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STUDENT VOICE

University of Wisconsin River Falls

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Campus services host wellness programs

Niki Hovatter
nicole.hovatter@my.uwrf.edu

Multiple departments on campus are collaborating to provide wellness programs for students, faculty and staff. Student Health and Counseling Services, Student Life, Sodexo and Residence Life are all working together with the common goal of creating a healthier environment at UW-River Falls.

The annual Wellness Challenge started last Monday. The month-long program is a way for individuals and teams alike to improve their daily physical and mental health. About 120 people have signed up for the challenge this year, according to Health Education Coordinator Keven Syverson.

“It is a really good opportunity for students to take advantage of,” said student Megan Lynch.

Lynch decided to participate in the challenge because she wanted to find a way to work out and eat healthier.

She has teamed up with coworkers to complete the challenge and has noticed increases in her overall wellness, along with improved relationship with her coworkers. By eating more vegetables and fruit and drinking more water, Lynch has started to feel more focused and energized on a daily basis.

UWRF student Donald Carufel has also noticed the same positive changes to his lifestyle by participating in the Wellness Challenge. Like Lynch, eating healthier has improved his mood overall.

Carufel is completing the challenge individually. His favorite part of the challenge

is that there is a large variety of ways to earn points, from getting eight hours of sleep a night to attending open recreation at Knowles Center.

The Wellness Challenge is a good way for some people to take their minds off of the gloomy Wisconsin winter. Syverson said it is also a par-

ticularly good way for college students to relieve stress. All participants of the Wellness Challenge will receive the book “Eat Move

Sleep” by Tom Rath. “It could be a life changing thing for someone to read this book,” said Featured Events Coordinator Karyn Wells.

Rath will be speaking at 7:30 p.m. April 16, in the Riverview Ballroom. Rath’s mission is to show individuals how to live the longest and fullest lives possible. His book includes its own 30-day wellness challenge.

“We are really excited to have Rath on campus,” Wells said.

Students are also encouraged to attend the Health Fair on April 16 from 10 a.m. to 2 p.m. in the Riverview Ballroom. Syverson said the fair is meant to educate students on all dementions of health and wellness.

There will also be free materials and prizes, along with BMI testing. BMI testing will also be provided Mondays from 3:30 to 4:30 p.m. in different residence halls.

Sodexo is also unveiling its Mindful program, which is a corporate-wide initiative to improve the quality and variety of food provided to consumers.

“Mindful is more of a lifestyle than a healthy item,” said Marketing and Retail Manager Mike Vanselow.

Sodexo will be featuring 50 new recipes in Riverside Commons and will be changing menu options with the seasons.

Vanselow said the changes reflect the trends of the entire food industry to become more transparent about the ingredients and source of the products.

Each Mindful menu option will have a large label that includes the Mindful logo, so healthier choices can be easily identified.



Maggie Sanders/Student Voice
Ariel Ramira Tarr teaches students and faculty Lunchtime Yoga in the Meditation Room in Hagstead Hall every Wednesday from 12 to 1 p.m. This class is one of several Wellness Weekly Activities from the Student Health Services.

Speech, language, hearing clinic offers variety of services

Alexa Hilt
alexa.hilt@my.uwrf.edu

The speech, language and hearing clinic in the lower level of the Wyman Education building on the UW-River Falls campus has been offering services to people with a variety of different needs for almost 50 years.

The clinic provides evaluation and treatment services for speech, language, cognitive problems, stuttering, voice issues and a wide variety of other problems relating to speech, language and hearing.

Sarah Smits is the director of the clinic and sees about 60 to 70 clients of all ages and

from different places around the cities on a daily basis.

“Right now, we probably have 60 percent children, 18 and under, and 40 percent adults,” Smits said. “We usually have a handful of older adults but we do have several adolescents who are right around the adult age who might have a diagnosis like Down syndrome or autism.”

Clients come in and out of the clinic throughout the day and the amount of time that people spend using the clinic varies depending on their needs.

The clinic on campus is a teaching facility and the peo-

ple who run the clinic for the most part are graduate students who are supervised by certified speech pathologists.

“We have 20 first-year

“Fifty to 75 percent of the therapy sessions that the graduate students run we are watching indirectly,” Smits said.

graduate students and 20 second-year graduate students,” Smits said. “The second-year students are all out on internships, so all of the first year students are the ones who do the therapy in the clinic.”

There is a minimum amount of supervision of the graduate students that needs to be done at the clinic in order to stay accredited as a training institution.

“Fifty to 75 percent of the therapy sessions that the graduate students run we are watching indirectly,” Smits said. “If anything happens during the session that shouldn’t be happening then we are the first to run in and talk to them about that.”

Graduate students have to go through a skills assessment before they can see the

clients to make sure they are ready and understand the client’s diagnosis.

Lindsay Laramy is a front desk receptionist at the clinic and a communicative disorder major who is interested in attending graduate school to become a speech language pathologist at UWRF next semester.

“I think that having graduate students work with the clients at the clinic is beneficial for both parties,” Laramy said. “The graduate students learn how to be better prepared for their future as a speech language pathologist, and the clients are receiving great care from people

who really want the best for them.”

