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Men's hockey team remains undefeated heading into WIAC play.

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With 'Dan's Bandana Project,' students are encouraged to talk about and seek help for depression and anxiety issues, without stigma or judgement.

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'The Hunger Games: Mockingjay - Part' leaves audiences wanting more.



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Global Connections for global awareness

Maggie Christensen
maggie.christensen-1@my.uwrf.edu

‘International Education Week’ is a program that was held Nov. 17-21 across the UW-River Falls campus to encourage students to become more globally aware.

According to Global Connections, International Education Week is a joint initiative between the U.S. Departments of Education and State. It celebrates the benefits of understanding the world around us so we can better communicate and collaborate with others from different cultures.

“We work with a lot of different departments and try to put in whatever they have going on,” said Megumi Kawase, an international student services coordinator. “We work with the modern language department too.”

On Nov. 17, people interested in Latin American countries could come and join other students who have lived or traveled there and share their experiences traveling through Latin America.

Students could also participate in the “World Map,” highlighting places where students have lived and traveled to.

“We wanted to increase awareness of how many international students we actually have on campus,” Kawase said. “We welcomed about 150 new international students this semester. Anything that has cultural things in it is like going to a different country when you’re staying on campus.”

This year UWRF has the “Experience China” program where students could learn about traditional Chinese culture. Nov. 18 was the Chinese calligraphy event; Chinese calligraphy is considered art and conveys the moral integrity, character, emotions, esthetic feelings and

culture of the artist to readers affecting them by the power of appeal and the joy of beauty. And Experience China had a showing of the Chinese film “Coming Home” in the Kinni Theater.

Students could also experience a traditional Chinese Tea Ceremony and explore the ritualized preparation and presentation of tea in a traditional Chinese Tea Ceremony. The idea is that the spirit of the tea ceremony embodies the basic

principles of harmony, respect and appreciation. The highlight for the evening on Nov. 20 was pipa soloist Gao Hong and a few of her students. They played traditional Chinese instruments such as the pipa, erhu, zheng, and ruan. Students were encouraged to attend the event hosted by the Experience China program.

“Falcons Around the World” was a photo display where international students and former study abroad students could give Global Con-

nections photos of their travels and share them with other students at UWRF. They were on display in the Heritage Hall for students to share experiences and learn about other countries around the world.

“We have students from 22 different countries,” Kawase said. “We also wanted to promote the outgoing part of global connections. We have students in 35 countries studying abroad and we think it’s a really great opportunity for students.”

Throughout the week, students could come together and share their traveling experience from around the world. Students from different countries could share what their culture is like for students who have never traveled outside the U.S. International Education Week is an ideal opportunity to inspire students to broaden their horizons through global learning, foreign languages and international exchange.



Maggie Sanders/Student Voice
UWRF accounting student Shingi Muchapondwa (left) talks about life in Zimbabwe compared to Wisconsin to Megumi Kawase, Kayla Pettis and Kelly Deutschman (middle to right) and other students and staff. The discussion was a part of the International Education Week from Nov. 17-21.

Student Senate pushes for future campus pub hangout

Ryan Tibbitts
ryan.tibbitts@my.uwrf.edu

There is not much more that says Wisconsin like a friendly gathering of people over a nice cup of hot coffee or an ice cold beer, leading Student Senate into starting research on bringing a campus pub to UW-River Falls.

“This has been an idea that has gone through Senate for the past few years,” said Senate President Anthony Sumnicht. “We have seen other campuses with similar campus pub-type of environments. They are nothing like a bar downtown. They are for both people of age and people underage to hangout and socialize.”

A committee of five Senate members has recently been formed into researching the idea of getting a campus pub to UWRF. UW-Stevens Point is one school that the committee has looked to for ideas on how to get started.

Stevens Point has a campus pub called “The Basement Brewhaus.” The Basement Brewhaus was able to happen on a small budget after a group came up with the idea, was able to move into a location easily enough and spent a summer going through thrift sales to get furniture, lamps,

board games and various other things to get started.

The history of The Basement Brewhaus on its website stated, “It was a simple concept...create an environment where the [Stevens Point] community could gather to share ideas, stories, a friendly game of billiards, a cup of coffee and maybe even a cold

UWRF students can at least be excited about the possibility of a campus pub.

beer. Students and staff of the University Center gathered during the second semester of 1997 to put their ideas on paper and put the plan in motion.”

Sumnicht said recent campus events like “Pub Trivia” have shown that these events can work as social places and would not be the same as a regular downtown River Falls bar.

“It is a very social environment, not a place you go to get drunk or anything,” Sumnicht said.

UWRF senior Blake Johnson said he likes the idea of a campus pub because he thinks it would bring forth the values he was raised on.

“I like the vibe of everybody being around the same place and just the camaraderie. It is just what I have

grown up on,” Johnson said.

Current Chair of the campus pub committee Riley Haynes is looking for the campus pub to provide educational opportunities outside of the classroom and provide a safe place for students to go and legally consume alcohol.

Students should not expect a pub in the near future as the committee is still in the early stages of seeing how possible the idea is.

“The sole purpose is to do research on the idea of a campus pub,” Sumnicht said. “We have to see the feasibility of the whole thing, look into if there is a facility we can move it into and see what things would have to get done in order to get a campus pub.”

While there is still a lot of work to be done, UWRF students can at least be excited about the possibility of a campus pub.

“I think the pub is a very good idea,” Johnson said. “I hope they get the right people for the job so they can collaborate and work together to be efficient and do a good job.”

If any students want to get involved and join the campus pub committee they can go to the student involvement application, which can all be found at <http://uwrf.orgsync.com/org/student senate>.

First annual Opportunity Fair to offer local experience

Carmella Everhart
carmella.everhart@my.uwrf.edu

UW-River Falls Career Services and Student Life are teaming up to create the very first “Opportunity Fair” to showcase a wide variety of job, internship and volunteer opportunities for students.

The fair will be held on Feb. 19 from 10 a.m. to 2 p.m. in the Riverview Ballroom in the University Center. Employers from River Falls, UWRF, Hudson, Stillwater and other nearby towns will be attending the fair.

A wide range of interests and experiences will be covered, such as the Peace Corps, Positive Alternatives, the River Falls Soccer Club and multiple camps, according to the Opportunity Fair website.

