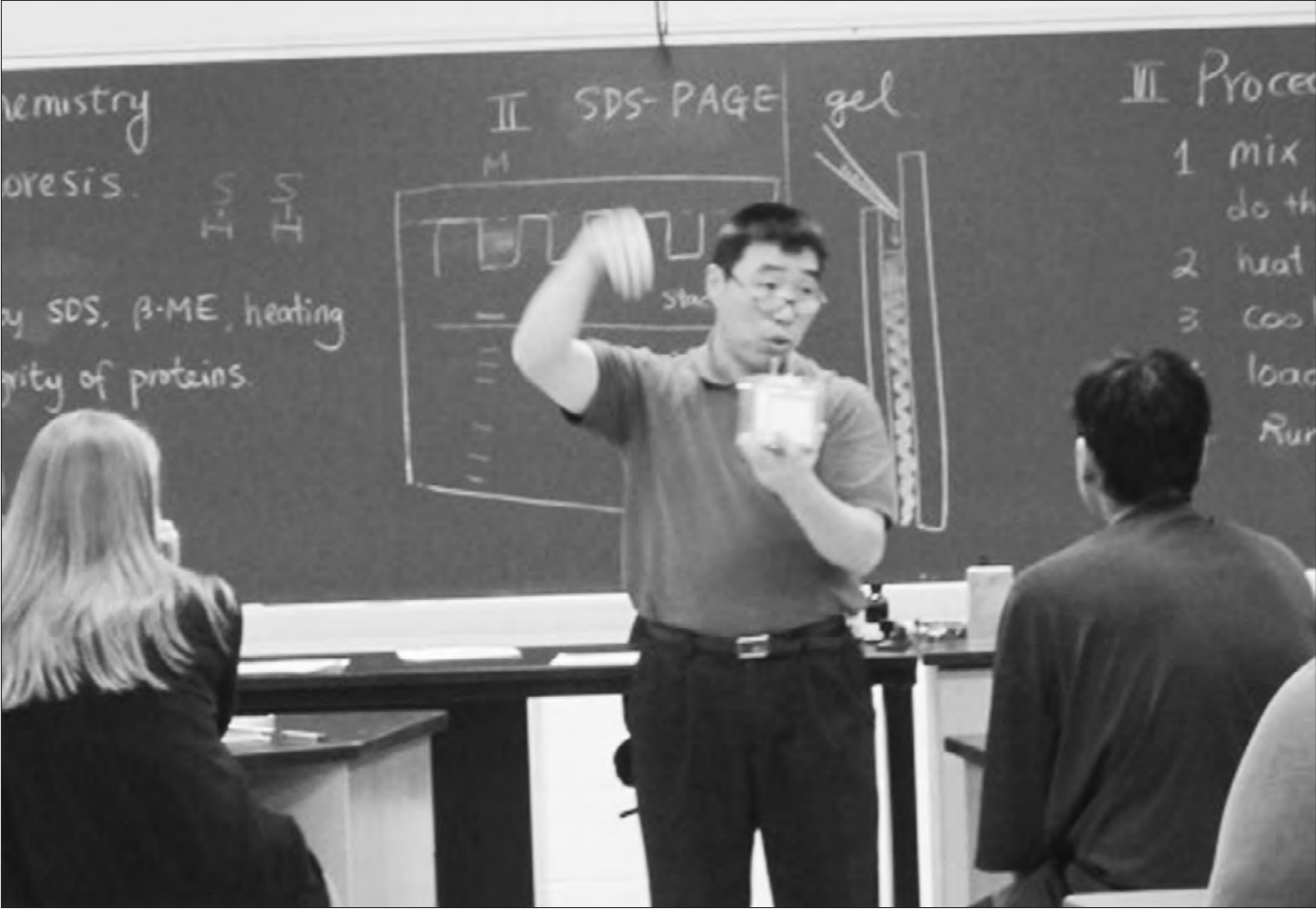


STUDENT VOICE



Assistant Professor Cheng-Chen Huang teaches biology to students. He said what he enjoys most about teaching at UW-River Falls are the small class sizes and the respect that students show him.

Huang named UW-River Falls 2012 distinguished teacher

Rebecca Rudolph
rebecca.rudolph@my.uwrf.edu

In 2007, the UW-River Falls Biology department had posted a job opening in their department. With the recession that had engulfed the United States, there were many applicants, but Biology Department Chair Mark Bergland said that the department was looking to hire someone who could fill a developmental biologist position.

“It’s basically the study of how signaling between cells and an embryo result in the embryo developing into an adult - so its really sophisti-

cated stuff,” Bergland said.

While looking at applications, one stood out to Bergland in particular.

After a phone interview, Bergland noticed something that was unique about this candidate.

“He came across as just a really nice, approachable kind of person, and I could sense that he would be really great with students and that students could really relate to him - I could just feel it,” Bergland said.

Cheng-Chen Huang grew up in Taiwan and attended undergraduate studies there. Later, he moved to the United

States to earn his doctorate studying cell and developmental biology.

After, he returned to Taiwan to serve his required time in the Taiwanese military and continue his research in developmental biology using zebrafish at Academia Sinica.

By 2007, he had begun to send out applications, both in the United States and Taiwan, to hopefully gain a position as a professor.

In 2008, the UWRF biology department flew Huang to the United States to formally interview for the assistant professor position at UWRF. Four years after this hire,

Assistant Professor Huang received the Distinguished Teachers award from Chancellor Dean Van Galen.

“What is really unusual about it is that he got the award after just a few years,” Bergland said.

This award is a prestigious honor given to one professor each year after being nominated by graduating seniors and alumni.

This surprise did not end with Bergland, but carried on to the recipient himself.

“Am I in a dream? It doesn’t sound real to me,”

See Biology page 3

Fire takes home of staff member

Samantha Harkness
samantha.harkness@my.uwrf.edu

On Nov. 13, UW-River Falls Greenhouse and Field Plot Manager Dan Waletzko and his family experienced a great tragedy. They lost their home to a devastating fire in River Falls near the Knowles Center.

Waletzko said that they are still unaware of what caused the fire. The family had an investigator come out and spend an afternoon trying to reconstruct things. However, they could not find anything that might have led to things starting on fire. He said if the experts still do not know, they may just be up the stream without any sort of answer.

Waletzko added that things unfolded very quickly. He was home at the time of the fire and his first concern was to get his three children out of the home. He also wanted to get the vehicles out of the driveway so the fire truck would have access to the house. He contemplated going back and getting some of the hard drives of photos from the house, but he said that once the natural gas meter caught on fire, there was no way that he was going to go back inside.

Thankfully, the family was able to find shelter in River Falls after having to commute for about a week. The University found a place for the family to stay within that week. Waltezko thanks Karen Olson and Lisa Owens, both of the College of Agriculture, Food and Environmental Sciences for aiding the family with resources that were available to help the family.

The agricultural department has also donated items that the family needs. People have donated beds and chairs, and a collection has also been started within the department. Owens and Olson contacted Treasures of the Heart as well.

Academic Department Associate for Plant and Earth Soil Science Sue Freiermuth said, “Everyone has been so generous.”

As to how the family is adjusting, Waletzko said, “Some days are better than others, but we have a roof over our heads, everyone is safe, we have a place to sleep, we both still have our jobs, so we are both thankful for that.”

However, sometimes it can still be difficult. He brought up how he wanted to fix the door hinge on his car, and when he realized that he did not have any tools to fix that, he started thinking about the house and that he is just happy that his family is safe.

The Waletzkos have also put together a blog online, <http://helpwaletzkofamily.weebly.com>, which provides updates on how the family is doing. Waletzko said that publishing a blog was easier, rather than trying to contact everybody. The blog also lists items that the family still needs; however, as of now, the family has no immediate needs.

UWRF has been helping out as well as the community. The blog states that all of the family’s major needs were met within the first days and week of the fire. Waletzko said that even people they do not know have donated things to the family.

Final challenge: conquer finals stress

Samantha Mayberry
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UW-River Falls’ final exam schedule begins on Monday, Dec. 17, and the stress is already making its way to students.

“I feel like finals is one of those great unknowns,” said Mark Huttemier, a personal counselor at the Student Heath and Counseling office. “It creates a lot of anxiety.”

Huttemier said, particularly during finals week, students have a lot on their minds, which can bring concern and then lead to stress and anxiety. Some thoughts students may have going into finals week are how much they should study, what they should study, when they should start studying and how excited they are to go home for break once their finals are over.

