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STUDENT VOICE

November 4, 2011

www.uwrfvoice.com

Volume 98, Issue 7

UWRF honors Veterans Day



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There will be a total of 6,300 American Flags set up outside the UW-River Falls University Center throughout the week of Nov. 6-12, in honor of Veterans Day, which is Nov. 11, to recognize the U.S. veterans killed in Iraq or Afghanistan since 2003, said Rob Cahalan, Veterans Club president.

Flags will be set-up in front of the UC on Sunday, Nov. 6 and will be taken down the following Saturday, Cahalan said. Throughout the week, donations will be accepted for the care package drive. On Wednesday, Nov. 9, there will be two times for documentary viewings with a panel of veterans following, open to the public, in the UC.

On Friday, Nov. 11, Veterans Day, there is the Remembrance Day National Roll Call. Eastern Kentucky University (EKU) started this and around 200 schools nation-wide are participating, Cahalan said. The 6,000 and some names will be read to be honored, according to the EKU website.

This year marked the 10-year anniversary of the Sept. 11 tragedy. All 50 states are participating in the announcing of the casualties of Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF), according to the EKU website.

There are currently around 500 students on campus who are veterans and approximately 250 of those are using education benefits. The Veteran Services office, located in room 220 of South Hall, offer veteran benefits and certifies benefits.

Approximately 5 percent of all students on campus at UWRF are veterans or dependents of veterans, according to Trevor Daly in the Veteran Services office. Compared to other UW schools, UW-Eau Claire has more students who are veterans than UWRF, but a smaller percentage. Daly said these numbers are from last winter.

The Veterans Club mainly provides an advocacy group for student veterans. The club also participates with homecoming, but mainly acts as a social club. Other groups participating throughout the week of Veterans Day are offices in New Student and Family Programs such as Student Life, Residence Life, Career Services and others, along with the many students helping within all those departments said Nicole Lillis, manager of the veteran program.

Items recommended and requested by troops to be sent are the following: beef jerky, protein bars, cereal bars, gum, Pop Tarts, nuts/trail mix, hygiene products (no liquids), footballs, Gatorade powder/other drink powder, DVDs, coffee, UWRF gear, snacks and playing cards. Cash is also accepted for the mailing costs. Flyers will be posted in the UC with this information. Drop-off locations will be at a table in the UC during the week of Nov. 7-11 or in the Veteran Services office, according to the flyer.

UWRF works to overcome budget lapse challenges



Megan Rodriguez/Student Voice
Chancellor Dean Van Galen hosts a town hall meeting to discuss the budget lapse that is affecting the UW-System.

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UW-River Falls Chancellor Dean Van Galen is looking at ways to cut spending after the University was ordered Oct. 14 to return nearly \$1.8 million of taxpayer money over the next two years back to the Wisconsin government as part of a plan to balance the state budget. UWRF administrators said the order unfairly targets the UW-System.

The order is the result of the 2011-2013 biennial Wisconsin budget, which was balanced on the assumption that state agencies would return \$174.3 million of unused funds by the end of the 2013 fiscal year. The Wisconsin Department of Administration, or DOA, ordered that nearly \$65.8 million of the returned funds must come from the UW-System. UWRF is responsible for \$1.8 million of that sum.

The UW-System traditionally accounts for around 7 percent of the state’s revenue allocation, but is being ordered to shoulder 38 percent of the required cut, according to a UW-System press release.

“It is not a surprise that the state of Wisconsin will distribute a budget reduction ‘lapse’ to state agencies, and that the UW-System must contribute to the reduction,” wrote Van Galen in a statement. “What is surprising and troubling is the disproportionate size of the cut that is being proposed for the UW-System.”

Word of the order came in the form of a memo from DOA Secretary Mike Huebsch.

“These lapses will present operational challenges and opportunities to state agencies,” wrote Huebsch. “The Governor remains committed to putting Wisconsin’s state govern-

ment on a stable fiscal footing while ensuring that it functions as efficiently and effectively as possible.”

The DOA works with the governor to “develop and implement the state budget,” according to its website.

The DOA memo announcing the distribution of the cuts among state agencies provided no explanation as to how the distribution percentages were calculated. It did however indicate that certain agencies were given exemptions for having “high-priority” programs. These include medical assistance, child welfare and school aid.

“The memo that came from the DOA said they were holding harmless what they called ‘high-priority’ areas. What that says is we’re not included as a high-priority,” said Blake Fry, the UWRF special assistant to the chancellor. “So one can take that for what they’d like it to mean.”

UW administrators argued the budget lapse share placed on the UW-System would ultimately damage the economy.

“As a state, we must realize that the work of the public universities is critical to solving the short- and long-term economic challenges that we face, and to sustaining the high quality of life that Wisconsin has enjoyed for many years,” wrote Van Galen in response to the DOA memo.

“We do not know how we can take these cuts without negatively affecting the education of our students and the expectations of their families for a quality experience,” stated a UW-System press release. “These disproportionately large cuts will hurt every UW

Campus	FY 2012	FY 2013	2011-13 Total
UW-Madison	\$18,106,065	\$7,702,870	\$25,808,935
UW-Milwaukee	\$6,207,319	\$2,643,012	\$8,850,331
UW-Eau Claire	\$2,345,863	\$998,844	\$3,344,707
UW-Green Bay	\$1,128,776	\$480,621	\$1,609,397
UW-La Crosse	\$1,899,341	\$808,720	\$2,708,061
UW-Oshkosh	\$2,257,640	\$961,280	\$3,218,920
UW-Parkside	\$1,066,609	\$454,151	\$1,520,760
UW-Platteville	\$1,305,136	\$555,713	\$1,860,849
UW-River Falls	\$1,306,120	\$556,132	\$1,862,252
UW-Stevens Point	\$1,929,202	\$821,434	\$2,750,636
UW-Stout	\$1,773,549	\$755,159	\$2,528,708
UW-Superior	\$700,290	\$298,176	\$998,466
UW-Whitewater	\$1,985,927	\$845,587	\$2,831,514
UW Colleges	\$1,749,461	\$744,902	\$2,494,363
UW-Extension	\$2,078,362	\$884,945	\$2,963,307
UW System Admin.	\$295,417	\$123,223	\$418,640
Totals	\$46,135,077	\$19,634,769	\$65,769,846

Source: UW-System
October 2011 lapse amounts by the UW-System institutions.

institution’s ability to spur regional economic growth and to help all of Wisconsin emerge from a persistent economic recession.”

Gov. Scott Walker released no comment on the distribution decisions made by the DOA.

Student and Faculty Senate at UWRF both approved resolutions denouncing the DOA distribution decision.

The money required from the UW-System will be divided among the various UW campuses according to a formula that ranks the schools by how much money they take from the UW-System budget, Fry said.

UW-Madison will contribute the largest share of the cut with \$25.8 million over the next two years, while the UW-System administration will contribute the least with \$418,640, according to the UW-System press release.

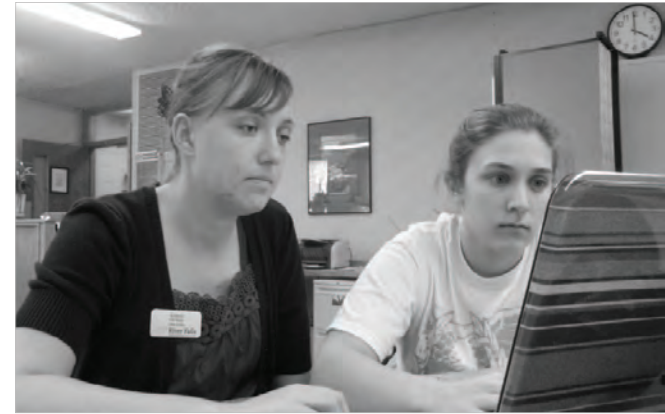
Van Galen and his cabinet will be meeting over the coming days to decide how UWRF will come up with its share of the cut, Fry said.

