and shelter animals benefit from interaction with each other

RACHAEL FANGMEIER
Antelope Staff

Adjusting to life away from home is hard enough, especially if you had to leave your furry friend at home. But yearning college students don't have to look far to find a solution.

The Kearney Area Animal Shelter, home to a plethora of cats and dogs, welcomes UNK student volunteers with the animals and for their furry friend fixes.

Aubrey Broweleit is the volunteer coordinator at the animal shelter. Her job is to train the volunteers, keep track of their community service hours and set up special events, just to name a few.

"I've always loved animals," said Broweleit. She explained that there are around 75 active volunteers and 15 staff



Photo by Rachael Fangmeier

Spring season means the Kearney Area Animal shelter will be expecting more than 20 kittens. Learn more about donating and adopting cats at <http://www.kearneyanimalshelter.com>.

members, including a vet.

Andrew Craig, a December 2015 UNK graduate in supply chain management, spent his years at UNK donating time to the animal shelter. He said, "I was an active volunteer back in high school, so

continuing to volunteer in college was something I enjoyed."

He also found a way to support his desire to volunteer. "I received a learn and

— **FURRY FIX**, PAGE 3

It's kitten season!

The Kearney Area Animal Shelter appreciates any monetary donations people are willing to give.

For one animal, it costs about \$100 to get proper shots and to spay or neuter.

When an animal is adopted, each is spayed/neutered, up to date on their shots, microchipped and sent on with food, a collar and a tag.

The ability to cover these expenses would not be possible without community donations.

Spring means "kitten season" to the animal shelter. They are expecting more than 20 kittens within the next few weeks. The shelter ends up with so many kittens because pregnant felines are either surrendered or unclaimed.

With so many kittens impending, Broweleit said the shelter is accepting donations of kitten milk replacer powder, blankets, towels, plastic cat toys and kitty litter.

See the shelter website <http://www.kearneyanimalshelter.com>.

POWER THROUGH LAW

- Better Title IX enforcement would motivate colleges to respond to campus assault cases with more alacrity.
- Under the law, universities must respond to survivors' needs to ensure all students equal access to education and also find just solutions — such as the expulsion of assailants.
- Increasingly, college officials face scrutiny and lawsuits from victims when schools do not take appropriate action after reported sexual abuse.
- Title IX of the Education Amendments of 1972 is a federal civil rights law that prohibits discrimination on the basis of sex in any education program or activity that receives federal funding.

Shatter the silence

Clark and Pino draw 700 students with presentation regarding sexual violence on college campuses

SHELBY CAMERON
Antelope Staff

Between two presentations on Thursday April 21, more than 700 students attended the moving and inspirational event, Shatter the Silence of Take Back the Night.

Speakers included Annie E. Clark and Andrea Pino, co-founders of End Rape on

— **SHATTER**, PAGE 11



Photo by Shelby Cameron

Annie Clark (LEFT) and Andrea Pino are co-founders of End Rape on Campus, subjects of the film "The Hunting Ground," and co-authors of the book We Believe You: Survivors of Campus Sexual Assault Speak Out.

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Life a two-way street



ELLIOT GONNELLA

Antelope Staff

The spring semester is almost over and for students that means quite a few things. Dead week is very much alive for a few, the library will be packed, papers will be written and perhaps most importantly for the faculty, evaluation sheets will be handed out to various classes. Students, here is your chance to groan at the thought of them.

I am willing to wager just about anything that either or both of these scenarios happen the second the professor leaves the room to assure anonymity: either someone will begin to complain that it is all the teacher's fault that they are failing this course and the system is rigged against them or another student will brag about how he is going to ace the course because s/he is the best that there ever has been.

Both extremes cause me to roll my eyes. Are there bad professors out there? Of course, and we should call them out. But have these individuals ever considered that they may be responsible before they place heaps of blame on 'the man'? Is it the teachers fault you have an F in the course or because you didn't take responsibility for your inaction on the big paper? For the braggarts, if the situation was reversed would you be humble or fall into the latter category?

This childish behavior on both parts can be seen in full this election season with the Democrat and Republican Party candidates. Specifically when it comes to the delegates.

Delegates are assigned 'voters' to a candidate who go to a national convention once the states have had their state conventions. At the national convention, there is a vote and the candidate that receives the most votes and reaches the specific quota is selected as the party's nominee for the presidential race. Sounds very democratic and much like a republic, but talk to some supporters of a candidate and they will complain.

To narrow the perspective down to a candidate on each side complainers include

Bernie Sander, Donald Trump and their supporters. This recently came to light after the victories in New York, with Hillary Clinton and Trump winning by significant margins. There was little doubt those two would win; it was just a matter of by how much. The results of the state didn't create this discussion, it just brought it into the foreground.

For Sanders and his supporters, early on in the race he was a very vocal opponent of delegates and the super delegates as I mentioned a couple weeks ago. His supporters decried a conspiracy against him and that the "Establishment" was rigging the system to silence an opponent. Poll numbers have not been favorable to Sanders recently, and several of his chief lieutenants have been both bashing delegates while also admitting they are needed for a victory.

Now Trump and his supporters are an interesting mix when it comes to the delegate system. When results turn out with 60 percent of voters choosing him, Trump and supporters brag about how popular they are.

However, when Trump loses by a narrow margin, he claims a corrupt system is against him. Sounds familiar to our other candidate. The only difference, while Sanders for the most part has been against the delegate system, Trump is a fair-weather friend of the system, which is a little more detestable. I can only imagine what would happen with that attitude and mindset on a national scale.

"Congress won't do what I want? Well they are a bunch of crooked losers who are rigged against me!"

While in a perfect world each citizen or party member should be one to decide nominee, we do not live in a perfect world. The only place a direct democracy succeeded was in Athens and it was only feasible their because of the small size of the city-state and the severely limited definition of who a voting citizen was.