Amy Lloyd, the service coordinator for Student Life, said that this is a good way for students to be able to meet face-to-face with employers and explore many different opportunities in one place.

“It’s a one-stop shop,” Lloyd said.

The event is free and open to all students. McKenna Pfeiffer, the assistant director for Career Services, said she recommends that students bring a resume to show to potential employers.

“Have a resume ready to go; not necessarily for the on-campus positions, because they’ll have their own individual timelines, but yes, I would say it’s important to have their resume done and ready because some of these organizations will be ready to take it on the spot,” Pfeiffer said.

Pfeiffer also said that while there is not a strict dress code like there is at the “Career Fair,” it is a good idea to dress to make a pro-

fessional first impression.

The Opportunity Fair will showcase some short-term jobs in the area that are more interest-based to give students a chance to put experiences on their resumes. Lloyd said she believes volunteer experience is really important to be able to put on a resume, which is something graduate schools and employers look at.

“When you leave UWRF it’s really important to be able to speak about experiences like these in your interviews for jobs,” said Lloyd.

In order to get the most out of the Opportunity Fair, Pfeiffer said she recommends preparing in advance by doing research and finding specific organizations to target in order to go in and know what to look for at the booths.

“Go online, look at who’s coming, look up the organization a little bit so they can figure out which places they want to target, spend a little bit of time figuring out what it is they are looking for,” Pfeiffer said.

The Opportunity Fair website has many online resources to help students prepare. Some of the points that are emphasized include exuding confidence, setting goals, and knowing how to interact with the employers professionally.

“Come with an open mind ready to learn, ready to ask questions, and there are some pretty amazing experiences that will be represented, should they choose to be open to the challenge,” Pfeiffer said.

For more information about employers that will be attending the fair, go to: uwrf.edu/CareerServices/EventOppFairStudentHome.cfm.

A wide range of interests and experiences will be covered, such as the Peace Corps, Positive Alternatives, the River Falls Soccer Club and multiple camps.

News briefs:

International student enrollment rises to 285

As part of its current strategic plan, Pathway to Distinction, UW-River Falls set a goal of enrolling 147 international students by 2017; the goal was ambitious as less than 90 international students were attending UWRF in fall of 2012.

UWRF achieved its goal by the fall 2013 semester and has nearly doubled the goal with a fall 2014 international student enrollment of 285.

While international students attending UWRF hail from 23 countries, with double-digit delegations from China and Korea, it is 171 Brazilian students that account for most of the rapid increase in international enrollment. UWRF now enrolls more Brazilian students than any other campus in the UW System.

A majority of Brazilian students are attending UWRF through the Brazil Scientific Mobility Program (BSMP).

The BSMP provides scholarships to undergraduate and graduate students from Brazil for study at colleges and universities in the U.S.

Scholarships are awarded to students in the Science, Technology, Engineering and Mathematics (STEM) fields. This initiative, administered by the Institute of International Education (IIE), is part of the Brazilian government’s larger effort to grant 100,000 scholarships to the best students from Brazil for study abroad at the world’s top universities.

The program provides an exchange experience at a U.S. college or university to a diverse group of emerging Brazilian scholars, widening the academic and research exchange between the U.S. and Brazil.

For more information on international student enrollment and services at UWRF, call the Global Connections office at 715-425-4891.

Fall commencement set for Dec. 13

UW-River Falls will hold its fall commencement at 2 p.m. Saturday, Dec. 13, in the Knowles Center. Some 398 bachelor’s degrees and 51 master’s degrees will be granted this semester.

A commencement concert by the River Falls Brass begins at 1:30 p.m. The commencement address will be delivered by the 2014 Distinguished Teacher Earl Blodgett, physics professor.

The recipient of the Outstanding Service Award, the highest honor given to an individual or organization outside of UWRF, will also be recognized.

Degrees will be conferred by Chancellor Dean Van Galen and presenting candidates for degrees are: Fernando Delgado, provost and vice chancellor for Academic Affairs; Bradley Caskey, dean of the College of Arts and Sciences; Dale Gallenberg, dean of the College of Agriculture, Food and Environmental Sciences; Michael Fronmueller, dean of the College of Business and Economics; Larry Solberg, dean of the College of Education and Professional Studies; and Wes Chapin, associate vice chancellor for Academic Affairs and Graduate Studies.

UWRF theatre to put on “Peter/Wendy”

The UW-River Falls University Theatre will perform Jeremy Bloom’s whimsical tale of “Peter/Wendy” at 7:30 p.m. on Dec. 4-6 and 11-13 in the Blanche Davis Theatre in the Kleinpell Fine Arts building.

The story is similar to the classic tale of Peter Pan, but with a contemporary twist. The play focuses on Wendy Darling (Lauren Morris of River Falls) and her new friend Peter Pan (Danielle Formanek of Webster).

Wendy is taken to Neverland where children never grow up. The children of Neverland long for a mother and Wendy decides to take on the task. Meanwhile, an evil Captain Hook (KC Stowe of Minneapolis) and his right-hand man, Smee, (Kendra Yarke of East Bethel, Minnesota) are trying to get rid of the notorious Peter Pan.

The play has a consistent theme of “happy thoughts.” Director Sean Dooley, a Twin Cities actor, has embraced the theme using balloons as moving set pieces. The audience is forced to use their imaginations when watching the performance, similar to how children use their imaginations when playing.

Cast members include Anna Head of Hudson as Tinkerbell; Maddie Dooher of Osseo, Minnesota, as Tiger Lily; Vanessa Agnes of Forest Lake, Minnesota, as Mrs. Darling; Nathan Cameron of St. Paul as Mr. Darling; Danielle Bebus of Forest Lake, as Mermaid/Pirate; Emma Meyer of Marshall, Minnesota, as Mermaid/Lost Boy; Josh Gustafson of Minocqua as Lost Boy; and, Luke Murphy of Wauwatosa as Lost Boy. Nicholas Ambroz of Waseca, Minnesota, is stage manager and Lisa Miske of Anoka, Minnesota, is assistant stage manager.

Tickets are \$12 for adults, \$9 for seniors and \$5 for students. For more information, email kendra.yarke@my.uwrf.edu or call the UWRF Box Office at 715-425-3114.