“A wide range of possibilities are being looked at,” Fry said. “But there’s one thing we know for sure with this lapse is that there will be no reductions in permanent staff positions.”

The UW-System will need to submit a plan outlining proposed cuts for the current 2011-2012 fiscal year to the DOA by Nov. 7.

United Falcons of UWRF, the faculty and academic staff union at UWRF, will host an open forum to discuss the effect of budget cuts 4 p.m. on Nov. 9, in room 321 of the University Center.

Career Services helps students find jobs around, off campus



Desi Danforth/Student Voice
Kristine Berning from Career Services helps Lauren Schlichter practice steps for successfully getting jobs.

Andrew Barker
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UW-River Falls has many on-campus job opportunities that students are utilizing in various departments, and students also have access to various tools to help find these positions.

Career Services on the UWRF campus is available for students and helps promote positions on-campus as well as off-campus. One of the ways is to direct students to Hire-a-Falcon, which contains positions in various departments that are posted. Students are also told they should go into departments they find interesting and ask if any positions

are available.

“Not all positions are posted on Hire-a-Falcon,” said Melissa Wilson, the Career Services director. “Some departments choose not to post it and prefer it to get around through word of mouth.”

Currently on Hire-a-Falcon, jobs are being posted for future semesters but a few are also still available for this semester. To view these positions you can type in your Falcon ID number and password on the Hire-a-Falcon website or contact Career Services.

According to the Oct. 9 to Oct. 22 student payroll, 839 students were paid for working in 1,012 different student

positions. Some students have multiple student positions on campus. Of the total number of positions available, 485 of them are able to pay students, work study. Those positions depend on the student’s eligibility for work study, as determined through FAFSA.

“I love my campus jobs,” said Samantha Zastrow, a UWRF English major. “They work around your school schedule and understand that homework comes first.” Zastrow currently works as a building manager at the University Center along with Career Services.

“I like not having to pay for gas to get

See Career Services page 3

River Falls School District puts referendum proposals for community to vote on Nov. 8

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On Tuesday, Nov. 8, voters in the River Falls School District will be asked whether or not they would like to pass a referendum on three separate questions, with the total projected cost estimated around \$38 million.

Tom Westerhaus, the superintendent of the River Falls School District, said it is important for the campus community to understand the implications of the referendum, as the decision has an impact on the overall community of River Falls.

“For students, it is important that the University takes interest in whether the referendum passes or not. River Falls has always been seen as a pro-education community. We have students from the University come to our schools to help, coach or do things in the schools, so it is important to have good facilities,” said Westerhaus.

Westerhaus added that the referendum would also impact faculty or students who own property in River Falls. The River Falls School Board estimates that for a property valued around \$200,000, the total cost to the taxpayer if all three questions are passed will add an estimated \$154 in

Referendum

These questions will appear on the Nov. 8 ballot. If you vote in River Falls, you are eligible to vote in this election. Polls open at 7 a.m. to are set to close at 8 p.m.

QUESTION NUMBER I

"Shall the School District of River Falls, Pierce and St. Croix Counties, Wisconsin be authorized to issue pursuant to Chapter 67 of the Wisconsin Statutes, general obligation bonds in an amount not to exceed \$19,050,000 for the public purpose of paying the cost to renovate, upgrade and update safety and security systems, indoor air quality, energy efficiency, accessibility, and technology and to address deferred maintenance at various school facilities (including Greenwood, Rocky Branch and Westside Elementary Schools, Meyer Middle School, the High School, the District office and bus garage); and to construct office entry additions at Greenwood and Westside Elementary Schools?"

QUESTION NUMBER II

"Shall the School District of River Falls, Pierce and St. Croix Counties, Wisconsin be authorized to issue pursuant to Chapter 67 of the Wisconsin Statutes, general obligation bonds in an amount not to exceed \$15,975,000 for the public purpose of paying the cost of constructing and equipping classroom and cafeteria additions at the Greenwood, Rocky Branch, and Westside Elementary schools; and remodeling and improving science and team areas at Meyer Middle School?"

QUESTION NUMBER III

"Shall the School District of River Falls, Pierce and St. Croix Counties, Wisconsin be authorized to issue pursuant to Chapter 67 of the Wisconsin Statutes, general obligation bonds in an amount not to exceed \$3,370,000 for the public purpose of paying the cost of improving, renovating and remodeling the Academy Building to upgrade and update technology, safety and security systems, indoor air quality, energy efficiency and accessibility; and to address deferred maintenance?"

A copy of the entire text of the resolution directing the submission of the questions can be obtained from the District Clerk at the District office located at 852 E. Division Street, River Falls, Wis. 54022-2599.

taxes.

Westerhaus noted that it was his role to provide the facts, which include the costs and building conditions. It was not his role, he said, to advocate one way or the other regarding the referendum.

The focus of the questions involved in the referendum

includes four key areas, according to the School District of River Falls. They include safety and security, educational program/space, energy efficiency and sustainability and deferred maintenance and physical accessibility.

Opponents of the referendum state that the current

items up for vote are no different than the referendum, which failed in April. With over 5,000 votes cast the last time around, the referendum failed by 182 votes, or roughly 1.5 percent. Westerhaus stated that he believes that now is a good time to bring the referendum back into

question as the school board has listened to what the voters had to say regarding the defaults of the first referendum. He also stated that the longer the district waits with updates to spacing and facility needs, the more the cost is likely to increase.

The biggest change,

Westerhaus noted, was that the referendum is now split into three questions instead of one. This means that any of the three items can pass with or without the others. The proposed referendum also addresses the community's concerns with the Academy Building, which has been the cause of debate. Under the new referendum, the building would not be demolished.

Another main concern for the referendum was the cost. The main arguments Westerhaus has heard against the referendum stem from the costs related to the project. Opponents do not feel it is the time to ask citizens to dig into their pocketbooks once more, given the current economic climate.

In an opinion letter published in the River Falls Journal on Oct. 27, citizens also noted that they feel it is not necessary to add extra space since the population of children attending River Falls Public Schools has been flat over the past several years.

Polls open at 7 a.m. on Tuesday, Nov. 8 and close at 8 p.m. Students living on campus can vote at the University Center. All other students and faculty vote at their regular polling places.

River Falls Police / UWRF Police Department

- Oct. 27
- Tanner Avery Sanborn, 18, was cited \$263.50 for underage consumption on 750 E. Cascade.
- Oct. 9
- Three incidences of 911 calls were reported near F-lot and Ag Sci through the Bluelight sytem, but no one responded upon call back.

Editor's note:
Information for this section is taken from River Falls Police and UW-River Falls Police Department incident reports.

News Briefs

Brown Bag Lunch with Faculty Senators is from 11:30 a.m. to 12:30 p.m. on Friday, Nov. 4 in Pete's Creek in the University Center. All interested faculty are invited to join available members of the Faculty Senate Executive Committee as well as Wes Chapin, Faculty Senate chair; Michelle Parkinson, faculty member; and Marshall Toman, faculty senator, for a casual brown bag lunch. Our purpose is to provide newer faculty or faculty unfamiliar with the Senate with answers to any questions they may have about this governing body. Contact michelle.parkinson@uwrf.edu.

Saturday, Nov. 5-Sunday, Nov. 13, 8 a.m.-8 p.m., Ag Engineering Annex, Annual Snowblower Tune-up/Lawnmower Winterization sponsored by the Ag Industries Club. Contact daniel.alexander@my.uwrf.edu.