Professors on the UWRF campus are encourage to recommend students from their classes to visit the clinic if they notice different speech, language or cognitive difficulties that their students have.

“It’s nice when professors reach out to help students, but they can’t do that if they don’t know about our services,” Smits said. “I would encourage any professor who is questioning whether or not to refer a student to give me a call and I can help walk them through how we may be of assistance.”

University police faces security budget cuts on campus

Ben Lamers
benjamin.lamers@my.uwrf.edu

Every department on campus has been affected by the \$1.7 million budget cut, and the University Police (UP) is no exception.

Because of these cuts, UP has been forced to remove some of the cameras around the campus parking lots, but all cameras in the University Center, residence halls and other buildings will remain.

“We don’t have the money to support them. It’s not simply the cameras, but also the maintenance and the storage

for them,” said Chief of Police Richard Trende. “It’s not something that we relish, but we didn’t have any place else to take it from.”

According to the University’s annual police report, there have been no reported cases of motor theft on campus since 2010, which is as far back as the report goes.

“The campus is a safe campus. I would say in comparison to many campuses, our crime rates are lower. And compared to city crime, campus crime is much, much lower than that,” Trende said.

Trende said that cameras

are not located in all of the parking lots on campus, and that some would remain in place as well. He added that before this round of budget cuts, the plan was to increase the amount of cameras.

“We’ll try and make due with some that we still have. Our original plan, within the old budget, was to add a camera per parking lot per year. Unfortunately that is difficult with the cuts that the state has imposed on us,” Trende said.

The removal of some of the cameras was a difficult decision, but Trende said that there were not many other

options of items to be cut.

“We didn’t have any place else to go. If you are forced to cut, you have to cut somewhere. Ultimately it could impact staffing, but we have been able to save that so far,” Trende said.

Senior Mark Ladsten said that he knew about the cameras in some of the parking lots, and could see how the removal could both some students.

“It doesn’t bother me because I am leaving, but for someone coming in it might. I think it also depends on the parking lot itself,” Ladsten

said.

Ladsten elaborated to say that it may bother him more if he had consistently parked by Hunt Arena, which does not see much people traffic, as opposed to N Lot which has a lot more people traffic.

Trende added that UP patrols the parking lots daily as well. He also added that students can, and should, take precautions as well, just in case.

Ladsten echoed that statement.

“I also think that it should be the students’ duties to make sure their car is OK. I

know freshman and sophomore year I would park so I could look out my window to make sure my truck was fine and nothing had happened to it,” Ladsten said.

The cameras may be getting taken down now as a part of the budget cuts, but Trende said that they could return in the future.

“That isn’t to say that at some time in the future the funding will be there to re-institute the program,” Trende said.

One Billion Rising event supports assault victims at UWRF

Amanda White
amanda.white@my.uwrf.edu

Last Friday, a different V-Day was recognized at UW-River Falls in awareness of campus sexual assault. Eve Ensler, the writer behind “The Vagina Monologues,” created V-Day to stop violence against women and girls around the world. According to vday.org, over 5,800 V-Day benefits occurred in 2013. The newest global campaign launched by V-Day is One Billion Rising, which was created after one billion people came together on one day in February 2013 to spread awareness. At UWRF, Police Officer Patricia Forsberg and English

Associate Professor Greta Gaard organized a One Billion Rising event that occurred in the University Center on Feb. 14. Gaard said that the event was held in response to the assault that occurred October 2013 on Homecoming weekend on Cascade Avenue. A woman was confronted by a group of men but was able to get away and report the incident. “The numbers that are being reported are not accurately representing the number of assaults,” Gaard said. Gaard said that many assaults go unreported on college campuses and in college towns because of the prevalence of acquaintance

rape. “We have no relationship to the stranger, but we know very well what the repercussions would be for our acquaintances,” Gaard said. According to Gaard, women are more likely to put others’ needs before their own and society depends on that trend for women to stay silent about assault, which is why many assaults are not reported. Forsberg said that, statistically speaking, 35 out of every 1,000 women in college will be a victim of sexual assault each year. She decided to get involved with One Billion Rising because she is a police officer. “I feel that I have a respon-

sibility as a police officer to be proactive in participating in community-based sexual assault awareness and prevention efforts,” Forsberg said. Forsberg also got involved with campus sexual assault awareness because of her experience in college. “I should have been an advocate for my best friend because she was raped at UW-Superior while visiting me. I was not. Instead, I completely excused the perpetrator’s behavior because I considered him a ‘nice guy,’” Forsberg said. “I should not have excused his actions nor should I have negated my best friend’s victimization. A good friend would do better than this.” Forsberg mentioned sur-

prising statistics collected from a recent report about the Campus Sexual Violence Elimination (SaVE) Act, which was signed into law in 2013. According to the report, an estimated 20-25 percent of women will be the victims of rape or attempted rape on college campuses each year, and 90 percent of these victims will know their attackers. The One Billion Rising event that occurred Feb. 14 used music and dance to convey the message of awareness to students. Gaard said that microphones are not allowed in the UC because that would signify a rally, which can only happen outside, so she said the people involved had to rely on the music and dance.

