The crowd of over 4,028 needed a moment of silence to prepare for the thriller ahead as members of UNK Loper football team kneel before the start of Homecoming game against Washburn Saturday afternoon.

UNK scored 14 points in the final 5:05 of regulation to force overtime. A 17-play, 82-yard jaunt ended with sophomore back Luke Quinn (Scottsdale, Ariz.) barreled in from a yard out on 4th and goal.

The game went to triple overtime before the tough loss to the Icabods 47-44.

Photo by Jacob Rodriguez

UNK scored 14 points in the final 5:05 of regulation to force overtime. A 17-play, 82-yard jaunt ended with sophomore back Luke Quinn (Scottsdale, Ariz.) barreled in from a yard out on 4th and goal.

The game went to triple overtime before the tough loss to the Icabods 47-44.
**OK, SO MY GIRLS REALLY AREN'T GOURMET AND WE'RE NOT FRENCH EITHER, MY GIRLS JUST HAVEN'T A LITTLE BETTER. THAT'S ALL I WANTED TO CALL IT JIMMY JOHN'S TASTY SANDWICHES, BUT MY MOM TOLD ME TO STICK WITH GOURMET. REGARDLESS OF WHAT WE CALL THEM, PARTNERSHIP IS WHERE IT'S AT, I HOPE YOU LIKE 'EM AS MUCH AS I DO FROM THIS POINT ON.**

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Lettuce, tomato & mayo! (This one rocks!)

**#23 SLIM 3®**
Lettuce, tomato & mayo! (This one rocks!)

**#24 SLIM 4®**
Lettuce, tomato & mayo! (This one rocks!)

**#25 SLIM 5®**
Lettuce, tomato & mayo! (This one rocks!)

**#26 SLIM 6®**
Lettuce, tomato & mayo! (This one rocks!)

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Same ingredients and price of the sub or club without the bread.

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Lettuce, tomato & mayo! (This one rocks!)

**#23 SLIM 3®**
Lettuce, tomato & mayo! (This one rocks!)

**#24 SLIM 4®**
Lettuce, tomato & mayo! (This one rocks!)

**#25 SLIM 5®**
Lettuce, tomato & mayo! (This one rocks!)

**#26 SLIM 6®**
Lettuce, tomato & mayo! (This one rocks!)

---

**J.J. B.L.T.®**
The original gutbuhstuh! Genoa salami, Italian capicola, smoked ham, provolone cheese all topped with lettuce, tomato, onion, mayo & our homemade Italian vinaigrette. (Order it with hot peppers)

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**JUMBLE**

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

**KRBIN**

**TLRNL**

**ONNED**

**ASPUDE**

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international

CTW HOSTS SWEET MEET-N-GREET

Jiayang Huo embraces the spirit of engaging in outdoor sporting activities during the weekends. He finds that sports give him enough experiences to be happy. He loves to try anything new. In everything he does, he sees a spirit of adventure.

"Living in a serene environment of Kearney is just unbelievable and a dream-come-true for many people. But I born with a soul for adventuring so that I endeavor to engage in new activities, most of which are new to my life," Huo said.

"Being in this place for the five years, I know that I have to develop and be part of the new dispensation that will certainly help me to change my perception of the world, and give me one of the best experiences in the world. It is always exciting to adventure into new places and feels what it means to be in different parts of the world." Huo said.

He loves playing tennis and golf since for him it is much more accessible and affordable than in China. Kearney gives him a new opportunity to know aspects of life that are not provided to his home country, Huo said.

Huo enjoys interacting with other international students in different perspectives.

Huo also endeavors to be part of the indoor activities like cooking and playing board games.

But, he says he loves to participate in outdoor activities more often since this is his preferred way of adventuring. Indeed, life in his new environment appears to be interesting and invigorating.

Photo by Bella Kim

Minhee Diana park, who came to the U.S. one month ago from South Korea as an exchange program student, eats her vanilla ice cream. The ice cream party was held in the CTW lounge on Sept. 14.

Residents were all smiles at the event scheduled to help students get to know and enjoy residence hall life.

International spotlight

Jiayang Huo
Senior, business admin
Shijiazhuang of China

"...I born with a soul for adventuring."