Wednesday, Nov. 9, 6-9 p.m., North Hall auditorium, Culture Fest sponsored by the Asian American Student Association. The event celebrates and brings awareness of different cultures in our community with cultural acts and performances. Free admission, free food and door prizes. Contact Zee Xiong at zee.xiong@my.uwrf.edu.

A Bachelor of Fine Arts degree show featuring the works of Allison Grahek (re-

lief prints), Katie Habeck (pottery artwork), Bryan Hitchcock (3-D paintings), and Jordan Landauer (ceramic sculptures) opened in Gallery 101, KFA. A reception is set for 4-7 p.m. Friday, Nov. 4. Gallery hours are Monday-Friday, 9 a.m.-5 p.m. and 7-9 p.m.; Sunday from 2-4 p.m.

Thursday, Nov. 3-Saturday, Nov. 5, 7:30 p.m., Davis Theatre, KFA, University Theatre presents "All Shook Up." A lively musical production featuring the songs of Elvis. Admission is \$15/adults, \$10/age 60+; \$5/ UWRF students with id.

From 10:00 a.m.- 2:00 p.m. the week of Nov. 7-11, there will be a care package drive for troops in the main entrance to the University Center. Contact: Nicole Lillis, nicole.lillis@uwrf.edu

Mock interview day is from 10 a.m.-3 p.m. on Wednesday, Nov. 9 in the UC ballroom. Polish your interviewing skills for the internship or job hunt before it really counts! Through this event, students will have an opportunity to practice interviewing with REAL employers in their field of interest. The interview will last 30 minutes, which will provide enough time for the employer to ask 10-12 interview questions and provide advice on how to improve for the real thing. Pre-registration is required. Contact Career Services.



Submitted by Wendy Penny
Officer Joel Trepczyk talks to Ellsworth 3rd graders about being an officer. He also talked about saftey in the community. Students were also shown police equipment.

Corrections:

In Michael Leonard's column "Exploring the historical wonders of Halifax, Alaska," the headline should have read, "Exploring the historical wonders of Halifax, Canada." Canada should have been substituted throughout the story.

Senate Shorts

Oliver White resigned his position as Senator on Student Senate.

There will be a "meet your Student Senate" night on Nov. 30. Details to come later.

The next regular meeting of the Student Association Student Senate will occur at 7:00 p.m. on Tuesday, Nov. 8 in the Willow River Room of the University Center.

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Career Services: Department offers job practicing opportunities

From page 1

to work,” said Patrick Jones, a UWRF computer science major. Jones currently works as an Infrastructure and Security Technologies (IST) networking and telecommunications technician for the on-campus Division of Technology Services.

Mock interviews are also available each semester, which are hosted by Career Services. The next mock interview day will be from 10 a.m. to 3 p.m. on Nov. 9 and will be held in Riverview Ballroom at the UC. These are available for any student

that signs up and are with actual businesses from off-campus. Students can also request a mock interview at any time in the Career Services office.

“We try to cater the mock interview questions to the positions the student is thinking of applying for,” said Wilson.

These practice interviews help students gain experience as to what employers will be asking and looking for. “You get to know the employer’s train of thought through these mock interviews,” said Zastrow.

Career Services also promotes positions and its services at every department fair and at all registrations. A flier is handed out at these events that promote upcoming opportunities such as their mock interview events and the Etiquette Dinner, which is on Nov. 15 in the Riverview Ballroom at the UC.

On Feb. 8, an on-campus jobs fair will be held in the Riverview Ballroom at the UC and will be available for any student that is interested in learning more about the various positions on campus.

Center provides help, prevents abuse

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Going on her third year being the executive director at Turning Point, Inc., Kim Wojcik said working to prevent domestic and sexual abuse is a, “no brainer.”

“To me, it’s a no-brainer,” Wojcik said. “You shouldn’t smoke, you should wear your seatbelt, and you just shouldn’t beat your wife.”

Turning Point is a non-profit organization that has been active in River Falls for 33 years. The 17-bed shelter provides living necessities, hygiene products, support groups, a Forensic Nurse Examiner Program (FNEP), hospital and court advocacy, domestic and sexual violence counseling, a 24-hour crisis line and other services to victims/ survivors of domestic and sexual violence. Wojcik said Turning Point treats people from all kinds of different backgrounds.

“We help people from every religion, ethnicity, race and sex,” Wojcik said. “It doesn’t matter what group or culture you’re from, everyone can experience domestic and sexual abuse.”

Since Turning Point is a non-profit organization, they do various events to spread awareness and fundraise. The two biggest events Turning Point hosts are held in April, which is child abuse awareness month, and the second one is in October, which is domestic violence awareness month.

“The event in April is called Pottery for Prevention,” Wojcik said. “Potters donate pottery and then we auction it off, we also offer food and drinks.”

The other main fundraiser is called the Walk to Empowerment to End Domestic and Sexual Violence. This year, the two-mile walk was on Oct. 8 in Prescott, Wis. Wojcik said sponsors donate money and a lot of people form teams and raise money on their own for Turn-

ing Point. Courtney Brown, a senior at UW-River Falls, said that she helped plan the walk.

“The Walk to Empowerment to End Domestic and Sexual Violence was my first event I helped organize,” Brown said. “A lot of the people walking are victims of domestic or sexual abuse or family and friends of people who have experienced it.”

Brown is a marketing intern at Turning Point; she said she found the internship through a marketing communications class at the University.

“I’ve written press releases, articles and completed marketing input presentations,” said Brown. “Pretty soon I will be presenting to their marketing board.”

Turning Point is always taking applications for volunteers and internships.

“We operate off of volunteers,” Wojcik said. “We have six full-time volunteers but that’s just barely touching the surface for how many we actually need.”

Hands-on internships are available as well. Wojcik said she’s looking for a marketing, social work and a web design intern, or just anyone with passion and interest.

Overall, Wojcik said she would like to get more men involved in volunteering and being active in the fight against domestic and sexual abuse.

“The reality is, men are usually the abusers,” Wojcik said. “When boys grow up in a violent home, it is more likely that they will become violent someday as well.”

The next big event Turning Point is involved in is called Give To The Max, which is a “24 hour period of giving.”

“Basically, on Nov. 9, anyone can log on to the website (give2max.razoo.com) and donate any amount of money to the non-profit organizations that are registered for the event,” said Wojcik.

The organization that raises the most money gets a \$10,000 grant.

Students value scholarships at UWRF

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UW-River Falls celebrates students’ achievements and donors’ generosity with the annual UWRF Foundation Scholarship Recognition Event. This year’s event took place on Sunday, Oct. 30.

“What a fine group of students we have with us tonight,” guest speaker, scholarship donor and UWRF alumna Shirley J. Christenson said as part of her planned speech at the event. “Our nation’s future is in great hands.”

Christenson went on to say that she relied on scholarships when she studied at UWRF years ago. As a first generation college student and the fifth of six children, she said that scholarships were a necessary and vital part to her college experience.

“I am so blessed due to others touching my life, contributing to my current comfortable lifestyle,” Christenson said. “With a steady income, I felt it was my turn to give back, to say thank you.”

Christenson gave her first \$100 scholarship in 1961 and has continued to supply scholarships to students up to this day. “Currently, the scholarship is a little bit larger than that first year,” Christenson said in her speech.

Student speaker and recipient of the Robert B. Bailey III Memorial Scholarship, Grace Adofoli echoed many of Christenson’s sentiments. “If I receive now, I can be able to give back later,” Adofoli said. “It’s really seeing the affect of giving back and really being able to contribute to other students just like you.”

In her speech at the Scholarship Recognition Event, Adofoli said that her story was similar to many others on the UWRF campus. “[I am a] first generation college student, coming from modest means, [and have] a passion for learning, and a desire to better one’s self,” Adofoli said.