Gaard said that several people who were not originally involved in the event joined the dance. Gaard said she was proud of those students who stepped forward. “That, in itself, is what a movement looks like,” Gaard said. Gaard said she encourages all students to go online and educate themselves about campus sexual assault and Ensler’s work with V-Day, including a recent YouTube video titled “Man Prayer.” “If it’s not you, it could be a friend of yours,” Gaard said.



Kathy M Helgeson/University Communications

English Associate Professor Greta Gaard engages the audience in the University Center for the One Billion Rising event on Feb. 14. The event was held in response to the assault on campus in October.

River Falls Police/UWRF Police Department

Jan. 27

- Jonathan Robert Alexander was fined \$326.50 for possession of drug paraphernalia and \$389.50 for possession of marijuana at McMillan Hall.

Feb. 15

- Mark Joseph Pitera was fined \$326.50 for possession of drug paraphernalia on 800 E. Cascade.

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

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Residence Life names new director

Miranda Hammel
miranda.hammel@my.uwrf.edu
Karla Thoennes has officially assumed her role as the new director of Residence Life on the UW-River Falls campus.
In her career, Thoennes has held four positions in residence life such as residence life assistant and director.
“I’m here because there were things that attracted me to this campus, I felt there were some really solid things about this campus in terms of the people, the organizations and the student affairs division,” Thoennes said. “The other reason I came is because I could see potential where there is already good things happening there

are opportunities to continue to grow our department and meet the challenges that currently exist; the people working here are ready and excited to move forward and I’m glad to have the opportunity.”
Starting her career at North Dakota State University (NDSU) for her undergraduate degree, Thoennes took a position as a hall director in 1990 and then assistant graduate hall director. She then took a job at Mankato State University as assistant director, until she went to Iowa State University to work as a hall director at a graduate level.
The last 16 and a half years she has been working in multiple positions in the resident life and student affairs de-

partment at NDSU, a few of those positions being associate director for community development, assistant director for operations and student conduct.
Travis Pyke, a senior studying English secondary education with minors in mathematics and coaching, is also a third-year RA and is currently working in South Fork Suites.
Pyke had the opportunity to meet Thoennes during winter training when she had lunch with the South Fork Suites and Ames staff.
“My first impression of her is that she is a very kind person who is excited to be at UW-River Falls. She also seems very willing to take on the challenges of taking a

new job at a university that is transitioning to a new Residence Life structure,” Pyke said. “She seems to have brought with her a new energy that can only lead to good things for this university.”
Having only been on campus since Jan. 13, Thoennes has faced a few challenges already with memorizing what resident halls are where, the new technology and just the University of Wisconsin system in general.
However, having such a warm welcome with her new staff and RAs has really impressed her and brightened her day, and has helped her transition into a new area and position.
One of the challenges the University currently has is

the enrollment numbers are down compared to recent years, Thoennes wants to change that in any way she can so there is a whole area of the institution focusing on that and realizing that halls play a big role whether or not students might be staying or leaving UWRF.
Prucha Hall has been closed this last year and will be closed again next year to new students with not enough students to even fill each hall.
The hope Thoennes has is that UWRF’s efforts to gain more students and Residence Life’s efforts to keep students or gain more students on campus and to live in the halls will increase and not become a dis-enchantment.
“I’ve learned a lot and I

think that is now playing a good role in this current position as a director of Residence Life,” Thoennes said.
The University’s previous Director of Residence Life Sandy Scott-Deux took a position as the new director of residence life at UW-Stout, something she told her staff and resident assistants at the beginning of the 2013-14 school year during their fall training.
Duex left for Stout for the opportunity to work with a close friend of hers and to help enhance Stout’s Student Affairs program just as she did at UWRF in the middle of last semester.

Wyman Series presents Mixed Blood Theatre



Desi Danforth/Student Voice

The Wyman Series presented a solo performance by Mixed Blood Theatre actor Shawn Hamilton on Wednesday, Feb. 19, in the Falcon’s Nest. The performance featured Hamilton drawing upon aspects of Dr. Martin Luther King’s sermons, letters and books to relay King’s history.
Upcoming Wyman Series events include: One Voice Mixed Chorus featuring Avenue for Homeless Youth at 7:30 p.m. on Saturday, March 9, in Abbott Concert Hall of the Kleinpell Fine Arts Building, and An Evening with Tom Rath at 7:30 p.m. on Wednesday, April 16, in the Riverview Ballroom of the University Center.



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EDITORIAL

Stay healthy during spring semester

Snow is falling, temperatures are drastically fluctuating from 40 degrees to 30 below zero and it is the season for coughing, sneezing and sore throats.

As victims to the common cold, sore throats, flu and other oh-so-enjoyable illnesses, we would like to remind students who have fallen ill to take advantage of the assistance that Student Health and Counseling Services provide as well as excellent tips on staying healthy.

In Student Health and Counseling Services you can find a wall of pamphlets about common health concerns that students may have. There is also a table with free get-well bags filled with cough drops, Kleenexes, pain reliever packets, disposable thermometers and other essential items needed when feeling under the weather. The get-well bags are great for students and it is great to keep in a backpack or purse for quick relief of illness.