ZEHAO XU
Antelope Staff

the antelope | 2016 fall staff

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Crying Constitution & religion, conservatives speak au contraire

By Elliot Gonnella
Antelope columnist

Even if you only occasionally follow politics you know one of the big selling points of the GOP. They claim that they are ‘The Party of the Constitution’ or ‘The Party of Freedom’. However, despite these claims, they do have quite the double standard when it comes to practice.

I could use dozens or even hundreds of examples, but I think two will properly suffice. The first is the ongoing national anthem protests through many sporting events.

Rather than bowing their heads, hand over the heart or whatever is supposed to be the correct action in the eyes of the pundits, a few players have sat down, knelt or raised fists to the anthem in protest of police brutality.

The conservatives went ape over this, with more than one rather well-known speaker calling for summary executions. Most of the backlash can be summed up in either “This is a pledge of allegiance to (insert America’s enemy of the week)!” or “You don’t have the right to do this!” Admit it, we have all either read one of these statements on our social media page or heard someone say it at least once.

According to the Constitution these conservatives love to tout, these individuals have the right to do this. They are peacefully protesting, using their freedom of speech through actions. They aren’t giving threatening gestures to the singers of the national anthem, nor are they shouting slurs or intimidations at people. Kneeling or sitting during a song is not a terrorist threat and causes harm to no one.

I personally don’t think this way of protesting is going to make any effective change in the conversation about the subject in question. It gets people talking, but they are talking about you rather than police brutality. Still, it is their right to protest and if this is how they feel is the best way to do so, I will respect their right to do this.

Now, changing gears to something that is actually harmful, we turn to the second examples spouted recently by the greatest con-artist in recent history. With the apprehension of the suspected New Jersey bomber, Donald Trump made some pretty damning statements concerning his stance on the Sixth Amendment. After moaning about how the suspect is getting medical attention for his wounds, he complained that the suspect will have access to an excellent lawyer. Topping it off, Trump said, “What a sad situation. We must have speedy but fair trials and we must deliver a just and very harsh punishment to these people.”

Even though he says fair trial, taking into account the rest of the speech I doubt that is what he, his supporters and many others want for ‘these people’ (I’ll try to give him the benefit of the doubt and say that ‘these people’ was a statement about terrorists, but I can’t do it with a straight face). A naturalized American citizen is going to use his Sixth Amendment rights to get a lawyer and stand trial for his accused crimes. What is the problem?! Because he is a suspected terrorist, he shouldn’t have access to a lawyer and due process? Not how it works. You can’t just pick and choose what rights are given or restricted to an individual citizen. Those who support his right to a lawyer and trial aren’t ‘pro-terrorism’, they are supporting the Constitution you claim to know and love.

Also, I have noticed this double standard on two broader topics these individuals claim to be all about: guns and freedom of religion. Touting the right to carry arms, while safely in the pocket of the NRA, they attack any attempt at gun control as unconstitutional. If a group of white land owners take up weapons against the government on the idea that taxes are unconstitutional, it is simply individuals promoting freedom.

I have a hard time believing they would say the same if a group of minorities (race or religion) carried fully automatic, high-power rifles in the open in public spaces. These conservatives would be the first on the phone calling the cops about a potential shooter.

Religion is the same way. Trump, Cruz, Carson, Huckabee and others claim that the freedom of religion is essential to the American way of life. However, when they say that, they leave out the word ‘Christian’. You see, they think America is a Christian nation and Muslims (and Jews depending on which nut-job you ask) are threats to the peace. As such, they should be expelled or killed before they cause trouble. Despite many of the founders being agnostic and explicitly saying that America is not a Christian nation, this myth still makes the rounds.

The GOP is not the party of the Constitution. If anything, they are the exact opposite. If they were honest about it, that would be one quality I could respect. They would still be garbage, but at least they would be honest garbage. That would be one good trait among the numerous terrible and unconstitutional ones.

Another day, another fundamentalist taking all the fun out of being mental. Jesse Lee Peterson, a self-proclaimed prophet, stated that intelligence and higher education fosters immoral behavior. He said, “Because of this intellectual thing taking over and the people rule us, we now have so-called same-sex marriage. That wouldn’t happen if we weren’t into the intellect.”

Following this incoherent nonsense, he states that people simply need to rely on “the intellect of God,” and “all intellectual people are insecure people - because their father is weak, their father Satan is a deceiver.”

