Career Center shows rapid growth in mentoring program

UNK COMMUNICATIONS

This is bigger than a traditional career center.

At the University of Nebraska at Kearney, the College of Business and Technology Career Center has added mentoring and business networking programs to help guide business students in their career paths.

“Cover letters, resumes and interviewing tips all remain a focus, but the Career Center is becoming more specialized and focused on catering to specific student needs.”

“Our office is dedicated toward professional development,” said CBT Career Center Director Dustin Favinger. “That’s anything from resume building to helping get students in touch with experiential learning opportunities like internships.”

Last year, the center unveiled a mentoring program that has more than doubled in size, expanding from eight student participants last year to 19 this fall. The program matches students with industry leaders based on their majors and where they’re at in their academic careers.

Stephanie Duennerman, a junior business administration major from Amherst, is mentored by UNK Marketing Director Kyle Means in the College of Business and Technology Career Center’s mentoring program. The program matches students with industry leaders based on majors and where they’re at in their academic careers.

“Kyle gave me valuable feedback and advice that I was able to use throughout the year,” said Duennerman. “It was very beneficial to get insights on the behind-the-scenes aspect of my mentor’s responsibilities.”

The CBT Career Center also started a program called Company Connections, which brings regional businesses to campus for students to network with. The eight companies currently participating include: First National Bank, GIX Logistics, Nebraska State Bank, Xpanxion, Fastenal, Sandhills Publishing, Buckle and Mead Lumber.

“It’s kind of like a mini career fair, but it’s a way for freshmen and sophomores – a demographic that’s probably not going to the career fair – to start that relationship-building process,” Favinger said.

Along with Favinger, the CBT Career Center has an internship director, Janice Woods, who not only helps students prepare for and find internships, but also assists businesses with creating internship opportunities and special projects for students to complete inside and outside of the classroom.

“We want our students to have as many experiential learning opportunities as they can get before they graduate,” Woods said. “These real-world experiences are extremely valuable in their overall education package.”

The Career Center recently relocated to rooms 119E and 121E in West Center, which is in a highly-visible area for students near classrooms. Since relocating, Favinger said traffic has increased along with stop-in appointments.

“What we’re trying to do is ensure that students are extremely valuable in their overall education package.”

Stephanie Duennerman, a junior business administration major from Amherst, is mentored by UNK Marketing Director Kyle Means in the College of Business and Technology Career Center’s mentoring program. The program matches students with industry leaders based on majors and where they’re at in their academic careers.
Dear Readers,

With the semester almost at an end, we can all admit the upcoming break is eagerly anticipated and extremely needed. We still have to muster up the strength to trudge through two more weeks, but there is light at the end of the tunnel!

A huge thank you to all of the Antelope staff for making this semester’s newspaper a success. It was a bit intimidating coming into a new position with an almost entirely new staff. However, everyone rose above and beyond expectations in order to make this semester a success.

Finally, a special thank you to our readers. Without you, there would be no paper. As always, let us know what you want to see in the Antelope and how we are doing by emailing antelopenews@unk.edu.

Here’s to a successful semester and good luck on finals!

Your assistant editor,
Rachael Fangmeier
You can say it; others don’t have to publish it

ELLIOT GONNELA
Antelope Staff

If life fails to teach anything but a single lesson, it should be that the right to speak is not held indefinitely. Speaking your mind is one thing; doing it on a private platform is another thing entirely.

It wasn’t that big of a surprise for me when I was flipping through the online news stations that I came across a story of Alt-right/White Supremacy radio heads complaining about censorship after Twitter and other social media platforms began to shut down or suspend accounts. These included the overly dramatic claims of “digital execution squads of the lib-tard order, soon to be followed by real ones,” along with more threats of the type that got them knocked off those platforms.

The question I can only think of is — seriously? A private entity used the terms they knocked off those platforms.

When I type and send things off to be published in this paper, I know I am using a private platform to give my opinion and make readers think, even if that thought is “Why did he get this job? I could do it!”

At the end of the day, that is what Facebook and Twitter are: products to be sold. They want to appeal to as many individuals as possible and promote the image they want. A good product is not having a vocal group of high school drop-outs spouting things like “Go back to your own damn country you (insert racial slur here)” or “There was no Holocaust, only a Holo-hoax, but there will be one soon and I will participate with glee!” Threats of violence, racism and foul language do not sell well to the vast majority on this planet. This is why the creators of these platforms wrote the clauses to make sure that they produce the best visible product and display something that appears like moral fiber for good PR.