Judges needed at ‘New Venture Competition’

Since mid-October, teams of UW-River Falls students, coached by a faculty or staff member, have been developing ideas and plans for new businesses as part of the first-ever “New Venture Competition.”

UWRF is now seeking entrepreneurs to provide feedback on these business ideas and to help select which teams will win the New Venture Competition and ultimately move on to the Wisconsin Big Idea Tournament (WBIT).

The student teams have until Dec. 15 to submit a two-page business plan using the categories included in the increasingly popular Business Model Canvas. Judges will select finalists based on how well the team addresses the nine areas of the Business Model Canvas, as well as the originality of the business idea. Finalists will then be asked to present their business ideas in an exhibit hall where a second set of judges will rate the teams on how well they adapted their idea to feedback from judges and potential customers.

Entrepreneurs judging the initial two-page plans will be asked to provide their scores and feedback by Jan. 7, 2015. Those interested in judging the exhibit hall presentations will need to be available between 2-5 p.m. on March 4, 2015.

The “New Venture Competition” is sponsored by the WiSys Technology Foundation, the University of Wisconsin-Extension, and Fiberstar.

Entrepreneurs interested in serving as judges should contact Danielle Campeau, UWRF Center for Innovation and Business Development director, at 715-425-0643 or email danielle.campeau@uwrf.edu.

More information on the New Venture Competition, including the Business Model Canvas and Lean Startup model, is available at <http://www.uwrf.edu/CIBD>.

Deer hunting incidents at an all-time low

With new rule changes this year, deer hunters throughout Wisconsin embraced the excitement of another nine-day gun deer season. A continued commitment to safe hunting led to an all-time low for recorded hunting incidents during the nine-day season.

“Deer hunters throughout the state have been excellent partners in not only learning new rules, but passing on traditions to youth and first-time hunters out there in the woods,” said Wisconsin Department of Natural Resources Secretary Cathy Stepp. “As always, we put safety first, and the efforts of hunters to do the same led to a banner year for safe hunting in Wisconsin.”

This year’s preliminary harvest figures indicate a total of 191,550 deer harvested. The overall buck harvest of 90,336 was down roughly eight percent. Minnesota, Illinois and Iowa have seen a similar decline in overall harvest in 2014. A breakdown of harvest by DNR region and county is available in portable document format (pdf) on the DNR website.

During the nine-day hunt, a total of three confirmed shooting related incidents were reported – this is an all-time low.

The Deer Hunter Wildlife Survey is still active until the end of all deer seasons and wildlife managers are asking hunters to send in a report of what they saw during the just completed nine-day gun hunt and during any hunting trips they make through the end of all deer hunting seasons. This information provides valuable data biologists use to improve population estimates for Wisconsin’s deer herds and other species.

For additional information, search keywords “deer hunter wildlife.”

UW-Whitewater coach takes Buffalo position

UW-Whitewater Head Football Coach Lance Leipold has accepted the position of head football coach at the University at Buffalo, a Football Bowl Subdivision (FBS) school.

Leipold, a 1987 Whitewater graduate, currently owns a 106-6 career record as a head coach. He led the program to five national championships and, earlier this season, became the fastest head coach in NCAA history to reach 100 career wins.

A four-time WIAC Coach of the Year and five-time American Football Coaches Association Div. III National Coach of the Year,

Leipold entered the 2014 season with the highest winning percentage among active coaches in college football. Last season, he became one of two coaches at any level to earn five AFCA Coach of the Year honors.

Under Leipold, the Warhawks won seven WIAC championships and reached the Stagg Bowl national championship game six times.

Whitewater, currently ranked Number one in the nation by d3football.com and the American Football Coaches Association, is set to host Wartburg (Iowa) in the quarterfinals of the NCAA Div. III Playoffs this Saturday at 12:00 p.m. at Perkins Stadium.

Chancellor finalists for UW-Milwaukee named

UW System President Ray Cross recently announced three finalists for the position of chancellor at UW-Milwaukee.

A 27-member search and screen committee, chaired by Dr. Mark Schwartz, a Distinguished Cross and a special committee of the UW System Board of Regents chaired by Regent President Michael Falbo.

The finalists are in alphabetical order: Gail Hackett, Provost and Executive Vice Chancellor for Academic Affairs, University of Missouri-Kansas City; Mark A. Mone, Interim Chancellor, Milwaukee; William M. Mike Sherman, Senior Vice President and Provost and Chief Operating Officer, University of Akron.

The three candidates will participate in a series of public forums, offering opportunities for faculty, staff, students, and community members to interact directly with the finalists. The campus search and screen committee will announce a schedule for those public conversations.

Cross, Falbo and the Regent selection committee will interview finalists on Dec. 10. Other committee members include Regent José Delgado, Regent Margaret Farrow, Regent Eve Hall, and Regent Charles Pruitt, all from the Milwaukee area.

They will recommend one candidate to the full Board of Regents, which must approve the appointment. The committee’s recommendation is due to be taken up by the full Board of Regents the following week, and the appointment will be announced after that meeting.

The person selected through this process will be Milwaukee’s ninth chancellor, succeeding Michael R. Lovell, who announced last March that he had accepted a position as president of Marquette University. Lovell had served as the university’s top administrator since 2010.

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River Falls Police/UWRF Police Department

Nov. 19 - Dec. 3

- On Wednesday, Nov. 19, at approximately 11:30 p.m., a welfare check incident was reported at Johnson Hall concerning a suicidal person.
- Another welfare check was conducted during the afternoon on Friday, Nov. 21, in Hathorn Hall, which involved a suicidal comment.
- At 10 p.m. on Saturday, Nov. 22, an underage alcohol violation was reported at Crabtree Hall.
- On Sunday, Nov. 23, at 1 a.m., another underage alcohol violation was reported, this time in Grimm Hall.
- A hit and run accident which occurred in O Lot, was reported on Monday, Nov. 24.
- A report was filed around 5 p.m. concerning information about someone tampering with fire equipment in Hathorn Hall on Monday, Nov. 24.
- Yet another welfare check was conducted around 8:30 a.m. on Saturday, Nov. 29, concerning a neverending alarm clock in a Crabtree Hall dorm room.