Elliott Gonnella
Antelope columnist

RICK HOLTZMANN
Hughes’ Houseman

The president of the United States has the right to work off of his personal staff. To many people this is a basic right of any leader of a nation. However, some people have questioned this statement.

President Obama and his staff have been under attack by many people. This has been due to many different things, however, the main thing concerning the president’s staff is the fact that they work in the White House. The question then becomes, should the President need to work with the people who worked in the White House?

According to the Constitution, the President has the power to hire and fire any employee of the government. This means that the President should be able to hire and fire anyone he wants. This is a basic right of any leader of a nation.

However, the question then becomes, should the President need to work with the people who worked in the White House? The answer to this question is yes. The President should need to work with the people who worked in the White House.

The President should need to work with the people who worked in the White House because they are the ones who have the experience and knowledge of the job. The President should need to work with the people who worked in the White House because they are the ones who have the experience and knowledge of the job.

The President should need to work with the people who worked in the White House because they are the ones who have the experience and knowledge of the job.

By Rick Holtzmann
Hughes’ Houseman

CAMPUS CRIME LOG

AUG 26: Male subject issued a ban and bar notice for parking vehicle behind dumpster and refusing consent for officers to search vehicle. It appeared illegal activity may be taking place but could not be confirmed. Male subject has no affiliation with UNK. Case closed.

AUG 29: Received report of possible attempted fraud from Randall Hall. Subject received a check and did not suffer any financial loss. Case closed.

SEP 11: Vehicle observed traveling on 9th Avenu with no headlights. One male was arrested for DUI and cited for fictitious place and no headlights. Stop made at University Drive and 10th Ave. Case closed.

SEP 12: Phone call was received reporting a theft of money from a wallet. Male student was playing basketball in the Hyper gym when theft occurred. Case closed.

SEP 13: Officer responded to a physical fight between two males along the side of FAB. Both were intoxicated and had minor injuries to their faces. The males are roommates off campus. Neither wanted to press charges. Case closed.

SEP 16: Officer received notice of possible alcohol violation occurring in residence hall. After investigation, two open and partially consumed bottles of alcohol were taken as evidence. Three students in the room were issued citations for MIP. Case closed.

SEP 19: Female reports a male subject on two separate occasions followed her around campus and has sat and stared at her without saying anything to her. The male subject is unknown. Case open.

SEP 19: Traffic stop on a male subject for speeding. Male driver was arrested for driving under the influence of alcohol. A search warrant was obtained for a legal blood draw. Case closed.
We have all been there. Eyes half-shut, reading the same line continuously, trying to cram in one more hour of studying even though it’s already 4:38 a.m. So you pop another pill.

One more Adderall and you’ll be ready for your exam tomorrow.

‘Study drugs’ are a growing problem in colleges. How do students come by these drugs? The answer is both legally and illegally. Drugs like Adderall are prescribed to college students on and off campuses. But these drugs are on the same list as heroin, cocaine and methamphetamine on the Drug Enforcement Administration’s Schedule II list of substances.

Adderall is commonly prescribed to people who have attention deficit hyperactivity disorder (ADHD) and when taken correctly, its effects are positive. However students who do not have ADHD are getting their hands on these types of study drugs and the results are extremely frightening.

According to a recent article in Cosmopolitan, “My Ivy League Addiction,” a student tells his story of how the use of study drugs took control of his life. This article came out in August and spiked my interest in this sensational drug sweeping campuses.

According to Business Insider/Science, these study drugs have been on the rise in recent years. “Between 2007 and 2012, the number of adults with ADHD prescriptions tripled. In 2007, there were 5.6 million monthly ADHD prescriptions for people aged 20 to 39. By 2012, that number had nearly tripled, getting close to 16 million.”

Those numbers don’t seem frightening to some but what is scary is how easy it is for students to obtain these study drugs.

Students can easily buy ‘addy’ off of a friend who has a prescription for it, or they can, in some instances, take a short survey of questions with a doctor to get a prescription for Adderall.

Sometimes, this process takes less than ten minutes.

However, research data on this subject indicates most students who use stimulants such as Adderall obtain them from an acquaintance with a prescription. Usually the pills are given away, but some students sell them.

