

THE ANTELOPE

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MANY HEARTS ONE SEOUL

KOREAN FESTIVAL HIGHLIGHTS, CELEBRATES ASIAN CULTURE

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Minji Ko performs during the "Fan Dance".

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Food insecurity a struggle for college students

By **HALEY PIERCE**

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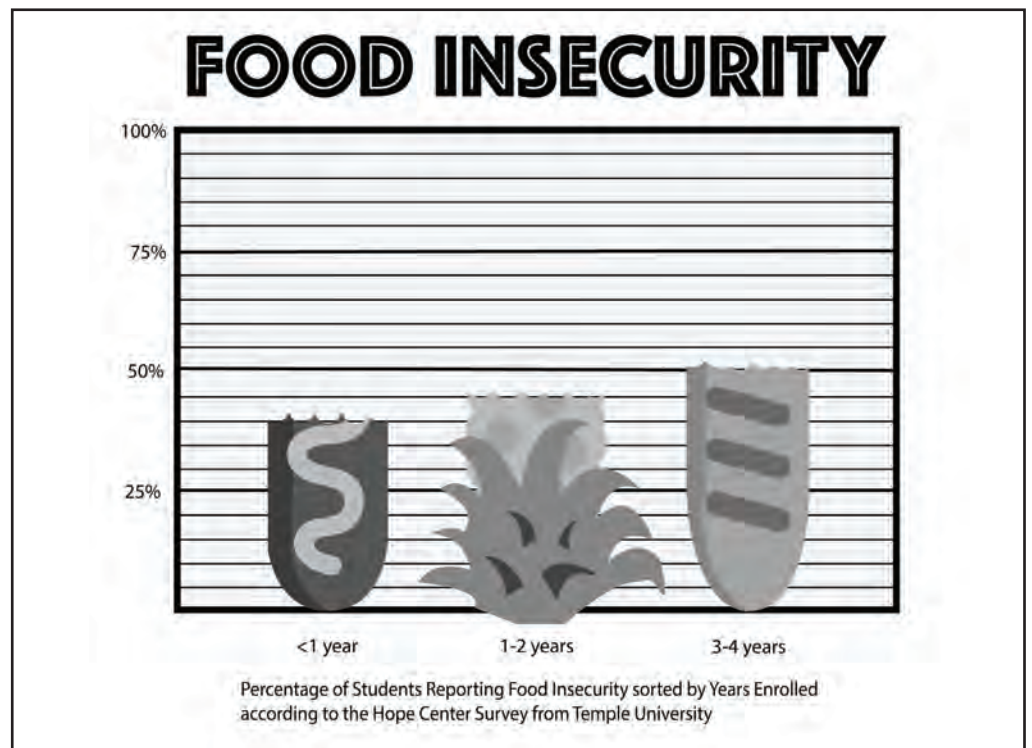
Discussions of dinnertime for college students might center on ramen noodles and Easy Mac jokes, but for as many as half of all college students, food insecurity represented a serious concern.

According to "Feeding American," food insecurity is a federal measure of a household's ability to provide food for itself. A study from Temple University this year found that 45 percent of college students had been food insecure in the last month. Students may limit portions or skip meals altogether to afford other college expenses, and when they do eat, oftentimes the food does not have significant nutritional value.

A study by Anthony Jack at Harvard's College of Education found that food insecurity is, at least in part, a result of expanded access to higher education. However, Jack also noted that rising tuition costs coupled with a decrease in financial aid has contributed to the problem across the country.

More years in school also correlates to greater chances of food insecurity. For students having been enrolled less than one year, the Temple University report found food insecurity at a rate of 40 percent. This number increased to 62 percent for students in their fourth year. Presumably, many of these first year students lived on campus and had a meal plan, a factor Jack has found can decrease chronic food insecurity. However, many of these students can still suffer from episodic food insecurity. When campuses close, especially over short breaks, their dining halls close, and students struggle to feed themselves.

Food insecurity isn't a temporary problem; it has lasting effects. A lack



Graphic by Riley Riggs

Statistics based upon a survey done at Temple University on food insecurity.

of access to nutritious food can have negative impacts on an individual's academic performance. The Temple study found food insecurity was linked to lower GPAs and lower graduation rates.

