Swimming is defined as an individual or team sport that uses arms and legs to move the body through water. However, the Greater Nebraska Swim Team believes that swimming is so much more than that. Mueller and Maloley are planning to submit a clip to the university's Live radio show, "Antelope Speaks," about the Greater Nebraska Swim Team. The Greater Nebraska Swim Team is an inclusive competitive swim team that offers all levels of technique training and competition to athletes of all ages. The club has practices spread throughout Nebraska in Kearney, Valentine, North Platte, Hastings and Lincoln.

"The mission statement of the Greater Nebraska Swim Team (GNST) is "To foster swimming as a life skill through excellence in the sport of swimming."

"The team is not only for children learning to get comfortable in the water, GNST wants to be inclusive of all age groups and skill levels and encourages children, adults and families to be part of the club. During the season, athletes attend weekly swim competitions, but they are provided as optimal to fit families schedules. These competitions are not limited as the youngest competitors are represented in all age groups and skill levels and has resulted in swimming. Becky O’Connell, the head Kearney GNST coach, said, "It’s never too early or too late to begin racing." Greater Nebraska Swim has about 250 GNST members. GNST members that are 18 and older have 50 with coming from the Kearney division. Greater Nebraska Swim is known for itsoutstanding service and as athletes are able to compete and train for the entire year. O’Connell describes practices as a ‘day off’ for families. Two morning practices weekly in the fall, winter and spring. In the summer, we have the chance to continue practicing and train whenever and wherever they have the chance. No KRK is the main goal to instill the love and passion for swimming into kids and adults, We try to make our practices the best part of their day and something they enjoy doing. We support all ages, levels and abilities, and provide excellent technique training in a friendly family setting."
Don't let stress affect your mind

As finals week nears, one student shares his story of the importance of mental health

CHRISTIAN SCHWARZ

Finals week is around the corner. It's the time of year when students stress the most. It is the time when we are required to study and do our best in school. If you are like me, you are probably stressed out. The stress is overwhelming and it can be hard to keep up with everything. However, it is important to remember that it is okay to feel stressed. It is important to take care of yourself and to find ways to manage your stress.

If you feel like there are problems with yourself, if you feel like stress is taking you over, there is no shame in seeking help. There is certainly no shame in seeking help. It is important to remember that it is okay to feel stressed. It is important to take care of yourself and to find ways to manage your stress.

Number 1: Episode IV: A New Hope

As one might expect, this is my favorite Star Wars film. It brings back enough elements that can happen, it is certainly worth a watch. The film was a Shocker of the century, the original is a better suicide squad than Suicide Squad. I called it after seeing it, the film was a sandwich at times and, if you played it, it was easy to follow their motivations, and leads the viewer to A New Hope with ease. It is simple.
Fasten your seatbelts for the hottest takes from recent events to personal opinions—all things Antelope, all the time. Listen live every Thursday on 91.1 KLPR at 7:30 p.m.

Antelope editors Madeline Maloley and David Mueller keep the news chat going with Antelope campus news and weekly guests.

This week’s Twitter poll: What is your favorite Christmas movie?

Fascinated by recent news?

- Trump orders two national monuments be cut dramatically, as the largest monument reversal to date
- Scientists say that glitter is an environmental hazard and pollutant, try to put a global ban on it
- Bitcoin price rose to $11,874, new all time high
- Senate passed new Tax Bill focusing on trickle down economics with a vote of 51–49
- A possum in Fort Walton Beach, Florida sneaks into liquor store and gets drunk
- Man in Cherry Hill, New Jersey goes to Toys "R" Us and pays off $10,000 worth of holiday layaway items for families
- Aww

Contact for Antelope Advertising: antelopeads@unk.edu
Contact for Antelope News: antelopenews@unk.edu
The Antelope
1466 Mitchell Center
UNK – Kearney, NE 68849

Donate to help students in need get tampons

The American Association of University Women are accepting monetary donations and boxes of tampons. Students can obtain tampons through Big Blue Cupboard located in the OMA, first floor Union.

For more information contact: Rachel Arehart, President arehartra@lopers.unk.edu

THE WEEK IN REVIEW

Looking at somebody during an exam like

When did we learn this

I noticed you started a new TV series on Netflix during finals week

I too like to live dangerously

Fellowship of Christian Athletes

Come join other Lopers every Wednesday - Room 151 at 8 p.m. at the Health and Sports Center

We will express our unity in Christ in all our relationships.

-Philippians 2:1-4

Run with it.

December 6, 2017 3
Embrace the moment and have fun. It as a product of her own making. “Part of the intimidation factor was keeping everyone focused on the game. Whether that’s hyping everybody up or just means being intense off the court, being a leader on and off the court. That is all current and future volleyball players.