The website for Student Health and Counseling Services is also a great resource for students to turn to when they are feeling under the weather. It is full of resources on where to go for a wide range of physical and mental health needs. A taxi ride to and from the clinic is free to students with a student ID as well.

The River Falls Medical Clinic also offers a long list of services provided to UW-River Falls students. These services include basic office and psychiatrist visits, throat cultures, allergy injection and much more. Vaccines for tetanus, diphtheria, measles, mumps, influenza and more are available as well. For a complete list of services offered visit the Student Health Services office or website.

Another tip for staying healthy during the winter season is to get enough sleep. As college students, the stress of busy schedules and assignments can be overwhelming which causes the amount of sleep we are able to get to dwindle. Try to remember that if you are jeopardizing your sleep, you will be increasing your chance of weakening your immune system, which makes you more susceptible to getting unwanted illnesses.

As difficult as it may be with a busy schedule, eating healthy is also a good way to keep your health in check. Rather than turning to the beloved pizza slices and French fries to fill your belly, pick up something with a higher nutritional value such as fruit or a salad.

It is not always easy to avoid the illnesses when living in a tight community such as a residence hall, especially when there is a limited amount of space to keep the germs away. However, there are steps you can take to reduce the risk.

We encourage students to take these tips and use the free and low cost resources that are available to them to stay healthy.

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.



Amanda White/Student Voice

Senate affects life on campus more than one would assume

Nicholas Vanden Heuvel	“Student Senate has been hard at work” seems to be a saying that you hear a lot.
Ethics Chair	The saying leaves many students wondering what we are exactly doing in our meetings up on the third floor of the

University Center in the Willow River Room at 7 p.m. every Tuesday night while school is in session (a very shameless plug I'll admit). After we sent you many emails regarding the referendum, Senate would like to take a break to tell you what we do.

The first thing that surprises many students when we talk about Senate is what our responsibilities are. We act as your voice across the University, and there are times we pass resolutions that serve as the voice of the students saying that we disagree or agree with what is going on in our University.

We not only act as your voice to the University, but we also act as your voice within the entire UW System. Each time you elect your president or vice president you give them

a vote at the UW Student Representatives where they make your voice heard as a collective body across the state.

Not only do we act as your voice we also get to control money that you pay into the school. According to Wisconsin state law the students get to choose how to spend certain kinds of segregated fees.

We use those fees to help you out. Have you ever attended an event that a student organization put on? A lot of that money came from accounts under the control of Senate. Have you ever ate a meal in Riverside Commons, buy something in Freddy's C-Store, relax by the fireside lounge or enjoy a delicious sandwich from the Rapids? Student Senate is responsible for passing motions that allowed the UC to be built.

I hope you learned a bit about us, including what we do and who we are. We encourage you to stop by the Senate office in the Involvement Center to talk to us and get to know us and tell us your concerns with the school. We hope to see you soon.

Be the first person to find the lost falcon feather in this issue of the Voice and win two free movie passes to the Falls Theater! (105 S. Main St.)

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UWRF graduate creates film company

Jack Tuthill
jack.tuthill@my.uwrf.edu

Michael Butt, a 2012 UW-River Falls graduate with a degree in theatre arts, has founded his own filmmaking company called “MORE-on Productions” with a combination of tenacity and skill.

Butt, an aspiring actor, founded MORE-on Productions almost immediately after graduating. He already has two feature films under his belt, called “Yetis” and “Vampire Ticks from Outer Space.”

Butt has settled into a niche: sci-fi films.

“I have always liked old monster films; even the black-and-white ones,” Butt said. “Since no one else was really interested in making them I decided to try and make them myself.”

Butt is interested in producing sci-fi films reminiscent of those developed in the 70s

and 80s, before computer-generated imagery (CGI) devalued the American cinema.

“I use my own props,” Butt said. “It’s easier to get caught up in the story.”

MORE-on Productions, for now, is losing money. Each film’s funding has come out-of-pocket, but he knows that to make money, one must spend money. According to Butt, this is just the beginning.

Butt stressed that his new endeavor is not about making money.

“I do this for love,” Butt said. “My love of cinema. I want to give the world a break from their lives, and to tell stories with morals hidden inside them.”

MORE-on Productions can be dated back to Butt’s senior year in high school, where he made a film called “My Neighbor Is Dating a Serial Killer,” which can be

watched in its entirety on YouTube.

One of the restraints of producing films on a tight budget is being unable to advertise or get a proper rating from the Motion Picture Association of America (MPAA).

“The costs are insurmountable,” Butt said.

Butt made “Yetis,” a film about five interns and a wolf expert who venture into a remote forest and come face-to-face with killer sasquatch-like creatures, on a \$700 budget.

Butt is currently raising money on Kickstarter to help fund his newest project, “This Woods Is Cursed,” which he described as a throwback comparable to “The Evil Dead” and “Scanners.” He is hoping to raise \$3,000 so the project can operate smoothly.

MORE-on Productions offers a free digital download of “Vampire Ticks from Out-

er Space” on its website, but does suggest donations. The webpage, more-onproductions.weebly.com, asks that visitors “pay what you can” for the free film. This is a generous feature, but should help the film reach additional sci-fi film-buffs.