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

Hi, I’m Shadoe, the voice of the 25-and-under crowd

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ROYAL CREDIT UNION

UWRF professor publishes ‘Steps of the Sun’

Renae Cranston
renae.cranston@my.uwrf.edu

UW-River Falls English Professor Steven Luebke recently published a novel he has been working on since “Beatles” founder John Lennon’s death.

“Steps of the Sun” is a novel that Luebke has been working on since he was in graduate school about 30 years ago.

Luebke said that the story had evolved from his interest in John Lennon. Just before his death, Lennon had released a new album and he was doing interviews and really publicizing himself. Up until this point Luebke did not really know much about Lennon besides the fact that he “blamed him for the Beatles breaking up.”

Luebke’s interest in Lennon really peaked after reading about him in an interview piece. “I started to think what a cool guy he was,” Luebke said. “He was a guy anybody could relate to.”

Then once the news was out about Len-

non’s death, Luebke said that it was just devastating to him.

“I felt as if I had just kind of met this person, and then he was gone,” he said.

So he started writing and creating a character that was a graduate student; Luebke was also a graduate student as he started formulating this novel. His plan for the novel was that Lennon’s death was going to impact the main character in some way.

From this point on, Luebke would work on the novel and then set it aside consistently up until its completion this year.

“I couldn’t stop thinking about it all the time. The characters kept talking to me and it kind of drives somebody a bit nutty,” Luebke said referring to his persistence in continuing to write the story and following it through to the end after so many years.

The story is set in Madison, although Madison is never really named throughout the book. It is about four different characters that got invented as Luebke continued to work on the piece. The four characters are: a priest, a

nun, a graduate student and a journalist.

The priest and nun characters came about because Luebke had attended a Catholic grade school for eight years and he had knowledge in the way that priests and nuns interacted with each other.

“Steps of the Sun” is a novel that UWRF English Professor Steven Luebke has been working on since he was in graduate school about 30 years ago.

A note from the editor said, “‘Steps of the Sun’ shines a light on persistent social disorder: veterans bearing the wounds of stigma and shame; minorities barely subsisting in slums; students struggling with punishing debt; people reduced to automatons by the media; and drug dealers pushing dope to support personal economies.”

Luebke had gone to several publishers without success throughout the construction of the novel.

“I kind of said to myself, ‘I just don’t think anything will ever come of this.’ But then there was this other part of me that said, ‘well you worked on this and spent so much time on it, why don’t you just finish it?’” Luebke said.

When the novel was finally altogether he had heard about an e-book publishing company, Tri-Screen Connection Book Publishing. He sent them an e-mail and they decided to go ahead and publish his book.

A simple Google search on “publishing novels” floods a screen with trials and tribulations of writers working on publishing their novels. It can be a grueling task.

The book has been out for about a month and not many copies have been sold at this point. However, Luebke said that he did not finish and publish the book to make money; it was more of a personal success. “Steps of the Sun” and can be found at web-e-books.com.

Dan’s Bandana Project generates awareness of student depression

Maggie Sanders
margaret.sanders@my.uwrf.edu

“Dan’s Bandana Project” was started to bring awareness of depression and anxiety in college students, and encourage students to talk about depression and anxiety with each other, and get help if needed.

Betsy Gerbec, a biology lecturer at UW-River Falls, started this project with her teaching assistant Lyndsay Hage last spring. Gerbec’s son, Dan Gerbec, died by suicide on Sept. 27, 2012. Dan had been suffering from depression while attending UW-Eau Claire.

Gerbec and Hage had a booth at the “Health Fair” that took place in last spring. Students were given a white bandana to tie onto their backpacks and a pledge card.

After signing their name on a banner, the students promised to be aware of depression and anxiety, and to talk to each other.

Students were able to talk about their problems when they visited the booth. Hage said that many students found it a safe place, and were able to connect with each other, and “found it a relief, that [they] can speak to someone, and that [they’re] not alone.”

A pledge card was written by Hage,

who is now a senior at UWRF. That pledge card has a photo of Dan, and a paragraph explaining what the project is. The backside of the card is the pledge itself.

The pledge states that students who tie a white bandana to their backpacks will listen to anyone who needs to talk, and that they will talk with “someone if they need to be listened to.”

The pledge states that students who tie a white bandana to their backpacks will listen to anyone who needs to talk.

It also states that students will find a counselor if they need help, and support anyone who is suffering from depression or anxiety.

Gerbec wants the students to talk about depression and anxiety and not hide it, because “the more you hide, it just keeps going.”

Gerbec explains that people find it embarrassing to talk about depression, anxiety and suicide. She called it a “stupid stigma” and wants students to not find it embarrassing to talk about it, because it’s a serious issue.

There are different ways that students can help themselves. Gerbec suggests that students talk to each other, or go to a counselor. If the depression or anxiety is harming them academically while going to college, Gerbec suggests that some students might want to take a medical leave for a semester to get better.

Hage also suffered from depression and anxiety, and even had academic probation due to “sleeping all the time, and not getting up to get to class.”

She battled her depression by getting more exercise and “started talking about it more.” Hage herself said that she was able to get her GPA up again, but had to retake some classes. She walks around campus with a white bandana tied onto her backpack.

According to the Suicide Prevention Resource Center, the second leading cause of death on college campuses is suicide.

The American College Health Association found in 2011 in its “National College Health Assessment” at 44 colleges in the U.S. that 60 percent of students “felt very sad,” and 30 percent of the students “felt so depressed that it was hard to function” at least once in a calendar year.

Studies show millenials are more charitable than previous generations

Christine Marriott
christine.marriott@my.uwrf.edu

Millennials give and volunteer at a higher rate than previous generations according to Pew Research and “Points of Light,” a non-profit clearing house, and Paul Shepherd, UW-River Falls director of Student Life, agrees.

Shepherd has seen increased interest in the Destination program offered at UWRF and other service related activities by students. Destination is a program for students, offering volunteer opportunities locally, nationally or internationally. Destination locations and volunteer jobs are geared to specific causes and issues. Students can choose where and how they will volunteer.

Shepherd also said the majority of student organizations on campus engage in service work as a group activity. Sororities and fraternities are usually required to perform service related activities by their national organization. He has seen an increase in student volunteerism.