Now take a nation with the size, diversity, and divisions like the United States. Even with our modern technology, direct democracy would be an immense headache for all parties involved. Imagine the fiasco with the 2000 Bush/Gore election,

DELEGATES, PAGE 11

FURRY FIX from page 1

work scholarship, which required me to have 70 hours of community service per year throughout my four years at college,” Craig said.

The shelter currently houses 34 animals: a combination of 25 cats, eight dogs and one rabbit. While these are all the animals that are on the adoption floor, Browleit said the shelter has a capacity of 150 animals, which they have met and exceeded before. The shelter has also been the temporary home of ferrets, turtles and rats. There are more animals at the shelter who will get to go to the adoption floor as soon as they get old enough, healthy or big enough.

Volunteers can play with cats and kittens on the adoption floor. There is a separate room so the furry felines can run around to burn off their energy. Volunteers can play with, cuddle and groom them.

Browleit said the kittens and puppies usually spend around two weeks on the adoption floor before they find their forever home, but there is no time limit on how long an animal may remain in the shelter.

Not all animals are so lucky to find their perfect match so quickly. Ansely, a fluffy black and white cat has been looking for her new family since May 2015. She is a shy feline, until she gets to know you, then she is all cuddles and chirpy meows.

Volunteers can also take a class so they can take the dogs for walks and to play in the secured yard.

“Being in college can be stressful from time to time with homework, tests, as

well as working to pay bills. Going to the animal shelter was a nice stress reliever because when I walked into the dog kennel (room) I got to see so many dogs who were excited to see me because that meant that they were going to finally go outside, run around and let loose. Seeing that kind of excitement just made me feel better about what I was doing, and it was a nice break away from other things going on,” Craig said.

Craig also said he enjoyed working with the dogs on commands, behavior and just socializing with them.

Browleit said that people are apprehensive about volunteering because they think they will get too attached to all the animals. You should think about it from the animal’s perspective, she said. You are giving your time to help and play with them. And when they do get adopted, it is a happy thing because they have found their new family.

Craig said, “I didn’t mind watching the animals go because I knew they were going to a place where I knew they would be much happier. They would have a chance to have a family, a place to run and be free to enjoy their lives.”

Not only do volunteers get to spend time with animals and improve their lives, volunteering at the shelter also shows potential employers that you are willing to donate your time to a worthy cause. Craig believes his volunteer work helped him to nail down his career after graduation.

To apply to volunteer, visit the Kearney Area Animal Shelter’s website and fill out

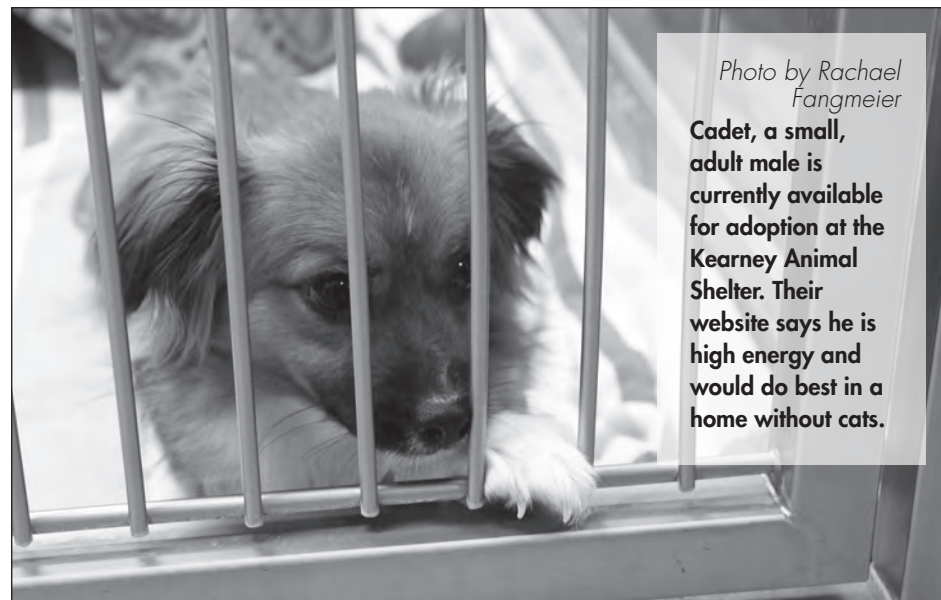


Photo by Rachael Fangmeier

Cadet, a small, adult male is currently available for adoption at the Kearney Animal Shelter. Their website says he is high energy and would do best in a home without cats.

an application. After being accepted, the volunteer must attend an orientation class. To be able to take the dogs for walks, there is another class. Though this may appear to be a lot of work, it means the world to the animals when they have people who care about them and love them.

Volunteers can spend time with cats, dogs or other animals who make their way to the shelter. They may also clean, do groundskeeping and help with special events such as their dog washes the last Saturday of each month of the summer at Family Fresh Market.

Browleit’s advice to anyone who is thinking about volunteering at the animal shelter is, “Try it and see if you like it.”

“The animal shelter is not a pound. The

animals aren’t dirty and diseased, but more of the time are animals that were abused, mistreated or strays. They are animals that just want a family, so I strongly wish that people check out their local animal shelters because there are plenty of dogs and other animals looking for a home,” Craig said.

Browleit would also like the community to know that when they see a stray animal, they should help by calling the local law enforcement’s non emergency number, (308)237-2104.

The shelter’s contact information, adoption requirements, bios and pictures of animals available for adoption, and a list of donations that are accepted and greatly appreciated can be found on their website at <http://www.kearneyanimalshelter.com>.

the antelope | 2016 spring staff

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{Senior perspective}

Humpfer shares experience, advice

ANDREA MARTIN
Antelope Staff

■ **Q: What are your plans for after graduation?**

A: I plan to begin looking for a job in the criminal justice field.