This is and should be a two-sided affair and the extreme fringes of the left who spout racial/misogynistic slurs, chants for violent anarchy and threats of violence to anyone should and have been punished the same way if they use a private social media platform.

There isn’t any bias to this. If someone breaches the terms of agreement that they signed when creating a profile on these platforms, there should definitely be consequences.

Yes, these consequences should be based on circumstances but, just as in the physical world, the digital world should and will provide a reaction to your action, especially if that action is hateful.

There are no digital execution squads going around; they are corporations who firmly believe you have breached their agreement and are showing you the digital door head first.

Alt-right/White Supremacy radio heads complaining about censorship after Twitter and other social media platforms began to shut down or suspend accounts. These included the overly dramatic claims of “digital execution squads of the lib-tard order, soon to be followed by real ones,” along with more threats of the type that got them knocked off those platforms.

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There are no digital execution squads going around; they are corporations who firmly believe you have breached their agreement and are showing you the digital door head first.

Over Thanksgiving, Trump sent off a few tweets calling for unity, a restoration of trust, peace and healing. President-elect, do not for a moment think that two weeks can erase an entire year and a half of your comments and insults. You mocked a disabled reporter, called Mexicans thieves and rapists, belittled POWs, constantly attacked the media for calling out your false statements and verbally spat on a gold-star family. You do not have the right to walk all of that off in 14 days.
Couple's journey after suicide

Remove the stigma of depression; Cozad couple works toward healing

MARY SPENCER
Antelope Staff

On Sept. 11, 2009, Bailey Koch came home after a difficult day of teaching to find her husband, Jeremy, lying in the fetal position in their living room. He had held a shotgun to his head numerous times that day, almost pulling the trigger, but when his wife walked in the door, he looked up and said, “I need help.”

That was the first Bailey knew of Jeremy’s depression, an illness he has struggled with all his life, but especially since graduating from college. Since that night in 2009, Jeremy has attempted suicide four more times.

In 2012, Jeremy was in a horrible accident on Highway 30. “The accident in 2012 was as wake-up call as wake-up call can get,” Bailey said. “He almost did not survive. It was devastating and it was terrifying.”

While describing the days surrounding the accident, both Jeremy and Bailey said they hoped that, in addition to fixing his body, the doctors had miraculously removed the depression. “They fixed my leg, they fixed my insides, they fixed my face and my depression is gone,” Jeremy said.

“That obviously didn’t happen,” he continued.

While Jeremy didn’t remember seven days after his accident, Bailey, unfortunately, remembers every painful detail. “I had to sign papers putting my husband at the top of every donor list in the country,” she said through tears. “Do you know how much that sucks?”

After a three-week hospital stay and several long months of physical therapy, the only trace of the accident that you see when looking at Jeremy is a small, faint scar on his right cheekbone. The repercussions from the accident were long-lasting. “You can’t come out of something like that and think ‘Alright, we’re still alive! Let’s keep living the way we were living.’ You can’t do that,” Bailey said.

After his successful recovery, Jeremy and Bailey went home. “For a while, things were good. And then, things started getting worse again because we didn’t change much, yet,” Bailey said.

“So, I got to find out about the reality of my husband’s suicide attempts in a suicide note,” she continued.

One night, Jeremy couldn’t sleep and was, as he described it, “fighting the evil.” He went out into the living room, pulled out Bailey’s laptop and started writing everything that was in his mind. He ended the letter by writing, “Do not come out into the garage. Call the funeral home director and have him come find me.”

“Thankfully, I put the computer on the counter in the kitchen and I managed to make it out to the living room, where I fell asleep,” Jeremy said. “I woke up extremely scared because Bailey found me, obviously still alive, but she was terrified.”

Bailey continued the story, “I found the suicide note before I found that Jeremy was alive. So, that was the hardest night of my life, because I truly thought he was gone.”

Before the note, Bailey didn’t know the extent to which Jeremy was suffering. Even though she had been aware of his depression and suicidal tendencies for over four years, Jeremy was still trying to protect Bailey from the awful realities of his disease.

“That was also the best night of our lives because he didn’t delete the note. He left it on my computer. Jeremy finally expressed everything that was in his mind. All five of the suicide attempts; I only knew of one,” Bailey said.