Butt writes, directs, casts, produces and acts in each of his films. A lot of his skills, especially directing, were crafted at UWRF. Theatre arts students are required to take Directing I, which Butt excelled in.

“As I recall, Michael did a nice job with his final project,” Professor James Zimmerman said. “Students often are surprised by how complex, yet practical, this unit is. The course is quite hands on both in class and in assignments, and culminates in each student selecting, analyzing, casting and directing a one-act play.”

Butt also learned about story-building, writing, acting and filming while in the theatre arts and journalism programs. One of Butt’s more inventive skills acquired at UWRF is creating his own props from scratch.

“A lot of people ask me how I made the ticks from Vampire Ticks from Outer Space,” Butt said. “They were very simple. I sewed them from t-shirt material, stuffed them with scraps and sponges, and filled (them) with air or fake blood.”

Slowly, more people are getting involved with MORE-on Productions, and interest is growing. However, getting actors to collaborate for more than one or two days has become difficult.

“They all have lives,” Butt said. “They have to go back home and make money.”

In fact, Butt planned on filming a former project

called “Voodoo Zombies” last summer, but had to scrap the film and re-write the script because of scheduling conflicts with the actors.

MORE-on Productions’ headquarters is currently in Elmwood, Wis. Butt, however, has bought a property in Plum City, Wis. that he is presently giving a face-lift. He regrets not taking the opportunity to film a movie in the once abandoned house.

“I should have filmed a ghost movie,” Butt said.

Butt has sent his finished products to horror film hosts in various states and has received a lot of positive feedback.

“Some people just love it,” Butt said.

“These Woods Is Cursed” will begin filming once summer is on the horizon, yet Butt teased that another sci-fi film is also in the works.

STUDENT VOICES

If you won the lottery what you do with the money?

Compiled by Maggie Sanders



Michaela Starr

“Pay off my student loans, give my grandma back the money I owe her and buy something dumb.”



Ashley Christiansen

“Pay off my student loans, buy my parents a new house, start a trust fund for my nieces and nephews, take several vacations and put money into my own savings account.”



Libby Marchetti

“Give money to charities and keep some for myself.”



Mikayla Swanson

“Pay off my student loans.”



Luke Radke

“Drop out.”

Check out
the Student Voice on
Twitter!
@UWRFVoice

Coach King moves up to big leagues

Ryan Tibbitts
ryan.tibbitts@my.uwrf.edu

The Assistant Athletic Performance Coach at UW-River Falls has recently left and is moving up to the big leagues to take his dream job coaching in major league baseball.

That coach is Andy King who was in his second year in the Falcon athletic performance department. He will be moving on to be a training coach for the Salem-Keizer Volcanoes. The Volcanoes are a Class A-Short Season affiliate minor league baseball team of the San Francisco Giants, according to their official team web page volcanoesbaseball.com. They have been an affiliate to the Giants since 1997.

King said he found the job opening online, decided to apply and the team liked him enough to give him the opportunity.

“It is unfortunate I have to leave UWRF now, but this was too good of an opportunity to pass up,” King said.

From the time King goes to spring training until the time the season is over he will only have five days off.

“It is going to be busy. The team will play 74 games in 79 days,” King said.

King said his time at UWRF was excellent.

“I am proud of what the athletes accomplished. UWRF has good students and coaches and I one hundred percent believe in what we do,” King said.

Assistant Athletic Director Crystal Lanning said that King came up with the idea for the Falcon Cup which has helped to increase support among the student athletes. This is the first year that the Falcon Cup competition has happened at UWRF.

“Andy was a great addition to the staff. He worked well with the students and was always interested in finding more ways he could get involved with the student athletes and help out the department,” Lanning said.

Lanning said that King worked so well with the student ath-

letes and will be greatly missed. At least two student athletes are in agreement with that statement.

“He was always really helpful in the weight room and will definitely be missed,” said junior women’s basketball player Hailey Siegle.

“We are going to miss Coach King and the energy he brought to the weight room. He is a great guy with an outstanding outlook and understanding of college athletics and what it takes to be successful,” sophomore quarterback Ryan Kusilek said.

Kusilek, a River Falls native, said he also knew that King played on the local baseball team called the Fighting Fish.

“I know he had success playing for them and it was fun to watch your coach succeed on the field,” Kusilek said.

Before coming to UWRF, King had previously been the assistant strength and conditioning coach at Hartman Strength & Conditioning located in St. Paul, Minnesota. He was an assistant strength coach for the DeLaSalle High School basketball team and shortly held the same position at Cretin-Derham Hall High School for the football team. He also has baseball coaching experience at the Saints Sports Academy, the Big League Baseball Camp, at Seacrest Country Day School and the US Baseball Academy, according to his biography on uwrfsports.com.

“We can’t wish anything but the best for Andy. To get called up to the major leagues is a tremendous opportunity for him,” Lanning said.

King said he wanted to thank all the athletes and members of UWRF athletics for everything in his time here.

“We wish him the best of luck and know he just landed his dream job so we are nothing but happy for him,” Kusilek said.

With King taking his new position, Wayne Tuckson will now be starting his first year as a graduate assistant in athletic performance at UWRF.