The Hope Center at Temple University suggests campuses can help tackle food insecurity in the short term by offering food pantries and redistributing leftovers from dining halls. At UNK, this takes the form of the Big Blue Cupboard, a food pantry for all students housed in the Office of

"These aren't students who are just trying to be lazy. They are trying to live up to an American dream to get an education, so they can get a job, so they can support themselves and their families."

ANTHONY JACK

Student Diversity and Inclusion that was opened in 2012 after identifying a need on UNK's campus.

Still, Jack argues that systematic, policy level changes are necessary to address the problem. Among his proposals are increasing dollar amounts of federal Pell grants to reflect true costs of attending college and expanding the national school lunch program to include colleges.

The Temple report also found that 68 percent of college students who have experienced food insecurity are employed. Jack emphasizes this in his argument for expanding aid programs.

"These aren't students who are just trying to be lazy," Jack said. "They are trying to live up to an American dream to get an education, so they can get a job, so they can support themselves and their families."

Prentice prepares for graduation, future music career

By IAN KAHLER
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Graduating college is a stressful time in your life. Searching for jobs, places to live, budgeting, passing your final classes and the dreaded senioritis can all add up and create difficulties for college graduates.

For some, graduation becomes something to look forward to and is more of a relief of finally being at the finish line.

“I think this final semester was low stress going into graduation since I only had to take one class to finish my degree. I didn’t specifically plan it out this way,

but I’m glad it turned out to be like this,” Prentice said.

Thomas has been involved with music since he was 10 years old. He started with piano lessons that bored him at a young age, but now he looks back at those lessons as necessary building blocks to where he is today.

“Back when I did piano lessons after school, I really didn’t care that much. I would do the exercises and proper techniques, but I didn’t really take it too seriously,” Prentice said. “It wasn’t until I went to middle school and got involved and started practicing tougher pieces was when I

finally realized how much I enjoy piano playing.”

Thomas was recently hired as Kearney High School’s new staff accompanist and collaborative accompanist and he said that the stress of graduation subsided knowing he has a

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Enrollment Plan to change student perspectives

By CASSIE SLOAN
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Enrollment has been steadily declining at all Nebraska universities, including UNK. Enrollment numbers are measured in the fall semester on the sixth day of classes for all undergrads and grad students. In total, enrollment is down from years past. At UNK, a task force is working on strategic enrollment plans so numbers may rise again.

An accompanying issue is that the number of students being recruited by UNK is declining. With this, fewer students are prepared for or looking to transition into college. Different paths are available, and bachelor degrees are not the education everyone needs or looks to receive.

Still, there is an increasing number of non-traditional student paths in recent years. This change is critical to future recruitment.

UNK’s enrollment team has a mission: to serve as many students as possible. For Kelly Bartling, assistant vice chancellor of communications and community relations, the last few years have displayed a significant change in who is coming to university.

“It’s disappointing. [The change] affects budget, because there’s less tuition which affects revenue in scholarships, which means that there is less money to hire faculty,” Bartling said.

By taking an approach to recruiting non-traditional students, there are expected changes to take place in what UNK means to students. The enrollment team hopes to make UNK into a non-traditional school, not just for the 18-year-old, first-time freshmen.

“We will begin by increasing our ground recruiters, not just for high school, but for foreign exchange, online, grad students, and non-traditional. It’s an entire campus approach and it will take everyone’s help,” Bartling said.

UNK collaborates with UNL and UNO in order to take similar approaches to maximize efforts, but Nebraska universities do not necessarily work together. There is a need to invest in resources. However, there is little left in the budget for advertising, so the advertising team has to be smart. Strategic planning is vital in the new enrollment plan.

In an effort to change UNK’s image, this year the new motto,

“Be Blue, Be Gold, Be Bold,” was launched and there was a positive reaction to it. There was also the First Generation Students National Day, which celebrates students who are the first in their family to attend college. Efforts are being made to recognize every kind of student. UNK wants them to see this university as a place they can become successful in. Recently, Nebraska took away out of state tuition for students from Colorado attending UNK and this has also made a

difference.