Some students at UNK have different perspective on study drugs. One senior exercise science and pre-dentistry student Carrie Watson says there won’t be any study drugs on her desk this year for finals.

“I definitely don’t think that students should use Adderall, or any study drugs. There are many more natural ways to improve your study habits, focus and anxiety.”

Watson even joked that before she pulled an “all-nighter” the only things she needed were “tons of water, a bit of coffee and Qdoba—No Adderall for me!” Watson said.

Junior biology major Alex Kaup has a different opinion on the use of study drugs.

“I think it is the student’s choice. If they have a prescription obviously it’s OK for them to take Adderall or Ritalin. If they don’t have a prescription, they should consider the consequences before taking it, but ultimately I think if they want to use it to study, they should.”

Though there are several thoughts concerning these study drugs, Adderall is considered one of the most addicting of substances, not to mention illegal when used without a prescription.
1. DEFENSE LINES UP: The UNK defense pushes back the Washburn quarterback a full six yards during Saturday’s Homecoming football game against the Washburn Ichabods. A crowd of 4,028 watched the Lopers lose 47-44 in triple overtime, the sixth OT game in Loper history.

Photo by Todd Rundstrom

2. STRETCHING FOR THE SCORE: Luke Quinn, No. 1, reaches for the end zone at the end of a 14 yard run as he scores a touchdown in the second overtime. Quinn ended the game with 46 yards rushing on 18 attempts and three touchdowns as well as three catches for 52 receiving yards and one receiving touchdown.

Photo by Jacob Rodriguez

3. STOPPING HIM TOGETHER: Tyke Kozel, No. 40, and Darian Thomas, No. 9, tackle Washburn wide receiver Jake Horner. Kozel led the team with 18 tackles while Thomas was in second with eight.

Photo by Jacob Rodriguez
WOMEN SWEEP UP IN HC GAMES

LEFT- LOPERS TAKE ALL: Senior outside hitter Annie Wolfe, No. 18, pictured, along with sophomore specialist Lindsey Smith were named MIAA players of the week.

ABOVE: Freshman middle blocker Macenzie Puckett, No 12, prepares to spike the ball during Friday night’s match against Washburn as sophomore defensive specialist and sophomore defensive specialist Ellie McDonnell look on.

Sophomore defensive specialist Morgan Stute, No 3, serves the ball during Friday night’s game. Stute recorded 11 digs during the match.

Photos by Todd Rundstrom

by Rachel Overby
The Mid-America Intercollegiate Athletic Association is known across the country as one of the top conferences for volleyball, which means every game in the MIAA is a dogfight.

Always near the top of that list you can find a Rick Squiers’ coached team, and they have no plans of that changing anytime soon.

UNK volleyball began their conference games this week against three tough teams in Kearney.

Tuesday night was a battle of the unbeaten as UNK faced off against rival Fort Hays University. After hard-fought first set, the Tigers separated themselves at the end winning it 25-22. This was the first lost set for the Lopers since the second game of the year against Colorado Mesa.

The Lopers fought back though, winning the next two sets handily. Fort Hays led the fourth set most of the set until UNK worked a comeback and to win 25-21. Kaitlynn Thomas led all Lopers with 19 kills giving the Tigers their first loss of the season.

With little recovery time, UNK faced off against the #18 national ranked Washburn Ichabods on Friday night. Behind Thomas and lone senior, Annie Wolfe, UNK took care of the national ranked team in convincing fashion.

Saturday night was the last game of the week and the Lopers emptied the tanks and gave it everything they had to put away Emporia State in three sets. Mackenzie Puckett and Tara Ziegelbein both had big nights as UNK moved to 3-0 in Conference and 17-0 on the season.

Next up is Lindenwood here in Kearney next Friday night. Come out to the Health and Sports Center to watch the Lopers go for win #18.
Elaine Mefferd, owner and instructor at K-Town Shakedown, didn’t always picture herself owning a gym. She attended UNK for vocal performance and was active within the music program but decided that it wasn’t for her.

She said, “I didn’t know what to do with my life, and I started going to a Zumba class. I just fell in love with it.”

Mefferd says that the key to working out is to make it fun and be proactive. “I think that’s one of the things that we really excel at here, is making it feel like a community, making it fun. I know that we’re not for everybody, and I know that everybody is different; everyone is inspired and motivated in different ways. Find the thing that you love and don’t stop until you do.”