Stress can be a difficult thing to conquer during a week like finals week, and taking time for yourself is important.

For senior and secondary education major Jared Ley,

running is a great way for him to relieve stress.

“I’ve taken up running,” Ley said. “When you are running with someone else it takes your mind off what you have to do and it’s actually more of a break.”

Huttemier agreed and also recommended exercising to relieve stress due to finals. He said exercising four times a week for about a half hour each day will create endorphins so that you feel better in general. You feel that you

cising would.

According to a news release from Harris Health System, it’s also recommended that college-aged students get between eight to nine hours of sleep per night particularly before final exams. However, with the busy schedule some college students have, getting that much sleep is almost unheard of.

“I probably get about six hours of sleep,” said Jennifer Buening, a sophomore biology major. “Some times three due to studying.”

She admits that during finals week she aims for at least five hours of sleep a night because she knows getting less than that would make it impossible.

“Having a good amount of sleep is better than studying when you’re tired,” Huttemier said.

For college students it can be difficult balancing sleep and studying, especially when students are not always feeling motivated to study. Feeling unmotivated to study can take away a student’s time to sleep because they can feel as if they should stay up late studying to make up for the time they lost.

“Don’t have expectations

on how much sleep you are going to get,” Huttemier said. “That can cause stress as well.”

For those having difficulties trying to sleep, Huttemier said to make sure to keep a pattern of going to sleep at the same time every night. He also recommends taking a shower before you go to sleep as well.

“Start your routine a half an hour before you go to bed and include a shower,” he said. “The effect of warming your body in the shower and cooling it when you get out can get your body relaxed for sleep.”

Ley admits that in an average school week he gets between six to seven hours of sleep and around finals he gets about six hours of sleep as well. He said it all depends on what he has to do that day, but no matter how much work he has to do, pulling an all-nighter is out of the question.

“It’s actually one of my goals as an undergraduate student to not pull an all-nighter,” Ley said. “Getting sleep and studying less is more beneficial than getting no sleep and studying more in my opinion.”



Megan Rodriguez/ Student Voice
UW-River Falls senior Garrett Heineck is studying inside of the Agricultural Science building between classes to maximize his study time.

Buening admitted to having pulled an all-nighter before studying for tests and said she wouldn’t recommend it.

“I almost fell asleep through them,” Buening said. “It was hard to stay awake.”

Huttemier backed up Ley’s and Buening’s statements by saying while studying when you’re tired, you aren’t as focused on the information you are reviewing. He also said that a lot of the times the

See Stress page 3

J Term classes help students catch up

Emma Wagner
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Fall semester at UW-River Falls ends on Dec. 20. J Term starts on Dec. 22 and ends Jan. 26. Classes will be not be held Dec. 25, Dec. 26, 2012, or Jan. 1, 2013. There is no time lapse between the end of J Term and the beginning of the spring

semester, since J Term ends Jan. 26 and the spring semester starts Jan. 28, 2013. There are some advantages for students who take courses during J Term. Students may plan to take courses during J Term, to have a lighter credit load in spring semester, according to Janie Huot, who works at the registrar’s office. Physical education classes

are offered during J Term, along with many others. J Term classes are currently filling up, but students can pick add cards for professors to fill out if a certain class is closed. If students take classes during J Term, they can complete their requirements and graduate in fall semester. “If they were planning to graduate in the spring, they wouldn’t need to take many credits.” Huot said. However, this is not a definite a scenario due to not all classes being offered during J Term. J Term can be difficult because not all classes are offered and class time is more condensed than during the fall or spring semester. “The classes are very condensed. One day in J Term is equal to one normal week,”

Huot said. For students planning to take courses during J Term, it is important to sign up for classes as soon as possible. It is helpful to take a break from classes, but taking a class during a break can help students stay on top of their studies and get ready for the spring semester. Taking classes during J Term can lower credit load in spring, help students gain credits towards their degree and possibly early graduation from college. For more information on how to register for J Term classes, visit your advisor or look to the UWRF website under your eSIS account for courses that will be offered during J Term.

Dance Team heads to Target Center



Photo submitted by the UW-River Falls Dance Team
The UW-River Falls Dance Team placed second at the St. Thomas Invitational on Dec. 1. There are nine teams in their division. This was the first competition of the season. They will be dancing again this weekend at the Target Center for the Timberwolves Cup.

News briefs:

Open Forums held for Falcon Center
There will be an open forum for the Falcon Center. Students are encouraged to attend and have their voices heard. The times and locations for the all-campus open forums on the Falcon Center project are set for: Thursday, Dec. 13, 2012, from 4:45 to 6:30 p.m. in the Kinnickinnic Theater at the University Center and Friday, Dec. 14, 2012, from 10:45 to 11:45 a.m. in the Falcon’s Nest at the UC.

Credit/debit cards now accepted at pay stations
University Police and Parking is now accepting credit and debit cards at the pay stations in lot Pay 1. Customers can use Visa, MasterCard or Discover as well as cash and coin. American Express will be coming soon. Some helpful reminders when using the pay stations:
1. Once you have parked your vehicle, remember to note your space number prior to heading to the pay station.
2. Wait for the prompt to say “insert credit card or cash” prior to entering your payment.
3. Reminder, the pay stations do not give change back and there are no refunds.
Contact University Police and Parking at 715-425-3333 if you have problems with the pay station.

Dec. 20 is last day for fall meal plan
The last meal for Fall Semester is lunch on Thursday, Dec. 20. Riverside Commons will close at 2:00 p.m. on Thursday, Dec. 20. Transfer meals will be available 2:00-4:00 p.m. in Pete’s Creek Market on Thursday, Dec. 20. Your Fall Semester Meal Plan will automatically roll over to Spring Semester. The first meal for Spring Semester is brunch on Sunday, Jan. 27.

Music events in the area

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
7 6:30 p.m. RADD Jazz Series: Holiday Swing Dance at the Union Depot, St. Paul, Minn. Call the Music Department at 715-425-3183 for cost and more information.	8	9 4 p.m., Dec. 9. Afton, Minn. Cristmas Concert call 725-410-7416 for more information. 7:30 p.m. Dec. 9. Abbott Concert Hall, Woodwind/Guitar Ensemble Concert. Free to public.	10 7:30 p.m. Abbott Concert Hall, Orchestra Holiday Concert. \$5/ adults, \$3/seniors, \$2/ students.	11 7:30 p.m. Abbott Concert Hall, Falcon Band Concert. Free to public.	12	13 3 p.m. Abbott Concert Hall, Music Student Convocation. Free to public. 7 p.m. Abbott Concert Hall, UWRF Band Concert. Free to public.

River Falls Police/UWRF Police Department

- Nov. 27**
- Bradley S. Duncan was cited \$10.00 for possession of drug paraphernalia at Crabtree Hall.
 - Alfred R. Olson was cited \$326.50 for possession of drug paraphernalia at Crabtree Hall.
- Nov. 30**
- Kaitlyn Champion was cited \$263.50 for underage consumption at May Hall.
- Dec. 1**
- A laptop was stolen at the University Center.
 - A pair of winter boots were reported her stolen in Parker Hall.

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

Clarification:

In last week’s story entitled “Education majors deal with state licensing,” it incorrectly alluded to UW-River Falls providing its graduates with teaching licenses. In reality, UWRF prepares teachers for licensing exams, which can be applied to Wisconsin, Minnesota and to states throughout the country. Larry Solberg, the dean of College of Education and Professional Studies, said that: “Our Teacher Education programs prepare students to be eligible for initial licensure. Because our programs are ap-

proved by the Wisconsin Department of Public Instruction, those students who successfully complete our teacher education programs are eligible for a Wisconsin initial teaching license without doing anything additionally. Those students who seek an initial teaching license in any other state, including Minnesota, must meet that state’s requirements. This includes additional tests in the state of Minnesota.” UWRF does not actually grant a teaching license. Rather, the certification officer verifies to the teacher licensing body in the state in which a graduate is seeking a teaching license that the graduate has successfully completed the requirements to be licensed as a teacher in Wisconsin.

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Student Senate aims to increase visibility

Brittany Flatten
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With the fall semester drawing to a close, Student Senate looks toward the spring semester and evaluates what has been accomplished thus far and what needs to be improved going forward.

Senate President Bobbi O’Brien voiced some specific goals for Senate at the beginning of her term. Improving communication between the Senate and students, making Senate more visible on campus, keeping tuition low and taking a close look at any segregated fee increases were of the most importance to her.