To wrap up her speech, Adofoli talked about one of her dreams. “My dream is that every student admitted onto the UWRF campus will have enough support to ease their financial disparities in order for them to venture into their destinies,” Adofoli said.

Adofoli encourages those who haven’t been chasing scholarships to jump into the fray. “Everybody is on it,” Adofoli said. “Everyone is trying to get this money so you kind of have

to be aggressive.” She advises students to do their research ahead of time. “Most of them are due in January,” Adofoli said. “So I spend almost the whole winter break doing that.”

Chris Mueller, the executive director of University Advancement and president of the UWRF Foundation, stressed the importance of scholarships to today’s students. “In this day and time, scholarships are becoming more and more critical to students,” Mueller said.

Access and affordability are some of the key values of UWRF, according to Mueller. “Providing scholarships allows us to make the University as accessible and affordable as we can,” Mueller said.

When a donor gives a gift to the University, they are treating the University like they’re family, according to Mueller. “In some ways the donors treat the student recipients as almost an extension of their family,” Mueller said. “There are stories about donors who have taken in their scholarship recipients and almost treated them like their family.” Mueller said that he thought this was heartwarming.

Also a first generation college student, Mueller received scholarships in his time at school. “Having an event like [the Scholarship Recognition Event] really helps all of us focus on why we’re really here and why we do what we do,” said Mueller. Events like these also let donors know that their gifts are appreciated said Mueller. “It also provides an opportunity for those who are not donors to see the impact that these gifts have.”

Each Scholarship Recognition Event is a long time in the making according to Scholarship Coordinator Logan Spindler. “Planning starts about six months ahead of time,” Spindler said.

Spindler, Adofoli, and Mueller all said they agreed that students need to be applying for these scholarships, even if they think the competition is steep.

“I think in any given year, we’re going to have more students apply for scholarships than we probably have money for,” Mueller said. “But that doesn’t mean students shouldn’t apply. If they feel they’re deserving of a scholarship, go for it.”

Spindler noted that, “The surest way you’re not going to get a scholarship is by not applying.”

If you or anyone you know is subject to domestic or sexual abuse, please call the 24-Hour Crisis Line at 586-463-6990 or log on to the Turning Point website: www.turningpointmacomb.org



Chancellor hosts town hall meeting, discusses Falcon Promise with Student Senate

Megan Rodriguez and Maggie Sokoloski/Student Voice

Chancellor Dean Van Galen hosted a town hall meeting on Nov. 2 to discuss, among other things, the Falcon Promise and where the University stands on the budget lapse issue. He also did a walk-through of the buildings affected by the Falcon Promise with members of the Student Senate.



EDITORIALS

Registration prep key to success

Advising week and registration is once again upon us, which is arguably the most important (and busiest) time of the semester.

As the last of the midterms are wrapping up, staying focused can sometimes seem dismal. However, planning ahead is essential to ensuring that you pave as smooth of a path as possible to accomplishing your academic goals in a timely and cost-effective manner.

Getting to know your advisor will significantly benefit your academic experience. Students with a chosen major are assigned a faculty advisor by the department chair in that major.

The relationship between advisor and advisee is one of shared responsibility, and as students entering a new point in life, you need to make many decisions. Your advisor is here to assist you in making choices concerning your academic career; don't be afraid to ask for help. If needed, changes of advisor assignments can be made upon the request of the student or the advisor.

Nonetheless, you cannot rely entirely on your advisor to make all of the decisions for you. Time should be taken to become familiarized with your degree program in order to ensure that you are aware of all of the necessary requirements. It is also your responsibility to schedule your advising appointment, to prepare questions for your advisor, to prepare a tentative schedule for the upcoming semester, and to observe deadlines.

As a student pursuing a degree, you should challenge yourself in all that you do. When you invent the future, you need to get a mental picture of what things will be like throughout the journey. Be proactive in planning your future; there is no reason that you should wait until the last minute to think about the next steps. Course offerings are now available online, as well as potential academic plans for all majors. Challenge yourself in the classes that you take and remember that it is never too late to get involved outside of the classroom!

No matter how grand the dream of an individual visionary, if others can't see the tangibility, they won't follow. Some students take on too heavy of a course load and crack under the pressure. You need to make sure that you can handle all you can take on, considering not only courses but also extracurricular activities, any jobs that you might have, and anything else that consumes significant amounts of your time.

The future is in your hands, and the keys to success start with proactively planning ahead.

Editorials represent the opinion of the Student Voice Editorial Board and are prepared by the editorial staff.

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Read the *Student Voice* online at www.uwrfvoice.com

The *Student Voice* is a student-written and managed newspaper for UW-River Falls, and is published Fridays during the regular school year.

All editorial content in the *Student Voice* is determined by the newspaper's Editorial Board. The opinions expressed in editorials and columns do not represent those of the newspaper's advisor, student population, administration, faculty or staff.

Letters to the editor must be 300 words or less, and include a first and last name and phone number. They can be submitted at 304 North Hall, River Falls, WI 54022 or to editor@uwrfvoice.com.

The *Student Voice* reserves the right to edit any material for content, libel or space. It also reserves the right to withhold letters. All letters, news releases, briefs, display ads and classified ads must also be submitted no later than Wednesday at noon.

Because of high production costs, UW-River Falls community members are permitted to collect one copy of the *Student Voice* per issue. A single copy of the *Student Voice* is valued at \$1, and additional copies may be requested from the editorial staff by e-mail through editor@uwrfvoice.com. Newspaper theft is a crime. Those who violate the single copy rule may be subject to civil and criminal prosecution.



David Recine/Student Voice

LETTERS TO THE EDITOR

Student disapproves of Student Senate president

As a former student senator, one of the lessons I learned from my predecessors was to remain non-partisan on Senate business and to act on behalf of the student body. That was the most effective way of representing those who elected us. However, it seems that Student Senate President Tyler Halverson has failed to carry out that core role.

Regarding last week's article about the voter ID bill, our president mentioned his affiliation with the Democratic Party—an obvious violation of the non-partisan code. In this instant, it becomes clear that our president is acting on behalf of personal partisan ideas instead of the student body as a whole. It's rather disheartening, considering I once viewed

him as a friend—heck, I campaigned for him last year in his run for president.

There is a time and place for everything, and my point is as follows: keep partisan politics out of the Senate. The student body only cares that you are looking out for their interests, rather than your own. By the way, it's the same body that can call on your fellow senators to remove you. You're a president, not a dictator.

Michael Leonard
Student

Mixing up your daily menu with downtown cuisine in River Falls



Cristin
Dempsey

Columnist

Are you tired of eating the same cafeteria food every single day, three times a day? I have only been on campus for two months and I am already eager for a change. Fortunately, there are many options for food choices in town that are just a short distance from campus.

You will not have to get tired of campus food any longer, just as long as you have some money. And being a broke college student, that might mean you have a few dollars.

But if you are looking for new food, here are some places you should try near campus:

Luigi's Pizza, like the three other pizza joints in town, is located right on Main Street and is only a short walk from campus. I've eaten at Luigi's three times already in my first two months here, and it was definitely not a disappointment. Their pizza is very delicious and filling, though one thing I would change is to have it be less greasy. If it were less greasy, it would be perfect.

Even if you do not like pizza, Luigi's has different options that you can try. They have the calzone, which is basically a pizza inside a biscuit. The calzone is delicious, but if you order it, I recommend you don't eat anything more that day. They are huge and will keep you full for perhaps a few days. There are also other Italian options that you can try, like spaghetti or ravioli.

Another cool feature at Luigi's is their free delivery service. I strongly recommend you take advantage of dining at Luigi's or ordering some for your dorm room at some point in college.