After encouragement from her instructor, family members and friends, Mefferd decided to get her certification in many different styles of Zumba, including Aqua Zumba and Kids Zumba.

“It was probably at the training that I really fell in love with what Zumba stands for and what they’re all about. They talked to us at the training about community, not competing with each other and making room for everybody. There’s just this feel to it, and they really hammer the point home that there’s room for everybody. All of that just clicked for me and spoke to my heart.”

She taught Zumba at a facility in town for about four years, but eventually started to feel stuck in the hourly pay structure when she was pulling 30-40 participants.

“I was feeling like ‘Where am I going with all this and how can I make this a full-time job?’”

It was then that she was advised to get her personal training certificate, as well as to become certified in spinning classes. Mefferd still wanted to be earning what she deserved for her classes. She left the facility and spent four months at another facility before going solo and teaching Zumba classes at the Yanney Park Amphitheater for a summer free of charge.

Then she read an article about a 12-year-old girl in California who was teaching donation-based yoga classes because she wasn’t old enough to teach at gyms and Mefferd realized, “That’s the key! All I need is a space and a plug-in for my speaker and I can have these classes.”

With the help of a friend, Mefferd found a room to rent that she could afford no matter how the classes worked out, “And then it just kind of blew up.” Within nine months they had outgrown the space they were in and relocated to a larger facility across town. Mefferd made sure that people who were still in contract at other gyms knew they could participate in these new, donation-based classes. “I’m not going to put you in another contract. You can be a member of any gym here in town and you can still come to K-Town.”

Mefferd is located at 3715 29th Ave, Suite A1 and has just finished an expansion to include more rooms for classes, a spin studio and a space for vocal and piano lessons. “My heart was to create a place where anybody can come, regardless of any reason.”

On Nov. 1, K-Town will be opening their Aerial Yoga Studio. “Nobody in Kearney has it. I think it’s going to be awesome. I think it’ll be something that this town hasn’t seen, and it’ll get people excited,” Mefferd said.

They are also looking at adding a Country Heat class, as well as a new instructor for regular Zumba. This year,
A collection of poems from late University of Nebraska at Kearney English professor Don Welch will be published in a book compiled by a pair of the poet's former students.

Dwaine Spieker and Jeff Lacey, regulars in Welch's UNK classes in the mid-1990s, will have a book launch for "Homing: The Collected Poems of Don Welch (1975-2015)," at 2 p.m. Sunday (Sept. 25) at the Kearney Public Library.

The book is almost 300 pages and is a sampling of Welch's 26-plus books.

Barista's Daily Grind, a locale Welch often frequented, will cater the event with a special menu composed of Don's favorites.

An English teacher at Wayne High School, Spieker was the book's editor. Lacey, who teaches English at Ralston High School, served as the collection's publisher.

"The final proof of the book got to Don two days before he died," Spieker said. "We corresponded almost daily during the year we worked on the book. I will hold our collaboration very precious for the rest of my life."

A number of individuals are set to speak at the book launch, including Welch's former colleagues from the English department and philosophy department, where he taught part-time in his retirement. Those slated to speak include: Emcee Dave Rozema, Chancellor Doug Kristensen, Sam Umland, Gene Fendt, Joe Green and Shannon Vesely.

Copies of the book will be available at the event, as well as on Amazon.com.

Welch, who had a bronze sculpture dedicated to him on the UNK campus in 2001, died Aug. 6 at his Kearney home. He was 84.

He taught at UNK from 1959-97 and authored several published poetry collections. He was a regular contributor to literary magazines. He was the Martin Distinguished Professor of English and Reynolds Chair of Poetry at UNK. His many national honors included the prestigious Pablo Neruda Prize for Poetry, judged by the poet William Stafford.

In 1988, Welch received the Pratt-Heins Award for teaching, and in 1990 he received the Board of Trustees of the Nebraska State Colleges Outstanding Teaching Award.

Although he officially retired from the English department in 1997, he continued to teach in the UNK Department of Philosophy until 2008.