O’Brien said that she believes significant strides have been made toward reaching the goal of making Senate more visible on campus. She noted that many of the Senators are involved in different organizations on campus, which gives them a great opportunity to reach out to a significant number of students. Senators are also attending meetings, serving on outside committees and participating in outreach events that all help to make students more aware of Senate.

“I really feel like we have reached a much larger population of the students than we have in the past. Students are noticing us and are caring more and realizing that we are here to represent them.”

One main effort to make stu-

dents aware of Senate was the Senate’s Night Out event that was held on Nov. 14. About 100 students attended the event, which is more than any similar event has seen in previous years, according to Senate Vice President Matthew Hobbs.

UW-River Falls senior Emily Kessler has noticed Senate more this year than in previous years here at UWRF.

“I read about the Senate’s Night Out event and the student senators helped me to get registered to vote this semester, so I have definitely noticed Student Senate a lot more recently and I hope it continues to reach out to students.”

A recent survey was conducted by the Senate in which the question, “Are you aware that Student Senate meetings are held every Tuesday at 7 p.m. in the Willow River Room?” was asked. The number of students who replied “yes” was 175 while there were 517 students who answered “no.”

This semester, Senate had a strong focus on the internal structure, policies and bylaws of the body in order to make processes smoother and to really help Senate to be more effective. O’Brien said that the focus will definitely be external for next semester looking at more campus and student related issues.

During the spring semester, Senate will discuss and vote on a proposed budget put forth by

the Allocable Fees and Appropriations Board (AFAB), review any proposed segregated fee increases in the non-allocable budget process and have many other motions on the agendas to discuss and vote upon.

“Student Senate has been really proactive in working with the reserve accounts, making organizations aware of the budget processes and many other things and that is really going to be an asset to them going into the spring semester,” said Student Senate Advisor Paul Shepherd.

Shepherd said that he believes O’Brien has implemented a more accessible tone to Senate and that her leadership style is really open and she is very approachable and that has been really good for Senate this semester.

He said that both O’Brien and Hobbs take their positions seriously and are both effective leaders that really help to engage the other senators and get them involved.

One thing that O’Brien said may be a weakness of this Senate is that it is very new. Many of the senators are serving in positions for the first time and there is a lot that has to be learned.

“Next semester will be stronger as it takes a little time for the Senate to learn and grow together. With a full semester under our belts we now have a better understanding and can more effectively represent the students.”



Megan Rodriguez/ Student Voice

President Bobbi O’Brien was elected in 2012 to represent the student body, while making decisions in their best interest. O’Brien had many goals when coming into office, including making Student Senate more visible on campus and creating a more professional atmosphere.

Biology: Professor humbled by prestigious award



Kirsten Blake/ Student Voice

Assistant Professor Cheng-Chen Huang leads research projects on zebrafish to test chemical compounds on a heart failure condition.

From page 1

Huang said. “I never thought I would get this award.”

One of the reasons that Bergland said might have been part of the reason for Huang to have received this award was because of his interest in getting students involved in his research.

“This research involves using zebrafish as a model to test chemical compounds on a heart failure condition created in fish embryo that mimics human heart failure. The goal is to try to find drugs that could have a positive impact on their system and possibly lead to ways to help people with heart failure,” Huang said.

“It sounds a little bit odd at first because you’re using a fish as a model to study the circulator system of humans basically,” Bergland said, “But we’re all related so it works really well.”

Huang is only one of the few researchers that are looking to using zebrafish as an organic model, but the way he involves students in research is unique.

Even though he admits that it is a lot of work to arrange the tests for student to do and to prepare labs, he enjoys working with an average of 10 students each semester.

“Seeing students understand the concepts and learn the techniques is one of greatest joys to me,” Huang said.

He also provides these students with the opportunity to go to Taiwan with him over the summer to meet with other biology researchers and talk to professions in their fields.

These connections, Bergland said, are what makes students receptive to him.

Huang values these personal connections that he can make as a result of small class sizes at

UWRF, he said.

“I know the background of almost every student and I know the strengths of each student. It was amazing to me and I was glad to do that because that gave me better idea of how to help each student. I like that because I know each student is different and each student has different ways of learning,” Huang said.

With his upbringing in a strict Taiwanese education system and his first teaching experiences as a teacher assistant on the east coast while he was attending graduate school, he said he feels lucky to be at UWRF.

“The department is very supportive and the students are with good characters. I’m very happy to be at UWRF because it is a great environment that I can help students learning biology and biomedical research.”

Stress: Optimal learning time varies for students

From page 1

stress from finals comes from the tests themselves, which is also referred to as test anxiety.

Prepping for finals week can be a challenge because you have more than one class and more than one test. However, Huttemier said that the worst thing to do in his opinion is to study when you just aren’t focused on it.

“You’ll know when your body is ready to study,” Huttemier said.

According to the Harris Health System news release, it recommends that studying during the brain’s optimal function will make studying more worthwhile. The news

release suggests that between the hours of 6 p.m. to 8 p.m. is the best time to study.

Huttemier agreed and said that between the hours of 1 p.m. and 3 p.m. are also good times to study for your brain’s optimal function. However, he also added that those times of day are not something to rely on because everyone is different. Listening to your body and figuring out when it’s ready to study will make preparing for finals more effective.

Ley said he would be spending approximately 58 hours the week prior to finals week studying and another 48 hours during finals week. His best advice is to spend time studying bits of information

over a few weeks rather than trying to cram it all in.

Rewarding yourself after studying is also a good way to keep you motivated. Treating yourself to some down time with friends or something else you enjoy doing after you’ve spent time studying will re-energize you to continue studying.

Buening said she rewards herself with spending a few hours hanging out with friends and making sure she takes a break to eat something.

“It’s OK to drop everything and go out and do something that is fun for a bit,” said Huttemier.

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EDITORIALS

Student Senate not representing UWRF students professionally

With nearly a semester under their belt, we at the Student Voice feel that our Student Senate has let down the student population.

Each week the Senate meets and thus far, they have little to show for initiatives or motions that have helped the student body or campus of UW-River Falls.

It only takes a simple glance at their minutes or agendas to see that their time is spent appointing members to committees with little debate or discussion on new ideas. Those committee appointments are important, but it should not be the only thing the Senate does.

One idea the Senate could tackle is the security needs in the lunch area. Everyday at lunch, hundreds of backpacks are left out in the open in Riverside Commons. What is to stop anyone from walking off with a brand-new laptop or iPod? Nothing. Senate could explore the idea of making this area more secure, or into the idea of allowing students to take their belongings into Riverside Commons.

We are also disappointed in the way Senate conducts themselves. It is preposterous that they would even suggest to use our student fees to buy themselves polo shirts. It is also worth noting that Senate will not be wearing these polo shirts at meetings. Instead they are intended to be worn around the community.

Yes, that is where our student fees, which everyone of us pays, are going. Toward polo shirts which are supposed to help us recognize our senators when they are out and about on campus.

Clearly, that is the best and most efficient way to use the student fees, according to the Senate.

Senate is also irresponsible and unprofessional at their meetings.

During a presentation by a speaker, one senator pointed to his own head and made the gesture of shooting himself in the head. In addition, on numerous occasions we can see the Senators on their cell phones while the meeting is in session.

These are actions which many of us would expect to see out of some high school students, at the very worst. The fact that our elected Senators would do this at a meeting is completely ridiculous.

We elected our senators to act professionally and responsibly, not to act childish. We hope that next semester the Senate will be more productive and professional and meet the needs of the student body.

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

STUDENT VOICE

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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.