■ **Q: What was your favorite/least favorite class you've taken at UNK?**

A: My favorite part of the program was completing my Internship; my least favorite class was probably Research Methods.

■ **Q: Are you planning on further education?**

A: Not at all at this time but possibly in the future.

■ **Q: Can you describe a particular struggle you had while attending UNK?**

A: Procrastination was definitely the biggest hurdle for me.

■ **Q: Do you have any advice for seniors graduating in December?**

A: Don't procrastinate.

■ **Q: Do you have any words of wisdom for new students entering the criminal justice department?**

A: Try your best to get into the honor society. It provides great opportunities and is a great resume builder.

■ **Q: Have you had any trouble job-hunting so far, if you've started?**

A: No, I haven't really encountered any problems yet, but the search has just begun.

■ **Q: Are you planning on staying in the Kearney area now or moving someplace new?**

A: I plan on staying in the Kearney area.



ABOUT ALEX HUMPFER:

Class: Senior

Major: Criminal justice and business administration

Criminal justice and business administration major Alex Humpfer is finally set to graduate in May 2016, but looking back he says it all went by so quickly.

Humpfer, like many others has had his own struggles along the way, and has a young child and fiancé at home, but like many others, he is approaching graduation day with optimism, hope and a strong feeling of accomplishment.

As Humpfer's time at UNK comes to a close he has the fondest of memories to look back on. When asked of his time at UNK he had but one comment, "It was the fastest four years of my life and so far, the most fun as well."

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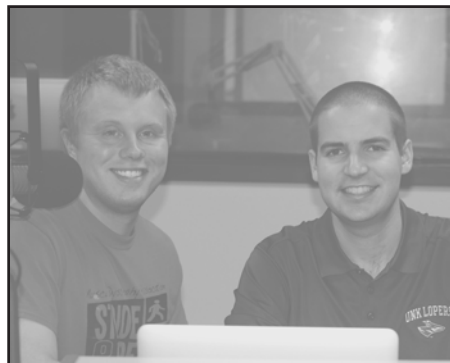
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Jenkins' big shot, small bank account

Student-athletes make millions for their respected universities, yet nothing comes back to their pockets



SEAN LAUGHLIN
Antelope Staff

The 2016 NCAA Basketball National Championship. Arguably the biggest tournament in the sports world each

year ends on one night.

And on this night, history.

Only the second ever National Championship game to end on a game-winning buzzer beater. Crowning the Villanova Wildcats champions and Kris Jenkins a hero forever.

From magazine covers to TV appearances, Jenkins and his teammates are living the dream. But in a sense, all athletes get out of it are memories and bragging rights for the rest of their lives they were national champs.

The University of Villanova is the big winner.

Money that Jenkins made during the title run: 0.

Money that Villanova made: millions and counting.

From the media, ticket sales, merchandise. Villanova won a lot more than a basketball game.

Student athletes spend on average over 40 hours a week strictly practicing or playing the specific sport, which is more than a full-time worker in America. This doesn't include the class and study hours each athlete has to put in each day.

Right now, student athletes can only receive scholarship money toward their tuition and/or room and board, which is saving money, not receiving money. There is a difference.

I am the first one to admit, thousands of student athletes in the United States and each university or college finding a way to pay each one of them is dang near impossible. So, there are alternatives.

People would be blind, (even the athletes who partake in the sport); if they said that all sports are the same importance or bring in the same amount of money.

Football and basketball are the main two, and it really isn't close. Average Power 5 conference football teams raise more than \$35 million each year, basketball more around the \$15 million range.

Some of the smaller sports may combine for that much. But, probably not.

These football and basketball athletes become their own minor brand in one big major brand. So why can't they make some money in the process?

UNK athletic director Paul Plinske said the NCAA has taken a first step, establishing new criteria that allows Division I institutions who can afford to do so to provide a "cost of attendance" stipend to student-athletes.

"This is the best option available at this time. In some cases, it is approximately \$5,000 in additional support," he said.

These athletes who are qualify for this stipend are playing on primetime on ESPN in front of 80,000 plus fans. It seems fair to give a little bit back for being in those high-pressure moments.

Little acts like this will lead to more. Most likely, the next step is "The Olympic Model." This is a student athlete making money for themselves off endorsements, autographs, etc. The leading person who would have been in favor of this rule is the 2012 Heisman Trophy winner, Johnny 'Football' Manziel. While his time at Texas A&M University, the university made around \$250 million. He made \$0.

They made \$20,000 at their foundation dinner where they auctioned off a dinner with him, around \$60,000 just off selling #2 Aggie football jerseys, \$37 million in the December 2012 where he won the Heisman and led his team to the Cotton Bowl upset over Oklahoma. Also, in his two years there, A&M made a total of \$740 million in donations from their boosters. The two biggest yearly donations in the school's history.

But, because he was a student, he didn't make a dime until he was drafted by the Cleveland Browns.

The NCAA has many rules about

equality within student athletes. Paying only a specific group of athletes and not others would classify as breaking those rules.

The most popular rule in the handbook is Title IX. This makes sure that women have the same rights as the men. This includes same amount of scholarship money and equal amount of teams.

That right there is a main reason for

the revenue attack. Because the revenue is earned individually.

Back to what I brought up earlier, scholarships are saving money, not putting money in the pockets. People across the country think that if you are a student athlete, you receive full-rides. No if/but about it. This couldn't be more wrong.

JENKINS, PAGE 8

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Lange looks forward

UNK football player excited about this year's team

SAMANTHA SHAW
Antelope Staff



CLAYTON LANGE

Junior Clayton Lange was looking forward after the scrimmage Saturday. Lange, an exercise science major from Ord who plays defensive tackle for the Lopers, says his spirits are high.

“This is the second year of this coaching staff, and we are young but a lot of guys still played last year. It’s really just us continuing to get better with their system. This year’s team also has confidence with what we have done this spring and where we’re going to be going into the first game and that’s a good thing.”

