

the antelope

University of Nebraska at Kearney

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Dance recital brings



Photos by Sydney Norris

Dancing solo, Tanner Peshek fills the stage with movement and feeling, making sure his presence is known to all who watch. Leaping, spinning and gliding through the air and around the chair, Peshek comes to a resting point, leaving the crowd in wonder of his next move.

colorful movement



Minori Yamauchi, sweeps in to lift Mary Dworak as she stands still, does not move the slightest muscle.

Senior Profile: Nathaniel Tiberius Baldwin

LARS JOHNSON
Antelope Staff

Q&A

Senior Nathaniel Tiberius Baldwin says one of his most memorable experiences as a theatre-dance student is also one of the most recent.



BALDWIN

“The Illusion”, the one we just finished, is one of my favorites because it was like all my senior best friends.” The Ogallala senior played The Amanuensis in the play adapted from Pierre Corneille’s 17th-century

comedy “L’Illusion Comique” by Tony Kushner.

Baldwin is fired up for more and plans to head to LA after graduation to market his talent and put his theatre experience to work.

Q: Looking back, what have been some challenges for you during your college career?

A: Mostly finishing all my classes on top of doing extra theatre work. I have done so much theatre here, and that hasn’t been so much of a challenge as much as a constant learning experience. I really kinda look at the classes like... “Okay, let’s just get this out of the way,” so I can focus on my theatre stuff.

Q: What has been the most memorable productions you’ve been involved with here?

I’ll always have a weird spot in my heart for “How I Became a Pirate,” because

I got to do a sold out show for a bunch of screaming kids, and they just went nuts for pirates. One particular moment was my first successful audition at the student one-acts. I had tried to get into like, seven or eight before.

I went in there and this guy gave me a monologue and I read it, not really caring. I finished and the guy was like “Hey, that was pretty good!” I didn’t really believe him, left feeling kinda bad. I found out I got in, did his show, and turned out I had only one line. But it was still fun.

Q: As a theatre major with a performance emphasis, how do you plan to continue that path after college?

A: Well, after college I am going to start making independent films myself, and I want to go out to LA to market myself

and look for work there. Also, I work as a server, and my skills as an actor actually help me a lot there with talking to people and connecting. It’s fun. I know there’s a ton of jobs you can do with theatre experience.

Q: Have there been any faculty members or people at UNK who have really influenced your time here?

A: Well, Jack Garrison, obviously... I like Jack. Darin Himmerich, too. My first couple years I was really close with Darin because I worked in the shop too. I could talk to him about anything, and he was great. Also, Sandy, at Java Notes! Sandy is the best! She’s so supportive, cares about what us students do, and talks me up to everyone. Couldn’t make it through without her.

Final orchestra concert

ERICH GEBERS
Antelope Staff

The Kearney Symphony Orchestra, under the direction of Dr. Deborah Freedman, will perform Beethoven's Symphony No. 3 and Aaron Copland's "Hoe Down" from "Rodeo" April 25.

Special guest Ellen Bottorff will also join the symphony on the performance of Maurice Ravel's Piano Concerto in G during their final concert of the season on Tuesday, at 7:30 p.m. in the UNK Fine Arts Building Recital Hall. Tickets are \$10 for adults and free for UNK Students and anyone under the age of 18.

While it is the last concert of the

season for the Kearney Symphony Orchestra, this is the last concert current director Dr. Deborah Freedman will leading as conductor. After this concert she will move to Denver to be closer to family. The Kearney Symphony Orchestra Board of Directors has selected David Barg to direct the orchestra for the 2017-2018 season and the literature being performed next year is to be determined.

Barg has many years of experience as a clinician directing orchestras of all ages,



DEBORAH FREEDMAN

ORCHESTRA, PAGE 11

The importance of networking

Producing A+ work is not enough; we must connect with others, build relationships



PAULA JIMANEZ
Antelope Staff

"Networking," is probably the word that I have heard most during my years in college. Professors,

guest speakers, coaches and faculty keep insisting on the importance of networking and the great benefits it gives. But does networking matter as much as our mentors make us believe it does? The answer is absolutely yes.

Each and every one of us has a large network of contacts. Your network is likely to consist of your friends, your family and previous colleagues. We are constantly being introduced to people. Every day we get the opportunity to meet someone new, someone who could possibly change our lives one day. Therefore, do not underestimate the importance of your new introductions. You never know who is going to be hiring in the future or who is going to be the person deciding if you are good enough for a

certain position.

Networking is an essential part of advancing in our careers. It is very likely that we may get hired or receive an internship through someone we know rather than through our education. These days, producing A+ work is not enough. We must connect with others, be vocal about our interests and career goals and build relationships with people we might not otherwise have met.

We might not realize how important the way we say things or the way we act can actually be. As obvious as it may sound, saying "thank you" can be a difference maker to someone. Being appreciative at all times and understanding that the people we have around us could change our future is the main key to success when it comes to networking.

We are constantly offered multiple opportunities to network with people. Besides the fact that we are living in an era where social media is a massive networking platform, other opportunities such as guest speakers invited to our

NETWORKING, PAGE 11

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"Whenever we drove by the school growing up, my parents would always say that I would graduate from UNK."

/Erik Frias

First generation graduate achieves his dreams

KENNEDY SCHAEFER

Antelope Staff

Before he is set to walk across the stage and receive his diploma, Erik Frias of Lexington has already signed with one of the top ten construction companies in the nation, Whiting-Turner.

Frias is the only student from the construction management department at UNK to have interned with JE Dunn, which is in the top 20 best construction management companies in the nation, as both a sophomore and junior.

Frias says interning with JE Dunn has helped further his knowledge in the construction management field and has allowed his career to grow. After his decision to sign with Whiting-Turner in October, Frias will be making the move to Denver shortly after graduation in May to work as their project engineer.