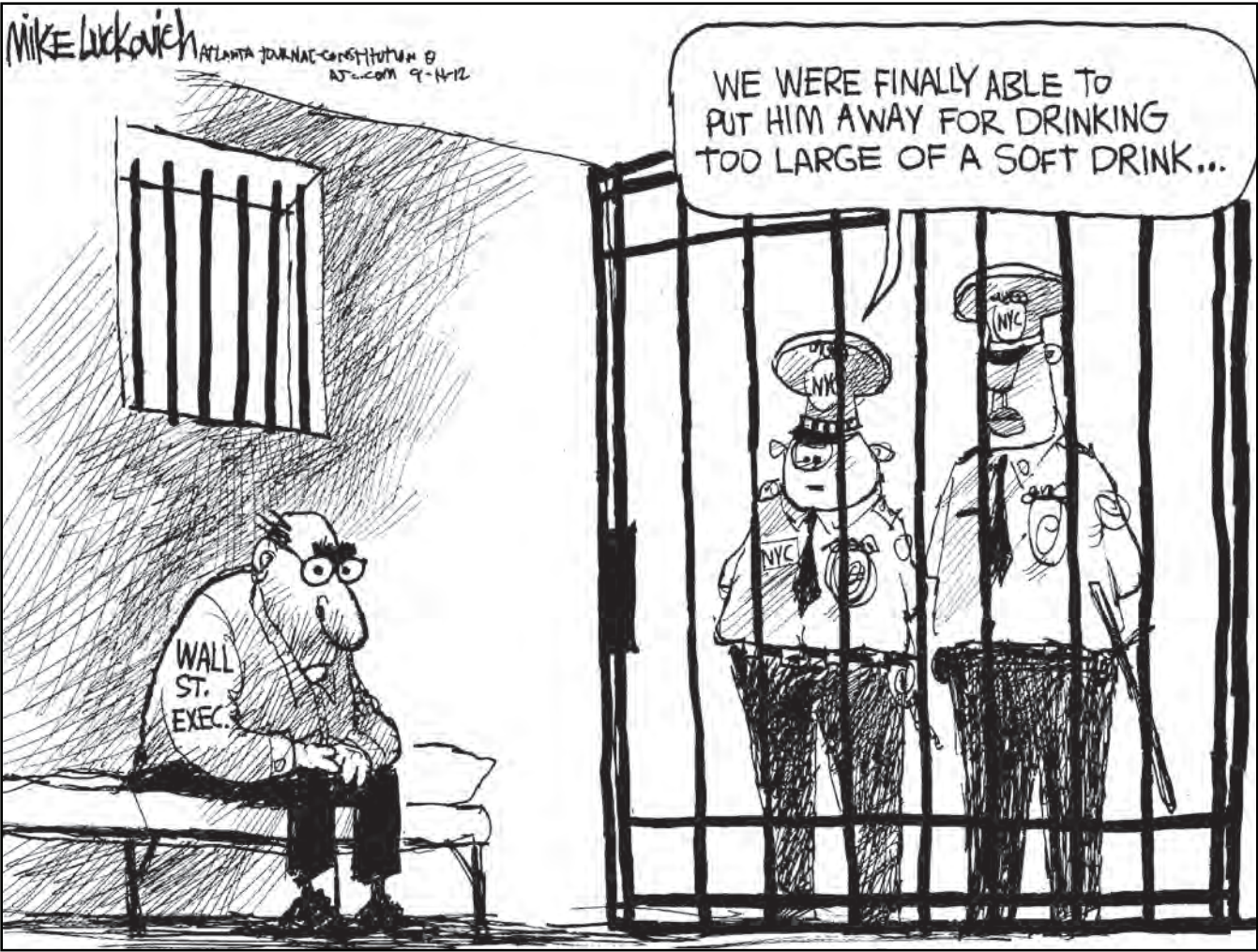
Letters to the editor must be 300 words or less, and include a first and last name and phone number. They can be submitted at 304 North Hall, River Falls, WI 54022 or to editor@uwrfvoice.com.

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.

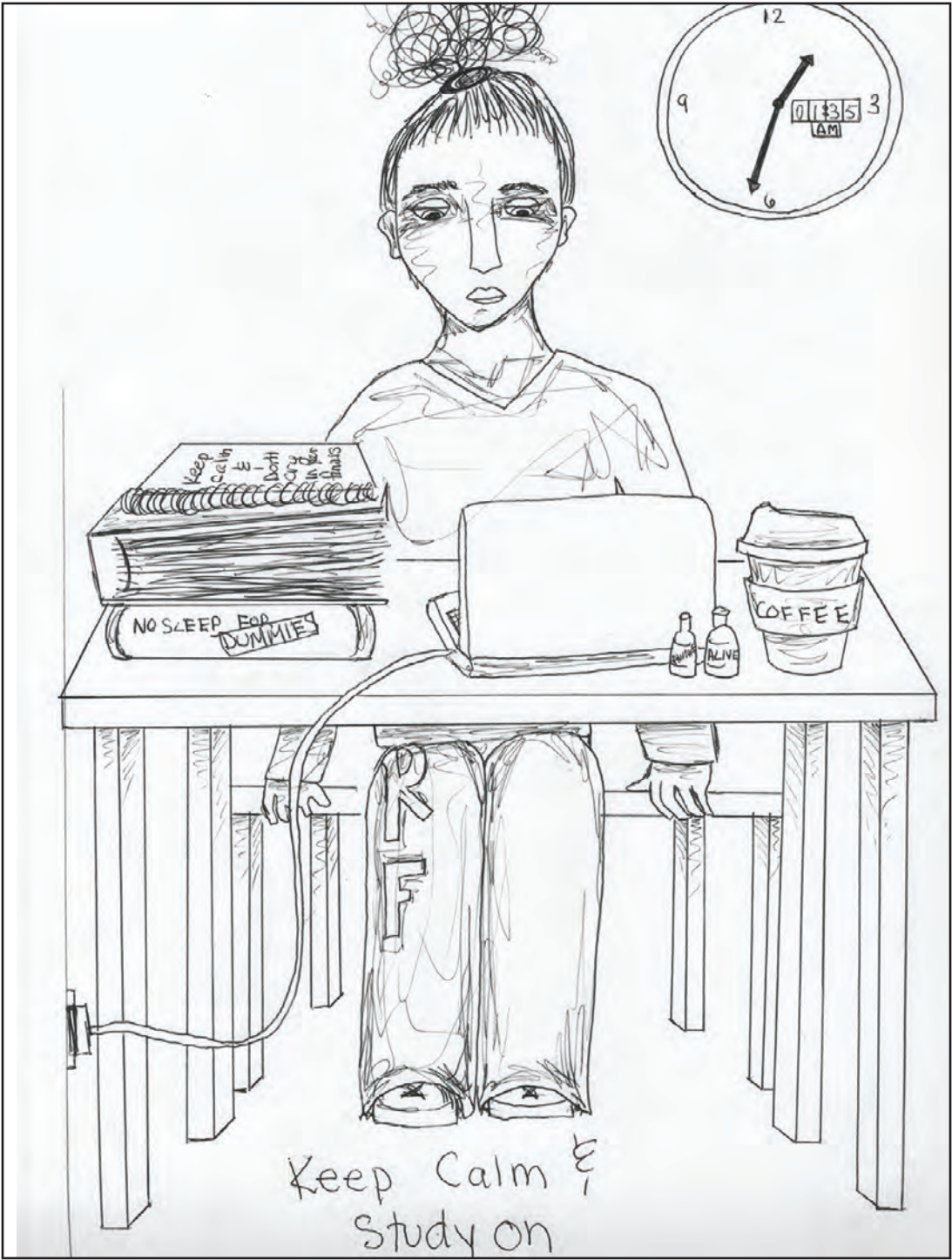
Because of high production costs, UW-River Falls community members are permitted to collect one copy of the Student Voice per issue. A single copy of the Student Voice is valued at \$1, and additional copies may be requested from the editorial staff by e-mail through editor@uwrfvoice.com. Newspaper theft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



David Recine/Student Voice



USBICEF College Cartoons



Rebecca Rudolph/Student Voice

The good, bad, ugly of watchdog media

Morgan Stippel
Columnist

Today, there are a variety of media outlets that provide 24/7 news coverage to listeners and viewers. These outlets are often referred to as “the watchdog media” because they act as watchdogs by covering every story that is deemed to be of importance in our society. Programs such as CNN, FOX News, MSNBC and many others participate in this trend to increase viewership. This excessive media coverage can be advantageous, but more often than not, the content in these programs creates major problems that pose a threat to our society.

The main advantage of “the watchdog media” is that these programs act as a “check” on the people who hold power in our country. These leaders realize that watchdog media outlets are constantly observing every move they make. If these public figures make a mistake or abuse their power, the entire country will know about the incident within minutes.

This constant coverage creates a layer of added pressure for our leaders to act in a morally upstanding manner by doing what is in the best interest of the citizens. This mechanism is not always effective, but the presence of “the watchdog media” undoubtedly guides, to a certain extent, the way our country’s leaders exert their power.

Despite this key advantage, there are only so many events in each given day that can be considered newsworthy. Be-

cause of this fact, these 24/7 media outlets are forced to find additional content to fill up the space and airtime that the real news fails to occupy. Whenever these media outlets search for suitable content for filling this extra time, these stories are anything but newsworthy.

