Involvement in a youth leadership organization has taken Kalynn Stoner around the world. She has participated and volunteered her time for Hugh O’Brian Youth Leadership (HOBY) not only in Nebraska, but also in Lancaster, England.

This summer, Stoner plans to volunteer with the State Leadership Seminars in Maryland, Nebraska, Iowa and Washington. She also hopes to return to HOBY UK and attend other international seminars. A few she particularly wants to attend are HOBY seminars in Iraq, Togo and China.

“It would also be amazing to work for HOBY International as a member of staff, but we will see where the wind blows,” she said. Stoner said HOBY is an organization dedicated to the development of youth leadership across the globe.

“HOBY is different from other leadership organizations because of the atmosphere created. HOBY creates a place of love and acceptance in which it is OK to be who you are. No one is going to judge or treat you differently. HOBY allows people to become who they want to be, and empowers them to become the leaders of today,” Stoner said.

HOBY has three programs available for students: the State Leadership Seminar, the World Leadership Congress and the Advanced Leadership Academy. During these seminars, students discuss topics like “how to think, rather than what to think” and participate in small group activities to better bond with other students.

Stoner found out about HOBY her freshman year of high school when a friend on her cross-country team was wearing a shirt promoting the organization. She decided to apply her sophomore year. After she applied, she had interviews before becoming involved.

“Ever since attending my sophomore year in 2013, I have stayed involved and cannot imagine my life without it,” Stoner said.

Stoner stays involved in HOBY by volunteering her time and going to seminars. So far she has returned to the Nebraska seminar for three years as a junior facilitator. As a junior facilitator, Stoner says she helps to lead cheers, guides fun activities within the groups and maintains the upbeat energy of the seminar.

She also volunteers frequently with the Advanced Leadership Academy as an assistant project coach. During these seminars, Stoner “guides a group of managers through the program and helps students with projects in areas related to my experience,” she said.

Stoner is currently the president of the Alumni Board where she plans reunions and helps to coordinate alumni relations.

“HOBY has been one of the greatest things to come into my life, and has had such a huge impact on me,” Stoner said. She feels that one of the most important aspects of HOBY is the relationships that students make with each other. The people and volunteers I have met at this seminar have become some of my closest friends, and many of them I hope will be in my life for a very long time. I am the person I am today because of these extraordinary individuals,” she said.

According to the HOBY website, HOBY conducts seminars in every state and in more than 20 countries and 10,000 students attend HOBY Leadership Seminars every year. To learn more about the organization visit http://www.hoby.org.
Student Research Day

Tuesday, April 11th | 1:30 to 3:30 p.m.

The 19th annual Student Research Day features undergraduate and graduate research projects. Held in the NSU Ponderosa Room. Awards Ceremony will begin at 3:30 p.m. Contact the URCA Office at 865-8702 or unk.edu/ugr for further details.

Oral Presentations | Posters | Music

Photos of beautiful creatures inspire powerful emotions

SYDNEY NORRIS
Antelope Staff

We all have those dreams that drive us from day to day. Some of them are small, like finishing three class loads of homework in one evening or maybe making it through a long day. However, other dreams are driven by passions that were planted in our hearts long before we knew they existed. Little did I know that a passion like photography could have such a huge impact on the world.

I walked into the art gallery in the back of MONA on Saturday, March 18 to see Joel Sartore speak about his adventures with National Geographic and the endangered wildlife he has attempted to save. Knowing Sartore was a photographer, I was not only excited to hear of his visit to the Cornhusker state, but I was feeling every emotion other than sad.

Sartore not only captured the attention of the crowd, but his photographs were the main topic of discussion. With walls and walls of beautiful portraits of animals from far-off lands or close to home, the piece that resonated with me was a photograph of an elephant. The detail was so sharp and showed the true character in the individual animal. It was as though each wrinkle of skin had a story to tell, and the reflection of its eyes had life full of pain, love and confusion.

My favorite aspect of Sartore’s work was the equality presented in each piece. As you walk through the gallery, you notice that each background of the animals is either white or black and that each animal is similar in size on canvas. This was a well thought-out detail, as Sartore wanted to represent the equal importance and the impact that each animal, big or small, has on our fragile environment.