Q: What led you to become a Loper?

A: “For me, I’ve been 60 miles away from the university and the football team my whole life, so it was an easy transition and academically I knew I had a good chance of being successful here.”

Q: As an athlete, many have a role model who inspired them to pursue the sport they play. Who was that for you?

A: “Both my older brothers played and I really enjoyed watching them and their games. It made me fall in love with it because they like it so much.”

Q: What is your favorite thing about being part of the Loper football team?

A: “It’s cool to be friends with that many guys who pretty much are working towards the same things as you are. And the game itself has just always been a blast for me.”

Q: Over the years, what has been your favorite part about the spring game?

A: “It’s really like the last step before we start prepping for our first opponent. The next time we practice officially as a team is the end of July so it’s important we all go into summer on the same page.”

Q: Do you have any pre game rituals?

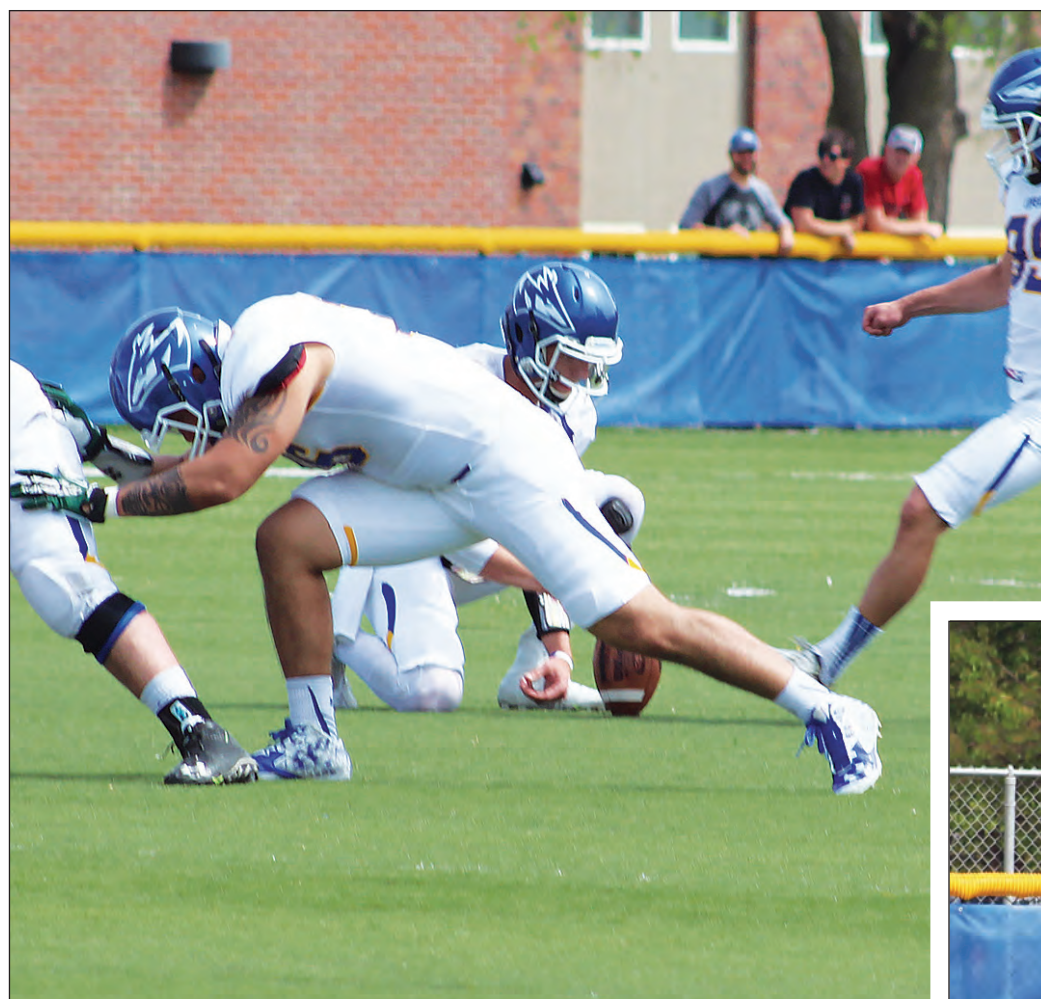
A: “I’m not into that as much as some other athletes are. However, I have worn the same pair of under armor socks that are straight black and white since high school for games.”

Q: “What is something about this year’s team that stands out?”

A: This year’s team also has confidence with what we have done this spring and where we’re going to be going into the first game and that’s a good thing.”

Q: What do you plan to do after you graduate?

A: “I am an exercise science major and want to train athletes. I will probably go into personal training certification and strength and conditioning certification as well.”



Photos by Samantha Shaw

1) **Brendan Wentling**, a junior from Grand Island, kicks for a field goal for the Loper white team during the spring game. Wentling is a Business Administration major.

2) **Terry Grigsby**, sophomore, running the ball during the spring game.

3) **Freshman QB, John Masker**, from Kearney Catholic coming in and assisting for the Lopers. Masker is an Exercise Science Major.





Transgender talks begin for more inclusive athletics department

"We as an athletic department have to be inclusive as possible." — Paul Plinske, athletic director

DAVID MUELLER
Antelope Staff

The country is beginning to see drastic changes concerning the rights and liberties of transgender individuals.

But, this is nothing new.

Title IX went into effect in 1975, prohibiting the discrimination of students in activities based on their gender in all federally funded public school systems.

Recently, the civil rights of transgender individuals have been more openly discussed, thanks to media portrayals. Such as, "Orange is the New Black". The coverage of U.S. Olympic track legend Caitlyn Jenner kickstarted the discussion on transgender athletes.