My all-time favorite example of one of these “filler stories” was back in 2009 when CNN reported excessively on the “Balloon Boy” story. This hoax occurred in Fort Collins, Colo. when a couple filled a gas balloon with Helium and allowed it to float away. After they released the balloon, they claimed that their 6-year-old son, Falcon, was inside of the gas balloon.

CNN covered this story for over three hours, and they even went so far as to track the path of the balloon on a map. By the time the program had reached this point, I was only watching because it was comical. According to my public school education, it is physically impossible for a 6-year-old child to float into the atmosphere in a gas balloon filled with Helium.

Furthermore, even if little Falcon could have floated away in the gas balloon, he would have died within minutes due to the lack of Oxygen. Despite these basic scientific facts, CNN continued to follow the story due to the lack of news flow that day.

Another danger these watchdog media outlets face is

how quickly they are expected to relay content to the public. Sometimes reporters are in such a rush to release the story that the information in the report is not fully accurate, or there may be errors in the information that is conveyed.

When such an event occurs, the result is that listeners and viewers are misinformed, and the false or inaccurate information could potentially have harmful consequences. If programs misinform viewers with any level of frequency, the audience will no longer trust those media outlets.

When listeners and viewers distrust the media, it creates a monumental problem because these outlets are our news sources. Without news flow between these programs and American citizens, the operation of our society would be compromised beyond belief.

While “the watchdog media” has its upside, the downfalls of these programs have the potential to wreak havoc in a variety of ways. This form of media has clearly become a staple of our modern society, and I don’t believe it is feasible or wise for these outlets to be completely eliminated. The solution is obvious: “the watchdog media” needs to be much more selective when deciding which stories to report and the manner in which to report them. In a country where one slip up could affect the relationship between the media and the public, there is no room for error.


When listeners and viewers distrust the media, it creates a monumental problem because these outlets are our news sources.

STUDENT
Voices

What annoys you the most about the opposite sex?


Compiled by Sarah Plank

Alexis Campbell
senior




“When they leave the toilet seat up.”

Tom Spencer
senior




“When girls wear too much perfume.”

Andrew Dzikowich
sophomore




“When they assume all guys are the same.”

Sarah Tuft
junior




“When they can’t own up to what they lied about!”

Shelby Baillargeon
senior




“They have cooties.”




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Bunting excels both on, off field

Trevor Jones
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For UW-River Falls senior soccer player Carlin Bunting, her college career not only involved excelling on and off the field; it also involved growing as a person.

Bunting was recently named to the Capital One College Sports Information Directors of America All-Academic first team, an honor she was nominated for by UWRF Sports Information Director Jim Thies. Thies said that the committee that chooses the team looks at more than just on-field performance.

“Carlin’s got the whole package, she’s a great soccer player, she’s a great individual, and obviously a perfect student in the classroom with a 4.0,” Thies said.

He also said that this is the third year that Bunting has been nominated for this honor. Freshmen are not eligible for the honor. The Academic All-American honor was one of two things that Bunting said she is most proud of during her time at UWRF. The other was one that helped reflect the growth that she experienced as a person and as a teammate. This year, she was named team captain.

“I’m proud because I really grew up a lot over the four years I was here, and I felt that my teammates were 100 percent behind me my senior year,” Bunting said.

Bunting explained that she had not always been a great team player.

“I think I played a lot more for my teammates than myself. I used to be into soccer because I wanted the awards but as I grew up, I didn’t really care about my stats anymore,” the senior captain said. “I wanted team success more than individual success.”

Two events helped change Bunting’s perspective on things. One of the two came when a teammate’s mother died. Bunting said that it helped her see the big picture and appreciate the people we have around us. The other event was an injury Bunting suffered that she said helped her realize how important everyone is to the team.

“I had to sit due to injury which made me appreciate all the people who sit on the bench and cheer. It’s not all about the 11 starters.”

In addition to making the Academic All-American team, Bunting also won the WIAC women’s soccer Scholar-Athlete

award and is a three-time All-WIAC first team member, but Bunting is involved in more than just soccer.

She is a member of a number of clubs on campus, a volunteer at organizations like Feed My Starving Children and River Falls High School soccer, and she has had her research published at the University of North Carolina-Asheville.

She managed all of this while paying her own way through school as well. Bunting said that the keys to balancing all of her responsibilities are time management and setting priorities.

“You have to distinguish what was important, put school first. The more things you’re involved with, the more you’re prepared for situations later in life.”

Still, it was not always easy to juggle it all, and there was a rough spot between Bunting and a few of her teammates about her ability to balance soccer and other responsibilities.

“Some teammates didn’t feel like I was super-committed, but I explained that I was paying for school and living expenses and being captain at the same time. They understood. I would never sacrifice team unity for my own personal goals,” Bunting said.

The people around Bunting played the most important role in her life and helped her realize what was really significant to her.

“Coaches, friends, my boyfriend and family are just wonderful. I couldn’t have made it without them. I can’t take credit for all these things; they helped me see for myself what was most important in life,” Bunting said.

UWRF head soccer coach Sean McKuras said that he knew Bunting would be special from the time he recruited her.



Photo by the Student Voice

Senior soccer player Carlin Bunting works hard during a game at Ramer Field.

“She was one of our top recruits coming in and she fulfilled everything that we thought she would,” the head coach said. “Carlin has been a leader both on and off the field, especially recently. She’s grown up so much as a person off the field.”

After she graduates, Bunting said she will be working a full-time job as an executive team leader at Target in addition to going to graduate school part-time at the University of St. Thomas to get her master’s degree in business.

Falcon sports at a glance

Men’s Hockey

At 7:05 p.m. this weekend, Dec. 7-8, UWRF will host UW-Eau Claire, ranked No. 4.

At 7:05 p.m. Thursday, Dec. 13, they will host Augsburg College.

UWRF is 4-4-2 overall on the season and 0-2-2 in NCHA play.

Women’s Hockey

At 4 p.m. Friday, Dec. 7, and 4:30 p.m. Saturday, Dec. 8, UWRF will travel to Concordia University.

At 7:05 p.m. Wednesday, Dec. 12, they will host

Gustavus Adolphus College.

UWRF is 5-2-2 overall on the season and 4-2-2 in NCHA play.

Men’s Basketball

At 3 p.m. Saturday, Dec. 8, UWRF will host UW-Oshkosh.

At 7 p.m. Wednesday, Dec. 12, they will travel to UW-Stout.

UWRF is 3-4 overall this season.

Women’s Basketball

At 5 p.m. Saturday, Dec. 8, UWRF will host UW-Oshkosh.

At 7 p.m. Wednesday, Dec. 12, they will host UW-Stout.

UWRF is 6-1 overall this season.

Swimming

At 2 p.m. Saturday, Dec. 8, both UWRF men and women’s swim teams will travel to Beloit College for a meet.

The men’s team is 4-2 overall on the season. The women’s team is 3-3 on the season.

Falcon athletes of the week

Leah Gefroh- Hockey

The freshman forward scored two goals in a 5-4 loss against UW-Stevens Point.

Gefroh now has three goals and two assists on the season.



Leah Gefroh

Zach Schrottenboer- Hockey

The freshman forward scored his fourth goal of the season against UW-Superior. He is third in scoring for the Falcons with eight points on the season. He is plus four overall in scoring this year.



Zach Schrottenboer

Sara Koch- Swimming

The senior swimmer swam in six events at the University of Minnesota Invitational. She finished the 200 IM in 2:27.84. She finished the 400 IM in 5:11.23. She also swam two freestyle events and two fly events.



Sara Koch

Mike Schuenke- Swimming

The junior swimmer had three lifetime best swims at the University of Minnesota Invitational. He finished with a 6:18.39 in the 500 free, a 22:08.1 in the 1,650 free and a 1:15.93 in the 100 back.



Mike Schuenke

Tess Lueders- Basketball

The junior forward is second in scoring for the team so far this year. She is averaging 13.8 points per game. Against St. Benedict College she scored a career high 29 points. She is also averaging 4.2 rebounds per game.



Tess Lueders

Ollie White- Basketball

The senior forward and lone returning starter for the Falcons is leading the team in scoring and rebounding. He is averaging 12.2 points per game and 7.2 rebounds per game. He also has connected on 5-7 three point attempts.