Growing up a short distance from the Kearney area in Lexington, Frias' decision to attend UNK wasn't a tough one, he said. "I wanted to go to a school that had a very good construction management program and where I just wasn't a number," Frias said. "I'm a small town kid and I like getting to know everyone in my class if possible."

Frias is the first member of his family

to attend and graduate from a four-year university. "Whenever we drove by the school growing up my parents would always say that I would graduate from UNK," Frias said.

Growing up with three siblings, Frias said having support from them and his parents has made him who he is today. He says his parents taught him and his siblings to always be nice to everyone, to not judge anyone and to always give people a chance.

Frias remembers his freshman year in Mantor Hall, moving into the dorms on campus with his two other roommates. "It was fun. I do miss playing video games with those guys for extended periods of time," Frias said. "Living on the fourth floor, our room was the only room with its own bathroom. I called it the penthouse."

Frias said he has grown while attending UNK compared to before he began his college career. "I have definitely become a lot more mature," Frias said. "I actually sit in the front in classes opposed to sitting in the back of class my senior year of high school." Frias has had more

opportunities for leadership roles while attending UNK. He is a recipient of the Susan Buffett Scholarship, a member of the Epsilon Pi Tau National Honor Society and the UNK construction management organization and has participated in the ASC and ACI competition team, as well as being on the UNK Dean's list.

Although Frias' time at UNK is coming to an end, he said that the

memories he has made and the knowledge he has learned will continue to stay close to him, even after graduation. Frias believes hard work, support from close friends and family and the determination to stick to goals are what it takes to become a successful college graduate.

"A lot of people put a chip on their shoulders and they get into the mentality

FRIAS, PAGE 11

Q&A

What are some fun things you enjoy doing outside of school?

My roommates and I always like to go somewhere new to eat when we have a chance to do that. Sometimes we will just take some random trips on Sunday to Grand Island, Lincoln and Omaha and just do random things. I've found out that the best days are the one that aren't planned out and just go with the flow.

What's your favorite food? Any interesting talents?

I have a lot of favorites but my favorite has to be authentic Mexican tacos, either from a food truck or my mom. Recently I've been on an avocado fetish where I have to have it with every meal. I really don't have any interesting talents, but I've been told I can grill (Mexican and traditional American food) pretty good. I've been told I make some good chocolate chip pancakes.

If you could visit anywhere in the world where would it be, and why?

Europe for sure, I'm a huge fan of history and would like to see the old castles, churches and just everything Europe has to offer.



ERIK FRIAS

the antelope | 2017 spring staff

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Jones uses knee injury to refocus

Sophomore broadcasting major takes real-world experience to keep him on path to success



Courtesy

Jones' sport broadcasting experience began as a senior in high school after being sidelined by a knee injury. UNK's sports communication program further sparked his interest in the field as he continues to strengthen his skill set.

DAVID MUELLER
Antelope Staff

After suffering a season-ending knee injury as a senior at Cambridge High School, Evan Jones remained dedicated to his football team.

He refused to let a setback end his life in sports, so he chose to give himself a purpose. With permission from his school's technical producer, Jones began broadcasting the Trojans' games with a Bluetooth headset and an iPad via the Cube, a live streaming medium.

"I didn't like the thought of just standing on the sidelines on crutches. I wanted to be involved and I thought that was a great way," said the University of Nebraska at Kearney sophomore.

After commentating the entire high school football season, Jones discovered his niche. He tossed aside his earlier plan to pursue an education in physical therapy and instead plunged headlong in the broadcasting field.

Now in his second year at UNK, Jones continues to hone his skills as a play-by-play commentator for Lexington mega-station KRVN and campus radio KLPR, calling a variety of high school and college sporting events.

As Jones considered several colleges out of high school, UNK made an impression with its new sports communication program. The arrival of KLPR director and senior lecturer Ford Clark was equally important in Jones' decision.

Jones said UNK offered the exposure and real-life opportunities he believed necessary to develop as a sports broadcaster.

"I came on a visit here (UNK) and fell in love," Jones said. "I met with professor (Jacob) Rosdail. He said Ford Clark was coming in and I was like, 'I've heard what he's done at UNL and he probably would give me a good foundation for what I need in the future.'"

Jones' diligence to improve and his readiness to learn make him an ideal protégé for Clark.

"Evan is great in the classroom. He is very eager to learn for somebody that actually has experience in the field," Clark said. "He is always prepared."

"If I could have a bunch of students like him, I'd take them in a heartbeat. He's a sponge – he wants to learn everything about the business and he understands the business."

A member of the Thompson Scholars

Learning Community, Jones said his college-prep grades didn't win him any academic accolades. But he has a strong work ethic, an ideology his parents instilled in him at a young age.

"They taught me to work hard... I've never been a great test-taker, but I'm one of those guys if you give me a goal, I'm going to achieve it," Jones said. "They told me what I needed to do in class and I said, 'OK – you got it.'"

The TSLC has also acted as a crucial component by motivating Jones in the classroom and during his broadcasts. He said the camaraderie among the other Thompson Scholars has been influential.

Besides Jones' sound knowledge of

athletics, Clark quickly recognized the traits that make him a gifted broadcaster.

"His personality is perfect because he's willing to learn, he's outgoing, he's just very attentive to detail, and things like that are all necessary things to have to get in the field. It's cool to see him grow — even little things that get better every time he does a broadcast."

At the end of the day, Jones said he thoroughly enjoys the opportunity to tell listeners a story.

"I really enjoy analyzing what's going on during a competitive contest. Breaking it down so the listener feels like they are right there," he said. "Also, I feel like

JONES, PAGE 11



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Women on campus combat stereotypes

Students and faculty discuss why they chose male-dominated fields



ABBIE ROHR
Antelope Staff

I am in a class where we are currently discussing women's roles in the professional world. Though women are stepping up and acquiring positions that they never have before, I still feel work needs to be done to assure that males and females have equal roles in society. I wanted to take a closer look at some positions that tend to be male-dominated and talk to women on our campus who are combating stereotypes through their field of study.