In terms of athletics, the NCAA advocates for equality of all student-athletes, coaches, and administrators in its 'Inclusion of Transgender-Athletes'

"First and foremost, core values of equal opportunity and inclusion demand that educational leaders adopt thoughtful and effective policies that enable all students to participate fully in intercollegiate athletics programs."



PAUL PLINSKE

Although there are currently no transgender student-athletes at UNK, athletic director Paul Plinske said his department is ready to be supportive and embrace.

"We as an athletic department have to be inclusive as possible. And I believe that we want to set a high standard and be totally sensitive, understanding, appreciative, and fully

engaged in a healthy environment that would be inclusive of all genders in all perspectives."

Yet, Plinske also pointed out challenges.

"The thing I really wrestle with in this whole thing is the balancing act. It's balancing the interests of one individual versus the whole team.... I don't want to offset everything so much that the individual who has had a transition take place is getting all the attention to offset the team. I want to make sure the team is still our focal point, and the team is still the most important. Not just the one individual."

This is only one of the many factors associated with transgender individuals competing in sports. Plinske also spoke about physiological advantages, locker room accommodations and protection of these individuals against harassment, insults, or disrespect.

Those opposed argue that the transgender athletes may have an unfair physical advantage.

Potential advantages include size, muscle mass, and even lung capacity.

"We still have to look at not only is it physiological and biological, but then there are still some inherit traits that the person is going to have that could be perceived as an advantage for that individual," Plinske said.

For this reason, athletic organizations require transgender athletes to provide evidence of hormone therapy, or gender reassignment surgery, promoting equality for all.

Yet, it is the duty of departments to be fair, and inclusive. Even in the case of a transgender student-athlete.

The college level is not the only field dealing with this controversial topic.

In January, the Nebraska School Activity Association voted 6-2 in favor of altering the current transgender policy to one that is more restrictive.

However, the NSAA's Representative

Assembly, made up of 51 members denied the movement in early April, which called for a gender-at-birth policy, giving more freedom to transgender student-athletes at the high school level.

The NSAA will continue its current practice of determining each transgender case, through physical evidence.

On the other side of the spectrum, North Carolina is facing heavy scrutiny after its legislature passed a law in March that enforces separation by gender in public restrooms and locker rooms – known as HB2.

The law states that school restrooms and locker rooms designed for more than one individual must be gender specific. The same principles apply for public agency restrooms; also affirming individuals must use bathrooms according to their biological sex.

In response to HB2, approximately 100 national businesses have signed a letter opposing the action. Also, many state and city governments have cancelled government-funded trips to North Carolina.

Locally, talk has begun about making accommodations to UNK's facilities that satisfy the needs of all people, such as gender-neutral bathrooms and breast-feeding pods.

"We're going to be really supportive, and do our research, and we are going to make sure we are as sensitive, and embracing as possible," Plinske said. "But on the flipside of it, we have to make sure the team is given the upmost respect, and the totality of our interests. We have to effectively safeguard against competitive inequities, and unfairness, and be able to give everyone an equal opportunity."

The issue in athletics remains: equality to transgender athletes, and fairness to their opponents.

NEXT • Transgender bathrooms?
WEEK • Economic backlash for NC

Music leads Haberman to first job

“Get involved. There is something to be said about participating in activities on campus, and it can be very rewarding.” —Gabriel Haberman

KATEE DALY
Antelope Staff

Wahoo grad-to-be Gabriel Haberman, a music education major, is one senior who realizes he needs to stay on top of everything as his journey to a diploma quickly approaches its end.

Haberman is student teaching at Grand Island Central Catholic High School and plans to graduate in May.

“The biggest challenge that I currently face is staying on top of everything and getting my teaching certificate,” he said.

Following his passion for music education, Haberman says he set his goals in high school.

“I decided to pursue this major because when I was in the 2010 All-State Choir I was inspired by so many singers and music teachers, and this made me want to pursue this career as well.”

Haberman has been involved in many music organizations on campus including: marching band, Symphonic Band, Jazz/Rock Ensemble, Brass Quintet, Choraleers and Collegium, so he stays very busy.

He said, “I wanted to participate in these ensembles to expand my horizons on music and rehearsal techniques.”

Although Haberman is very busy, he

wouldn't change how involved he is. In fact, his advice for underclassman is, “Get involved. There is something to be said about participating in activities on campus, and it can be very rewarding.”

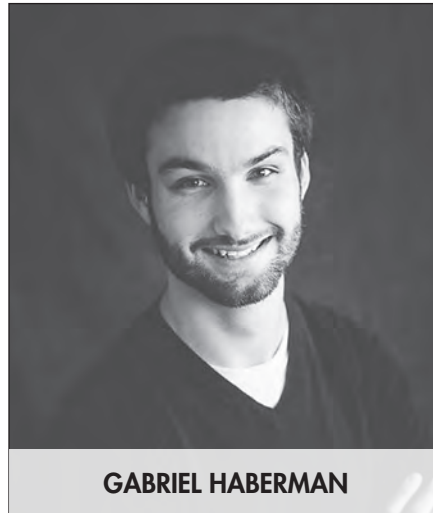
He said he has benefitted through his involvement to prepare for his future. “Band has certainly helped my experience because through my observation of my instructor, I would gather ideas on how to run an effective rehearsal.”

Like many other seniors, Haberman has had some hard classes and some fun classes. “The most difficult class I have taken would be Arranging. Sometimes it can be a little overwhelming to write your own music for many different instruments.”

This difficult class led to his favorite class, which was Elementary Music Methods and Field Experience. He said his first real opportunity to teach in a classroom was rewarding.

UNK music professor Dr. Duane Bierman, director of UNK bands said, “Gabe's passion for music is probably his most obvious trait in class. He takes his classes and major very seriously and sees how his time at UNK will relate to his future career.”

Bierman said it has been really rewarding to watch Haberman grow in



GABRIEL HABERMAN

ability and passion over the years. “He has learned how to focus his ample energy. He has accepted a position teaching music in a public school for next year, so I am looking forward to hearing about his future success.”