In addition, for 13 years he served as a Nebraska Arts Council Poet-In-Residence in the Nebraska Public Schools program, "Poets-in-the-Schools." He also was a consultant and participant in the Nebraska Public Television documentary "Last of the One-Room Schools," which was televised in 1995.

On this day in 1941, the Boston Red Sox's Ted Williams plays a double-header against the Philadelphia Athletics on the last day of the regular season and gets six hits in eight trips to the plate, to boost his batting average to .406 and become the first player since Bill Terry in 1930 to hit .400. Williams, who spent his entire career with the Sox, played his final game exactly 19 years later, on September 28, 1960, at Fenway Park and hit a home run in his last time at bat, for a career total of 521 homeruns.

To learn more, please visit: http://www.history.com/this-day-in-history
K-Town has also made agreements to rent out their space to Encore! Dance Studio to teach children's dance classes Friday afternoons. “I’m interested in doing more rental stuff like that. We have an awesome space for dances, receptions, birthday parties or whatever people need a space for.”

In addition to classes, K-Town also puts on weight-loss challenges and other events throughout the year. Mission SlimPOSSIBLE was an event that started last spring as an eight-week weight-loss challenge with special events every weekend and a grand prize of $1000 to the participant who lost the most weight percentage-wise at the end of the program.

“It exploded on me. I did not expect what happened. We had 203 people register, which was unbelievable, and I didn’t see it coming. I was going to be psyched to have 50. This time around we have 111 people participating.”

Mefferd said she wants changes to the program to make it more manageable, including cutting out the weekly events in lieu of one major event at the end of October. They have planned three workshops hosted by a nutrition coach: Cure Your Sugar Cravings, Eating for Energy and How to Make a Green Smoothie. “I feel like we’ve got the fitness thing down and we’re not hitting nutrition hard enough, and really a lot of the equation is nutrition. Working out is the easy part, honestly.”

K-Town is not confined to their dance studio. Mefferd initiated Hustle Kindness shortly after the Orlando shooting this past summer. She said she realized, “We all need to start doing things to make a difference. We have been blessed with an amazing community and the ability to be a force for positive change. We need to rely on the community and the ability to be a force for positive change.” Each month, the gym goes out into the community and does some sort of charity work, whether that’s scraping a shed, building a house with Habitat for Humanity or cleaning up a playground. Each month it’s something different. Mefferd says that anyone is welcome to join in the initiative.

K-Town is planning on participating in TOPSoccer on Oct. 3 at 6 p.m. at the West Lincoln-way Field 7 (yellow field). TOPSoccer is a program through the Kearney Soccer Club that gives kids with disabilities the chance to learn about and play soccer with middle school, high school and college aged players. If you are interested in volunteering that night, please contact K-Town.

K-Town now has 16 classes, nine instructors, year-round events, programs and community service opportunities. “It just kind of spiraled and grown into this life force for health and wellness and community. I love it and I am passionate about it.”

Visit ktownshakedown.com for class descriptions, schedules and event information.

Another day, another fundamentalist taking all the fun out of being mental. Jesse Lee Peterson, a self-proclaimed prophet, stated that intelligence and higher education fosters immoral behavior. He said, “Because of this intellectual thing taking over and the people rule us, we now have so-called same-sex marriage. That wouldn’t happen if we weren’t into the intellect.”

Following this incoherent nonsense, he states that people simply need to rely “on the intellect of God,” and “all intellectual people are insecure people - because their father is weak, their father Satan is a deceiver.”

Hmm, the last time I recall people relying wholly on the word of the ecclesiastic (because God speaks clearly through them and from them there can be no deviation) we had the Crusades, the Dark Ages and the Inquisition. Humanity did not have a fair criminal justice system, high literacy rates or any concept of health and sanitation. I’m not too keen on going back to those times, so I’ll suffer the ‘evils’ of intellect.
Lopers enjoy gorgeous fall HC weather

1: UNK Homecoming queen Lainey Russell of Kearney and Luke Grossnicklaus of Aurora take the field.
2: The Pride of the Plains marching band thrilled the parade crowd.
3. Alpha Omicron Pi sorority and Phi Gamma Delta fraternity cheer and wave to the parade crowd.
4. Louie the Loper took a few moments with Chancellor Doug Kristensen and McKenzie Cuba. The Sapphires wowed the halftime crowd.

Photos by Todd Rundstrom