According to the National Science and Technology Council, "Women constitute the majority of students on college campuses and roughly 46 percent of the workforce. However, women represent less than one in five bachelor's recipients in fields like computer science and engineering, and hold only 25 percent



"I would encourage students, any student, to choose based on interests and passions, not by stereotypes and expectations."

/ Sonja Bickford

of STEM (science, technology, engineering and mathematics) jobs."

UNK College of Natural and Social Sciences (CNSS) hopes to change that. In fall of 2016, UNK began to offer an engineering program. "It's a brand-new program and I am hopeful that we will be

able to bring in a diverse student body, including women and also diverse in terms of a minority population," said Peter Longo, the Interim Dean of CNSS.

"When I look over to Bruner, our traditional STEM programs have done so well in bringing in women. We have highly successful faculty who are women as well and they are powerful role models for women, I think that is important," Longo said.

Another area that tends to be dominated by males are the majors in the industrial technology department. According to the National Association of Women in Construction, "In 2014, the Bureau of Labor Statistics reported 9,813,000 people working in the construction industry. Of these, 872,000 of them, or 8.9 percent, were women." A female construction management major, Kenadi Fitzgerald, from Kearney, expects to graduate in 2018 and was the first woman I talked with on the issue of females enrolled in male-dominated majors. "I think that construction jobs are more commonly associated with men because people think of hard, physical labor as being associated with men, also because a large number of construction workers are men."

Fitzgerald says she chose construction management because she has been around the construction industry since she was a child and believes that she understands the process and likes the hands-on work. After she graduates she hopes to become a project manager. "I understand I will probably have to work my way up to that position," she said.

A visiting assistant professor in the department of industrial technology, Sonja Bickford is a shining example of a role model and female leader. She is originally from Finland and says, "In mid-1990s the Finnish defense forces did not allow



KENADI FITZGERALD

females to serve in the military. However, in 1994 the Finnish Defense Forces (military) created a pilot study to see if females could handle military service. I applied and was selected as one of sixteen females from a nationwide search to be tested on military service skillsets," Bickford said.



"We have highly successful faculty who are women as well and they are powerful role models for women, I think that is important."
/ Peter Longo

Bickford chose a male-dominated field based on her own interests. She remembers in third grade she had to choose between a sewing class and a shop class she chose the shop class. She was warned by numerous teachers and the principal that she would be the only girl in the shop class, but even at that young age she didn't care. She wanted to build and work in the shop, she said.

"At UNK and in academics I truly enjoy teaching women who are driven by their passions and aspirations, just like myself. In the industrial technology majors of construction management, industrial distribution, construction management and aviation, I don't come across many girls in the classes, but those that I do it is great to see the similar passions for the subject matter and the excitement for learning new skillsets. I would encourage students, any student, to choose based on interests and passions, not by stereotypes and expectations," Bickford said.

The field of agribusiness tends to be another that is looked upon as a male industry. "Most of the producers have been traditionally male in agriculture.

Working outside doing hard manual labor isn't something that women used to do in our culture. On most farms, women would be in charge of the house and raising the kids. I believe this translated into the business side of agriculture. Women were not originally associated with agriculture, so it took longer for them to enter the industry and major," said Taylor Ohrt, a senior agribusiness major from Holdrege and also the president of the Agribusiness Club on campus.



TAYLOR OHRT

Ohrt chose agribusiness because she grew up on her family's farm and ranch working with her dad. "I grew such a love for agriculture," she said, "I also was encouraged by my bosses in high school to pursue an education and career in agriculture because there was such a need for women in the field. I have always loved to break stereotypes, so it didn't deter me when I realized that it was different for a woman to work in agriculture." After graduation, Ohrt hopes to find a job in grain marketing close to her hometown of Holdrege.

WOMEN, PAGE 11

For a different perspective on female representation in popular media, check out Elliot Gonnella's opinion at theantelope.com



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Lopers see success in single home outdoor meet

The Nebraska-Kearney track and field team won six events and had several NCAA provisional efforts at its own UNK Loper Invitational Saturday afternoon at Kearney High School.

This non-team scoring meet was UNK's lone outdoor event of the 2017 season. It also marked the first-ever college meet at KHS's new track facility.

Fairfield junior Bailey Stapleman led the way as he won the pole vault with a career-best height of 16-7.25. One of five Lopers to crack the top seven in the event, Stapleman moves up to seventh on the national list. The effort also ranks second best in school history, trailing only the 17-2.75 Mike Ford achieved in April 2005.

The women's vault crew had a good

day as well as they finished fourth through eighth, led by Columbus junior Kylee Study (11-6.25).

Next, Elm Creek sophomore Jacob Bartling placed third in the discus with a career-best toss of 168-8. The effort ranks 10th in Loper lore and 13th in NCAA Division II. Bartling also was third in the shot (53-5.75), an event he already ranks nationally in.

Putting his name on the national triple jump list for the first time was Grand Island junior Colton Stuhr. He came in second thanks to a career-best leap of 47-11.75.

On the women's side, Colorado true freshman Logan Prater again had a provisional toss in the discus (150-9).

The throw has her tied for ninth in school history and bumps her up to 20th in the nation.

A two-time indoor All-American in the high jump, O'Neill junior Emily Everitt won the event today thanks to a season-best effort of 5-6. That puts her on the national list that already includes South Dakota senior Kelsey Fitzgerald. She came in second with a leap of 5-4.25.