Ollie White

LIVE

FALCON BROADCASTS

FRIDAY, DECEMBER 7TH MEN’S HOCKEY HOME VS UW-EAU CLAIRE 7:05 PM	SATURDAY, DECEMBER 8TH MEN’S BASKETBALL HOME VS UW-OSHKOSH 3 PM WOMEN’S BASKETBALL HOME VS UW-OSHKOSH 5 PM MEN’S HOCKEY HOME VS UW-EAU CLAIRE 7:05 PM	WEDNESDAY, DECEMBER 12TH MEN’S BASKETBALL AWAY AT UW-STOUT 7 PM THURSDAY, DECEMBER 13TH MEN’S HOCKEY HOME VS AUGSBURG 7 PM
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Rachel Responds: Parents approach Santa differently



When Christmas comes to mind, Santa will also, whether or not you are still a believer. The story of Santa is typically a happy one and his discovery as fake usually results in few broken hearts. But some controversy has begun about how harmful telling a child a lie about Santa could be. Not being able to fall asleep on Christmas Eve because you’re too excited is a feeling that a lot of children experience. Many of you may have felt this way when you were growing up. I would stay up late with my brother, Josiah, and we would imagine what our Christmas presents would be. We would have already raided our parent’s closet of course and oo’ed and aww’d over the gifts. I would always try not to touch them too much because I didn’t want to figure it out and ruin the surprise.

Today, I’m still a stage five Christmas fanatic. For many children, Christmas is a time of cheer, cookies, movies, family, friends and Santa Claus. But not every kid grew up believing in Santa Claus. I was one of those kids. My parents never told me about Santa. They said people made him up, and family and God were why we celebrated Christmas, not Santa. Some people feel not telling your children about Santa hurts their Christmas spirit. But as a stage five clinger for this holiday I don’t think it’s affected me too greatly. Cynthia Lee said she feels her kids should be allowed to believe in Santa for as long as they can and requests no one hurt her children’s dream in her article “Please let my kids believe in Santa Claus” on nj.com. There is some controversy around telling children about holiday fictitious characters. Some parents feel it’s deceitful, others feel it’s encourages the commercialism of the holiday, and some refuse to due to religious reasons. Santa-believing kids today? They just think he’s a nice fellow. “He’s a man with a white beard who delivers presents and flies with reindeer. I think he’s a cool guy,” said 8-year-old Mikio,

in medicinenet.com article “Telling your kids that Santa Claus is real is a lie, but does it actually hurt them?” “Santa represents the Christmas spirit, hope, cheer and believing. He also represents that parents can be very sneaky,” UW-River Falls student Liz Byers said. Sneaky is right. Some parents go through great lengths to keep the Santa story alive. “[My parents] would vacuum the living room and use my dad’s boots to make footprints leading from the chimney. They would even take a bite out of a cookie, and I’d think, ‘oh, he’s too full from all the cookies at the other kids’ house,” said UWRF student Maureen Croak. Santa represents childhood and innocence for many. But for some parents the Santa tale is more of a Santa lie. In the medicinenet.com article one parent said, “You teach your kids not to lie and yet we lie to them right away with Santa and the Easter Bunny.” In this same article, Robert Feldman, Ph.D, professor of psychology at the University of Massachusetts at Amherst, has conducted research on lying and deception and said that parents who feel they will teach their children to lie by telling the Santa Claus story are not truly saving them that lesson. Feldman said that teaching a child to

pretend to like a gift from a relative to spare their feelings or saying someone has a great dress when you don’t like it is just as deceitful. Parental author Maureen Healy said she feels undecided about the story of Santa. In her article “Little White Holiday Lies” on psychologytoday.com, she said that she felt lying to her children would be wrong but her stepson believes in Santa and how excited he is doesn’t feel wrong. Santa may not be a tradition you will carry on with your children but the spirit of Christmas is as real as you make it. Telling your children about Santa if you feel it is deceitful isn’t necessary, according to Feldman. Do what feels right for you when the time comes. In the meantime, remember that Christmas is just a few short weeks away, so start chipping away at those decorations and Christmas gifts. Should you ever feel in short supply of the Christmas mojo come find me, I have plenty to share.

Send your questions, concerns, or quandaries to Rachel on her Facebook page “Rachel Responds” and follow her on Twitter.

C-Store sisters learn to work together, forge new bond



You may or may not have noticed something funny about Freddy’s C-Store this semester. This semester two students were hired to work at the C-Store. They are sisters. One of them is me. I am a junior at UW-River Falls and my sister, Ashley, is a freshman. However, she’s always acted like the older sister. She was the

first sister to apply, and I followed her (like always). Ashley was actually the first sister to decide to attend UWRF. I followed as a transfer student. At first, we weren’t sure if we should tell our boss because we both needed a job, and the C-Store wanted us. It turned out to not be a problem. Instead, we’ve become quite attached to the C-Store and everything that comes with it. Ashley is my best friend and I am hers. However, we are sisters first and have had our fair share of arguments. Living together for 18 years will result in a lot of arguments. Our mom was

worried we would bicker too much to work with each other. We bickered a lot, at first. I thought Ashley moved too slowly and she thought I was too high strung. More than one shift was spent in silence because we were giving each other the cold shoulder. We have learned to work together. In fact, she’s the best co-worker I’ve ever had. I’m not afraid to tell her what I need or want. We are not afraid of each other’s criticisms because we have

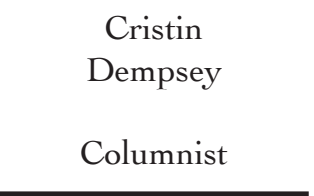
definitely heard worse. We have “sister sense.” I can tell when she’s crabby or stressed, and vice versa. We might as well be twins because we think so alike. I know I can count on her. Working together is usually a riot. I’m assuming that you are all familiar with the music the University Center plays. When the music is good, we are known to turn the music up and dance all around the store. Many customers have

“Isn’t Liam Neeson on ‘Gossip Girl?’” (She was thinking about Leighton Meester).

walked into the store during a particularly embarrassing dance move. Ashley and I laugh through most of our shift. I can make her laugh with one look and she says the most hilarious things, usually unintentionally. Example: “Isn’t Liam Neeson on Gossip Girl?” (She was thinking about Leighton Meester). We do more than make each other laugh. I know that Ashley will work hard to complete tasks even if we are not working together. We talk about work all the time, and how we can improve to make the next shifts easier and more productive. One of our main tasks is making

sandwiches; we are always helping out each other with wrapping and labeling. Sometimes I feel like I have two bosses: my real boss and Ashley. If I can make Ashley happy, I know I’ve done a good job. I was excited to work with Ashley this semester, but I never thought work could make us closer. I thought we had a bond before this semester, but it pales in comparison to our friendship now. So if you see two tall girls dancing and laughing at the C-Store, give us all the weird looks you want. We are having the time of our lives.

Christmas celebrated multiple ways by many different cultures around world



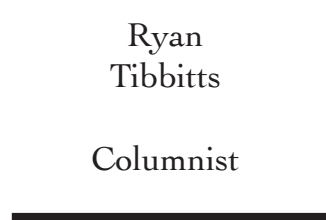
Is there a Christmas tradition in your family that you look forward to every year? I look forward to the traditions in my family every year, which makes Christmas my favorite holiday. Family, food and presents are always something to be joyful about. But what kinds of holiday traditions do people around the globe like to take pride in? Most Americans probably have similar holiday traditions with a few unique to their own family. But the traditions start to differ more and more internationally based on the culture in a specific country. Many countries do not celebrate Christmas, but ones that do, like European countries, celebrate Christmas in very different and unique ways. I am particularly interested in the Christmas traditions of my ancestors from Ireland. The Christmas celebration of the Irish lasts from Christmas Eve until the feast of the Epiphany on Jan. 6, also referred to by the

Irish as “Little Christmas.” In the United States, Christmas is a joyful time of fun for everybody, but in Ireland, it is more religiously focused. Families place lighted candles in their windows on Christmas Eve as a sign that Mary and Joseph may be looking for shelter. These candles are usually red in color. The children often use Christmas sacks instead of stockings for gifts, and it is a tradition to leave out mince pies and a bottle of Guinness for Santa. After the Christmas evening meal, bread and milk are left out and the door is unlatched as a symbol of hospitality. Feliz Navidad! Christmas in Spain is a very festive and religious time of the year. As the stars come out on Christmas Eve, tiny oil lamps are lit in all the windows. After midnight mass and Christmas dinner, dancers and onlookers fill the street. There is a famous Spanish Christmas dance known as the “Jota,” which has been passed down for many centuries. Children in Spain think of the gift bearers to be the Three Wise Men, who usually arrive on Jan. 6, the date they gave gifts to Jesus.