Steve's Pizza is also on Main Street, right down the street from Luigi's. My friend and I ordered a pizza from Steve's only once, so that is my only experience with them. Their pizza is also very delicious, just your standard take-out pizza, but it is extraordinarily greasy. I feel as if there is

They have the calzone, which is basically a pizza inside a biscuit. The calzone is delicious, but if you order it, I recommend you don't eat anything more that day.

a pattern forming here. I suppose most pizza joints have greasy pizza. That is the only drawback of ordering a pizza. Steve's also has free delivery, so save some room one Friday night and order from Steve's to try it out.

The other two pizza joints near campus, Pizza Hut and Dominoes, are chain restaurants, so I am hoping you know what they are like.

I am going to change the focus a little bit and go to Mexican food. I ate at the Mariachi el Loco for the first time two weeks ago.

The location is extremely convenient; it is right across campus on Cascade. The atmosphere at Mariachi el Loco is very lively and welcoming. It draws in a large crowd, so going to dinner will be packed, though I was quite satisfied with the service there.

The food tasted like authentic Mexican food and was very delicious. Although if you order one of something, for example, one enchilada, it will probably not be substantial enough if you're absolutely starving, so I would recommend always ordering two.

They also offer a plethora of special Mexican desserts, such as flan. Whether you love Mexican food or it is something you do not eat often, I strongly encourage you to eat there a few times during your time at UW-River Falls.

The River Falls Family Restaurant is a little far from campus; it's not in walking distance. But when I went there, I was satisfied with it.

The atmosphere is very quiet and homey.

The service is very good and everyone there is really nice.

The food there was simple, everyday food, but it wasn't bad. I had a chicken sandwich and enjoyed it very much. My parents commented by saying the soup was very delicious and they would definitely go back and have it again. This is, just as the name suggests, the perfect place to go eat when your family is in town.

There are of course plenty of other little cafés and chain restaurants right near campus, but these are just a few that are special to the town of River Falls.

Going out to eat at the restaurants nearby is a great way to get out once in a while and try something new. So, if you're like me and need a change in what you eat every day, be proactive and try a new restaurant.

Lifestyle Enthusiast on the town:

Message in bottle thrown to the Atlantic



Christopher
Pagels

Columnist

I was Clutter’s guest, an old hiking pal from the Appalachian Trail, but she still asked me if I wanted to join her for a little concert at the College of Charleston. She is a short woman with a frog-like smile and red-dyed hair. I think she felt blue because she missed her New York friend who played a show the previous night and wanted to make up for it.

We still missed the show. People in the street said it was short lived, but electrifying. Sad faced, she took me for a tour of the communications museum in the college. The curator, a walking Wikipedia, gave us a guided tour starting first with an Edison cylinder player. He played an intact 1916 cylinder

of a scratchy Hawaiian tune. My smile curled as the tune progressed, the needle scratched horizontally in a small chest of stained wood. I had remembered that I had seen cylinders like these in a mom-and-pop antique store in Prescott, Wis. The walls were lined up with record players from all years of the big-band era. They were waiting to be touched and prodded even though it is expressly condemned. A tall black movie camera made of what looks like cast iron should have fallen through the floor ages ago.

On the second floor, I perused books about struggling black folks during early Hollywood filmmaking, while Clutter spoke with the curator about the origination of the building. While I waited, I stared into a hologram of a girl that winks at you as you walk from one end of the illusion to the other. I put this girl on repeat until Clutter sidled back to me. This was my last night in Charleston and I loathe goodbyes. We drove under the full moon in her white GMC Sonoma named James, the hood gridded with electrical tape; we made for a bridge to commit a deed.

We parked near a 5-mile bridge where I carried a 1.75-liter Svedka vodka bottle with a message to launch into the Ashley River, that I hoped would float into the Atlantic. I was not about to write a biography in baseball stats: 5 foot 5 inches, male, 25, 3.5 grade point average, and a credit score of 750. The message was the tale of my summer from June up until my experience in Charleston. I carried the bottle in a hoodie of hers, because the liquor laws in Charleston are strict. “It’s my duty to protect you,” she said.

We loitered under the center supports of the bridge, while a couple sets of dimmed fog lamps in the bay did the same. We waited awhile shooting the shit, speaking in philosophies, and always keeping an eye out for the authorities. When the area was clear, I heaved the handle down below. It sounded like it busted open over the cement-like surface of the smooth water. Clutter said it sounded like that to us when we were up so high and that it probably floated on to the ocean. We walked away from the scene that could or couldn’t have been.

Expand your thinking:

How to proactively fight the winter blues this season



Jaime
Haines

Columnist

Despite the weeks of denial, it can no longer be contested: winter is almost here. As November begins, it brings cold days, bone chilling winds and eventually, snow deep enough to bury us entirely. While some eagerly await the pristine, glittering wonderland, many dread the dozen layers of clothes, the slow, difficult walks around campus and the seemingly inevitable “winter blues.” Fortunately, by staying physically healthy, keeping a positive mindset, finding the joys in life and maintaining friendships, winter sadness can be virtually eliminated.

One way to avoid winter misery involves staying physically healthy. To begin with, one must commit time each day to physical activity. Anything from walking, skiing, biking, hitting the gym, or even playing outside greatly benefits one’s health. Next, wise food choices must be made to avoid negating the benefits of physical activity. Following the basic healthy food guidelines helps, but one should especially

avoid sugar and caffeine because they cause fluctuating moods. Finally, to ensure a healthy body, one should take daily multi-vitamins and if necessary (as determined by a simple blood test) additional supplements like Vitamin D. Once one establishes the foundation of a healthy body, mental well-being can improve.

The first step to improving mental health during the long, cold months involves changing one’s thought processes. Instead of waking up and dreading the cold or hating the sunless sky, one must focus on the positives such as wearing a favorite sweatshirt again, jumping in giant leaf piles, or soon being able to hold epic snowball fights. As a Dove chocolate wrapper wisely shared, “Enjoy the childhood joys of winter.” If one looks outside with the eyes of a child, excitement and joy will inevitably build within. Even if the wonders hide initially, they can be found with a little searching and a positive mindset.

In addition to embodying happier thoughts, finding new life and exuberance for favorite pastimes helps immensely. Many students feel drained and in need of a break around this time. Constant academic pressures can cause one to dread previously enjoyed club meetings and feel as though there is not enough time to spend with friends. Remembering the driving passions behind the choice to join the organizations,

looking forward to meetings by allowing the excitement to take over, and concentrating on the fun aspects rather than the dull, help prevent discontent. By relearning how to enjoy daily commitments, one can increase overall satisfaction with life.

Finally, spending time with true friends is integral to happiness. Problems only amplify without the necessary break from worrying about deadlines, grades, or an increasingly gloomy mood. Close friends know exactly how to create laughter, listen when needed, remove worries and produce joy. Forgetting the importance of friends often causes isolation and develops into a narrow focus on the negatives. One must make room to spend quality time with friends to maintain a strong support system and ensure happiness.

By preserving physical health, holding a positive mentality, rediscovering the joys of life and making time for friends, the “winter blues” will cease to exist. With winter approaching, one must take the responsibility of ensuring one’s health and happiness. By doing so, one maximizes opportunities, successes and pleasures in life.

Jaime is an exuberant puppy-lover and “House” addict. She plans to use her psychology degree to encourage activism and well-being through counseling, workshops, speeches, and the written word.

STUDENT VOICES

How do you feel about registration?

Ashley Felix,
Senior



“I think it’s a fair way to go about it based on credits and what not.”



Victoria Kasulke,
Junior

“Obnoxious when you’re an under class-man and classes fill up way too quickly.”