I was driving in Iowa this past week and I was reminded of the presentation given by Sartore. I happened to drive past a sanitary landfill. While you could not see it from the highway, you could tell it was nearby from the amount of trash that was blowing around and hanging from fences and vegetation. It reminded me that we are on borrowed time and using borrowed resources. It reminded me of the 6,000 endangered species Sartore has photographed on, only half of his project plan. It also reminded me that while we may be just one person, one small pebble can make a huge ripple effect. I believe that Sartore is that small pebble and his effect is one of many that will continue to make a huge effect on the world and the beautiful creatures that we share this space with.

See Sartore MONA and Animal Ark story and photos in March 15 issue of The Antelope online.
University of Nebraska at Kearney piano student Kevin Cheng has several hobbies, but the most important being producing orchestral concerts, especially on April 9.

Cheng has gathered a symphony orchestra to play with him at a 3 p.m. concert at Kearney High School Auditorium, where he will present “Romantic Piano Concerto,” featuring himself on piano, Kearney High School’s Camerata Honor Orchestra, and several professionals from across Nebraska in wind and percussion.

Cheng raised funds for the event, contracted the conductor and musicians, secured the venue and selected the pieces for what will become the fourth Nebraska orchestral concert he has produced.

The performance, which is free and open to the public, will feature “Piano Concerto No. 2 in E Major, Op. 59” composed by Moritz Moszkowski, and Edvard Grieg’s “Piano Concerto.”

Cheng has produced previous concerts in Valentine and Central City, and he is looking forward to this concert in Kearney. He said donations are accepted to ensure he covers his costs, and he is planning a door-prize giveaway of a mounted elk head, hunting is one of his other hobbies.

Cheng is from Hsinchu, Taiwan, and is a junior at UNK.
Panel staged to spark interest, knowledge

Guest scientists at Merryman will lend insight April 17, on upcoming event

Great American Solar Eclipse

BROCK MADSEN
Antelope Staff

Near the end of summer 2017, on Aug. 21, residents in and around Kearney, Nebraska will have among the best access for a total solar eclipse that stretches from coast to coast over the United States. The upcoming eclipse is one of the most anticipated astronomical events in recent history, with as many as 14 states being in the path of totality.

UNK science honorary Sigma Xi has taken the initiative to help generate interest and knowledge of this astronomical event by arranging an April 17 panel discussion, at the Merryman Performing Arts Center. The event is free and will feature Dr. Doug Biggs from the University of Nebraska at Kearney, Dr. Daniel Kennefick from the University of Arkansas, and Dr. Phil Plait from the Discovery Channel series “How the Universe Works.”

Sigma Xi chair, Dr. Allen Thomas, said, “This event is intended to educate and build enthusiasm in the community and schools of central Nebraska about the upcoming solar eclipse with historical and scientific context provided by our expert panel and ultimately its goal is to promote science.”

During the panel discussion, each guest speaker will have 20 minutes to share the material they prepared regarding the eclipse, followed by a 30-minute period wherein audience members may address the speakers for questions.

PLAITE, THE BAD ASTRONOMER

Dr. Plait, aka the Bad Astronomer, says he plans to quickly address misconceptions about eclipse viewing. For example, many people think that looking directly at the sun, even during a total eclipse, will damage one’s eyes. Plait will set minds at ease, detailing the logic behind why a total solar eclipse is one of the only cases when you can look directly at the position of the sun, albeit for a very specific and short amount of time.

Plait plans to spend the rest of his speaking time elaborating on the significance of the event. Due to tidal forces, the moon’s orbit is growing larger. In other words, the moon is getting further away, at a rate of around four centimeters a year, “or about the same rate at which fingernails grow,” Plait said.

Due to the size and distance of our moon today, it is virtually the same apparent size as the sun as seen from earth. This means that the moon can perfectly block the disk of the sun, leaving only the corona visible, creating a perfect total eclipse. In fact, Earth is the only planet we know of yet, with such conditions that allow for total solar eclipses.

Such an eclipse is, however, a limited time event. Since the moon is moving further way, it will – over the course of millions of years – become smaller in apparent size, and one day, total solar eclipses will be ancient legend. Those alive today are witnessing the time of legend, and Plait aims to spread awareness of that, among other things.