On Christmas Eve, or “Nochebuena,” families gather around the manger set up in their home to feast and rejoice. These manglers are present in nearly every Spanish home. They also like to divulge on a special holiday treat: a turron, which is an almond candy. The Spanish Christmas is much like the American Christmas, where people attend church and exchange gifts. One unique difference is that children play on swing sets set up specifically for the day. This symbolizes the encouraging of the sun to “swing” ever higher in the sky. Christmas in Germany has a long duration, with celebrations beginning even before Dec. 1. Families often set aside special dates during this time to make spiced cakes and cookies, gifts, and decorations. A traditional Christmas toy is a little doll made of fruit. Children in parts of Germany believe in Christkind, a winged figure dressed in a white robe and gold crown that distributes gifts. Children write letters to Christkind and leave them on their windowsills, sometimes decorated with glue and sugar to add a sparkle. There is also another

Christmas Eve figure known as Weihnachtsmann, or “Christmas Man.” This man also brings gifts and closely resembles Santa Claus. Germans are also known to celebrate by making beautiful gingerbread houses and cookies. There is a special Christmas tree pastry, known as the Christbaumgeback, which is a white dough that can be molded into shapes and used as Christmas tree decorations. Christmas trees and wreaths, like in the United States, are also prevalent in Germany. In some homes, a room will be locked before Christmas. Then on Christmas Eve, the children are awakened at midnight by their parents to go to the locked room. The door is opened and they see the tree all lit up, with little parcels on tables. There are many more traditions that are unique and interesting to a certain country. Learn something this Christmas and discover the different holiday traditions around the world. You never know what unique traditions are out there in other countries. Maybe you would like to try one!

Take time to give back this Christmas season



There is something magical about the Christmas season. There is a happier vibe coming from everybody around and a sense that everything is going to be all right. There are Christmas decorations, the smell of fresh cookies and smiles all around. Christmas music, get togethers and shared laughs are just a few of my personal favorite parts of the Christmas season. Plain and simple, Christmas is about getting together with family and friends in a joined celebration of something amazing. Unfortunately, everything I love about the Christmas season has become harder to cherish here on campus. The stress of final projects, papers and just trying to “survive” the semester consumes my thoughts. It is harder to enjoy Christmas lights and decorations being crammed into a dorm room even though my roommate and I have done the best we can to give the room some Christmas spirit. The hardest part is the fact that being on a poor college student’s budget has made it hard to afford presents for the ones I love. I think this is something that we all get caught up in during Christmas. It has turned into who gives the best gift. Commercial about toys and the newest gadgets consume the television yelling at us about what we need to buy for the people around us. “Black Friday”

and “Cyber Monday” have turned into more of a holiday than Christmas itself. The rush and hoopla of Christmas have turned people sour about the whole idea. It is no longer about the magic of the holiday, or just getting together and taking a rest away from the craziness that is the real world. Now Christmas has just added to the stress that we all already have too much of. I have actually heard people say, “thank god that’s all over” on the day after Christmas. For me, Dec. 26 is the most depressing day of the year. Christmas is a time of selflessness. It is a time of giving, and that does not just mean money or buying the most expensive things. There are many less fortunate people around us and what better opportunity to volunteer and help out then the Christmas season. It is hard to find spare time to give being a college student, even if it means giving spare change to the Salvation Army bell ringers so that someone will have a Christmas meal. Taking one hour to go to a local food shelf, or helping out at a toy drive to make sure children in poor circumstances will receive some sort of gift this season. To those children who may only get one stuffed animal this holiday, that may mean more to them than we can ever imagine. This may be a stressful time of year, but we are all blessed. I encourage everyone to share some love with the people around them. Do not take the people around you for granted and let them know how much they mean. You never know how much difference the small things in life can make.

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Architect proposes campus mall designs

UW-River Falls is remodeling the campus once again. There is talk to redesign both the campus mall and Rodli Commons.

The campus mall project has been put into place to revamp the interior of campus. This project will run from Spruce Street, near May Hall, all the way to 6th Street, which is the Rodli area. Both projects are part of the Campus Master Plan. The University wants to make the campus mall more aesthetically appealing. The remodel will make the mall more pedestrian friendly as far as accommodating skateboarders, bikers and people who are just walking.

They hope to be completed by 2016. By January of 2013, an architect and engineer team is anticipated to be in place. By May or June of next year, there is hope to have a formal design planned out. Student Senate is asking for input from students as to what design they may like best. You can direct your input at the next Senate meeting at 7 p.m. on Tuesday, Dec. 11 in the Willow River Room of the University Center.

Facilities management published this note in the need for a Campus Master Plan:

UW-River Falls was founded in 1874 as a state normal school providing training for rural teachers. Agriculture education, added in 1912, quickly expanded into a general agriculture curriculum. The campus lands stretch over 800 acres of land, including a 300-acre farm northwest of the City of River Falls.

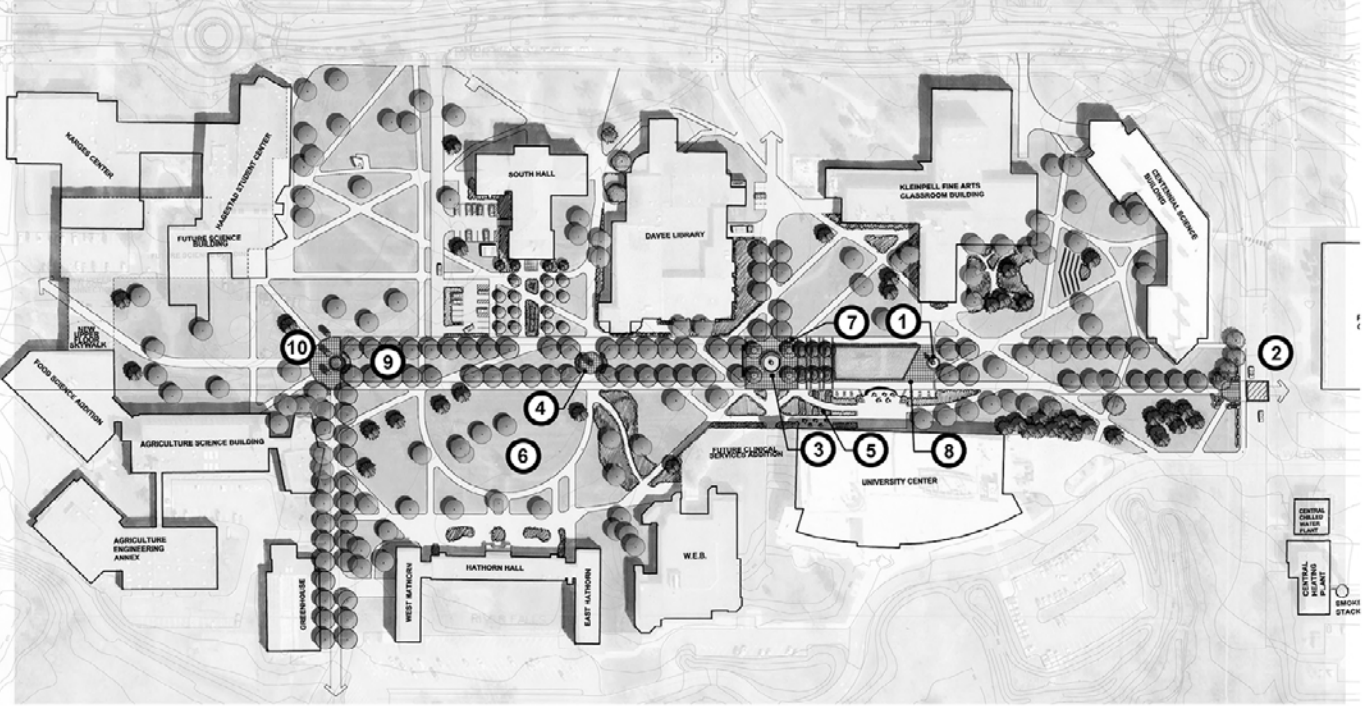
The campus is facing current and anticipated pressures. Student enrollment has grown dramatically since the late 1990s. It will continue to grow as UW-River Falls responds (as resources permit) to the UW System's Growth Agenda, as we contribute to building the Wisconsin economy, and as our region becomes more integrated with the Twin Cities. Our enrollment has grown by over 1,000 students in last 10 years and is expected to increase by another 1,000 students in the next decade.