Mark Ineichen,
Senior



“Frustrating. Certain classes are only offered in certain semesters or are dropped altogether.”



Dietrich Hasbargen,
Sophomore

“I’d be more excited if I could get into the classes that I need.”

Sandy Yang,
Freshman



“It’s not frustrating. I found it to be easy after going to my advisor.”

Compiled by Megan Rodriguez

Christmas arrives earlier and earlier every year



Benjamin
Lamers

Columnist

Snow on the East Coast, Christmas songs on the radio, Christmas merchandise in every store and no sign of Thanksgiving. It must be at least Black Friday, right? Wrong. We have only just entered November and are already being bombarded with Christmas. Now don’t get me wrong, I love Christmas. But having Christmas forced upon me right after Halloween is a little extreme. I don’t know if it’s true for the Twin Cities area, but in the Milwaukee area, Christmas songs begin to takeover the radio on Nov. 1. In fact, back on Homecoming weekend, the Shopko in town was already selling Christmas trees and other such things. Isn’t selling this stuff before Halloween just a little early?

It seems like each year Christmas comes along earlier and earlier. Fliers and catalogs for Christmas shopping are sent out well before Thanksgiving and sales begin earlier and earlier as well. I have no problem celebrating Christmas before December actually rolls around, but celebrating it before Thanksgiving is a bit extreme.

And why are we so keen to pass over Thanksgiving? Many people consider it one of the best holidays, right up there with Christmas and the 4th of July. Thanksgiving only differs from Christmas in one main way; we don’t get gifts, but everything else is fundamentally the same. We see our family, even

the relatives we didn’t know we had, we get to eat more food than we really should and we get to watch some football. It’s really the perfect American holiday.

Don’t get me wrong, I’m not condemning Christmas in any way. I love the holiday. I love the songs. I love the trees. Of course I love the gifts. I could do without the snow though. In fact, I even plan on having a Christmas tree adorn my dorm room this year. However, my room will only be turned into a festive Christmas scene after Thanksgiving has passed. Starting on Black Friday, I allow myself to get into the Christmas spirit, but not before.

Starting Christmas in November is a bit too early for my taste. Starting it before Halloween is just plain absurd. Yet, more and more we see Christmas popping up in early October. Could we see the trees start to pop up in September? And Christmas movies that come out in mid-November? Really? I know a lot of the Christmas movies are great, but they need to wait to come out until at least Black Friday, not before.

I know a lot of people love Christmas with a passion. In fact, I know people that already have their dorm room decked out with lights, a tree and music. And while I’m not trying to rain on anyone’s Christmas parade, I just think maybe we start celebrating Christmas too early. It’s an over commercialized holiday, so it gets pushed ahead of Thanksgiving and Halloween in the department stores. Just try to remember when you see the Christmas decorations in Wal-Mart, or Toy Land in Fleet Farm (yes it’s open already) we have one of the best holidays to come before we even get to Christmas. Thanksgiving is a great day and doesn’t deserve to be overlooked by the looming Christmas.

Responsible behavior on birthday fosters positive experience



Samantha
Mayberry

Columnist

There are many students on campus that are turning 21-years-old this year. For some, this year marker in life doesn’t really matter. However, for others, finally being able to legally drink alcohol is often a cause for a major celebration. Although legally there isn’t any way to stop those who choose to celebrate with alcohol, there is a fine line between celebrating and endangering your health. Birthdays should be about celebrating your life in a positive way. There are many ways to have a safe birthday if you choose to include alcohol.

I happen to be one of those students who will cross that point in life where it is now legal to drink this year. In fact, that day was this past Wednesday, Nov. 2. I’m not one to think drinking is necessary to celebrate birthdays so I chose to have dinner with family. Having one or two drinks is OK in my opinion, but I wasn’t looking to get drunk.

If you are planning to drink on your 21st birthday there are precautions you can take to make sure you stay safe. Make sure you have a designated driver or on-foot-walker. No matter your transportation, be sure that you have someone that is willing to be there and make sure you get back home safely. Walking alone at night is never a good decision, especially when you are under the influence of alcohol. Drinking and

driving is extremely dangerous as well. Alcohol is one of the leading causes of car accidents involving 21-year-olds and it can injure or even kill the people involved.

The legal blood alcohol concentration (BAC) for Wisconsin residents is 0.08. However, BAC levels of 0.05 or even lower may affect driving capabilities. A standard drink is equivalent to 12 ounces of beer or wine coolers. For wine, the standard drink is equivalent to 5 ounces and it is also equivalent to 1.5 ounces of liquor. Watch what drinks you mix, as they can be dangerous depending on how strong the alcohol is in each one. Too much alcohol can lead to doing things you will regret the next day: blacking out, alcohol poisoning or even death. Keep in mind how much alcohol you have consumed and make sure that you aren’t drinking too much, too fast. There are websites that you can use to look up how your age, gender and weight will affect you when drinking. Use those to your advantage before partying.

I have heard stories about people getting so drunk that they blackout and don’t remember the night. Honestly, what is great about not remembering parts of your night? I once had a girl tell me about a time when she drank too much and ended up breaking her leg and foot because she fell down a flight of stairs. To this day, her foot is still not back to the way it used to be and she now walks with a noticeable limp. She doesn’t remember this incident happening but she had people that were with her explain what happened.

Birthdays are a time for celebrating life in a positive and upbeat way. No one wants to wake up the next morning and not remember how his or her birthday was. It’s OK to celebrate but stay safe while doing so.

sarah.hellier@my.uwrf.edu

Ryder played her whole sophomore year healthy and then had surgery after the season.

"I plan to play the whole season, I feel ready and confident with all the rehab I've done these past years," said Ryder. "I think this year looks promising."

The Falcons' season opener is on Saturday, Nov. 5. They face the Adrian Bulldogs from Michigan. It is a "blackout" game where prizes and coupons to Chipotle will be given out. The puck will be dropped at 3:05 p.m.



Jessie Behrman/Student Voice

Right: The women's hockey team practices their slap shots along with their wrist shots from the blue line. They Falcons open their season on Saturday, Nov. 5 against NCHA foe Adrian College.

Left: The women's hockey team practices their drills for the upcoming game against Adrian. UWRP was picked by the NCHA coaches to win the conference title. UWRP won the title last season.

Do you have
something
to say?

email the
Student Voice at
editor@uwrvoice.com

Fans are asked to wear black to the games. The first 200 fans that come to both games will receive a coupon for Chipotle.

Offensive



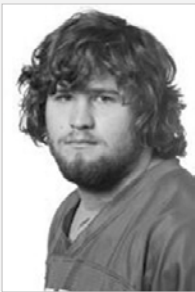
Running back Taylor Edwards (Janesville, Wis., Parker) had another 100-yard rushing game for the Falcons in the game against UW-Stout on Saturday, Oct. 29 at Ramer Field. Edwards, 6-1, 208 pounds, was the game's top rusher, finishing with 135 yards. He averaged 5.9 yards per carry. He also caught a career high four passes out of the backfield for 18 yards. It was the 15th time in his career that he has rushed for over 100 yards in a game. Edwards has rushed for 3,054 yards in his three-year UWRF career.

Defensive



Linebacker Cole Sirek (Lonsdale, Minn., New Prague) was one of the team's top defensive players in a game where the Falcons allowed just 16 points against UW-Stout. Sirek, 6-1, 191 pounds, had four solo and eight total tackles. He was also credited with a half a sack.

Special Teams



Defensive end Trevor Semann (LaCrescent, Minn., Winona) made two big plays for the Falcons in the game against UW-Stout. Semann, 5-9, 248 pounds, blocked a Stout field goal and extra point attempt. The blocked field goal came midway through the fourth quarter with Stout holding a 16-3 lead. The Falcons scored a touchdown after the block to make it a 16-10 game. The extra point block came early in the final quarter after Stout scored to take a 16-3 lead.