On the track, Columbus senior Morgan Benesch won the 1,500 meter run in a career-low 4:41.66, Texas senior Preston Foley led the field at 100 meters (10.68), Ord sophomore Andrew Fields won the steeplechase (9:22.33), Hastings freshman Justin Engberg was first in the 110 hurdles (15.22) and Lincoln junior

Mandera Gatwech had one of UNK's all-time top 10 runs at 400 meters (48.39).

Finally, Engberg was runner up in the 400 hurdles (59.35), Fremont junior Trevor Wiegert was second in the 1,500 (4:04.96), Rushville senior Cole Wellnitz took silver in the 800 (1:54.38) and Crofton senior Dani Riesberg was third in the 200 (25.81) and second in the 400 (58.08).

Lopers.com



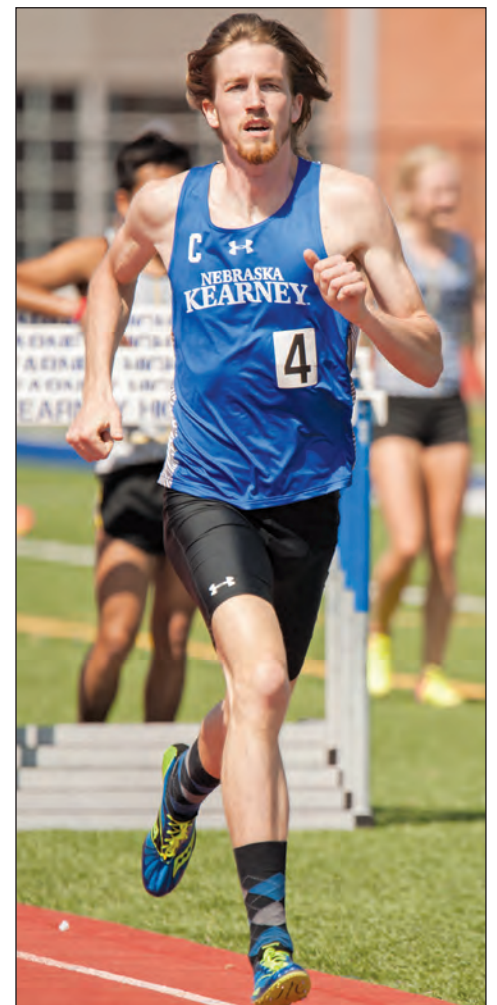
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Freshman Nathan Pierce sets the pace early in the 800-meter competition last Saturday. Pierce finished third in the half mile and was a part of the fourth place 4x400 meter relay.



Justin Engberg, freshman from Hastings glides over a hurdle in the 400-meter race. Engberg placed in all three of his events.



Senior Cole Wellnitz finds his stride down the home stretch of the 800-meter race. His time of 1:54.38 placed him second.

Photos by Todd Rundstrom

Women's tennis ready for MIAA tournament

Fourth seed Lopers begin MIAA tennis tournament Tuesday with NWMSU in Lincoln, tournament continues April 18 -20

PAULA JIMENEZ
Antelope Sports

With a phenomenal season on their backs, UNK women's tennis is ready to perform at the MIAA conference tournament this week. For the first time ever, the tournament is going to be played at the University of Nebraska Tennis Center, in Lincoln.

With an overall record of 12-10, the seven players on UNK's roster have faced a very diverse variety of teams this season. They have played five Top 20 teams in the nation all across the country with very close results against two of them with a 5-4 loss.

In tennis, the conference tournament is always played at a neutral site. It requires a facility with a minimum of 12

outdoor courts and a minimum of six indoor courts as a back-up in case of rain or low-temperature weather.

In the past, the MIAAs have been played in Springfield, Missouri. An early year agreement within the MIAA committee has been why the tournament has changed sites.

"We are excited for the opportunity and privilege to play our conference tournament at the University of Nebraska. This is one of the best Division I tennis facilities in the country and will give all athletes participating one of the best championship experiences you can offer. We are fortunate that the tournament is so close to home. The opportunity to have greater access to family, alumni and school support will make the event even

————— **TENNIS**, PAGE 11



Courtesy

From left to right, Amanda Alvarez (Junior from Spain), Sherry Sun (Sophomore from China), Ana Royo (Freshman from Spain), Camryn Parnell (Sophomore from Lee Summit, MO), Emma Neil (Junior from Papillion), Megan Petr (Freshman from Hastings), Sthefani Rodriguez (Senior from Venezuela).



UNK Softball has rocky week at Dryden Park, falling to 8-42

ELLEN LAIRD
Antelope Sports

The Lady Loper softball team took on Northwest Missouri and Missouri Western this last week but came out on top in only one game against MO Western out of four total games over the weekend.

In the MO Western double header first game, UNK pushed their way to a 3-1 game holding the 'Cats to 8 hits off of junior Meg Housholder. Housholder was a key player Friday as she threw 98 pitches, only giving away 3 hits for the 'Cats in the first 5 innings. She turned around to shut them down in the sixth with back-to-back strikeouts and flawless fielding.

The Lopers struggled to crack the bat against NW pitchers. They only got five to come off the bat, but they played

Photo by Todd Rundstrom

Katy Shupe makes contact with the pitch during Saturday's game against Missouri Western. Just before first pitch, Shupe was reunited with her brother who returned home from a seven month tour in Kuwait.

the bases well. UNK took full advantage of NW's fielding errors, and freshman Nicole Spykstra and senior Taylr Keenan managed to get a double steal giving UNK the winning run of the first game.

During the second game though, something very surprising and special happened just before the top of the first inning. UNK's junior elementary education Katy Shupe was reunited with her brother Sgt. Thomas Shupe, who had been on tour in Kuwait since September.

The Lopers went on to host Missouri Western on Saturday, but lost the double header 7-1 and 6-3. Missouri Western's key players were their two pitchers dominating the mound against UNK.