Before coming to UWRF Tuckson was a defensive graduate assistant for the football team at Elmhurst College in the 2013 season where he had played the previous four years, according to his biography on uwrfsports.com. While at Elmhurst he was also a volunteer assistant strength coach for the football team. He earned four letters in football at Elmhurst. After his senior season he was named to the first all-conference team and to the second all-region team as an outside linebacker. After his junior season he was named to the second all-conference team. He earned his undergraduate degree from Elmhurst in May 2013 with double majors in criminal justice and philosophy.

“We feel that Wayne can come in here and work with the student athletes in a similar way Andy did,” Lanning said.

2014 Sochi Olympics medal count				
Country	Gold	Silver	Bronze	Total
1. Norway	9	4	7	20
2. Germ.	8	3	4	15
3. U.S.A.	7	5	11	23
4. Russia	6	9	7	22
5. Nether.	6	7	9	22
6. Switz.	6	3	1	10
7. Canada	5	9	4	18
8. Belarus	5	0	1	6
9. Poland	4	0	0	4
10. France	3	2	6	11

Sochi Olympic standings as of Wednesday, Feb. 19.



Kathy M Helgeson/University Commuunications
The Falcons will kick off their season on Wednesday Feb. 26 vs. St. Mary’s University at the Rochester Dome. The team has been keeping busy in their off season by volunteering at Feed My Starving Children. They will be traveling to Florida to play at the National Training Center Games over spring break.

UW-River Falls athletic teams upcoming events

Women’s Basketball
The Falcons lost 55-72 at home vs. UW-Superior on Wednesday Feb. 19. They will complete their season at 3 p.m. Saturday Feb. 22 at home in Karges.

Men’s Basketball
The Falcons won their game 90-77 vs. UW-Superior Wednesday Feb. 19. They will complete their season in their last game at 7 p.m. Saturday Feb. 22 in Platteville.

Men’s Swimming and Diving
The Falcons are competing in the WIAC Championship Feb. 20-22.

Women’s Hockey
The Falcons have won their past four games. Their last game of the regular season is on Saturday Feb. 22, in Eau Claire. Playoffs start Friday Feb. 28.

Men’s Hockey
The Falcons have won their past two games, one of them being won in overtime vs. UW-Stout at home. They play at 7:05 p.m. Saturday Feb. 22 at home vs. UW-Eau Claire.

Women’s Swimming and Diving
The Falcons are competing in the WIAC Championship Feb. 20-22.

Women’s Track and Field
The Falcons scored first place at the UW-River Falls Invitational Saturday Feb. 8. They competed at the UW-Superior Invitational Saturday Feb. 15, but there was no team score. On Friday Feb. 21 the Falcons will compete at the University of Minnesota Snowshoe Open, the time is TBD.

Men’s Track and Field
The Falcons scored second place at the UW-River Falls Invitational Saturday Feb. 8. They competed at the UW-Superior Invitational Saturday Feb. 15, there was no team score. Friday Feb. 21 the Falcons will compete at the University of Minnesota Snowshoe Open, the time is TBD.

LIVE

FALCON BROADCASTS

SATURDAY, FEBRUARY 22ND

WOMEN’S HOCKEY

AWAY AT EAU CLAIRE

2:00 PM

SATURDAY, FEBRUARY 22ND

MEN’S HOCKEY

HOME VS EAU CLAIRE

7:05 PM



Kathy M Helgeson/University Communications
Above is 5-11 Freshman Cory Lushanko working his way to the net. The Falcons will be heading to the WIAC playoffs Friday, Feb. 28. The Falcons have been performing spectacularly, managing to stay on top throughout the 2013-14 season.



Kathy M Helgeson/University Communications
Above is Jay Sewer going up for a layup and David Berthene waiting for the rebound. They will complete their season at 7 p.m. Saturday Feb. 22 at UW-Platteville.



Kathy M Helgeson/University Communications
Above is Richell Mehus driving around her Whitewater opponent on Saturday Jan. 4. They will complete their season at 7 p.m. Saturday 22 at home vs. UW-Platteville.

See where your UWRF Falcons winter sports teams rank in WIAC standings

Men’s Basketball

School	WIAC	Overall
UW- Stevens Point	14-1	23-1
UW- Whitewater	12-3	21-3
UW- La Crosse	10-6	16-9
UW- Platteville	9-6	14-0
UW- Stout	7-8	12-12
UW- Oshkosh	6-9	11-13
UW- Superior	4-11	7-17
UW- Eau Claire	3-12	10-14
UW- River Falls	3-12	8-16

Women’s Basketball

School	WIAC	Overall
UW- Whitewater	15-0	21-3
UW- Oshkosh	12-3	21-3
UW- Stevens Point	9-6	16-8
UW- Superior	7-8	14-10
UW- Platteville	6-9	12-12
UW- Stout	5-9	9-14
UW- Eau Claire	5-10	7-17
UW- La Crosse	4-11	10-14
UW- River Falls	4-11	6-18

Men’s Hockey

School	WIAC	Overall
UW- River Falls	7-3	14-6-3
UW- Stevens Point	6-3-1	18-3-2
UW- Eau Claire	5-4-1	16-6-1
UW- Superior	2-6-2	7-13-3
UW- Stout	3-7	7-16