Information from then UWRF Athletics website

Men's Hockey vs Bethel University at 7:05 p.m.

Women's Hockey vs Adrian College at 12:05 p.m.

‘Human Centipede 2 (Full Sequence)’ still gross, deplorable

How many of you knew that this particular sequel actually came out a few weeks ago in select theatres? Probably very few as it was in select theatres for a reason: it is the most disgusting movie I have ever watched. I can’t say I am surprised by this as director Tom Six pushed the limits with the first installment of this franchise, “The Human Centipede (First Sequence).” Now we get “The Human Centipede 2 (Full Sequence)” that follows a mentally challenged man that has become fully addicted to the first “Human Centipede” film. Martin lives and breathes the fantasy of creating one of these fictional beings but just with more people. I guess this is where I should clarify what exactly a “human centipede” is for those who are unfamiliar with the first film. It is where you take a certain number of humans and sew them together mouth to



Dustyn Dubuque
Reviewer

rear end to make one long digestive track. How gross is that? Well not too gross since the first film had such a huge cult following. I give the first film a little bit of credit as the villain was a surgeon just wanting to create this monster, while Martin just wants to do it for

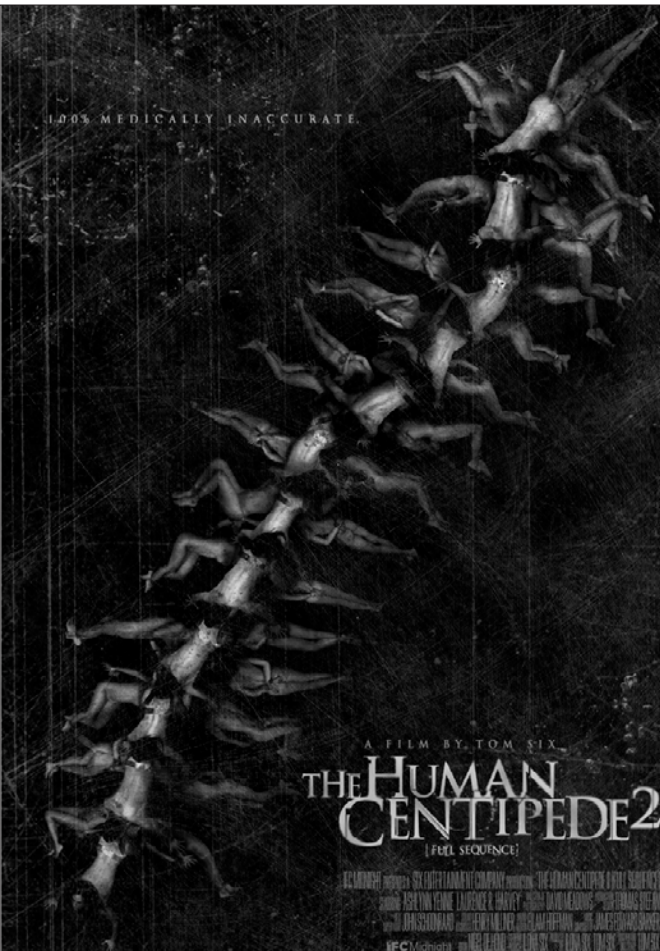
The only thing is that this movie is just plain stupid.

pleasure. The original villain used surgical tools while Martin uses staple guns, duct tape, hammers, knives, tubes, and guns to subdue his victims. He uses his trusty crowbar

to knock out and kidnap 12 victims to create a long centipede. If the buildup to this point isn’t intense enough, with a little bit of story into Martin’s deranged life, we get Martin putting this human centipede together in the crudest and disgusting of ways. I am all for violence and gore in a good horror film but “The Human Centipede 2” takes it so far over the top and to the extreme that it comes off as just being stupid. Shot all in black and white, we see Martin kill, rape, subdue, terrorize, mangle, and torture numerous people. There are so many parts I feel I cannot describe in this review; one of which including a newborn baby and another involving human excrement. It grossed even me out, and I thought I had seen everything a film could do. Martin is the most one-dimensional character ever, so one-dimensional he doesn’t speak one word the

entire hour and a half of this movie! With all that said, there was a reason I chose to watch this film online and that’s because I knew it was going to be disgusting. Isn’t that why everyone would watch a movie like this? To be pushed to the edge and to be shocked at what you are watching. We as humans just can’t get enough of stuff like that, especially in film. The only thing is that this movie is just plain stupid. After the credits began to roll, I sat back and thought, what did I just watch? What a waste of time. People will watch it for all the things I just described. I mean, hey, I did. If you are thinking of watching it, take it from me or don’t. Oh and let me give one spoiler, the third installment is coming in 2013... yay! Catch the sarcasm?

Dustyn is a history major and geography minor that has a love and passion for film. He watches over 100 films each year and loves Academy Awards season.



Interesting, delicious solutions for dealing with leftover Halloween candy

Halloween is over, the witches have put their broomsticks back in the closet and hung up their hats. Vampires have retired to their coffins for much needed rest. Mummies are wrapped up with more important things. Zombies are back to waiting for the apocalypse. And you? Well let’s hope you’ve taken off the costume by now, and are happily eying that bulging bag of candy. But with so much candy maybe it’s time to try some creative uses for it, besides eating it. There are many things you can do with your leftover candy, some may surprise you. Try to incorporate your candy into some baked goods. This can be as easy as adding some M&M’s to cookie dough. To personalize your cookies, pick a standard chocolate chip cookie dough recipe (see above for one of my favorites) and substitute your favorite candy for the chocolate chips. Keep in mind Starburst, licorice, Skittles, and sucker types of candies are probably not the best candidates for this type of candy mix-in. They will end up gooey, and not the chocolaty goodness gooey. We’re talking a full-on elbow grease effort to clean off the cookie sheets when a Starburst is put in



Brittney Pfenning-Wendt
Columnist

the oven. Try for something similar to chocolate chips, a candy with a chocolate base or something with nuts. Reese’s will give your cookies a great peanut butter chocolate chip taste, whereas Butterfingers would give them a unique crunch and chewy aspect. Another fun way to use candy in baked goods is mixing it in with quick bread. Quick breads can be baked from a prepackaged mix or made from scratch. Again, I would follow the same guidelines for the cookies when choosing which candies to mix in. These tips and candy mix-ins can be used for muffins, cupcakes, cakes, brownies and blondies. There are other ways to put candy into your cookie that doesn’t require baking. Truffles and parfaits are simple ways to use up the candy, especially the ones that got crushed at the bottom of your bag. The possibilities with these two are endless; it’s all based on personal preference so you can be sure to end up with some-

Chocolate Chip Cookies
The soft and chewy aspect of this recipe reminds me of Sweet Martha’s from the Minnesota State Fair. I also love how these cookies stay fresh for a couple of days, retaining their softness instead of becoming as hard as a hockey puck after cooling off.

- 2/3 c. butter flavored shortening
- 2/3 c. butter, softened
- 1 c. white sugar
- 1 c. packed light brown sugar
- 2 eggs
- 1 Tbs. vanilla extract
- 3 ½ c. all-purpose flour
- 1 tsp. baking soda
- 1 tsp. salt
- 2 c. milk chocolate chips (This is where you substitute your candy!)