KENNEFICK, EINSTEIN PAPERS

Dr. Kennefick, editor for the Einstein Papers and contributor to the study of gravitational waves, plans to talk largely about the 1919 eclipse expedition organized by Sir Arthur Stanley Eddington and Sir Dyson.

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Lopers can't hold off Hornet rally

Four runs for Emporia in bottom of 7th, quiet Loper bats in 8th-9th leads to comeback victory for nationally ranked Emporia State team

Nine-hole hitter Wade Hanna capped a 4 for 4 afternoon by hitting a walk-off single in the bottom of the ninth to help fifth-ranked Emporia State rally past Nebraska-Kearney, 9-8, Sunday afternoon in Kansas.

The Lopers were looking to knock off another nationally-ranked squad and held an 8-4 lead heading into the bottom of the seventh. At the time, Kansas senior reliever Sean Laughlin had allowed no runs in a career-high 4.0 innings.

However, E-State (22-5, 11-2) used four hits – two of the infield variety – and three walks to tie things up in its half of the seventh. UNK did turn its fourth double play of the game to keep things squared.

Finishing with 14 hits, the Lopers didn’t have a base runner in the eighth and ninth innings. The game appeared to be headed into extra innings but center fielder Mack Gowing laced a two-out double to left on a 2-2 count in the ninth.

The next Hornet walked and that brought up Hanna, who went 3 for 3 with three RBI’s in Friday’s 4-1 win. On a 2-2 pitch, he hit the game winner to left.

Senior closer Nathan Whitcomb (1-1) worked the ninth to earn the win while three other Hornets had multi-hit games besides Hanna. The trio included eight-hole hitter and first baseman Kaden Shaffer (2 for 2, one run & three RBI’s).

UNK had eight different players get into the hit column, five having multi-hit efforts. The large group was led by junior third baseman Josh Estrada (3 for 5, two runs & a RBI) and junior catcher Billy Hayes (2 for 4, two runs & three RBI’s).

Hayes (Lemont, Ill.) gave Kearney a 7-4 lead with a three-run shot, his first as a Loper, in the sixth inning.

Sean Laughlin, a senior journalism major from Overland Park, Kansas, pitches the ball in the Loper’s home opener on March 13 against Sioux Falls. Laughlin pitched 1 and 2/3 innings and recorded three strikeouts; however, it was not enough to stop the Cougars, who won 11-7.
Yoga classes available at UNK

UNK yoga instructor Sarah Sutton’s enthusiasm for yoga is constantly evolving and changing.

Because of that enthusiasm, she teaches a campus yoga class where you can enjoy these freebies two times a week in Cushing Coliseum.

The college exercise science major and serious runner decided to start doing gentle workouts that weren’t so tough on the body. “I started practicing yoga before I was even married. At the time, I was running a lot of marathons and training really hard; I knew we wanted to have kids but I didn’t want to stop doing what I loved, exercising.”

She says yoga has many benefits, such as decreasing back pain and relieving arthritis, headaches and carpal tunnel syndrome, as well as increasing flexibility, balance and muscle strength.

Sutton says yoga has benefitted her in different stages of her life. During pregnancy, it was a great stress-reliever. “Even now, with the kids, it’s very calming,” said Sutton. “The more I practiced yoga, the more I fell in love with it.”

After her children were born, she began teaching yoga to the kids. “They loved it!” These years of practicing yoga led her to a desire to get certified, so she could continue to spread the enjoyment of yoga to others. “We can teach all ages through yoga, from babies to the end of the life cycle. There’s something for everybody whether it’s simply the breathing techniques, workout, or the relaxation. The poses are just one part of yoga.”

Sutton earned her Master’s degree in exercise science in 2004 and an RYT200 (200 hour-program) at the Lotus House of Yoga in 2013. She has two beautiful daughters, Adeline and Maya, with her loving husband, Jason.

Lauren Messbarger is enrolled in one of Sutton’s yoga classes through UNK. “When class is done I feel really peaceful and ready to go on to the rest of my classes. Child’s pose is my favorite. It stretches my back and allows me to relax easily. I feel like I get a lot out of my practices here.”