Missouri Western freshman Kenzie Hilzer took a bit to warm up but was on fire the rest of the time. She whipped 106 into the mitt with only one walk and

————— **SOFTBALL**, PAGE 11



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Earth and Klay

UNKlay Pottery Club set for Earth Day sale Thursday April 20

RACHEL OVERBY
Antelope Staff

Earth Day is quickly approaching and the pottery students of UNK are using this time of year to raise money. The UNKlay Club, made up of about 20 pottery students, will be selling their work this Earth Day, April 20. The sale will last from 9 a.m. to 2 p.m. in the hallway leading to the pottery room in the Fine Arts Building on campus.

The organization puts on two different pottery sales each year. This sale will offer clay planters but they also hold a mug sale. All the items were hand-made by UNK pottery students. Both of these events raise

money for the club and the students. They also use money collected to help bring in different ceramic artists to the department and teach their students.

Jaden Estes, a sophomore studio art major from Stanton, said, "We recently brought in Clayton Keys this spring. About 15 students got to participate in the two-day demo where he taught us how to sculpt a human figure." Estes is also the secretary of UNKlay and has been a member since they restarted the club in 2015.

They will accept both cash and cards. This will be UNKlay's second annual planter sale with each piece ranging in price.



Photo by Jaden Estes

Top: The UNKlay club has a variety of planters on sale all handmade by students. Right: Jaden Estes is selling some different art items like these along with the planters during the UNKlay Earth day pottery sale.

Organization aims to get campus involved

MEGHAN WEIDEBURG
Antelope Staff

The need for a new veterans' organization at the University of Nebraska at Kearney took root when UNK student Joseph Haag was completing a work study with Lori Skarka, assistant director of military and veteran services at UNK.

The organization was formed mid-March of this year and is open to all currently serving members of any armed forces branch, veterans from any branch of service with a legitimate DD-214 and surviving family members of veterans. Honorary member status is extended to supporting UNK students, faculty and staff upon request.

Haag and Skarka worked closely with National Student Veteran Organization chapters to become recognized on campus. The organization is an excellent networking tool for our UNK veterans.

Haag said, "We can serve as a transition for veterans reentering the civilian world."

Skarka has a family full of military men and women, which makes her very passionate about her position at UNK. "Being a military mom I think I take a very special attachment to those folks. I mean to all of our military," Skarka said. "There are just so many things I want



LORI SKARKA

to do for our veterans and our military students."

The importance of this organization not only lies with our veterans, but for other students and faculty as well. The group is comprised of a variety of members, with some being non-traditional students, and the integration process back to school can be difficult. Having this organization gives those veterans a place to feel re-connected with a brotherhood many enjoy.

Haag said, "The advantage to this organization is that there are veterans from every branch, age group and walk of life that can share experiences and encourage one another to succeed in an educational setting."

SVO can bring about involvement in the local community, provide a liaison

point with outside organizations such as the VFW, legion and Sons of the American Legion (just to name a few).

"We can provide a platform and forum for veterans to voice concerns and place of camaraderie often found in the military," Haag said.

One of the biggest accomplishments so far for the organization has been receiving honor chords for graduating veterans. Veterans are able to receive

red, white and blue honor cords to wear at graduation signifying their status.

For more information about the organization or if you're interested in joining, contact UNK Veteran Affairs at unkveterans@unk.edu



The advantage to this organization is that there are veterans from every branch, age group and walk of life that can share experiences and encourage one another to succeed in an educational setting."

/ Joseph Haag

Everyone is welcome... anyone can help.



For more information, contact Dr. Longo at: longop@unk.edu.

Bickfords conduct research in aquaponics

Efficient use of water creates plant, aquarium biosystem

JESSICA TUREK

Antelope Staff

Ecosystems can be rainforests, lakes, deserts, mountains or your own backyard, yet not too many think about having an entire ecosystem next to their office computer at work. Sonja Bickford, an industrial technology lecturer, has just that.

She has added an aquaponics system beside her desk, bookshelf and markerboard space.

Aquaponics, a biological term, is the marriage of aquaculture and hydroponics to make a system more efficient, something either system cannot achieve on its own.

In one system, aquaculture is the breeding, rearing and/or harvesting of animals and plants in all types of water environments. Recirculating production systems use more water than aquaponics to remove the waste through a process before returning the water cleaned to the tank.

Nate Bickford said, "In aquaculture there are some negatives, waste products tend to go in other bodies of water."

In the other system, hydroponics, also known as tank farming, began as a way of scientifically studying plant nutrition. The system does not need a medium such as soil to grow plants and support their weight.

Nutrient solutions are used in the water for plant growth, although these must be used in correct amounts and monitored. In addition, another con to hydroponics, according to Nate Bickford, is that they use a lot of industrial fertilizer, as no soil is used to trap the nutrients.

This system allows for plants to be placed closer together than in soil, conserving space while eliminating weed and pest problems.

Different tactics for supporting plants' weight include substituting the soil base for wire supports, Styrofoam, gravel, sand or other materials.

The plants sit in varying tray sizes, depending on the type and size of the system, in the substituting medium, with

the water solution in a tank below.

Devices including wicks and air pumps are used to maintain the circulation of the water and oxygen for the plants. They rise the water up to the plant root level, flood the medium, or drip drops at the top of the plant base.

Forming the two systems together eliminate these of the cons, creating a eco-friendlier version.

Instead of placing fish waste, also known as ammonia, through a biofilter to convert into less toxic nitrate or dumping the waste into a larger body of water, the waste is pumped up to the plants in the system to fertilize the plants.

The plants, in return, are cleansing the water, which eventually returns to the fish tank with no need for nutrient solutions.

Sonja Bickford's system uses clay pellets for their soil-replacing medium.

Nate Bickford said, "In theory, they have good bacteria growing in them, and the bacteria takes the ammonia the fish produce and turn it into nitrate that the plants need to grow. There are two drains that come back in and circulate the water. Nitrate isn't really toxic to fish."