“After expressing that to her is really when healing started to take off,” Jeremy said.

In working together to find a way to moderate Jeremy’s depression, they have found their “Big Three.” When combined, these have worked so well that Jeremy hasn’t had a suicidal thought in seven months.

Faith: Both Bailey and Jeremy emphasized the importance of their faith while staying strong: Bailey as her husband’s support team and Jeremy as he lives out the day-to-day realities of depression.

Support: The most important step in getting better is that first statement of “I need help,” Jeremy emphasized over and over. In addition to his wife, Jeremy counts his therapist, a psychiatrist and his pastor as important members of his support team.
Tis the season: Protect your health; follow keys for self-care

As the daylight hours get shorter, many students will start to feel the effects of Seasonal Affective Disorder (also known as Seasonal Depression or, in the most apt use of an abbreviation, SAD). SAD is triggered by the lack of natural light that begins in the fall and continues into the winter months. Symptoms of SAD can include fatigue, depression, hopelessness, and social withdrawal.

If you find yourself taking more naps, going out less or feeling extremely discouraged about your classes, social life and future, there could be more than meets the eye. More than 3 million people are affected by SAD every year, but there is good news! This disorder is mostly self-diagnosable and can be treated without medication through alternate treatments such as light therapy and talk therapy.

Self-care techniques are a very important way to protect your mental and physical health. Every person is different and therefore different self-care methods are needed. For one person, going out with friends might be exactly what they need, while another wants a quiet night alone. However, there are several self-care actions that everyone can and should take to keep themselves healthy during these last few weeks of school.

KEYS TO GUARD YOUR HEALTH

- Exercise. Just 20-30 minutes of physical movement can boost your mood and restore your energy levels. Don’t like the gym? Grab a friend and go for a walk around the campus. The Kearney bike and rec path that runs through campus is a great option.
- Sleep. This is the first thing to go for busy college students, but it’s one of the most important keys to a healthy life. Aim for 6-8 hours of sleep each night.
- Community. Your friends are there to support you! Try talking to a friend, call a support line, talk to a neutral party or confide in a close family member. Sometimes, all you need to do is connect with another person to feel better.
- Be thankful. Keep a thankfulness list in a notebook or Word document. Anytime something happens to make you smile, write it down! When you’re feeling low, you can go back through this list to remember all the great people and moments in your life.
- Sleep. This is the first thing to go for busy college students, but it’s one of the most important keys to a healthy life. Aim for 6-8 hours of sleep each night.

The UNK Counseling Center offers three free counseling sessions to students taking more than one credit hour each semester. After the first three, each subsequent session costs only $10. For more information on mental health support available to students, visit www.unk.edu/offices/counseling_healthcare/counseling_care/

DEPRESSION from page 4

Jeremy also purposefully schedules his visits and appointments so he is talking to a qualified professional every week.

Medication: While extremely important, finding the right balance of medication can be incredibly difficult. When trying to learn more about her husband’s disease, Bailey requested his prescription history, mapped it out and realized that every suicide attempt had come one-and-a-half to two weeks after starting a new medication. This realization helped her pinpoint which style of medications were helpful to him and which were only going to make the situation worse.

Beyond their “Big Three,” Jeremy and Bailey stated over and over again the importance of being your own advocate. Depression is a disability that can affect your entire life. While speaking to a full room of college students and community members as part of UNK Disability Awareness Week, they pointed out resources such as NAMI (a support group for adults with mental illness) and on-campus resources such as Disability Services.

Aslynn Mack, a pre-physical therapy student, said after the event, “It’s crazy to think how people are struggling on the inside and you can’t tell and how hard it is to tell others.”

Depression is a silent killer, but by reaching out for support and starting the conversation, you can find a way to continue your story.

This Day in History

On this day in 2004, after winning 74 straight games and more than $2.5 million—a record for U.S. game shows—Jeopardy! contestant Ken Jennings loses. Jennings’ extended winning streak gave the game show a huge ratings boost and turned the software engineer from Salt Lake City, Utah into a TV hero and household name, at least temporarily. Barbara Walters named him one of the 10 most fascinating people of the year (along with Google co-founder Sergey Brin, Republican operative Karl Rove and hotel heiress-socialite Paris Hilton, among others) and Jennings appeared on such shows as Late Night with David Letterman, The Tonight Show with Jay Leno and even Sesame Street.