The intensity comes with the personality: it’s something that you’ve already been doing. You can be taught to have a mentality of always being tenacious after the ball and being able to show that you’re the better player and better team out there. After so many seasons that mindset has come as second nature to me.” Ziegelbein said.

“TEAM SPIRIT”

Ziegelbein brings the heat on one of many familiar opponents in Missouri Western. Amidst the glamour of college sports and the antelope spirit, Ziegelbein is more than a student. “It gets to be a tough adjustment for me. But the profound thing that sticks out to me is that these are friends and not just teammates. They are my teammates to be better than her on the court. Being a senior, one of the roles that coach wanted me to step into was being a leader on and off the court. That just means being intense off the court; whether that’s hyping everybody up or keeping everyone focused in the game.” Ziegelbein said.

“ALL YOU CAN EAT PANCAKES”

Kearney American Legion
1223 Central Ave, Kearney, NE

“Embrace the moment and have fun. It’s not going to be weird, but I was so happy to have finished my career at home by winning the conference title for the second year in a row. There was no better way for me to go out,” Ziegelbein said.

“PART OF THE ENTRANCE”

Even though actually giving advice makes her “feel like such an old geezer,” Ziegelbein kept her words of wisdom for all current and future volleyball players. “Embrace the moment and have fun. It does go by a lot faster than you think.”

“The coaching transition was a huge snowball or like the Arctic. I’m used to the humidity until I got here. I didn’t know about Nebraska. I didn’t know about corn; that’s about the only assumption I had about Nebraska. I didn’t know about the accent either.” Ziegelbein said.

“ELITE LEADER”

Ziegelbein’s off-court leadership prevails.

RACHEL AREHART

Competition has come as second nature for the outspoken leader of UNK’s volleyball team, Tara Ziegelbein, a 19-year-old from Jacksonville, North Carolina.

Ziegelbein’s off-court leadership prevails.

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Ziegelbein’s off-court leadership prevails.
During Melroy’s first few years at UNK, although DeFilippis has since moved and now has connections internationally thanks to a decision that shaped who she is today, she found a passion for teaching that she never knew she had, and I learned so much about myself because of the people I have worked with and the experiences I’ve had.” Melroy said.

Melroy has worked with Kearney’s Nebraskan Student Union begins renovations of the 55-year-old building, expected to open in summer 2018. Melroy said, “With all of her hard work and dedication, Melroy has crossed paths with some inspiring people, which she said have expanded her horizons. "I am forever grateful. " Melroy said. With plans of sticking around the Big Apple, she hopes to further her career into Broadway shows and eventually earn her MFA to become a teacher at the collegiate level."

The second phase of the Student Union renovation begins this spring and will be moving to New York City shortly after. "I’ve auditioned for national tours, cruise lines and regional theaters." Melroy said. With plans of sticking around the Big Apple, she hopes to further her career into Broadway shows and eventually earn her MFA to become a teacher at the collegiate level."

"Dayna DeFilippis is one of the reasons I made it through my college career. " Melroy said. With plans of sticking around the Big Apple, she hopes to further her career into Broadway shows and eventually earn her MFA to become a teacher at the collegiate level."

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"I learned a great deal about myself as I went through the process” Melroy said. "Each chapter has its own qualities but deciding which one you want to join helps you realize what kind of person you want to be. " Melroy said. "It was important for me to find an instant connection with Alpha Phi during her recruitment process, which she said didn’t happen for everyone and she feels very grateful for the instant connection she had.

Joining a sorority, Melroy said, has helped her laugh with tough decisions many face in college, and in the woman, her mother said, "I have pushed her toward her goals." I have so many memories because of Alpha Phi and many of them are with my Big, Lauren Brekke,” Melroy said.

"I found a passion for teaching that I never knew I had, and I learned so much about myself because of the people I have worked with and the experiences I’ve had.” Melroy said.

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Caroline Stieglitz and Gabby Buttermore find a way to make the training more fun.

Stieglitz leads the Aqualopers

Women’s swim team begins season against tough competition

UNK senior Caroline Stieglitz is preparing to lead her team to a successful year after her strong performances last season.

The Aqualopers tallied 500 points to place at the right time—a Christmas party where McClane’s not having any of that. Of course, he just happens to be in the right place at the right time—this is a Christmas party with his wife. En! En! En! It’s complicated. It doesn’t take long to get thrown into the action. Watch in awe as this NYE op that doesn’t like to play by the rules takes down some of the most dangerous criminals to ever graced an action movie. I wholly recommend it for anyone who wants to spend a few hours with the family—a perfect way to pass the time.

The Aqualopers competed in the Colorado-Mesa Invitational in Grand Junction last week, placing seventh as a team with 112 points.