- 1. Preheat oven to 375°F.
- 2. Cream together the shortening, butter, and both sugars until smooth. Beat in the eggs one at a time, then stir in the vanilla.
- 3. Add the baking soda, salt, and flour.
- 4. Stir in the crushed/crumbled candy of your choice. (Tip: sometimes it is less messy to use a rolling pin to crush your candy while it is still in its wrapper.)
- 5. Use a tablespoon to shape the dough into balls. Don’t roll the balls; you just want the top rounded. Place these onto ungreased baking sheets.
- 6. Bake 10-12 minutes, or until the centers are set and very light brown. Don’t over bake or they will be harder. Cool for 2-3 minutes before removing from the baking sheets otherwise they might fall apart.

This will make a large batch, close to 70 cookies. If you want you can cut the recipe in half, but trust me these cookies go fast!

thing satisfying. Start with pudding, yogurt, or whipped cream. Next pick granola, vanilla wafers (crushed or whole), shortbread cookies, animal crackers, or cubed cake pieces. Then choose a candy that will go well with the combination you picked. With these choices you can layer it in a bowl, otherwise it looks great in a clear glass so you can see the layer divisions. Fruit is also a nice touch to this type of treat. If you’d prefer the easy way out, just top off a Snack

Pack pudding or yogurt cup with crushed candy. If you’d prefer something just a little less sweet you can always toss some Snickers crumbles into a leafy green salad or a whipped cream and fruit salad. Don’t limit yourself; experiment and have some fun with your culinary side. If you want to use up that candy without having to eat it, donate it. This is a great route to take and you will feel good about it, too! Many nursing homes welcome candy donations. As do food

shelves. The River Falls Food Pantry is right on Main Street past the Dish and The Spoon Café and Bo Jon’s Floral. However call ahead of time to avoid lugging all that candy there only to find they have guidelines on which types they accept. Other donation options are sending the candy to troops. Purchase a box from the U.S. Postal Service with a flat rate and put some candy in it. Make sure the candy is packaged well. You don’t want the chocolate melting

all over the place. If you are concerned that it won’t last, put it in a separate zipper plastic bag before placing it in the box. Consider putting in a little message to personalize the donation. Donations go a long way; they really mean something to others. Don’t let your leftover candy sit there and get stale, I challenge you to pick one of the above and give it a try. Have other uses for candy? I’d love to hear them, send me your favorites.

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UWRF professor, family climb Grand Tetons together

Melinda Mendez
melinda.mendez@my.uwrf.edu

This past summer Faye Perkins, 50, a health and human performance professor at the University went on a much awaited trip up the Grand Teton Mountains in Wyoming with her two sons Nick and Bobby Perkins-Mcintosh, nephew Nick Perkins, and a friend’s 16-year-old son, John Casady.

“I’ve been planning this for 16 years,” said Perkins. In 1995, Perkins, her husband, and a brother and sister-in-law decided to climb the Grand Tetons. “Part of this trip was planned because my brother died in 1987 and my

brother, before he died, was a backpacker and mountain climber so we buried his ashes in Grand Teton National Park. This has always been a family pilgrimage; it is a very special place for our family,” said Perkins.

Perkins worked out and trained a long time for this trip, she ended up climbing and making it to the lower saddle of the mountain, but when she got to the lower saddle she ended up getting high altitude sickness. Everyone else made it, but for her the trip was over. “Ever since then I always said that I would go back and I will do this,” said Perkins.

Perkins’ oldest son Paul,

who was seven at the time, told his mom that the next time she tried to climb the mountains he was going to go with to help her. The guidelines said that he had to be 16 so she had to wait until he was old enough. By the time her son was old enough to go, her other son Bobby, wanted to go as well, so she had to wait for him to get old enough for him to go.

“We were going to do it in 2009 but I tore a meniscus in my knee and ended up having to have surgery so then we couldn’t do it in 2009.” This same year, her son Paul started a Facebook group called “Operation get Faye Perkins to the top of the

Grand Tetons,” a group created to encourage his mom to follow through with her goal. Through this group she got the encouragement and support that she needed to keep on with her goal.

“In 2010 we were going to do it but my youngest son Bobby was in Germany,” said Perkins.

Finally, in the summer of 2011, Perkins got the opportunity to once again try to conquer the mountain. “The first day we had to do a full day of rock climbing to make sure that everybody was able to do what was needed to do while rock climbing,” said Perkins.

The next day, with the

supervision of a guide, the group got packed up and ready to climb the mountain. A lot of the climb was very treacherous. The first day the group started at 10 a.m. and got to the lower saddle at 6 p.m. where they stayed the night. It was eight hours of climbing up boulders, rough debris and going across some ice fields. “This was not easy. There were several times when I would think, ‘What am I doing?’” said Perkins. The group got up at 4 a.m. the next day, and with headlamps on, hiked for five hours until they got to the top of the mountain. They had to climb through areas with thousand-foot drops, so they really had

to trust the people who they were with.

“From the top of the Grand Tetons you could see Lake Solitude where my brother’s ashes were. It was a very emotional trip,” said Perkins. “It is one of those defining moments in my life. When I am 90-years-old and look back at my life, this is one of the things that I will be really proud of.”

Perkins has no plans to slow down. “My question after climbing was, ‘What’s next?’” Perkins is planning this summer to attend the Registers Annual Great Bike Ride Across Iowa with her sons.

Submitted by Faye Perkins



Faye Perkins, along with her sons and fellow climbers, stand triumphantly atop the peak of the Grand Tetons.

Perkins displays her UWRF pride by sporting a small replica of Freddy the Falcon.

The climbers made the trip in remembrance of Perkins’ brother, who was an avid mountaineer.

This climb was 16 years in the making, according to Perkins.



College burdens too much to shoulder

Being a college student is hard. Take all of the classes, homework, and studying, and then add working on top of all of that; it gets rough. I know a couple of people that have more than one job, and I have no idea how they do it.

I feel like I’m barely surviving with one. I’m not even working full-time, and I still find it hard to do all of my homework. I work closing shifts at least three times a week, mostly on weekends, and then I feel way too tired to do anything else.

I’m sure that there are many of you out there that feel the same way that I do. How do we do it? I know we all need jobs to pay for rent, cars, food, etc., but sometimes it feels like it’s too much. It’s hard to work weekdays and then get up for 8 a.m. classes. I understand that I have to go to class, get good grades and graduate, but there are some days that I would just love to stay in bed.

Sometimes, I feel like I can’t even have a social life, as many of you may feel as well. It’s frustrating



Samantha Harkness
Columnist

right? Get up, go to class, go to work, go to bed. Then I get to do it all again for the next couple of days. When I finally get a day off, I’m catching up on homework or studying. When I’m not doing school work, I’m trying to catch up on sleep. My, oh my, what a week it is. It’s not that I don’t appreciate working. I enjoy that I’m able to pay for my own car and not have to rely on my parents as much. Although, it’s still hard to juggle it all.

Why can’t it be easy? Why can’t we have the perfect work schedules and the perfect class schedules? Oh, that’s right, cause it’s life. Nothing can ever be easy. Sometimes, I wish I didn’t have to work. That would be ideal. However, everything is getting more and more expensive. Gas prices are

going up, and so are food costs. In reality, not working would never happen. With the economy the way it is today, finding a job is becoming more difficult. It is exhausting pounding the pavement, filling out application after application, and waiting anxiously for a phone call; I just want to scream.

I shouldn’t even complain about working, but it’s hard not to. It’s hard growing up. We get more and more responsibilities. And, with responsibilities, comes bills and taxes. We’re in college; we should be focusing on that. We shouldn’t have to worry about how we are going to pay for everything. There are some of us that are lucky enough that have parents who help us. There are also many of us that have to pay for rent, tuition, cars, and groceries all by ourselves. It’s sad, but most of us need jobs in order to survive. Working and going to school may not be fun, but unfortunately, it’s necessary.

Samantha is a journalism major at UW-River Falls. She loves reading, writing and watching movies.

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