Jennings, who was born in 1974, outside of Seattle, Washington, graduated from Brigham Young University in 2000, where he headed the school’s national quiz bowl team.

Mythbuster

Jeremy and Bailey pointed out many lies about suicide and depression

Myth: Suicide is selfish.
Fact: When someone is thinking about taking their life, they are not thinking about themselves; they’re thinking that everyone else will be better off without them.

Myth: Depression doesn’t take the pain away; it just transfers it to someone else.
Fact: Suicide does take the pain away, but other people will be hurt by the loss of your life.

Fact: Depression lies to you and a support team will be there to help hold you accountable.

Fact: With SPECT imaging, you can see the actual effect of clinical depression on the brain.

Myth: Depression is an invisible mental illness.

Myth: You don’t need help. You can do this yourself.

Fact: When someone is thinking about taking their life, they are not thinking about themselves; they’re thinking that everyone else will be better off without them.

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To learn more, please visit: http://www.history.com/this-day-in-history

Infographic by Rachael Fangmeier
VB team makes 18th straight NCAA tourney

Through a tough season, UNK Volleyball had a year for the books, but the schedule just gets tougher and tougher for the MIAA Champs

The Mid-America Intercollegiate Athletics Association is one of the premiere conferences in the nation when it comes to having national champions in many different sports throughout the years. Volleyball in the MIAA is no joke either: the final standings have four teams ranked in the top 20 in the nation.

At the top of that list is the 35-1 University of Nebraska Kearney Lopers who battled through the tough competition all year to finish #2 in the country only behind Concordia-St. Paul. Coach Squiers’ team topped off the MIAA schedule with the regular season MIAA championship, then in an epic MIAA tournament came out victorious over Washburn University; the only team that beat the Lopers in 2016.

The Lopers had a year for the record books, once again going undefeated at the Health and Sports Center. They also completely dominated the MIAA honors. Coach Rick Squiers took home the conferences Coach of the Year, Senior Outside Hitter Annie Wolfe won MIAA Player of the year and Mackenzie Puckett from Grand Island won Freshman of the Year. Wolfe along with Tara Ziegelbein and Lindsey Smith were named First Team All-MIAA. Puckett, Kaitlynn Thomas and libero Ellie McDonell were voted all conference second-team. Then, Morgan Stute and Kendall Schroer wrapped up the awards with honorable mention honors.

UNK now heads to St. Paul, Minnesota for their 18th straight NCAA tournament appearance. This regional will be the toughest regional in the nation with the top 7 teams ranked in the top 8 in the nation; sad to think only one team makes it out alive to the elite eight. In the first round, UNK will take on Augustana University (S.D.) on December 1. To support the Lopers, you can watch a live feed on ncaa.com. Best of luck to the UNK Volleyball team; the whole school is behind you!
1. The Lopers celebrate their win after defeating UCM and advancing to the NCAA tournament.

2. The VB team lifts up their title after defeating 12th ranked Washburn and securing the MIAA regular season title. This win extends the Lopers home win streak to 35 in a row.

3. Mackenzie Puckett, No. 12, attempts to sneak one by the UCM defense.

4. Junior Tara Ziegelbein, No. 19, rallies her team during the UCM game at the Health and Sports Center.

Benesch earns all-American, Lopers compete against nation's best

Seniors Morgan Benesch and Jahn Landrigan and junior Andrew Fields qualified for the NCAA Division II Cross Country Championships in Sioux Falls, S.D. The university honors the three during a basketball game at the Health and Sports Center after qualifying for the National Meet in St. Leo, Florida, Nov. 19.

LOPERS OF THE WEEK

Vladyslav Kazakov
Wrestling

Kendall Schroer
Volleyball
Jubilee Center ready for winter

SYDNEY NORRIS
Antelope Staff

It’s that time of year where the budget is tight, the weather is blistering cold and the need for key necessities such as winter gear and food is high.

Thankfully the Kearney Jubilee Center Thrift Store and Food Pantry, located on Avenue A just off 25th Street, is ready to serve those of Buffalo County.

"The best part of my job is seeing the joy on people’s faces and being able to help all different types of people." / Monica Musil

Executive director Monica Musil wants the people of Buffalo County to know the Jubilee Center is here to serve the community and college students as well.

The Thrift Store is open Monday through Friday from 8 a.m. until 5 p.m. and Saturday from 9 a.m. until 3 p.m. Offering a variety of clothing options, all in good condition, and with any coat costing just $5, the Thrift Store is open to public. Most funding for the Jubilee Center comes from donations from community supporters and income made from The Thrift Store.