Specifically for UNK students, Bartling said there are roles to play that will generate positive change. She asks that they become empowered to tell their stories of success and become ambassadors for UNK — telling their friends, peers and siblings of what UNK means to them can make a huge difference. Bartling said that if students tell those about to head into college what to expect and to be excited, possibilities can advance.

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A celebration of song, dance, food and fun

Korean Festival highlights aspects of Korean culture



Photo by Kosuke Yoshii

Hyun Ji Lee holds up her fan during the performance of the Fan Dance.



Photo by Kosuke Yoshii

Students dance during their K-pop performance.



Photo by Kosuke Yoshii

Hannah Pedersen poses during the K-pop dance.



Photo by Kosuke Yoshii

Shota Suzuki plays the Kkwaengwari instrument at the performance of "Samulnori."



Photo by Kosuke Yoshii

Students pose during the K-POP dance "LIKEY" by TWICE.



Photo by Kosuke Yoshii

Colten Herbert poses during a traditional martial arts form in Taekwondo.

Ramen for the win at Kearney's new restaurant

By GRACE MCDONALD

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If the state of Nebraska were a restaurant, the menu would be dominated by two main items: meat and potatoes. Don't get me wrong, I love a big, juicy steak as much as the next Loper, but two brothers are spicing up the culinary atmosphere of the Beef State in downtown Kearney. In fact, they are making a living off of what keeps the average college student, well, living. Ramen.

On 15 East 24th Street in the upper level of The Other Side bar, lies a restaurant called US in which Harley and Rico Huryta cook bowls of ramen noodles for visitors from 5 p.m. to 10 p.m. I tried their chicken ramen specialty, which never leaves the menu. To create this dish, the brothers endure a twelve-hour process to marry the miso broth to mirepoix, which consists of celery, carrots, and onions. For six hours, this concoction simmers in one pot. Along with the noodles, a soft poached egg is added, so the runny yolk can give it a creamy texture.

The chicken is boiled and salted until the tender meat can be broken down entirely, so both dark and white meat are in the mixture of each bowl.

Their menu becomes even more unique in that the ingredients are locally sourced. The meat originates from Winchester Farms in Gibbon and Mellie May Poultry in Rockville. Meanwhile, the toppings used depend entirely upon the season in which they are produced, mainly because they come from the gardens of local vendors. To maintain the freshness of their food, the menu will rotate on a bi-weekly basis, so a variety of over 36 menu items can be gradually incorporated into the list of options for guests.

"We want to continuously push the envelope and show the city of Kearney

that you can have a seasonal and local restaurant and have the food be absolutely amazing, instead of always coming and being like 'I'm always going to get this dish,'" Harley Huryta said. "We want our guests to



visit knowing that they can always change up what they are getting, but the quality will always be top level." Notice that both Harley and Rico refer to their vis-

itors as guests, rather than customers.

Before starting US on September 24th of this year, the Huryta brothers have worked in multiple restaurants to gain culinary experience. Harley has experience working with the USA Steak Buffet, Jersey's Sports Bar and Grill,

Cellar Bar and Grill, and Ally Rose. He has also worked with Fox Restaurant Concepts in Arizona and transferred to Flower Child, a vegan restaurant, before moving back to Nebraska.

Rico has also worked with HyVee in Kearney before coming upon the opportunity to run the Alley Rose restaurant. There, he fulfilled the position of the Executive Chef for the last three years of his eleven years of experience. It was Rico's dream to start his own restaurant with

his brother, and so, US, was born. Eventually, they would like to open up a brick and mortar to provide a layout and service that Kearney hasn't ever seen before.

"We want to make this experience as inviting and appealing as possible at an affordable price. That's why we decided to do ramen. Everyone knows what the concept of ramen is, but we make it authentic here," Harley said. "College students live off of it, and we wanted to make a dish that gives them nostalgia but is also digestible as opposed to the ten cent packages. We just want to feed people. We love giving food from scratch and having people experience eating."

The flavors of their ramen cause guests to truly savor the tangy textures set before them. If Lopers are seeking out the quality of a fine-dining restaurant at a comfortable price in a welcoming atmosphere, they can find that experience at US. Who would have thought that a bowl of ramen noodles could spark a change in Kearney's culinary community?