Shepherd said volunteerism is an important activity for students and said, “Volunteerism and service related programming is the start of building a sense of responsibility for community among students.”

Pew and Points of Light identify upward trends toward individual giving of both time and resources by millennials. Millennials are surpassing other generations with their generosity and service. One theme researchers have found is millennials want to personally be informed and care about the causes they donate to.

“Donate.ly” is a website devoted to information and resources relating to fundraising. Founder Javan Van Gronigen said, “Before our generation, you saw my parents would be like, ‘Oh, we want to give to the Red Cross.’ My generation would say we want to give to education or to fighting child slavery. Now it’s going even deeper and the next generation is saying, ‘I want to save that person right there.’”

Javin Hintz, volunteer services coordinator at “Turningpoint” for victims of domestic and sexual violence tells students volunteerism is “a great way to give back to the community and also develop skills that people can use going forward. It looks great on a resume for students

as well. You can often take your personal experiences and use that as a way to give back and also gain the experiences and you can utilize those in the future.”

Turningpoint has had a lot of UWRF student volunteers over the years and welcomes new applications.

“I [have been] a volunteer on the fire department for a long time. I am from Milladore, Wisconsin, and I volunteer on a local department called ‘Sherry Fire and Rescue’ where all members are strictly volunteer,” said Heather Nigh, a sophomore dairy science major at UWRF.

Nigh’s father and brothers are also volunteer firemen so she said it runs in the family. Nigh has also volunteered for several charities at UWRF.

Shepherd says he has no data to back up his observation, but he says he thinks students who have volunteered at home, before college are far more likely to volunteer once at school.

His observations match surveys from Points of Light and Pew, among others.

“Volunteerism in college instills in students a civic responsibility and many go on to volunteer the rest of their lives,” Shepherd said.

In an informal poll of 42 students in Kleinpell Fine Arts three weeks ago, 21 students say they volunteer on campus and 16 out of the 21 volunteered in their home town before attending UWRF.

Vern Breault Jr., an art major at UWRF, volunteered anything artistic his old school needed done, including painting team logos on the football field on a regular basis. He has participated in a couple of food drives at UWRF.

Breault said he volunteers “because it helps out and I will absolutely volunteer again.”

There are 42 different organizations listed at FalconSync to choose from as service opportunities, and according to Shepherd, UWRF partners with around 100 different non-profit organizations.

FalconSync has more information about volunteer opportunities or Student Life can help students find a cause to get involved in.

Student Life can be reached at 715-425-4444 or visit them at the University Center.



Maggie Sanders/Student Voice

UWRF biology lecturer Betsey Gerbec and Lyndsay Hage (left to right) started “Dan’s Bandana Project” in the spring of 2014 to bring awareness to depression and anxiety among college students. Students can tie a white bandana onto their backpacks to support those who fight depression and anxiety.

EDITORIAL

Course evaluations used to gauge progress should be mandatory

As many of you already know, course evaluations at UW-River Falls have moved online and we here at the Student Voice find this new idea problematic. This university is known to value education more than research. Teaching is one of the most important functions at UWRF and online course evaluations will only negatively impact any chance at bettering professors through peer evaluation. Evaluations are an important part of the teaching process. Professors need to know what they are doing right and, of course, what they are doing wrong. Some students have taken this opportunity to simply give perfect scores to professors or merely bash them or challenge their intelligence. Students, please be honest in the evaluations. Evaluations are an easy way to voice our opinion as a student body. That being said, moving evaluations online only diminishes the effectiveness of the surveys. In-class surveys only take 10-20 minutes and usually, cross your fingers, most students take that time to give their two cents on a professor’s abilities as a teacher. While moving evaluations online does allow each student more time for elaboration it will significantly decrease the number of evaluations submitted. A quick, seemingly thoughtless comment on an evaluation is better than nothing at all. Silence gets this university nowhere. The students who were going to spend 20 minutes on an in-class evaluation are certainly going to go online and do the same, but the majority are not going to bother.

Course evaluations should be taken with a grain of salt. While they do provide a voice for UWRF students, it’s hard to know whether our voices are actually heard. It’s important to know whether or not a professor “displayed thorough knowledge about the material being taught” and if the professor “treated me fairly and with respect,” but its more important to know what kind of teacher these professors truly are. What kind of material do they focus on? How do they test a students’ knowledge, is it through projects, papers, quizzes or tests? Does the teacher rely heavily on the text or do they provide supplementary knowledge? Does the professor strictly use Adobe PowerPoint and nothing more? These are some of the questions that need to be asked, not if the professor was available for consultation. Saving paper is certainly not a bad thing, but perhaps its time to modernize these evaluations with important questions and make them mandatory. That’s right: mandatory.

The email each student received said to “please be as honest and fair in your evaluation as possible. This information can be used in personnel decisions such as retention, promotion, tenure, and merit pay.” So take the evaluations seriously, because the university certainly does. And remember, you all have until 11:59 p.m. on Friday, Dec. 12, to complete the evaluations.

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

STUDENT VOICE

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Overuse of technology may lead to distorted human experience

The scene is quite common: A group of students are sitting in the University Center dining area; they seem to be friends, but at least a few--if not all of them--are looking at their cell phones rather than each other, or at least have them ready and waiting on the table for that next Facebook notification. Technology has developed exponentially since the first hand-held mobile telephone of the 1940s, which was exclusive to only those who invented them, and Wall Street businessmen. 80 years later, 79 percent of Americans between the ages of 18-24 own a smartphone. I hadn’t given much thought to what is now the social norm until a few weeks ago as I stood in the hallway of Centennial Science Hall waiting for my class to start. I was mindlessly scrolling through my Facebook newsfeed, oblivious to the fact that my beautiful iPhone 5’s battery was at zero percent. Looking up from the black screen, I peered down the hallway and saw that literally every single other student was staring at a screen of their own, rather than interacting with the others who were waiting, just as I had been. As I continued to waste my life perusing the internet later that day, I stumbled upon--on the website StumbleUpon--a video for a poem titled “Look Up” presented and written by a British man named Gary Turk. The video is five minutes long and presents a moving “what-could-have-been” scenario, if the man had simply lifted his head from his phone and asked the woman on the sidewalk for directions, instead of relying on the GPS that rendered him lost in the first place. The idea of disconnecting from technology and social media seems easy, but it is widely accepted among psychologists now that almost everyone who uses these even minimally is addicted to it on some level. A Harvard study in 2011 found that we are in fact so addicted to technology and social media that though we don’t realize it, our brains now experience the same levels of pleasure when notified of ‘likes’, ‘comments’, and text messages as experienced when eating, when given money, using cocaine, and during sex. Humans are inherently narcissistic creatures to some degree, and it makes us feel validated when the information and