Women’s Hockey

School	WIAC	Overall
UW- Stevens Point	7-2-3	16-4-4
UW- River Falls	7-2-2	17-4-3
UW- Superior	4-4-4	14-5-6
UW- Eau Claire	0-10-1	4-18-2

Current WIAC standings as of Wednesday, Feb. 19

Focus on U delivers comedy for spring premiere

Matthew Ford

Columnist

Focus on U has returned. The season got off to a big start with a lightly Valentine’s Day themed episode. The quirks and jokes came at a rapid pace with the new host and announcer delivering the kind of witty banter we have come to expect from Focus On U. This season, the role of ringmaster, or host if you work inside the industry, goes to UW-River Falls student Rob Brecher. Brecher holds a confident swagger that seems to fit the changing mood of the show. That seems no more apparent

in this episode than during the non-scripted interview sections. This episode featured a slew of exciting guests. Wellness Challenge Coordinators Kevin Syverson and Brent Bundgaard came on the show to talk about the importance of physical activity and wellness, specifically the Wellness Challenge. The Wellness Challenge is a four-week competition for individuals interested in maintaining their health, which they can do individually or as a team, generally of about 5-8 participants, where they focus on exercising, eating healthily and attending the Wellness Events. These activities will earn the individuals or teams points. Each week an indi-

vidual and team will be selected as winners and receive exciting prizes. Syverson and Bundgaard’s excitement about this wellness opportunity seemed readily apparent. For more information about the Wellness Challenge you can go to the Student Health and Counseling page on the UWRF website. For the second guest, stand-up comedian and UWRF student Nick Vanden Heuvel sat down with Rob and talked about how he got into stand-up comedy and what he thinks about the importance and increasing value of clean humor in a comedic envi-

ronment very much geared towards an adult crowd. He cited Jim Gaffigan as one of his inspirations. Vanden Heuvel also has the role as the chair of the Ethics Committee in Student

The quirks and jokes came at a rapid pace with the new host and announcer delivering the kind of witty banter we’ve come to expect from Focus On U.

Senate, a topic not touched on during the interview, but worth noting for the fact that his on-screen ID kept saying it. Focus on U also features a

News Desk segment, where we get updates on all the latest news from around the world and keeping in line with Focus on U’s comedic leanings, a side order of comedy to boot. Last year Collin Kottke ran solo in this portion of the show. This season features a second anchor by Kottke’s side, UWRF student Kevin Holmes. The contrasting comedic values of the pair offered an interesting juxtaposition. I look forward to future News Desk segments. The episode rounded off with Vanden Heuvel performing his stand-up comedy routine. True to form, his jokes came on rapid, a shotgun blast of one liners, situational references and oddball perspective humor,

all while keeping the material relatively PG. Gauging the audience reaction to his humor, you get the feeling that Vanden Heuvel has honed his material quite a bit and if his Ethics Committee stint does not work out, he will have a comedic ace up his sleeve-- or, perhaps, a joker? You can check out this episode of Focus on U when it airs daily at 9 a.m., 5 p.m. and 9 p.m. on local access channel 119 for on-campus residence and channel 19 for off-campus residents. You can also check out the latest episodes on the show’s Youtube channel, which is FocusOnUTelevision.

Seasoned biker recommends gear for safe winter travel

Molly Breitmün

Columnist

A handful of fools continue to bike on campus all year round and I am one of them. Because we are fanatics, we are excited to inspire a few others to enjoy pedal power with us in the Arctic tundra. This is my first year biking 365 in a somewhat urban setting with copious snow. I spent six years in Olympia, Wash., biking every day, but a light dusting hardly lasted a week there before the next gray drizzle. I also used to commute by bike in Osceola, Wis., but hardly had to deal with more than a few cars on wide country roads. Snow, traffic and a high number of campus pedestrians make for some interesting challenges. I got so much feedback from fellow bikers that I decided write two installments. This week’s focus will be mostly on gear, and two weeks from now I will concentrate on maintenance and changes needed to improve

safety and convenience of sustainable transportation on campus. Until this season, I balked at getting studded tires for my bike. The first week we had wetter snow on the ground, though, the slush filled the grooves of my tires and my bike slid out from under me with traffic behind me on Cascade Avenue. I immediately went to CrankWorx Bike Shop in town and had Isaac pop on some high-end studded tires with superb traction. He left the tires slightly under-

There are a handful of fools that continue to bike on campus all year round and I am one of them.