GRADUATION, From Page 3

job right after being done at UNK.

"This isn't where I thought I'd be at a year or two ago. I thought I'd have to do a lot of freelance gigs and get my name out there,

but things fell together perfectly and I'm so happy I found the job at Kearney High School," Prentice said.

Thomas also gave some advice for those who are graduating soon, especially

for aspiring music graduates.

"Get to know people in your area of work and get connected immediately. It will absolutely help in the long run and it will make

the process of finding a job before and after graduation so much less stressful," Prentice said. "I have no plans in the long run other than doing some part-time piano playing and focusing

my work at Kearney High School. I'm happy with where I'm at right now and I can't wait to see where the future takes me."

College-age fashion, in the wardrobe of the beholder

By **KEEGAN FRANCL**
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While scrolling through Facebook yesterday I couldn't help but chuckle at the comments underneath a Vogue advertisement. Supermodel Kaia Gerber sporting Moschino's Spring 2020 Ready-To-Wear dress with an artistically designed guitar strapped to the front of the dress. The whole collection reminded me of Pablo Picasso.

The comments were along the lines of, "What has the world come to?", "No one would wear that in real life!", "Who is the designer and was he on acid?", "High-fashion is so ugly these days!"

The ironic part? Moschino's brand is mocking the fashion system while still

profiting from it. Franco Moschino used shows as theater and humor as marketing. Moschino's brand is all about freedom from ideas of propriety and the wastefulness endangered by trends and rules.

People seem to forget that fashion is a form of art. Designers have used runway fashion as a means of conveying a message often in the form of a protest or simply describing the national mood through their collection. Just like Nirvana was famous for going grunge on the government, famous designer Raf Simons protested against society and government through his collections in the early 2000's. It was so well received and controversial that designers all over the world adopted the

grunge/punk look which mostly consisted of unfinished material falling off the models as they marched the runway like dead animals.

Just like our music, the tone of voice we use when we write, our Instagram aesthetic, the food we like to cook, and how we style our hair — the clothes we put on our body's describe who we are as a person. Your style could be so strong that you're lumped in to a stereotype. You wear flannel and Timbs? You're a hipster. You wear a fresh pair of Jordan's, some baggy jeans and a jersey with the tag still on it? You're a UNK athlete.

Or maybe you just don't care, and you'd rather be comfortable. So, leggings, a giant sweater and a pair of white tennis it is. It's easy to

bum it out when everyone else is doing it.

I was recently asked by some English students what the biggest fashion trend is at UNK.

Some LuLu Lemon leggings and a Savage Ruthless hoodie? We don't really do trends unless we're sporting our new Fashion Nova bodycon dress on the weekends.

Hey, I get it. I like to be comfortable, too. It took me to study abroad and see how the average European dresses every day to realize American's dress like rag dolls on a daily basis. Returning home, I threw out my entire wardrobe consisting of remainders from eighth grade. I wanted to redefine and feel better about myself.

There are actually stud-

ies that confirm that what you wear changes how you perform. Like it or not, your clothes are a form of presentation that communicates volumes about you as a person. Research also shows that dressing well impacts how you think. Professional dress, one study found, increases abstract thinking and gives people a broader perspective.

Sure, we feel "safe" wearing our favorite high school track t-shirt and skinny jeans every day. But fashion should never be safe. Even mainstream fashion. You wouldn't be caught dead listening to mainstream music, so why isn't mainstream fashion just as cliché?

Your clothes tell us who you are. So, what's your story?

Positive messages on campus serve as important reminder

ANTELOPE EDITORIAL
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On a nice fall-like day, the week prior to Thanksgiving, I was walking around campus and noticed palm-sized stones within designated walkways. These stones were each inscribed with positive messages and inquiries. My personal favorite read "Did you drink

water today?" Something I hadn't done, but the message made me smile and served as a true reminder.

As recent storms have led us to agree, winter is upon us, and it is a time of utmost importance to be sharing positive messages across campus. Rocks were a clever way of doing it too, making it hard for our extreme prairie winds to sim-

ply blow them away. And with rocks, neither littering or vandalism was involved. However, snow can cover these up. I imagine we have seen the last of these rocks for the semester.