For those in need of food, the Jubilee Center has free community dinners every Thursday and second and fourth Monday. The location of these dinners and contact information can be found on the website at www.kearneyjubilee.org. Along with these free dinners, they have rescue food donated from local grocery stores that is offered every day and a food pantry. The food pantry is open Monday, Wednesday, Friday from 1 p.m. until 5 p.m. and Tuesday from 8 a.m. until noon.

The Big Blue Cupboard food pantry is located on the University of Nebraska at Kearney campus in the OMA office located in the Nebraskan Union for college students in need of food. The Jubilee Center served over 157 families and 447 individuals in October alone.

The Jubilee Center is always able to accept donations of both clothing and food. They will use clothes in good condition for the Thrift Store and canned foods and boxed foods for the Food Pantry.

The Jubilee Center is also looking for volunteers.

The Jubilee Center thrift store is open Monday-Friday from 8 a.m. to 5 p.m. and Saturday from 9 a.m. - 3 p.m.

“Your light course load is heavier than you think.”

When you don’t take a full course load, you take longer to graduate—which means you can get weighed down by things like growing debt and missed opportunities. That’s why the University of Nebraska created Commit to Complete, a program to help you graduate sooner and with less student debt.

Learn the steps at CommitToComplete.com.

Photo by Sydney Norris
Golden oldies still top my list

RACHEL STAUFFER
Antelope Staff

Every year, new Christmas movies come out during the holiday season, hyped as the “new Christmas classic.” It seems to me, though, they rarely last in society’s memory. I couldn’t even list movies from last year that were supposed to become part of my Christmas season’s movie lineup for the rest of my life.

I think part of the reason for this short shelf life is that the recent Christmas movies aren’t like the classics. According to the previews released, they aren’t the heartwarming, family-friendly movies of my childhood.

Take the movie “Almost Christmas,” released in theaters Nov. 11. According to its synopsis, the movie follows the story of a family gathered for Christmas at the request of the father figure for the first time since the mother’s death.

His children and grandchildren all gather at his home to wait out the holiday, and of course, family squabbles and drama ensue. However, before reading this synopsis, the only thing I knew about this movie was the trailer featuring very vulgar sexual innuendo when a female family member gets stuck in a window.

Now, I’m not saying that more crass humor doesn’t have its moments. I don’t find it funny in a movie that is supposed to be centered on a family holiday. To me, Christmas is all about family and spending time with the people you love. Maybe that is the kind of family I grew up in, but I would be embarrassed to watch that kind of humor with my parents, my younger cousins or, heaven forbid, my grandparents.

As I think back to the movies I watched growing up, the most risqué part is a scene involving the pool fantasy in “National Lampoon’s Christmas Vacation.” Even so, I don’t consider that to be on the same playing field as the preview for “Almost Christmas.”

Movies that come out around Christmas are supposed to be “Christmas movies” but seem to be regular movies that happen to take place during the Christmas season. For example, “Office Christmas Party,” the comedy starring Jennifer Anniston and Jason Bateman releasing on Dec. 9, doesn’t seem to need Christmas to further the plotline. From what I read, it’s about an office branch manager who throws a big Christmas party to land a new client and keep the branch from closing. I have to wonder if he couldn’t have thrown any sort of party to land that client. Did it have to be a Christmas party?

Maybe there’s more to these two movies than I am aware. Maybe they really do have some heartwarming, family-friendly moments that will bring out the joy of Christmas, like “The Santa Clause” or “White Christmas” do, and I don’t see it. Maybe they aren’t my taste, but to another, they’re exactly the movie that makes the Christmas season enjoyable.

There will never be one Christmas movie that fits everyone’s style and sense of humor, but I think there’s a certain standard in which a movie is made to be considered a “Christmas movie.” To me, recent Christmas movies have just missed the mark.

Which of these Yuletide flicks tugs at your heartstrings -- or makes you laugh -- the hardest?