Since the system recycles the water, there is little maintenance involved. Sonja Bickford said, "I just add water, because of evaporation." She only has to clean the tank about every year and a half.

Sonja and Nate Bickford have been working with aquaponics for six years. They started in Montana at the University of Great Falls before bringing the technology here.

The aquaponic systems on campus differ in scale and in terms of research to other aquaponic systems around the world. Sonja Bickford said, "It's so multi-disciplinary, looking at anything from cost benefit to educational curriculum, then the biological impact."

Research is being conducted by faculty, graduate and undergraduate students on campus. The research in the biological field is focusing on better sustainability, and productiveness.

Undergraduate student Kaitlynn Zitek, a sophomore from Ulysses studying psychobiology for pre-medicine, presented



Photo by Jessica Turek

Dr. Sonja and Dr. Nate Bickford combine experience with researching aquaponics.

her research during UNK's research day, on April 11.

Zitek said, "My aquaponics research focused on one of the many variables that influences fish growth and fruit production within the system. Specifically, whether gravel in the aquarium is beneficial or glass is more efficient."

Zitek added, "I was surprised the results the research yielded: higher fruit production, but also higher fish death for gravel bottom tanks, and I enjoyed learning about why and how that happened."

The systems could also help stop the depravity of water resources from certain drier or drought-stricken areas.

"Sending a tomato from California to here, makes no sense at all. We can grow our own tomatoes, just as great, in these systems like that year-round. So, there would be less need to ship a lot of these kinds of produce." But, Nate Bickford added, "It has no effect on row crops. It's not the type of plants we are growing. But almost all your other produce, you can grow."

Zitek thinks the system could benefit these parts of the world. She said, "I chose to do research in aquaponics because of how many people it benefits. With the growing food shortage our world is going through, I think conservation and sustainability of our remaining resources

is important."

She added, "Aquaponics helps that situation, and will hopefully bring food to places where it isn't easily available right now."

Other benefits include lowered shipping cost and less pollution associated, little or no preservatives, the ability pick produce fresher, instead of the tomatoes that ripen up on the way during shipping and the privilege to start conversations within families about where food comes from to help them as consumers grow an appreciation for the growing process.

Not the least of all, aquaponics has also been found to be a good health component. Nate said, "There are a lot of studies showing plants make people healthier and happier, and so we are even doing some of that exploration."

A large team of researchers is involved. Sonja said research goes into all aspects of aquaponics, including design pieces. Undergraduate student, Alyssa Palmer, is working on making the system more aesthetically pleasing through her designs.

Soon enough, more people may have aquaponic systems in the corner of their offices or sitting on a table in their houses, a reminder this small ecosystem can improve the much larger one we call our home, Earth.

Students connect community to research

At annual student research day, students, mentors work together for beneficial, informative projects

JESSICA TUREK
Antelope Staff

Tuesday, April 11, the Office of Undergraduate Research and Creativity Activity hosted the 19th annual Student Research Day (SRD) in the Student Union.

John Falconer, office director of undergraduate research and creative activity stands behind SRD with a passion.

Falconer said, “I really love it, because these are students who are choosing to do something that is really high value for them. Outside of class, it’s the number one thing you can do to get an education, to strengthen your undergraduate experience.”

Falconer knows the annual student research event is beneficial for the community as well as the students. “For the community, it shows the quality of work the students are doing. The projects students do are community-oriented. Whether they focus on social organizations function or small business marketing,” Falconer said.

Students prosper from the learning experience, Falconer said, “It’s a part of the natural research process that you always disseminate, your written papers or oral presentations. Just working on something isn’t always the whole experience. You

have to learn how to disseminate the results. So, that’s the part we want them to learn to do, to be comfortable with.”

He said SRD also kind of works as a kind of culminating event. “You have been working on a project for a semester or a year, or three years, and when you present it, you realize, ‘I really do understand this stuff. I’m kind of an expert on it. I can talk to an audience or whoever and communicate it well.’”

Students posters were judged 9-11 a.m. followed by a luncheon with guest speaker, Dr. Christine E. Cutucache, assistant professor of biology at the University of Omaha.

She has delivered over 40 presentations on her work around the world, mostly including undergraduate research students as co-authors and co-presenters.

In her presentation, Dr. Cutucache encouraged student researchers to pay it forward. She said, “My mentor, Dr. Kim Carlson was always very generous with his time.”

She paused before adding, “I feel the same way, where we need to be generous with our time. Help others.”

She shared how one of her colleagues really references the idea of going into it with, “How can I serve you?” as their guiding question instead of “How can I serve me?” I just feel like that in a way, and I just feel like that is the way to live life.”

Dr. Cutucache encouraged undergraduates to join the program she is involved in called Nebraska STEM 4U, coming in the fall.

The program runs after-school to help provide high-quality education to elementary and middle school students at a disadvantage in science, technology, engineering and mathematics.

As the program is student-run and volunteer-driven, college students have the opportunity to become involved or be inspired to brainstorm their own beneficial research ideas from her