Still, these positive messages are something that shouldn't be snuffed out by snow when, in fact, snow serves as such a great medium for creativity. Instead

of the obscenities we have each seen drawn in snow in years past, I would challenge residents to carry on the positive messages that were scattered in recent weeks by simply bundling up and drawing in the snow instead. This, like building a snowman, is a great way to get out and take a break from studies. Winter inches us towards solitude, when

it is truthfully the most important time to go outside and soak in what vitamin D the sun might allow. A continuance of positive messages on UNK's campus would surely add to this relief, and be doted on as well.

Winters here are harsh, but it doesn't all have to be. The year isn't over. There are still laughs and memories to be had.

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UNK claims MIAA tournament for fourth straight year

By **ALEX ELLER**

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UNK volleyball kept its winning ways going in the MIAA tournament in Kansas City, Missouri. The Lopers won its fourth straight tournament championship by winning three games in three days.

“We have a balanced and disciplined team with good chemistry and leadership,” said UNK volleyball coach Rick Squiers. “From the starters down through our amazing bench spirit, we are truly a team.”

UNK matched up against eight seeded Missouri Southern State (13-18) on Nov. 21. This was second time in less than a week that the Lopers played the Lions.

Similar to the two prior matchups in the regular season, UNK took care of MSTU in straight sets: 25-11, 25-14, and 25-15.

It was the youth for the Lopers that propelled them to the victory against the Lions. Freshman Michaela Bartels (Bennington, Ne) had 15 kills and three blocks and freshman Kamryn Schuler (Gretna, Ne) had ten kills and two



Photo Courtesy of Mathew Hicks

UNK volleyball team poses received the 2019 MIAA volleyball tournament trophy.

blocks.

The competition levels increased significantly, when UNK played No. 20 Northwest Missouri (21-9) on Nov. 22.

Set one between the Lopers and Bearcats was a back and forth battle. Sidney Hallie's kill for NWMS had them on the doorstep of winning at 24-23.

UNK was not fazed and flipped the score with a kill by Julianne Jackson (Bonner Springs, Kansas) and an attack error by the Bearcats.

Maddie Squiers (Kearney, Ne) sealed the comeback with a kill from the setter position. It was one of her nine kills on the night.

After a tough loss in set one, NWMS fell flat in set two. UNK took advantage of a dismal hitting percentage by the Bearcats in a 25-10 set win.

NWMS responded in set three, winning 25-23.

Self-inflicted wounds by the Lopers aided the Bearcats win. Three of the final four points by NWMS were off attack errors.

UNK would not have a repeat performance of the prior set and closed out the match with 25-21 win in set four.

Jackson led the way with a tournament high for the Lopers in kills with 19. Behind her was Anna Squiers

(Kearney, Ne) with 11 kills and five blocks.

With the win against the Bearcats, the Lopers were primed for a match-up against No. 10 Central Missouri.

Riding off the high of their upset of No. 5 Washburn (27-3) in the quarterfinals, the Jennies came out and beat UNK in set one 25-19. Hannah Engelken had five kills to lead Central Missouri in the set.

The Lopers were in danger of going down two sets trailing 23-20 in the second. UNK stood strong and got kills by Bartels, Schuler, and Anna Squiers to tie the set up.

Flustered by the Lopers three straight points, the Jennies never recovered. A ball handling error and an attacking error sealed Central Missouri's fate in a 25-23 set loss.

“Coming back from 23-20 in the second set was really the turning point,” Squiers said. “We were able to get a big side out and a couple of stops to steal the set. From that point on, we felt good about our chances.”

UNK fed off the momentum they gained from two, as they led most of the way in a 25-21 set three win and a 25-15 set four victory.

Jackson and Schuler both had over ten kills in the match, with 17 kills and 13 kills respectively.

Next up for the 33-0 Lopers is the NCAA Central Regional. They play the GAC champion Oklahoma Baptist (28-5) at 7:30 p.m. Thursday, Dec. 5 at the Health and Sports Center.

It is a rematch of arguably UNK's toughest match of the season. In the Loper Preseason Invite, the Bison took set one and two before the Lopers stormed back to take set three and four. UNK narrowly won set five by a score of 15-13.