After graduation Haberman has his job all lined up. Haberman has secured a position as the vocal music teacher at Gothenburg Public Schools. And that just suits him.

“I wanted to apply for this position because Gothenburg is an excellent district for the arts,” Haberman said.

JENKINS from page 5

There are sports that are called headcount sports. Where there are only a certain amount of players you can have. These are football, men's and women's basketball, women gymnastics, volleyball and tennis. And these sports are “full-ride, no ride.”

You either get a scholarship that pays your tuition. Or you are a walk-on with no scholarship. And this doesn't mean that the athletes on scholarship have to spend more time working on their craft; walk-on athletes have to do the same or more to get the attention of their coaches.

This brings up a very important point for people who are against paying athletes. The “they get their education and living for free so, why do they need more,” theory is incorrect. Athletes are responsible for their living and still some tuition.

“Paying an athlete would make life much easier for myself and the other thousand of student-athletes that struggle with money due to the inability of getting a job. In the last two years alone, I've had to take out an extra \$5,000+ in government loans to pay for housing and living bills that could have been covered by a job,” UNK senior baseball player Jacob Dittman said.

“...I've had to take out an extra \$5,000+ in government loans to pay for housing and living bills that could have been covered by a job.”

— Jacob Dittman,
baseball player

Like I said, scholarships do not go to student athletes. That money just does not exist.

Dittman and Plinske both mentioned the fact that the NCAA is an \$11 billion industry so eventually that money will find a way to the athletes' wallets, but until then, thousands of dollars in loans are required for the athletes who payroll millions to the university, athletic directors and coaches.

So, enjoy it, University of Villanova and head coach Jay Wright. Kris Jenkins, great shot man. Maybe you'll make it to the next level to get a paycheck for your jump shot.

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Courtesy
Gabby Gracia competes in the 800m run during the Nebraska Tune-Up. Gracia finished the race in 2:27, a new collegiate best in the 800m for her.

Running away

Gracia back on track after medical issues sideline championship runner

ENRIQUE ALVAREZ
Antelope Staff

Coming off a season as a state champion Gabby Gracia was the favorite to win and be a repeat champion for the Holdredge High School Dusters. Repeating as champion was not in the cards.

She was not her usual self but doctors could not pinpoint the reason: perhaps a heart condition or sports induced asthma that had her using two different inhalers on a daily basis.

State Cross Country rolled around, and Gracia contracted mono to go along with everything else she had to deal with. Despite all of the obstacles Gracia still managed to medal, finishing 15th. She was still determined to run again for the Lopers.

During her first year in college, Gracia went to her second day of practice and passed out in the road during her workout. She says she became a “liability” to the college and could not continue athletic activities until she saw a neurologist.

The tests came back inconclusive.

Finally on Dec. 11, she was diagnosed with functional VCD (vocal chord dysfunction). The build up of stress and anxiety pushed her vocal chords over her airway to the point where she cannot breathe and hyperventilates.

“I lost a lot of confidence, and I’m super timid now. I sucked my senior year, and it caused a lot of problems for my collegiate

athletics,” Gracia said.

Now in her second year competing in cross country and track and field for the Lopers, Gracia says coach Brady Bonsall has done a lot to help her deal with her issues.

“Coach really worked with me with all the problems, and my teammates were always there,” Gracia said.

Her teammates assisted building up her confidence. She says they always push her to stay positive and support and build her up whenever she has issues.

Although Gracia redshirted her first indoor season she still competed as an unattached athlete and ran a 5:39 mile at the UNK pre-holiday Charlie Foster Invite. She came out firing on all cylinders for her outdoor season, as she placed 13th in the 1500 at the MIAA conference meet at the end of the year.

Gracia also did well off the track as she was named to the MIAA Academic Honor Roll for that year.

This season Gabby has turned in a college best in the 800m with a 2:27 at

————— **GARCIA, PAGE 11**

Busy weekend for Lopers

KATE BAKER
Antelope Staff

The wind didn’t hold anyone back this weekend, with four Loper teams rounding out their spring seasons. The volleyball team, soccer team, football team, and softball team all competed in town this past weekend.

Volleyball

First of all, the Loper Volleyball Team competed in their UNK Legends tournament held in the Health and Sports Center on Saturday. The team won 10 of 12 sets, all 2-0, defeating Hutchinson, Kansas, Nebraska Gold and two UNK alumni teams. They tied with Midland and the UNK Royal Alumni team with each team winning one set a piece.

Soccer

Next up, was the women’s soccer team faced Bellevue at 11 a.m. at Ron and Carol Cope Stadium.

Football

The football team competed in their annual Blue and Gold scrimmage. The offense was successful in defeating the defense by a score of 55-40.

The team tallied 23 total possessions, with the offense racking up over 600 yards and the defense picking off two passes and recording six sacks. Players showed some outstanding play on both sides of the ball. Sophomore running back Luke Quinn, a criminal justice major from Chandler, Arizona, scored twice with scoring runs of three and five yards in the first half. Quinn recorded 13 carries, with Kevon Caffey, a junior undecided in his major from Miami, Florida, having a team-best 15 carries.

Stephen Worthing was the busiest quarterback, finishing 11 of 21 for 129 yards and one interception. He had five

completions over 10 yards and also had a long run of 11 yards.

On the defensive side, senior linebacker Tyke Kozeal, a health and P.E. major from Sargent, had a game-high 12 tackles. Three other players recorded nine tackles including redshirt freshman lineman Aaron Griffith, an exercise science major from Kearney. DJ Curtis, a redshirt freshman majoring in biology, from St. Charles, Missouri, and Derek Rickart, a junior undecided in his major from Rayville, Missouri, each picked off a pass.

Brendan Wentling, a junior business administration major from Grand Island, had a busy day, making all five PATs he attempted and going three of five field goal tries, with his longest made one at 52 yards.