Naughty & nice movie countdown

03. National Lampoon’s Christmas Vacation
02. Elf
01. Home Alone

020. Bad Santa
19. The Nightmare before Christmas
18. Christmas in Connecticut
17. Scrooged
16. The Muppet Christmas Carol
15. Holiday Inn
14. Dr. Seuss’ How the Grinch Stole Christmas
13. White Christmas
12. A Christmas Carol
11. A Christmas Story
10. Miracle of 34th Street
09. The Santa Clause
08. Frosty the Snowman
07. It’s a Wonderful Life
06. How the Grinch Stole Christmas
05. A Charlie Brown Christmas
04. Rudolph the Red-Nosed Reindeer

Vote for your favorite holiday film online @ www.amc.com/movie-guide/christmas-movies
Frank Museum renovation
Makeover will open new areas from attic to tunnels

JESSICA MOSER
Antelope Staff

The G.W. Frank Museum of History and Culture became a part of UNK in 1971, but the house has been a part of Kearney’s rich history since 1886. Now it’s getting a makeover, allowing for museum goers to see a lot more of the house than was previously open to the public.

“With the restoration we are going to be able to open up more of the building than ever before, so people are going to be able to go up to the third floor, which was the servants’ quarters. They’re also going to be able to go into the basement and see the tunnels. All that rolls out in the Spring,” says Dr. William Stoutamire, the director of the G.W. Frank Museum.

Dr. Stoutamire says that while the second floor is going to be a more traditional museum space, the first floor is still going to be a period space.

“The restoration, the work that we are doing is really doubling our quality exhibit space,” says Dr. Stoutamire. “It’s allowing us to create new experiences for people who come to the museum and letting us tell new stories that we haven’t talked about before.”

It’s allowing us to create new experiences for people who come to the museum and letting us tell new stories that we haven’t talked about before.
/ Dr. William Stoutamire

One of those new stories will tell visitors about the Frank House when it was used as living quarters for the staff of the Nebraska State Tuberculosis Hospital.

The restoration isn’t the only new thing that the Frank Museum has in the works.

“We’ve got some really incredible stuff coming; we’re working on a documentary,” says Dr. Stoutamire. “We’ve got some digital interactions that we’re producing for our website and some digital stuff that we are doing here at the museum.

There’s probably going to be a guided tour or something along those lines. Lots of really cool stuff.”

Starting around Dec. 1, the Frank Museum will be fitted for the holidays with nine Christmas trees and period appropriate decorations.

“On Saturdays and Sundays we will have hot apple cider and hot chocolate for free for visitors to drink as they walk around the house and take a tour,” Dr. Stoutamire says.

The Frank Museum is open Tuesday-Friday at 1 p.m. to 5 p.m. and on Saturday and Sundays from noon until 5 p.m. The museum is closed on Mondays. The museum will follow regular hours over the holidays except for Christmas Eve, Christmas Day and New Year’s Day.

Admission is free but donations are appreciated. A donation jar will be available at the front door. Donations are also accepted through the University of Nebraska Foundation website at: https://nufoundation.org/unk.

For more information on the Frank Museum please visit their website at: http://www.unk.edu/offices/frankhouse/index.php or email them at frankmuseum@unk.edu.

International spotlight

Zhang cooks up first Thanksgiving

ZEHAO XU
Antelope Staff

Freshman Zixu Zhang discovered a new hobby that occupies most of her free time, cooking.

It is universally acknowledged that the Chinese have an open heart for food. Regardless of the nationality of the food, Chinese always want to give a try.

I figured why not make the most of this opportunity!
/ Zixu Zhang

“This is the first time I have ever tried cooking a turkey, I just realized turkey is not chicken. I always know people eat turkey on Thanksgiving, but I never knew the story behind it. Since I am cooking one this year, I figured why not make the most of this opportunity. Let’s figure out everything about turkey. I had to cut the turkey wide open, stuff it with celery, onions and carrots and then sew it up. It almost felt like an operation on turkey,” Zhang said excitedly.

It is understandable that people get nostalgic and crave for food from their hometown. However, Zhang is a true believer in the phrase “When in Rome, do as the Romans do.” She thinks that an opportunity to try authentic, exotic food will not come again once she goes back home. Therefore, she set a goal of trying as many kinds of food as possible, from fancy restaurants to holes in the wall.

Name: Zixu Zhang
Hometown: Shandong of China
Major: Management
Grade: Freshman
“What we’re trying to do is ensure that our community stakeholders are getting qualified candidates,” Favinger said. “We want to make sure our students have the tools that they need to find a career and present the best versions of themselves.”

