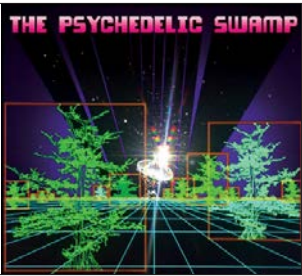




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UW-River Falls students join Milwaukee protest against Alberta Clipper Pipeline

Natalie Howell
Falcon News Service

Seven UW-River Falls students and two alumni traveled Feb. 11 to Milwaukee, the setting of the sixth Democratic presidential debate, to attend the #ClipperIsTheNewXL rally.

Stationed outside of the Helene Zelazo Center for the Performing Arts at the UW-Milwaukee, the goal of the rally was to show opposition to tar sand projects and encourage U.S. Sen. Bernie Sanders and former Secretary of State Hillary Clinton to oppose the Alberta Clipper Pipeline.

The Alberta Clipper Pipeline, or Line 67, transports crude oil that has been extracted from oil sands from Canada to the United States. The pipeline runs from Hardisty, Canada, through North Dakota and Minnesota and ends in Superior, Wisconsin. Owned by Canadian company Enbridge Energy, the Alberta Clipper Pipeline began pumping 45,000 barrels per day (bpd) in 2010. In 2013, Enbridge announced a two-phase plan to increase the pumping capacity of the pipeline to 54,000 bpd and then 800,000 bpd, the maximum pumping capacity, according to a Minnesota Public Utilities Commission press release.

The rally was put together by the Sierra Club, a grassroots environmental organization, as part of its “Beyond Oil” campaign. The organization warns against the negative environmental impacts of the pipeline, including putting “federal, state, and tribal lands and waters at risk of devastating oil spills,” according to the Sierra Club website.

Natasha Horsfall is a freshman at UWRF

majoring in environmental and international studies and has volunteered with the Sierra Club. She said she was happy with the turnout of the rally, with many students from all over the UW-System along with concerned members of the community showing up to make their voices heard.

“I think it was a success because we got people from all over the state in one place to support an issue that not many people even know about,” said Horsfall. “We didn’t just put a message out on Facebook, we actually showed up and we rallied.”

#ClipperIs-



TheNewXL refers to the Keystone XL Pipeline, a proposed crude oil pipeline that would have begun in Hardisty, Canada, and run to Steele City, Nebraska. Proposed by TransCanada, the pipeline was planned to have a carrying capacity of 830,000 bpd. This plan was met with controversy and protest among environmental groups. On Nov. 6, 2015, President Obama officially denied the application for a presidential permit to build the pipeline.

Holly Dolliver, associate professor of soil science and geology at UWRF, is researching frac sand production in Wisconsin and its environmental impact. Dolliver said that it is important for people to know the environmental impact of energy extraction practices.

“I think it’s good for people to be asking questions, to be engaging with scientists and to be engaging with people that can study these systems,” said Dol-

liver. “I think the very best way to understand [the environmental impact] is through scientific pursuits.”

Among the UWRF students protesting in Milwaukee were members of the Environmental Corps of Sustainability (ECOS). Greta Gaard, the faculty advisor of ECOS, said that student activism is necessary because it gives people an opportunity to experience what it’s like to participate actively in democracy, and that not all democracy happens through voting.

“Students who get involved in social justice activism, climate activism, prepare themselves for a lifetime of being active citizens in our country,” said Gaard. “So you could almost say it’s patriotic.”

With the triumph of the Keystone XL Pipeline opposition still fresh in the minds of those who fought for environmental justice, Horsfall said that she believes that this new fight can also be won.

“You can’t ever lose hope. As long as you’re breathing and moving and working, you can’t give up on yourself,” said Horsfall. “It might seem gloomy some days, but history has shown great things can happen in the most unexpected ways.”

Photo By: Natalie Howell/Student Voice
UWRF freshman Michelle Stage chants along with the crowd at the #ClipperIsTheNewXL rally in Milwaukee on Thursday, Feb. 11. For more pictures of this rally, turn to page 3.

For female millennials, feminism doesn’t mean voting for female candidate this election season

Molly Kinney
Falcon News Service

Three weeks into primary election season, presidential candidates at every point on the political spectrum are trying to secure what they can of a particularly important vote: the youth block.

As the youngest group of voters — generation Y or millennials — start to engage in the political process, pundits have been trying to decipher what will set apart their votes from generations before them.

What has been the biggest surprise to many is the momentum with which Sen. Bernie Sanders, a self-described democratic socialist, has gained overwhelming support from this group of voters. Young women in particular, who were assumed to be supporters of former Secretary of State Hillary Clinton based on polls taken last fall, have drastically switched their positions on who should be the next president of the United States.

The support for Sanders nationally among young women also is seen on the UW-River Falls campus. The UWRF Student Feminist Organization, while not outright endorsing Sanders, is composed of mostly of his fans, according to the group’s president, J.J. Knapp.

“For the most part, at least 80-85 percent of our members are Bernie supporters as of now,” she said.

According to the Associated Press, entrance polls from the recent Iowa caucuses — the first state in the nation to host presidential decisions of any kind — revealed deep divides. Women 29 and younger chose the Vermont senator over Clinton at a ratio of 6-1. Clinton fared far better among older voters.

The Clinton campaign has hoped to recapture the enthusiasm Barack Obama saw among young voters in 2008. According to ABC pollster Gary Langer, Obama beat her by 20 percentage points among voters under 30 that time around, while she fared better with people 65 and older.