Head coach Josh Lamberson said, “I was happy. I challenged the guys to first and foremost compete, play with really high energy and play together — We wanted to finish the spring in a way we could feel good walking off the field. I think we did that.”

Softball

Finally, the UNK women’s softball team concluded their season, unable to defeat Fort Hays State and clinch a spot in the post-season.

Senior Day didn’t go as planned as the team battled Fort Hays at home on Saturday, with the Tigers defeating the Lopers in both games with scores of 4-2 and 7-6, going 8 innings in the second game.

Senior Nicole Larsen, a criminal justice major from Murrieta, California, pitched an impressive seven innings, giving up four earned on



KOZEAL



WENTLING



QUINN



WORTHING



LARSEN

————— **ATHLETICS, PAGE 11**

Learn to shine as a Sapphire

Students prepare to try out for the Sapphires dance team

ANNALESE BARNES

Antelope Staff

For those of us who love to dance, there is a way to not only express your passion but also encourage the passions of others while you do so through the UNK spirit squad, specifically the dance team the Sapphires who will be having tryouts on Friday, April 29 in the Health and Sports Center.

If you are new to the Sapphires, the tryout process is longer than it is for returners. First-timers begin the day with an interview involving questions about dance experience, their personal best and worst qualities, why they would be a good addition to the team and so on. After the interviews, the tryouts move on to the gym where a dance is to be learned and performed for judges before a list with the

names of all new team members is posted.

Carissa Dobish, a social work major, has been dancing with the Sapphires for the past two years, and is hoping the upcoming tryouts will result in a third even though being a part of the Sapphires is definitely no easy task.



CARISSA DOBISH

“Being a member of the dance team is a lot like being on an athletic team. We’re held to a higher standard both on and off campus,” Dobish said.

The team has four practices every week including two morning practices at 6 a.m. and two evening practices around 5 p.m. or 7 p.m. for a couple hours.

“We’re required to learn about eight or nine sideline routines and know them by name so captains can call them out when a song begins playing,” Dobish said. “We usually learn a new halftime dance for every game, and those are about two minutes long. We also usually travel to one or two football games and then tournament games if those are out of town.”

Dobish said she feels the team is important to Loper athletics.

“You can tell the difference during

games when the crowd is cheering versus not doing anything. The players play better, the atmosphere is more fun, and it makes our school more fun when more people are involved.”

She said sports teams really do rely on spirit more than people would think. “It’s easier to get pumped and try harder during events when more people are cheering you on,” Dobish said.

The sports teams that the Sapphires dance for, however, are not the only ones who need some pumping up. Everyone watching the game will also be watching the Sapphires come halftime.

“Performing for people can be a little intimidating. Football and basketball season are very different though. Football games aren’t as bad because the fans are further away. Although for football the injured players and redshirt freshman are usually right in front of us, and that can be embarrassing or awkward for the freshman, but it’s not too bad.”

Basketball season is really intimidating for first timers though, because the fans are right there in your face, Dobish said.

“Personally, I as a dancer I’ve always gotten a little adrenaline rush before every performance and usually feel like I need to use the restroom until I begin performing.”

The team is always looking to improve. “We video every performance, so afterward we all like to get together for the remainder of halftime and pick apart our performance to better it for next time,” Dobish said.

Despite the possible fear of the crowd, being a part of the Sapphires seems to be a very worthwhile position for UNK students.

“Being a part of the UNK spirit squad will benefit me in the future because it has taught me a lot about leadership and using everyone’s strengths. Sometimes you have to really pick your battles, but as an upperclassman, I’ve learned how important it is to get input from all areas and make sure we do what the majority wants rather than what one or two strong opinions think.”

Dobish said the coach supervises and makes corrections, but the rest is up



Courtesy

Members of the 2015-16 UNK Sapphires dance team include (front row, left to right): Carissa Dobish, Brooke Shoemaker, Katie Newill, Meghan Forsgren, Justine Sebade and Tatum Eskra; (second row, left to right): Nicki De Vries, Abbie Graham, Emily Christman, Abby Hupp, Allison Bauer, Lainey Russell; (back row, left to right): Lea Jorgenson, Savannah Wolfe, Hanna Yelkin, Alecia Rogers, Bridgette Waller and Kelsey Hassenstab.

to team members, and teamwork is a big part of making sure the team looks good when they perform. “I’ve learned how true the saying ‘you’re only as strong as your weakest link,’ is and how it takes a team to help an individual,” Dobish said.

“I would recommend people to try out for the Sapphires because it’s like a second family. It’s more than just a dance team and

having the extra support system while also doing what you love is something no one should pass up.”

For more information about trying out to be a Sapphire:

http://www.unk.edu/offices/student_life/spirit_squad/unk_sapphires_dance_team.php.



Courtesy

The Sapphires will be holding tryouts Friday, April 29 in the Health & Sports Center.

CAMPUS CRIME LOG

APRIL 3: A traffic stop resulting in the arrest of a male subject for driving under the influence.

APRIL 6: Subject reported backpack containing: iPhone, wallet, textbooks, & electronic dictionary taken from unsecured floor area of the basketball court of Cushing. Subject stated phone had a "find my phone" app and phone was showing a location at CTW. While attempting track phone, it was disconnected. Case open.

APRIL 6: Female student reports a possible sexual assault occurring off campus on 04-02-16. Female was unsure at that time if she wanted to report incident to Kearney Police Department. She was given all the information for resources, respect inform, etc. Title IX will be informed. Case open.

APRIL 8: Summoned to CTE in reference to a welfare check on a female subject. She was subsequently placed into emergency protective custody and taken to Richard Young Hospital. Case closed.

APRIL 9: Traffic stop resulting in the arrest of a male subject for DUI. He was also charged with possession of drug paraphernalia, refusal of preliminary breath test & possessing an open container of alcohol. Case closed.