CBT Career Center Student Offerings

- Resume and cover letter critique
- Interview tips
- Negotiation strategies
- Internship opportunities
- Career planning and guidance
- Networking opportunities
- Professional development

Approximately 400 students, faculty and staff were evacuated, including more than 40 children in the Child Development Center.

Events and night classes for Tuesday remained canceled. UNK faculty, staff and students needing access to Fine Arts Building, Cushing Coliseum or Health and Sports Center could retrieve belongings from 7 to 8:30 p.m. Tuesday.

Anyone needing special access during other hours should contact UNK Police at 308-865-8911.

Wednesday classes will occur as scheduled.

UNK Police, Kearney Police Department, Kearney Volunteer Fire Department and EMS personnel were among those who responded.

Across

7. Jennifer Aniston played this Friend
8. The pub on Coronation Street
10. 1997 film about a wealthy financier
11. The woman ___/___ (comedy film)
12. The Seven Year ___ (film)
13. The first child of Chris Martin
17. Famous wizard creation of J.K. Rowling
18. Nemo and Dory, for instance
22. Nestor was a long ___ donkey (film)
23. Popular Only Fools and Horses character
24. Phoebe’s twin sister in Friends
25. Miss Bonham Carter, actress

Down

1. Little ___ , comedy
2. Saved by the Bell geek
3. Snow might fall on this tree
4. King Kong was a giant one
5. ___ Knightly, British actress
6. Could 5D play in your ___ ___ team?
9. ___ Housewives
14. Ian McKellen played this Tolkien character
15. Emmerdales most famous family
16. Chuck ___ , hapless American Pie character
19. ___ of Nazareth (film)
20. Marcia ___ , plays Bree Van Der Kamp in 9D
21. Billie ___ , Dr. Who actress
Over 100 entries stepped out in Nebraska’s Largest Homecoming Parade on Saturday, Sept. 24, in downtown Kearney.

Among those, the new president of the Japanese Association Kearney (JAK) Satsuki Morimoto, members and volunteers also joined the festivities wearing traditional Japanese costumes called Happi (a straight-sleeved coat usually made of indigo or brown cotton and imprinted with a distinctive mon (crest) typically worn only to festivals) and Kimono as their marching costumes.

“We had a nice opportunity for cross-cultural communication by participation of Homecoming Parade,” Morimoto said after the parade.

Morimoto joined JAK as one of the members two years ago and was elected as this year’s president by previous board members. At beginning of the spring semester, she added five new board members because many previous members had graduated UNK last year. Using her friendly personality and leadership to gather all members’ opinions, she hopes to build the organization.

“The goal of this year is the success of Japanese Festival,” Morimoto said. JAK members prepare programs such as dancing, videos and eating cuisine, which are good ways to learn about Japanese culture for the participants of JAK’s biggest event Jan. 18, in UNK Ponderosa Room.

She said JAK is planning to become well-known and make connections with the other organizations by participating in events.

 Sometimes, I get antsy about whether or not JAK is gathered up as a team by my leadership,” Morimoto said. “One of JAK’s board member’s Aoi Hoshiko, a sophomore, often supports me.” Hoshiko helped JAK as a volunteer while she was a freshman, and she is in charge of advertising of JAK’s activities this year.

“Morimoto is sustaining the team with a bright atmosphere, and I love this team,” said Hoshiko, business major from Tokyo, Japan. “She is also eager for success, and does not compromise our goals,” Hoshiko said.

JAK has a two to three hour meeting every week debating about future activities. This year especially, they want to invite students from UNK’s fraternity and sorority for volunteers to build new relationships.

“Honestly, I don’t think I really help Morimoto. I just keep in mind to carry out my jobs and reduce her stress,” Hoshiko said. “It is especially she who gives me advice for my jobs a lot.”

“JAK members are supporting each other, and they respect Morimoto’s leadership,” Hoshiko said.

“We want the others to get an opportunity to know Japanese culture which we love, and help them in some way.”

/ Satsuki Morimoto

Q & A with Morimoto Satsuki

Her personality and about JAK

Q: How do you normally spend your free time?
A: I meet my friends to chat. Now I have many friends in my dormitory, this organization, and out of the campus. If I can’t find them, use Internet and watch popular movies.

Q: What kind of atmosphere do you want to make for JAK?
A: JAK’s atmosphere should be like a home. We are friends as a family. It makes that every member gives their opinion honestly.

Q: What is your career?
A: No idea. Probably, I will be a employee, and earn tremendous money for my next dream.