Recently, the class started practicing Yin. Messbarger said, “A yin practice is more focused on the deep tissues; whereas, a regular practice is more fast-paced and targets multiple places on the body. I do Pilates on the side, but this is my first year practicing yoga. It is interesting to learn different ways to practice. I would highly recommend if you have credits available, that you do take a yoga class or any sort of activity class. It’s nice to incorporate physical activeness into your routine.”

A lot of people believe yoga is only for women. It’s not, says Sutton. “Historically, yoga was a practice for men. It was few forward-thinking people that brought the practice of yoga to America. These people saw the need for yoga in women and children. It’s actually quite new for women to do yoga.”

As an example, Sutton said her husband Jason asked for help with his golf game. “My husband is not your typical yogi,” she said. “He’s tall and kind of a man’s man, if you know what I mean. At first he was hesitant, but after stretching out in yoga his golf game improved. He was more centered, focused.”

In fact, lots of athletes use yoga today. The Seattle Sea Hawks, Tom Brady, and Creighton’s basketball team all practice yoga as part of their training. Physical posture and visualization are connected directly with yoga, which helps in games. Proper breathing, which is huge in yoga, is important as well.

The class Sutton teaches at UNK has 28-30 students on any given day. They use props during practice like blocks, straps and blankets. Many poses are taught throughout the class such as balancing half moon, side angle and happy baby. You can sign up for the class under basic PE activities on Myblue.

Sutton teaches at the Wellness Center in Good Samaritan Hospital on the weekends. She teaches at the YMCA and Kearney Park and Recreation while offering classes through Meadowlark Elementary School for the children.

Private sessions are also available through appointment. Check out her Facebook page Sarah Sutton Yoga and Essential Oils to learn more.

SAVASANA

Sutton’s Classes wind down with rejuvenating exercise

Savasana is very important, says yoga instructor Sarah Sutton. At the end of her classes, she has the students get into a lying down position on the mats and instructs them to re-focus attention for practice.

This could be anything from self-acceptance to relieving stress before a test. Benefits from savasana include the following: reduced headaches, fatigue, and insomnia; calms the brain nerves, helps those with mild depression, and has been proved to lower blood pressure.

“When I first tried savasana, I thought it was this little nap everyone took. I would even want to leave class. It just seemed like a waste of time until I realized that’s when all the poses throughout the practice really set into the body. You walk away feeling restored and rejuvenated.”

EXERCISE IS NOT JUST A NAP

Savasana might look like a nap at the end of your yoga practice. But it’s actually a fully conscious pose aimed at being awake, yet completely relaxed.

In Savasana—also known as corpse pose—you lie down on your back and relax your body and mind so you may fully assimilate the benefits of your savasana practice.

During this pose, you close your eyes, breathe naturally and practice eliminating tension from the body. Ideally, this posture lasts for 10 to 20 minutes. However, even a few minutes of Savasana is said to have powerful benefits.

THE BENEFITS OF SAVASANA

Savasana can calm the nervous system and promote equanimity in your entire body. Fatigued muscles get to relax, tense shoulders and jaws soften, and the eyes quiet down to reflect a quieter state of mind.

http://www.chopra.com/articles/why-savasana-is-the-hardest-yoga-pose#sm.0000f532kamd1dhvz1ut1fo5zn8
Find right path via Academic and Career Services

“Career planning ahead of time is the kind of strategic thinking that can make the difference between a ‘meh’ kind of job and a ‘wowza’ career.”

MEGHAN WIEDEBURG
Antelope Staff

Do you have a problem but you’re not sure who to ask? Check in with the academic and career services office. They might not know the answer, but they do know how to find it.

The University of Nebraska at Kearney offers students a wide variety of services. At UNK, students can find academic support and career services in one place, ready to help them find their passion and discover the resources they need to learn.

Are you struggling with a class? Do you know who your advisor is? Can’t decide on a major? Do you need help finding a job? Not sure if you need to go to grad school?

Academic and Career Services, located in the Memorial Student Affairs Building, can help. Their office stays busy year-round with advising and career planning.

The Director of Academic and Career Services, Amy Rundstrom, said her favorite part of the job is helping students solve problems. Every student has a different path, and finding the right path can be very challenging for some students.