APRIL 11: Male subject reported damage to his vehicle caused by high winds in lot 22. Case closed.

APRIL 15: Female RA advised she found a cracked window in CTW's computer lab. There are no suspects at this time. Case open.

APRIL 17: Made contact with two female subjects who were sitting in a parked vehicle on the sidewalk in front of University View. They were subsequently issued citations for MIP. Case closed.

APRIL 19: Hall Director advised a female student would like to report a possible stalking from a male student.

APRIL 19: While making contact with male student, he advised his ex-girlfriend had assaulted him in his room at University Heights. One female was cited for 3rd Degree Domestic Assault.

SHATTER from page 1

Campus (EROC), subjects of the film "The Hunting Ground," and co-authors of the book "We Believe You: Survivors of Campus Sexual Assault Speak Out."

The speakers emphasized the long-lasting effects of rape on victims. According to data published through Title II of the Americans with Disabilities Act (ADA), almost one-third (31 percent) of sexual assault victims develop Post Traumatic Stress Disorder (PTSD) at some point during their lifetime.

Clark and Pino told the audience the importance of using law to take power and take action with Title IX emphasizing individuals can help change the current culture in some way.

Clark and Pino urged "Everyday Activism," which suggests every individual can play a part in ending violence and oppression by resisting rape culture, supporting survivors and challenging institutions.

"You should never feel ashamed to speak out and ask for help," said Clark to the audience, explaining the importance of taking action against sexual assault.

Alexa Whipple, senior exercise science major from Arapahoe, said she thought

this presentation was really insightful into the "behind the scenes" aspect of sexual assault culture. "The information that they provided is extremely important to be aware of on and off campus. I learned a lot from attending this presentation."

As part of the event, Ana Summers, senior middle school mathematics major from Bellevue, Colorado, also spoke of her personal story with sexual assault.

"I hope that the audience took away the sense of hope and knowing that they are not alone when fighting to overcome obstacles. There are resources that are on campus that can help, and I am always available if a student needs someone to relate to," Summers said.

Amanda Skalka, junior exercise science major from Deweese, said, "I think that it is extremely important that students know where they can go to get help when they are a survivor and the speakers helped explained how to bridge the gap."

Before ending the presentation, Clark and Pino emphasized the power of asking yourself the hard questions about sexual assault, education and the value of taking action.

DELEGATES from page 2

and that may be the future of elections. Maybe there was a reason Romans chose a republic system of government for their early expansion beyond the hills.

I won't say that future is certain, my crystal ball cracked a few months ago and my magician friend Merlin is out on business.

Delegates are given out on the percentile each candidate wins in the caucus, so ultimately it is the popularity of a candidate that determines the number of delegates each gets. Are there some rules that could be changed? Yes, there is place for a reasonable discussion on that part, but don't blame "the man" or the establishment when your supporters don't show up to the polls to have their voice heard or because your political message doesn't sit well with the majority. Find and solve your own shortcomings before you accuse someone else for your incompetence.

This isn't a perfect world, there will be bad teachers and there will be lazy students. Bad rules and unpopular candidates with a massive ego will always exist in a flawed world. Look to yourself first to see what needs to be changed before you start charging others.

GARCIA from page 9

the Nebraska Tune-Up Feb. 19. She also competed in the 1000m and mile during the indoor season posting college bests in those as well with a 3:15 and a 5:25 respectively.

With the outdoor season starting up, Gracia looks to continue on her path back to stardom. After competing in the MIAA vs. NSIC Showdown at Northwest Missouri State, Gracia and the Lopers come back to Kearney for the UNK Loper Invitational.

AS A FRESHMAN (2014-15)

Was 13th in the 1,500 (season-low 4:59.80) at the MIAA outdoor meet ... redshirted during the winter ... ran unattached at the UNK Pre-Holiday, turning in a 5:39.32 mile ... MIAA Academic Honor Roll

ATHLETICS from page 9



PAIGE HAMELIN



REBECCA WYATT



KATE RUWE

eight hits and only one walk.

On Sunday, the team headed to Hays, falling to the Tigers, 2-1 and 10-0, with the second game going only five innings. After these games, the Lopers ended their season with a record of 18-28. Larsen again pitched in game one, allowing just five hits and no walks.

As the Lopers end their season, they also say goodbye to seven seniors. Along with Larson, the other seniors include Paige Hamelin (a social work major from Payson, Arizona), Rebecca Wyatt (a psychology



MACKENZI DALLAS



ERIN DWYER



RYLEE MURPHY

major from Glendale, Arizona), Kate Ruwe (an elementary education major from Blair), Mackenzi Dallas (a psychology major from Phoenix, Arizona), Erin Dwyer (a sports management major from Elmwood) and Rylee Murphy (an organizational communications major from Ashland).

Although some seasons have come to an end, baseball, track and field, men's golf and women's golf are still competing in their spring seasons. Check Lopers.com for schedules.

UNK Choirs presented Sunday concert



2



1



3



4



More photos online @
UNKANTELOPE.COM

Photos by Inchang Back

1) UNK Choirs Concert took place on Sunday, April 24 in Fine Arts Recital Hall. The women's choir, men's ensemble and chamber choir presented their songs. Dr. David Bauer, a professor and director of choirs, conducted the performances.

2) Bobby Jacobs, a music education major student from Minden, sings at the UNK Choirs Concert. The Choraleers are sang a major work entitled "Dona Nobis Pacem," composed in 1936 by English composer Ralph Vaughan Williams.

3) Nolan Pribnow, a music education major student from Lincoln, sings at UNK Choirs Concert. In addition, three percussion students accompanied the historically significant work.

4) Shelby Smith, a travel and tourism major student from Plattsmouth, sings at UNK Choirs Concert. Other featured soloists were soprano Hajeong Lee of South Korea, baritone Nolan Pribnow of Lincoln and baritone Bobby Jacobs of Minden.