life events we share are approved by our ‘friends.’ However, it has been proven more than once that social media actually makes us unhappier in the long run, as people project the best version of themselves and their lives on to these virtual realities, making you feel inadequate when the things you’re posting aren’t nearly as cool as everyone else’s. I concede that technology and social media have done great things for the world. Nine out of 10 Egyptians and Tunisians responded to a poll that they used Facebook to organize protests and spread awareness during the Arab Spring. It was a huge resource for the Ukrainian Revolution as well. It keeps family and friends that can’t be with each other feel connected at least a little, and can be a great tool to stay up to date on current events. However, as a society, we’ve taken our reliance on it much too far. In July of 2012 alone, Americans spent 121 billion minutes on social media. The average Facebook user now spends more time on their newsfeed each day than caring for their dog. I’m a part of this problem, and I’m more than willing to admit it. It is so much easier to use Google Maps than ask for directions in a gas station, to talk to a cute guy from class on Facebook than possibly make a fool of yourself in person, or to ‘like’ and ‘share’ something for a cause you care about (coined ‘slacktivism’) than actually doing something about it. This isn’t how life is meant to be experienced. We have senses and bodies and thoughts for a reason- to have real interactions with the world. When our faces are constantly in our screens, we miss the tangible opportunities life presents us, which are unfailingly more rewarding than a tweet notification could ever be. As a student body, perhaps we should make more of an effort to connect with those around us, rather than those in our cell phones.

Molly Kinney is a junior journalism student with a political science minor. Molly enjoys reading, camping, music, art and exploring new cities in her free time. In the future, she would love to travel the world and cover politics for NPR.

LETTER TO THE EDITOR

Crossing Cascade requires undivided attention

For some time, I’ve wanted to bring something to your attention as it affects the safety of student pedestrians. I work evenings Monday through Thursday near the UW-River Falls campus and I leave my job at 8 p.m. Therefore, I drive East on Cascade Street at approximately 8:15 to 8:20 p.m. in the evening. I’ve noticed that students wear dark colored clothing, which makes them extremely difficult to see at night. Even though they walk on the crosswalks and activate the flashing lights, I see some students start to walk right into the crosswalk without looking for cars. Some of the students are even looking down at their phones and not paying attention to their surroundings. I think this is very dangerous for both the students and drivers. The students should not make assumptions that because they are in a crosswalk, they are completely safe. As I drive, I do my very best to look for pedestrians, but there have been several times where I haven’t seen a pedestrian until they are

walking right in front of my car. I don’t drive very fast on that part of Cascade so I do not put anyone in danger. I consider myself a good driver. I certainly do not want to injure a pedestrian. However, I do believe that it is as much the pedestrian’s responsibility as the driver’s to be sure they look for traffic before they step into the crosswalk. I’ve also noticed the tall ornamental grass near the crosswalks. Though they are attractive, they do inhibit the vision for both the pedestrians and drivers and have seen others mention the tall grass in the Rivers Falls Journal paper as well. It’s always good to remind students of their part in their own safety.

Sheila Olson
River Falls Community Member

STUDENT voices

What are you going to do over the winter break?

Compiled by Maggie Sanders



Sam Humphrey
Freshman
Undecided

“Work and eat a lot of food at Christmas.”



Megan Nickel
Senior
Animal Science

“I’m going to Jamaica for my sister’s wedding.”



Hayley Maron
Freshman
English Literature

“I’m going home, working and house sitting.”



Laura Robey
Junior
Biology

“I’m going to Florida. I’m also researching for graduate schools and programs for my biology major.”



Flavia Miyabe
Senior
Animal Science

“I’m going to travel to New York, Washington, D.C., and Philadelphia for vacation. Also doing J-term as a Brazilian international student.”

UWRF men’s hockey starts season undefeated

Sadie Horton
sadie.horton@my.uwrf.edu

The UW-River Falls men’s hockey team is currently 7-0 this season, and are looking quite strong besides some injury struggles early on.

“Every win matters when it comes down to the national tournament, especially teams that we matched up like Augsburg, Northland, [and] Lawrence, those are our comparison games,” said junior goaltender Tanner Milliron. “So every game matters, I mean conference games are huge and they will be tough, but just getting off to a good start is the most important thing for us.”

On Friday, Nov. 21, the team faced Lawrence University at home and won 4-1. Sophomore forward Mike Fazio led the team with two goals; sophomore forward Taylor Burden and senior captain Blake Huppert each had one goal while Milliron made 28 saves in the net.

Then on Saturday, Nov. 22, the team faced Northland at home and won 3-0. Sophomore forward Ryan Doner, freshman defenseman Terry Leabo, and sophomore defenseman

Jeff Bergh each had a goal while Milliron made 19 more saves in his first shutout of the season.

The team they went on the road to Augsburg and recorded a 4-3 win in overtime. Four different Falcons scored and junior forward Mike Williams scored the game-winning overtime tally.

“Well, you know over the last three games I think we have shown the improvement that we are looking for, especially defensively we’ve played pretty well which is a staple of our program,” said Head Coach Steve Freeman. “Without the puck we have been playing fast and putting a lot of pressure on the other team to get the puck back quickly and when we do get the puck we’re trying to hang on to it and protect it as much as we possibly can. We have done a pretty good job with that.”

A big thing that the team has dealt with is injured players from the very start of the season. The Falcons have had multiple players out or banged up before they even had its first game of the year.

“Christian George had that serious cut above his knee with a skate and he has been out a few weeks right now and he has

the stitches out and he is starting to walk around by himself without crutches but I think he is a little ways away, we will have to wait and see how that plays out. Matt Wurst, he’s still a couple weeks away for getting his cast off, he broke his ankle, and he has been out for a long time. He probably won’t play until the second half of the season and he is going to have to do some extra work and get himself in shape from that,” Freeman said. “But we are hoping to get Christian back maybe the following week...you know how important every single game is. The rest of the guys have been able to bounce back and jump back into the lineup.”