Larger student bodies bring more demand for on-campus living spaces, more open space and more vehicle parking. The campus's characteristic east-west campus orientation was set with the last campus master plan in 1968. The campus identity is defined by the South Fork Kinnickinnic River as it passes through the center of campus, yet the river and its floodplain constrain campus growth and change.

The Campus Laboratory Farm not only symbolizes our history but is also ground were breakthrough research literally takes root. Yet the farm is threatened as the campus athletic and recreational needs increase and the City of River Falls grows around the campus.

Like all Wisconsin universities, UW-River Falls must maximize its limited financial resources.

Our existing structures must be fully utilized and repurposed to meet our faculty's modern teaching methods, our students must be proud to live in our residence halls, and our utility costs must come down as our demands rise.



CONCEPT 1 - CLASSIC FORMAL
UW River Falls - Mall Design Study - November 26th, 2012

1 Monuments and focal points

2 Outways to establish boundaries

3 Gathering and outdoor classroom spaces

4 Landmarks for multi-seasonal interest

5 Repetition and rhythm in landscape design

6 Healthy lawn for active & passive use

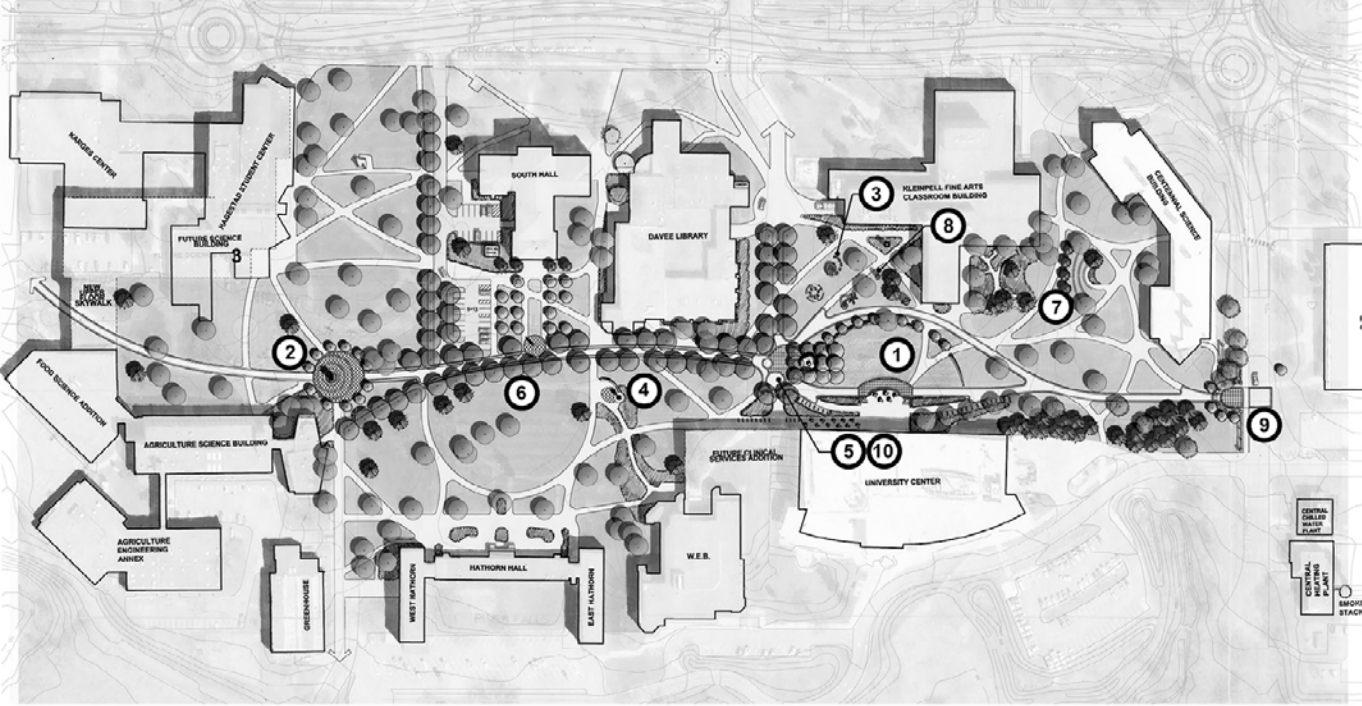
7 Flexible-use paved plaza spaces

8 Highly delineated formal lawn panel

9 Linear circulation and tree allées

10 Thresholds and axial views

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CONCEPT 2 - INFORMAL
UW River Falls - Mall Design Study - November 26th, 2012

1 Healthy lawn for passive use and performance

2 Flexible-use plaza space

3 Commissioned art installations

4 Iconic landmarks

5 Specialty paving at nodes

6 Gently curving walkways

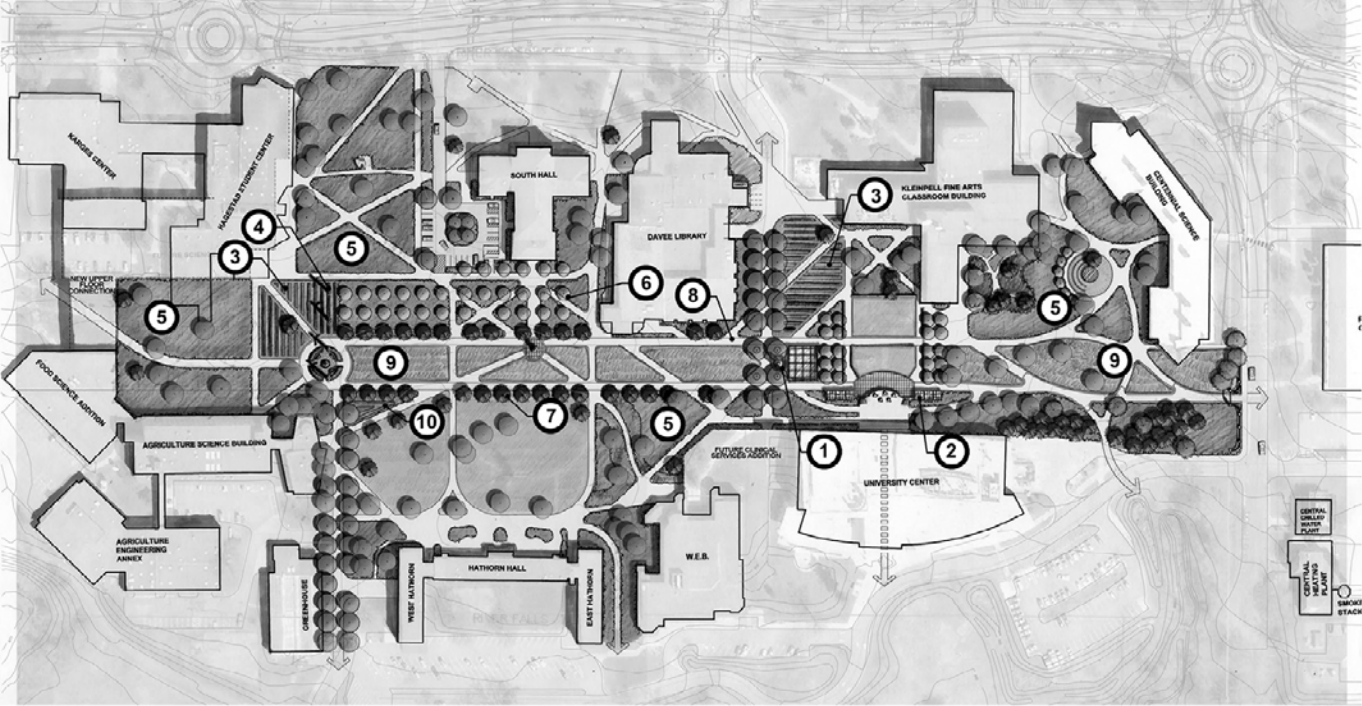
7 Outdoor classrooms

8 Student art

9 Gateways and thresholds

10 Unique gathering spaces

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CONCEPT 3 - SELF SUSTAIN
UW River Falls - Mall Design Study - November 26th, 2012

1 Stormwater storage for irrigation

2 Solar canopies for bike storage

3 Local aesthetics, historical ties, & food production

4 Wind energy harvesting

5 Energy use reduction-grass landscape

6 On-site food production

7 Sustainable industry demonstration

8 Alternative transportation-bike lanes

9 Energy use reduction-no mow fescue lawn

10 Rainwater infiltration

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