As far as “spring cleaning” goes for your academics, Rundstrom noted that it’s important for students to make sure they’re reading their graduation plan correctly, making sure they’ve crossed the T’s and dotted the I’s course-wise.

Rundstrom said questions and planning are important for students who aren’t graduating in May; it’s never too early to start career planning. There are different things need to be done at each stage of your education. Even as a freshman, you can start networking, hunting for information and learning more about interesting career fields.

“Career planning ahead of time is the kind of strategic thinking that can make the difference between a ‘meh’ kind of job and a ‘wowza’ career,” Rundstrom said.

Having worked at UNK for almost 19 years, Rundstrom has helped hundreds of students in their academic planning and success.

“Some students believe there is one ‘right’ path or a right/wrong way to find their path. Sometimes they need permission to think outside the box and forge their own path, and find the best way to accomplish their own goals,” Rundstrom said, “I love helping students realize this and seeing the look on their faces when they get the right help and advice.”

Rundstrom said she wishes more students would use services sooner, which would save them a lot of time, money and stress in the long run.

For more information, call 308-865-8501 or send a message to careerserv@unk.edu.

This Day in History

Jordan honored as ’83-84 College Player of Year

On this day in 1982, the University of North Carolina Tar Heels won the NCAA men’s basketball championship with a 63-62 defeat of the Georgetown University Hoyas. It was the first title for Carolina coach Dean Smith, who would retire as the most successful coach in NCAA Division I men’s basketball history with 879 career wins. (Bobby Knight broke the record in 2006.)

Dean Smith coached UNC for 36 seasons, during which he led the Tar Heels to the tournament 25 times, and to the Final Four 10 times. Critics called him stubborn and old-fashioned, and blamed the losses on his use of the so-called four corners offense, in which the team spread the floor and passed the ball around without attacking the basket, in the hopes of protecting a lead.

JORDAN ‘23’ TO UNPRECEDENTED FAME

Freshman guard Michael Jordan, who would go on to win College Player of the Year as a junior and then dominate the NBA to the tune of six titles with the Chicago Bulls, led the team in rebounding with nine boards.

With 15 seconds on the clock, down by one, Jordan hit a 16-foot shot from the baseline to give the Tar Heels the lead. 63-62. The Hoyas brought the ball up the court and set their offense, but sophomore point guard Fred Brown threw the ball to Carolina’s James Worthy, mistaking him for Georgetown teammate Eric Smith. Worthy dribbled out the clock, and a stoic Dean Smith stood surrounded by his celebrating players, as Thompson consoled Brown. Smith, who graduated 97 percent of his players while at Carolina, would win his second and final championship with UNC in 1993.

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

Infographic by Rachael Fangmeier
Human rights for all

Students attended 54th annual Amnesty International General Meeting in Albuquerque

My trip started Thursday morning, March 16 with a 12-hour drive down to New Mexico. Although I was stuck in a car with three guys for 12 hours, the drive was completely worth it. During the Amnesty International General Meeting, I was able to learn from and talk with amazing people doing inspiring things to change our country for the better.

Our weekend began with an overview of the conference laying out our weekend. We were able to attend a long list of breakout sessions discussing a wide variety of topics. The first day I was able to sit in on a panel going over the many issues that come along with the criminalization of drugs in America. This panel was not at all what I expected and only gave facts about this issue instead of taking a specific stance on the issue.

Something I found very interesting during my time at the AGM was that Amnesty International strives to be nonpartisan in all the things they do. I am very glad to be a part of an organization that can see past political parties and look directly at the issues and try to fix them. In the world we live in today, so many things get overlooked because all people see is what party supports an issue. I think that for any human rights issue you need to go directly to the source to get things fixed. In this country, that means going to the government.

The weekend was very informative but was comforting to know that I am a part of an organization that truly fights every day to help those who have been mistreated. Living in a town where few share similar beliefs, it was very refreshing being able to spend a weekend with people who all cared about the same things that I do and were working to better their own communities.

I am very glad to be a part of an organization that can see past political parties and look directly at the issues and try to fix them.

Many visited the Action Alley, a room in the conference center that held different booths showcasing various human rights issues. Each booth had all the information surrounding the issues and most of them asked for support by signing petitions or posting photos online.