Milliron is going to be representing the WIAC and the Midwest Conference on the NCAA Div. III Student-Athlete Advisory Committee (SAAC) after he was selected to the position two weeks ago.

“It’s my job to make sure opinions are heard and just make sure all the student athletes are kind of filled-in on the new situations with rules and legislation and things like that,” Milliron said. “So I’m excited to start and see what happens with it and hopefully it turns out well for us.”



Jack Haren/Student Voice
Senior captain forward Blake Huppert scores a goal against Lawrence University on Nov. 21 in a 4-1 win. The Falcons will play UW-Stout on Thursday, Dec. 4 at 7:05 p.m.



Maggie Sanders/Student Voice
Senior guard Jessie Van Wyhe (left) defends a UW-Superior opponent, and the Falcons (right) celebrate a made basket. The Falcons dropped the home contest 66-56.



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FALCON BROADCASTS

WOMEN’S HOCKEY FRIDAY, DEC. 5 HOME VS. SUPERIOR PUCK DROPS- 7:05 P.M.	MEN’S HOCKEY THURSDAY, DEC. 4 HOME VS. STOUT PUCK DROPS- 7:05 P.M.
WOMEN’S BASKETBALL SATURDAY, DEC. 6 HOME VS. EAU CLAIRE TIP-OFF- 3:00 P.M.	

‘The Hunger Games: Mockingjay - Part 1’ a good setup, lacking in action



Ryan Funes

Reviewer

The beginning of the end has begun for the “Hunger Games” trilogy in “Mockingjay - Part 1,” which creates a great setup for a finale but feels lacking in some departments. Katniss Everdeen (Jennifer Lawrence) has been through two Hunger Games now, and her final fight is on its way. After being taken to the mysterious District 13, she is now a part of the massive revolution to take down the Capital government and free the people of all the districts. But a revolution needs tending, and the people in charge of the revolution plan to make her the face.

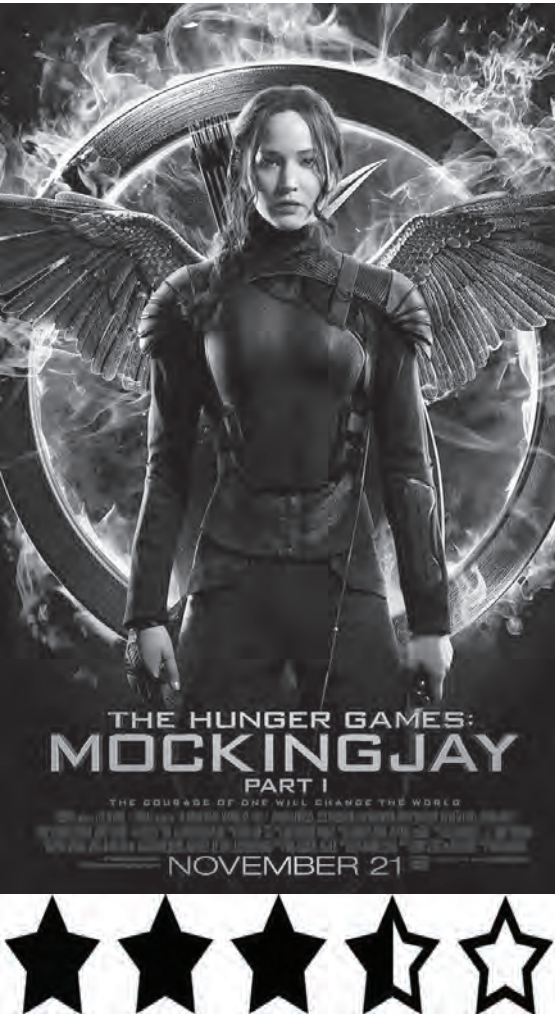
Katniss, however, has reserves; she misses her friend Peeta (Josh Hutcherson), who did not get taken with her, and she fears for his life in the Capital. Split between the revolution and her friend’s wellbeing, the leader of the Capital, President Snow (Donald Sutherland), has a few nasty tricks to pull on Everdeen to weaken her resolve. She will need to find a way to fix all these problems, all while trying to become the symbol the

revolution deserves, the symbol that will change the world and feed the fires of revolt: the Mockingjay.

That’s about as much as I can say about “Mockingjay - Part 1,” and much of the film comes off as a prelude to a bigger conflict.

It does a good job at this overall with all of the usual aspects that have attracted fans to the films over the years: good acting, good direction, great use of music to set the mood.

All of that is still here in this film and it makes it clear that it’s not going away at all. But something felt different during this installment in the series that



needs some talking about.

Some may already know what that problem is, and that’s the fact that its part one of two. I’m not implying that it’s bad because it didn’t continue, but that it suffers a little from being part one. Some reasons pop up for why a film is split into two parts, whether it is to make more money off of a film or because there is too much material to cover in a film rather than a book. Given what happens in the film, I’d say it was the latter reason, but audiences get a somewhat uneventful film as a result.

Don’t get me wrong, there are a lot of good things that are put into the film and its plot, from crafty political strategies and the idea of converting someone into a symbol to guide others, but “Mockingjay - Part 1” lacks much of the action that attracted us to the series. You won’t see much arrow-shooting or fighting going on in this movie. Sometimes that even betrays the audience in the climax of the movie, which seems to go for a guns blazing moment but fakes you out.

While it is certainly not a bad thing that it goes for the smarter, strategized approach with its plot it still feels like you’ve been served one half of a film, and no one wants to feel like they lost out on their trilogy. It makes me think that the film should have just combined parts one and two; audiences would have certainly seen a “Titanic”-long end to their trilogy.

Though my complaints go out mainly to how its one-halfness lessens the “Hunger Games” experience, I’d still say to go see “Mockingjay - Part 1,” because it still has the brains in its plot, it still has great performances by its actors, and it will rile you up for the grand finale that is soon to come.

Ryan Funes is a lover of all things film, television, video games and stories and wants to become a television writer someday. In his spare time, Ryan enjoys hanging with friends and tapping into his imagination.