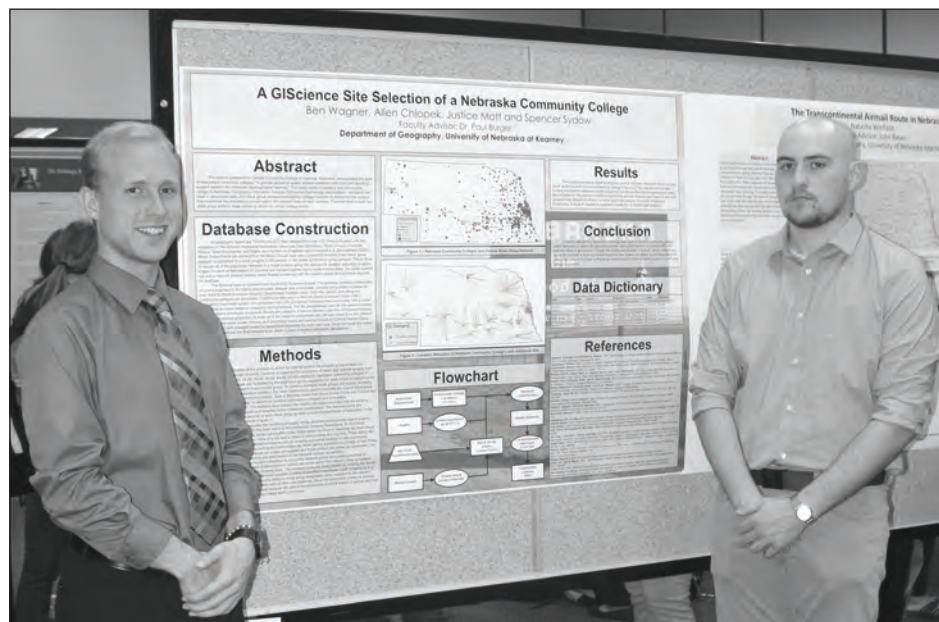
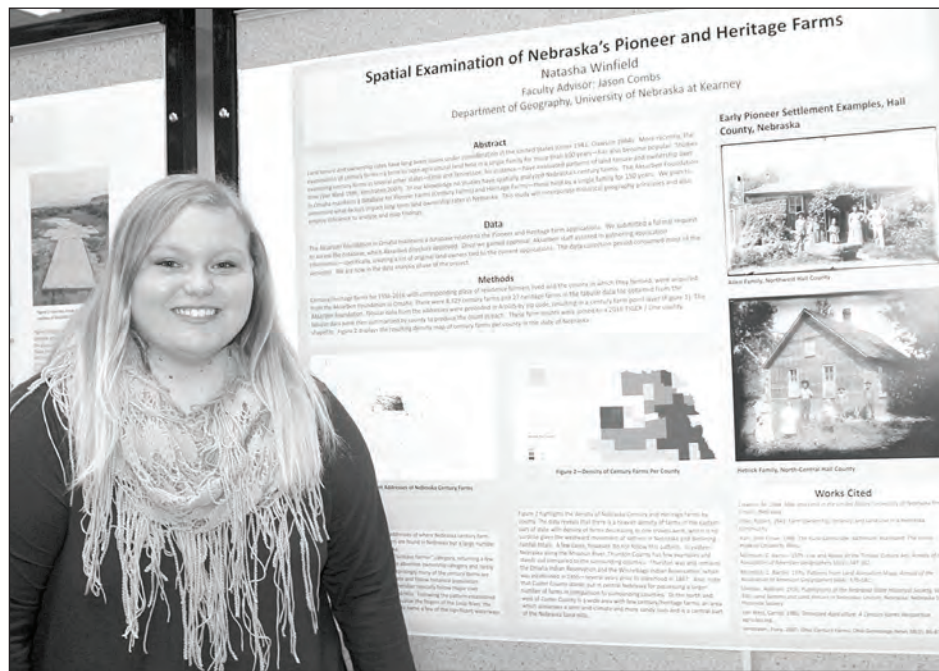


Photo by Jessica Turek

Top: Natasha Winfield’s research project titled “Nebraska’s Century and Heritage Farms.” Winfield’s project examines the land tenure rules on century farms, a farm owned by one family for more than 100 years.

Bottom: Ben Wagner and Allen Chlopek share their research project titled “GIScience Site Selection of a Nebraska Community College.” The project uses different types of data to find the best location for a new community college in Nebraska.

Want more from Research day? Check out next weeks paper for more information!

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NETWORKING from page 2

classes, networking events like the career fairs or even just attending an athletic event can put the key person right in front of us that could be introducing us to our future boss or co-worker.

Investing in people, being direct, being intentional, being open about our career goals, treating everyone with respect, having an open mind, learning

JONES from page 4

broadcasting is telling my story, explaining to the people what I see and how the game unfolds.”

In conjunction with broadcasting, Jones is an active member of the Sports Administration Club in the Kinesiology and Sport Sciences department. His admiration for broadcasting and sports has him pondering graduate school in the future.

WOMEN from page 5

It was exciting for me to talk with these inspiring women who are breaking stereotypes everyday through their field of study. I feel they are changing the way society views women and changing these statistics and the world for the better.

about people and connecting with people on a human level will definitely help you when it comes to networking.

Career networking really does work and it is very important to have a viable network in place throughout our career and to use our networks to our advantage when we conduct job searching or exploring possible career points.

RESEARCH from page 10

example.

She said, “It is a program we have. UNO or UNK students go out to the public schools and do STEM experiments after school with youth. So, undergraduates participate in it as a pre-professional training program, teaching research and mentorship.”

Shortly after her presentation, the open poster viewing and oral presentations were presented: a total of 118 posters, 26 oral presentations and two performances.

Organized research programs began at UNK in 1996. Even before then, there are a few departments, including chemistry, biology and psychology, involved in research with students dating back decades.

The day concluded with an awards ceremony and reception.

ORCHESTRA from page 2

from youth orchestras to collegiate and professional orchestras. He received his Bachelor of Arts degree from Columbia University in sociology and languages and did graduate work in flute performance at Temple University. He earned his Master of Music degree from Boston University.

FRIAS from page 3

that they have to prove to everyone that has doubted them. That’s not the case for me, I have a lot of people that believe in me, I don’t have anything to prove to anyone but I don’t want to let down anyone that has believed in me.”

SOFTBALL from page 7

seven hits. Luckily UNK’s Sara Sempek Papillion freshman shut out Mo West in four innings with 132 pitches with five strikeouts.