NCAA Central Regionals 2019

Dec. 5, 7:30 p.m.
UNK v. Okla. Baptist



Dec. 5, 5:00 p.m.
Northern State v. St. Cloud State



Dec. 5, 2:30 p.m.
Minn. Duluth v. Central Mo.



Dec. 5, 12:00 p.m.
Concordia St. Paul v. Washburn



UNKSPORTS

Lopers hold out for win against Hardrockers

By JD RADER

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The Nebraska-Kearney men's basketball team came away with a 63-62 victory over South Dakota Mines despite giving up 11 of the final 13 points scored.

"I thought our guys came out and gave a good effort," said Kevin Lofton, UNK head coach. "That was the best 35 minutes we've played all year. The last five we could've done a better job but if you go up and down the line, we had a lot of guys contribute."

After going into halftime with a 33-25 deficit, the

Hardrockers tied things up at 38. However, UNK would score the next six points and never trail

Leading 61-46 with 3:44 left to play, the Lopers appeared to enter cruise control and Mines cranked up the heat. Mines made six of its last eight shots while the Lopers missed four free throws and committed three turnovers in the final minutes to bring the 'Rockers within striking distance. A free throw by junior guard RJ Pair with 32 seconds left gave UNK the final point they needed. Troy Brady hit a three-pointer at the buzzer that helped pull the Hardrockers to within one.

Points off turnovers and off the bench were the big difference-makers for the Lopers. UNK had 25 points off 16 turnovers compared to Mines' seven points off of 11 turnovers, and the Lopers had 26 bench points compared to the Hardrockets 12.

"I feel like we played one of our best games all year besides the final few minutes. We all played really tough and were competitive on both ends," said redshirt-junior guard/forward Sam Morris. "Coach preaches certain keys each game including defense, rebounding, limiting our turnovers, and just being a more competitive

team, each night and I feel we did that on Friday."

Morris with four points was one of ten different Lopers to score Friday evening. Red-shirt-senior forward Morgan Soucie led the team with 17 points, followed by Pair with 10 points, and senior forward Kyle Juhl with eight points.

The Lopers went 25-54 from the field, 3-15 from behind the arc, and 10-17 on free throws.

Leading the team in rebounds was junior forward Austin Luger with eight, followed by Soucie and Juhl with five each.



Photo by
Kosuke Yoshii

**RJ Pair
scored
10 points
in UNK's
63-62 win
against
South Dako-
ta Mines.**

Women's basketball sets school record at NCC

By JILL-SILLINA MEWS

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The Lopers set a new school record for the largest margin of victory, beating Nebraska Christian College 110-22. UNK moves to 6-0, tied for the fourth-best start in Loper history.

"We had nearly everyone on the team score points and that shows how deep our team is," said junior guard Kelsey Sanger.

"Those games are always fun to see every teammate on the floor and appreciate each other even more."

The Lopers started applying relentless pressure

on defense and played with confidence and aggressiveness on offense. In the first two quarters, UNK tallied 51 points, compared to the Sentinals nine points heading into halftime.

After the break, the Lopers put their high-scoring capabilities on display, with 37 points on 13 of 15 shooting (86.7%).

In the fourth quarter, UNK continued to push on offense and defense. The Lopers overpowered Nebraska Christian even with all the backups playing.

UNK reached 100 points for the 24th time in program history by shooting 59%

from the field and sinking the second-most threes (15) in school history.

The 88-point margin of victory bests the 124-42 effort (82 points) achieved by the 2017-18 Lopers in a win over York College. This is tied for the fourth-fewest points allowed in school history with the 26 assists tied for the tenth most.

UNK was led by freshman forward Madison Dreckman who had a double-double (20 points and 10 rebounds). Freshman guard Kaleigh Kummer hit five of six threes to tally 17. Junior reserve guard Aspen Jansa went four of four from behind the arc to

score 14 and sophomore starter Maegan Holt made an immediate impact providing 11 points in 13 minutes.

"Kaleigh Kummer shot it really, really well," said Carrie Eighmey, women's basketball head coach. "That is the thing about our team. We have depth. We have got plenty of players on this team that are good and help us every day in practice. Today was an opportunity for them to be able to get some experience especially some very young players."