inflated for extra surface area contact with the ground. My wheels ran for \$110 total, but I have friends that got decent sets for about \$45. The best I have come across, though, is Joel Sehloff’s DIY tires that came to about \$25. Joel is a horticultural major, staff for Kinni Outdoor Adventures (KOA) and specifically the

guru at the KOA Bike Shop in the Knowles Center. Sehloff used an old tire and quarter inch stainless steel pop-rivets poked through from the inside. He crimped the rivets with an aluminum rivet washer on the outside of the tire. He put in roughly 97 studs set diagonally one inch apart. “Some of the studs have come off, but for a first try with no prior experience, there are about 70 left in the tires after a few months of riding,” Sehloff said. That is good-old-fashioned Midwestern resiliency. A bunch of winter riders wear face-masks. I prefer the full hooded balaclava that only leaves my eyes exposed to the wind. It does triple duty for face, ear and neck protection. It seems like a hat, mask and scarf would be three more things for me to lose while hauling them around between classes. I have forgone wearing eye protection this winter because I kept fogging up my glasses and then it would immediately freeze on the lenses. It’d be nice to keep

the wind, snow glare and precipitation out of my eyes, but I can’t bike blind. Sehloff recommended an anti-fog solution for my glasses, but so far I’ve been too cheap or busy to follow up on that. Even before my minor accident on Cascade Avenue, my friend Emma Hussey, a recent graduate of UWRF, inspired me to wear my helmet religiously this winter. Beyond the obvious concern for my safety, she reminded me that helmets paired with a hat or balaclava are the ultimate way to keep your ears warm. I’m embarrassed to admit, I have been more lax about helmet wearing in warm weather. It is incredibly stupid. Helmets save lives and helmet hair is no worse than winter hat hair as it is. I always have a velcro strap or bandana handy on my bike to keep my right pants cuff out of my chain, but skinny jeans eliminate this need. They’re not the toastiest choice in the winter but my legs are the least of my priority when I’m worried about staying warm on a bike. “I also try to keep my layers thin, wearing big, bulky

jackets and boots doesn’t make riding any easier, it just slows you down,” Hussey said. It is surprising too, how much heat you can generate on a short commute to school. I would recommend heavy gloves if your hands get easily cold like mine, but the rest of your body should be able to vent if you don’t want to be all sweaty in class. Fenders are extremely helpful in keeping riders dry and free from rooster tails of snow or muddy water up their backside. A set of clip-on bicycle fenders runs between \$10 and \$30; money well spent. Both rear and front lights are another necessity this time of year. There are so many affordable LED options these days that last forever. Lights are both effective in alerting vehicles that you’re on the road, as well as lighting the way for

navigating ice patches and snow piles in your path. The amount of gear I described and price tags could be daunting. I was especially able to convince myself that studded tires were a large expense I could afford, because I would be saving so much on gas. I also estimate that I get to sleep in an extra 15 minutes each day because of my swift, door-to-door commute and that is priceless. If you have any questions or want to learn more about gear options and bike safety, please contact me or go to the KOA Bike Shop to learn more. The KOA Bike Shop is open to students and staff all winter. It is open Tuesdays and Thursdays from 6 to 8 p.m. Its bike rental program is expected to be up and running again after spring break. “I’ve got a good amount of experience fixing waterlogged hubs and bottom brackets, so bring the winter beaters in,” Sehloff said. Good luck and ride safe and smart.

Groundhog predicts six weeks of winter with questionable veracity

Cristin Dempsey

Columnist

Groundhog Day has come and gone, and we already know that the groundhog predicted six more weeks of winter. But how can we know if a rodent’s predictions are even accurate? The weather pattern lately has been a confusing one, going from extreme subzero weather to a beautiful 40 degree day. Just when we think it is finally going to warm up and turn into spring, it just gets cold again. Does that mean that winter will stick around until May again? Or is winter just going out strong before the big thaw in a few short weeks? The early February holiday has people wondering for many weeks whether it is reliable. Groundhog Day began in central and southeastern Pennsylvania, as a Pennsylvanian German custom, in the 18th and 19th centuries. The holiday has roots that trace back as far as ancient Europe, where weather lore used a badger or sacred bear to predict the weather. The legend has it that if the groundhog pops his head out and see its shadow, he goes back in for six more

weeks. If it is cloudy, he stays out in the moderate weather. Today, the biggest Groundhog Day event is held annually in Punxsutawney, Penn., attracting a crowd sometimes as large as 40,000 people. As for how accurate the little groundhog is, past organizers of the event claim that the groundhog is accurate about 75 to 90 percent of the time. However, regions in both Canada and the United States alike have begged to differ. For the past 30 to 40 years, 13 cities in Canada found that the groundhog’s

I am keeping my hopes up that we will see spring in early April rather than mid-May.

predictions were only accurate 37 percent of the time. Here in the United States, the Weather Almanac stated that the predictions out of Punxsutawney have only been reliable 39 percent of the time. Meteorologists state that the groundhog is ultimately not reliable and does not have special talent for predicting spring’s arrival. Personally, I have always been skeptical of Groundhog Day. There is no possible

way that weather predictions are universal; they vary from region to region. For example, northern Minnesota is going to have a longer winter than might Ohio or even Iowa could have. It can only hold true for regions that actually have a spring, or at least one that is longer than just a few weeks. I wish his predictions were true, as this has been one of the worst winters we have had in a while. However, I am keeping my hopes up that we will see spring in early April rather than mid-May.

Even though the groundhog gets our hopes up that winter will not last much longer, I do not believe he is a reliable source. In reality, there is no sure way of knowing when spring will arrive and winter will be out for good because forecasts change all the time. Every year is different and unpredictable. The weeks ahead are supposed to gradually be warmer but we will just have to wait and see.

Cristin Dempsey is an English major and music minor from Eagan, Minn. She enjoys writing, playing the flute and swimming. After college, she would like to pursue a career as an editor.

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