UNK will take on Chadron State and Fort Hays University these next couple of weeks. UNK previously scheduled Chadron but the game was canceled due to high winds. This next week will be a fresh look at teams that UNK has yet to rendezvous with this spring season.

TENNIS from page 7

more special,” says UNK’s head coach Jake Saulsbury.

Located on 28 acres north of Nebraska Innovation Campus, the new Sid and Hazel Dillon Tennis Center was completed in the summer of 2015. Nebraska’s Sid and Hazel Dillon Tennis Center has 12 lighted outdoor courts with a central walkway that allows fans to watch action on all 12 courts simultaneously. The tennis center also features six indoor courts with superior lighting and second-level seating where fans can watch every match. A total of 1,400 permanent seats are available in the combined indoor and outdoor areas for tennis.

The UNK women’s tennis team faced the fifth-seed Northwest Missouri State University Tuesday at 6 p.m. Both teams faced each other just two weeks ago as they played their regular season match. The very intense dual took place at Harmon Park and ended up with a 5-4 victory for the Bearcats.

With a strong sense of revenge, the Lopers are going into their first round of the tournament with the right mindset for another big match against the big rival. The winner will face the favorite team on the semifinals round of the tournament, the No. 1-seed River Hawks from Northeastern State University. The semifinals will be played Wednesday at 6 p.m. and the championship Thursday at 8 a.m.

Saulsbury and his team will head to Lincoln on Monday to have a good practice session before the first round of the MIAA tournament. “Our expectations for the tournament haven’t changed from what they were all year. We are still taking it one match at a time. As a team, we need to handle the big moments with composure while continuing to play aggressively on the court”.

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Milan shows Appleby unexpected side

“Get to know the locals. They will show you their culture.” – Lindsey Appleby

RACHEL PAPEZ
Antelope Staff

Graduating senior, Lindsey Appleby, traveled abroad for the first time to Milan, Italy. After the program she chose, which lasted a total of three weeks, she said, “I always knew I wanted to try study abroad, but the opportunity really didn’t speak to me until Italy. A flame was ignited inside of me.”



APPLEBY

Appleby says she was quick to embrace the culture and had many friends who studied abroad through UNK who said it was one of the best experiences. Going through a university is also one of the cheapest ways to travel, she said.

Milan is known around the world as the “fashion capital.” Appleby says fashion is part of the culture. “Everyone there is dressed up. It would be weird to see someone walking around in sweats. I even took a fashion design class while at the school.”

Currently, Appleby works at Buckle with the women’s fashion buying team and has been with the company for over two years now. She said she feels the study abroad experience has helped her attain her goals, especially with the vendors overseas that she collaborates with and plans to go full time after graduation this May.

Apart from the fashion side, Italy has many beautiful buildings as well. There are many old churches all over the city: “Many of the sites that we visited were built centuries ago, yet the foundation and details were in pristine condition. Each place had their own communities and was completely different from the next. The center of Milan is referred to as the “Duomo,” which takes its name from the large, famous cathedral, but also contains the most famous shopping district in the city. Milan also has a more traditional side where most of the Italians didn’t speak English. “There was a bit of a language barrier,” Appleby said.

Appleby said a fascinating part of the city was the combination of old and new.

“Art in the windows of the churches were more intricate and all of the buildings seemed to be more modernized.”

Gelato is a very common food in Milan. Compare it to McDonald’s or Starbucks here in America. “The number of different flavors were crazy. The ice cream is not like the United States. If you ordered tiramisu, you would get the cake with the gelato. Best ice cream I’ve ever had,” Appleby said. “The food was spectacular and didn’t do much to help my figure, but I didn’t care. The pasta was typically made with homemade noodles and vegetables; it was so delicious.

One of the biggest culture shocks, Appleby said, was the way people say hello and goodbye in Italy. “People would just come up to me and kiss me on the cheek. I didn’t really know how to react.”

While traveling through town, Appleby and her friend, Mandy Cormaci, lost their way downtown. It was raining and took them four hours to finally get back to the hotel. “Mother nature decided it would be a good day for rain. We walked up and down the streets for hours carrying our luggage with about two hours of sleep, without knowing much Italian to have someone lead us in the right direction.”

She said eventually an Italian man who knew English well helped direct them in the right direction. “We were not happy travelers at that moment in time, but it’s a great story to tell now!”

A great bit of advice: print directions on where you need to go beforehand, and Appleby said, “Get to know the locals. They will show you their culture. Start up a conversation with the people next to you, don’t be on your phone 24/7. Plan where you’re going ahead of time.”

She said while traveling around Croatia the first week into her study abroad experience she and friend Mandy made friends with four Romanians. “We spent almost six days exploring the island of Korcula, Croatia, with them and it felt like we had known them for years.”

She said they have remained in contact with them since, despite of the time difference and it is in the future to reunite and take another trip together. “It is the connections and friendships that I made with the locals that I will forever cherish.”



1

More Photos online
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2



3

Courtesy

(1) Appleby poses in front of the beautiful sea on the island of Korcula, Croatia .

(2) Appleby and Mandy Cormaci, a senior psychology major from Omaha, go rafting with new friends off the island of Korcula, Croatia.

(3) The entire UNK Milan study abroad 2016 group on their first night out in Milan. From left to right: (top) Masashi Moriyama, Zach Widger, Mandy Cormaci, Jessica De La Torre, Cleo Rogers, Jazmin Sancez, Mary Spencer, Meiyi Jin (bottom) Martha Gonzalez, Jada Johnson, Michael Stopford, Lindsey Appleby, Jordan Gowen, Lisa Yamamoto, Margaret Spencer

(4) Appleby and Cormaci share a selfie at the Trevi Fountain. Tradition has it that those who throw a coin into the fountain over their left shoulder will return to the city within their lifetime.

(5) Appleby takes in the atmosphere at the Colosseum in Rome on a weekend trip during the program.



4



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