College breaks provide difficulties upon return

Rachel Molitor

Columnist

Welcome back Falcons! I hope you ate well and, if you spent time with family, didn’t suffer too much.

But now you are back in school and can no longer ignore the fact that finals are nearby. Breaks are kind of scary that way. “I have plenty of time,” you tell yourself. “I can worry about this homework later or on Monday.”

Then Monday comes and you realize you are not ready for school after all. This is looking ahead when most of us are trying to survive the weeks of final projects being due, but we have a large break coming up. Lucky us, we get about five weeks of break when other school get maybe three. This

can be disconcerting though. We leave, live our lives and fall out of the habit of school. Summer, in a way, is worse because it is about three months long. The difference lies in the fact that we have been doing that one since we first went to school. Plus from mid-July on, back-to-school commercials fill the television sets. While we may not like to go back to school, we can start to get mentally prepared.

J-term is different though. We have the usual Christmas and New Year’s Day break time and then we go on. I don’t know what it was like for the rest of you, but for me it was just weird. Everyone went about their lives and I was just in limbo. So I, probably like most college kids, developed a routine and less than five weeks later that routine is distorted. We go back to school confused, wondering where the time went. How do we avoid this?

Honestly, I think it is impossible to do completely. But there are tricks to make the transition a little bit easier.

One way is simple enough: don’t forget

about school. It may seem like a far way away in the beginning, but it is coming and keeping that in mind can help you weather the change back in to student life.

Another easy one is to keep in touch with college friends. While it may seem simpler just to spend time with old high school friends who also have returned from college for a few weeks, don’t forget the friends you made at college. Send them a few texts or Snapchats. If you live close enough, find a day to just hang out or watch movies. By remembering your friends, it will feel less weird to spend time with them when you return after Winter Break.

Breaks are great but don’t let them break you.

The next one goes back to the first one in that, the week before school starts up again, look over the stuff you have learned so far in your classes, especially if they were part of

your major or minor. I would suggest looking over these materials periodically during break but, let’s be honest, no one is that motivated. A handy way to not forget college things, even simple things like how to write a paper, is to take a J-term class. This is not for everyone since it costs a bit of money and time, but it does work well for keeping your school mind fresh and making sure you graduate on time.

Basically, to keep yourself from being jarred when the end of January comes around, don’t fall into the rut of a break routine. Know that school is ahead but still enjoy the free time. When people ask you what you did over break, have some stories to tell and memories to look back on with a smile and a wince. Breaks are great but don’t let them break you.

Rachel Molitor is a senior English major who loves reading, watching movies and learning new things. After graduating in December, she hopes to find a job and then eventually go to law school. You can often find Rachel in the University Center with her head buried in a book.

‘It’s a Wonderful Life’ examined just in time for Christmas

Cristin Dempsey

Columnist

Something that I have kept a tradition for several years with my family is watching the 1946 film “It’s a Wonderful Life” at Christmastime.

It is a heartwarming film, really. It centers on a man named George Bailey, played by Jimmy Stewart. At a young age, his father passed away from a stroke which prompted the “richest and meanest man in Bedford Falls,” Mr. Potter, to try and reject home loans to the working poor. George can stop him, but only if he takes over his father’s business, The Bailey Building and Loan. He gives his college money to his brother Harry, assuming that he will take over. However, Harry is offered another job and George takes over the business.

Meanwhile, George reunites with a girl from his childhood, Mary. They get married

soon after. Though on their wedding day, there is a run on the bank and leaves his business in danger of collapse. George and Mary use the \$2,000 for their honeymoon to satisfy depositors’ immediate needs. They raise four children and start Bailey Park, a new housing development. George is offered business trips to Europe, something he has always wanted to do. He turns it down realizing that Potter would take over Bedford Falls. He is also unable to enlist in the military when World War II breaks out, though his brother Harry fought as a Navy fighter pilot and earns the Medal of Honor.

Information on Harry’s heroic contributions to his country were read as George’s Uncle Billy was on his way to the bank on Christmas Eve morning to deposit \$8,000 of the company’s cash funds. This is when he accidentally misplaces the money, getting it into Potter’s hands. Because of this, the Bailey Building and Loan is at risk of bankruptcy. A frantic search turns up with nothing, and George takes it out on his family when a bank examiner is set to arrive that day. Potter turns down George’s request for a loan, and George gets drunk and runs his car into a tree. He tries to commit suicide but is saved

by his guardian angel, Clarence Odbody. He wishes that he was never born so that this would not happen and everyone would be better off. Clarence grants him his wish.

This is where things get very strange. Of course seeing the world in which you do not exist is unusual, but a few things do not make any sense. So I thought of different hypotheses as to why these events turns out the way it did. The first instance was at George’s favorite bar, originally called Martini’s. He and Clarence go to get a drink at this bar in the world that he does not exist in. Now, however, it is now called Nick’s. Martini, the owner of the bar in Bedford Falls, is nowhere to be found. But my question is why would he suddenly disappear if George does not exist? Where exactly is the correlation here? My hypothesis to this sudden change is that Martini and Nick engage in a falling out without George there to stop them. This then prompts Nick to be an arrogant twit and take over, leaving Martini jealous, helpless, and poor beyond belief. It seems to make sense. If that is not weird enough, things get weirder.

George later tries to get a ride home from his friend Ernie, a taxi cab driver. He claims

of course Ernie knows where he lives, but when he tells him, Ernie is shocked. That house has been abandoned for nearly twenty years. He and his friend Bert, a police officer, follow him there, sure that this man is out of his mind. That part makes a whole lot of sense to me. What does not make sense was when Ernie informs George that his wife left him and took the kids, leaving Ernie helplessly poor. Again, where is the correlation or the logic in this change? It’s simple: George had a secret job on the side as a marriage counselor. They went to him to seek advice. Honestly, they could have just told us that.

He later finds Mary closing up the library. She is an old maid. Though now, she has glasses and a bad hair style. Are they really trying to portray that women only have good vision and cute hair for a man? Now, that is a bit sexist. Perhaps George is also an eye doctor who offered Mary an affordable price for Lasik. What do you mean it wasn’t invented? It’s George Bailey; he can make it happen. There you go, all your questions answered. You’re welcome.

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

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