What really resonates with young women about Sanders is his track record on issues that matter to them. According to Knapp, feminism for young women is different than

feminism of other generations. At their meetings, Student Feminist Organization members discuss topics such as micro-aggressions, the whitewashing of Black History Month and other “intersectional” issues that are important to young people. To her and other members, gender is not all they look for when it comes to choosing a president.

“For us — the millennials — we’re looking at what Hillary has done in the past, and what Bernie has done, and it looks almost more promising, especially as college students and minorities, to elect Bernie,” Knapp said. “A lot of us aren’t strangers to struggling, and to not having the upper hand, and I think that a lot of us see Bernie and his policies are our ticket out, whereas Hillary only has your best interest at heart if she thinks it will benefit her politically.”

Knapp said that the points Sanders reiterates at his rallies, which often draw upwards of 15,000 people, are the main thing she likes about him. He advocates free public education at all levels, paid maternity and family leave, closing the wage gap, racial equity, and improvements to environmental policy.

Recently, feminist icons like Gloria Steinem and former Secretary of State Madeline Albright have chided young women for supporting another white male for president when there is a viable opportunity to put a female in the Oval Office. However, Knapp doesn’t see gender aligning with her feminist reasons to vote for someone.

“He (Sanders) is still an old white guy, but from what I’ve seen, it seems like he’s ready and willing to listen to the people. Hillary seems just jumps on whatever train is presented to her. I don’t see any reason I have to vote for her just because she’s a woman,” Knapp said.

Antonina Gasperlin, a member of the Student Feminist Organization, agree with Knapp.

“I see where they (older feminist generations) are coming from: They’ve waited so long for this opportunity,” Gasperlin said. “But, also, shame on them for trying to shame us out of anything just because of our gender. This is what they fought against. We should vote for whoever we want. We should do

things because of our beliefs and values and not because of our gender.”

Despite holding strong liberal feminist ideologies, Gasperlin said she is mainly supportive of Democratic values more generally.

“I would love it if Hillary was more progressive and I could vote for her and have this female president, but I want Bernie more than I want Hillary... but I do want a Democrat more than I want a Republican,” she said.

Many news outlets have described this gap between age and gender as a “rift” in both the Democratic party and feminist movement. However, Greta Gaard, an ecofeminist activist and English professor at UWRF, said that these tensions happen naturally within all social movements.

“Once again we’re getting a rift in feminism that appears to be progressive... but in fact we’ve had radical progressive eco-anarchist feminists there since the beginning,” she said.

She also noted that while many Clinton supporters tout her candidacy as a chance to have a woman president, there have actually been many female candidates for president or vice president throughout the nation’s history, dating back to the late 19th century when Victoria Woodhull ran in 1872 as a member of the Equal Rights Party. Her running mate was esteemed African-American abolitionist and writer Frederick Douglas.

“This should have happened a long time ago, and feminists who know their history are saying, ‘OK that ship has sailed, but we’re not going to vote for this woman, because her politics are not as inclusive,’” Gaard said.

Overall, Gaard said that it seems like voters today are mostly just uncertain of the current political atmosphere of Washington in general. She sees the rise in grassroots movements as a sign that people are becoming more aware of the political system, and how it may or not be benefitting the. Statistics show that simply because the United States elected an African-American president does not mean the electorate will necessarily elect a woman, if they



Tori Schneider/Student Voice
J.J. Knapp, president of Student Feminist Organization at the organization’s meeting Feb. 15.

don’t see her as most qualified for the job.

Grassroots movements have been a key tenet of the Sanders campaign, and he often boasts at his rallies that his campaign has had more than 3 million individual campaign contributions. Gaard doesn’t see that grassroots momentum translating to Clinton’s campaign.

“We’ve had a black president now, so it’s like ‘time for a woman president.’ But overtaking that idea is a tidal wave of a climate justice movement,” she said. “And that climate justice movement is multigenerational, it is multi-issue, it is intersectional, and it sees that getting a woman in is something that should have happened a long time ago... Hillary is going to perpetuate the status quo. We wish that weren’t true.”

Both Democratic candidates were in Minnesota on Feb. 12. The precinct caucuses in Minnesota take place on March 1. In Wisconsin, the presidential preference primary is set for April 5.

News briefs:

UW-River Falls MBA program moves up in listing of top programs

Moving up two spaces from 15 to 13, the University of Wisconsin-River Falls Master of Business Administration program has once again landed a prestigious spot on Minneapolis/St. Paul Business Journal’s list of top MBA programs in the state.

The UW-River Falls MBA program is characterized by its flexibility for working adults, with evening classes offered at the Hudson Center in Hudson just 20 minutes from the central Twin Cities. The program’s location in Hudson is an easy commute for MBA-seeking students from both Minnesota and western Wisconsin. Of the 17 universities receiving accolades, UW-River Falls is the only university located in the eastern metro area.

“We are excited about the growth of our AACSB accredited MBA program, one of only three AACSB accredited programs in the metropolitan area,” said Michael Fronmueler, dean of the UWRF College of Business and Economics. “UW-River Falls has offered a high-quality program for over fifteen years and many of our graduates have benefited from their MBA experience and education. The program continues to grow with new students from the region as well as international students. We see a strong interest in our program, characterized by small class sizes, convenient scheduling, and high value for our students.”

Students can complete the program in as few as 18 months. The program develops leadership, change management, global competence, and ethical decision-making skills.

For more information about the UW-River Falls MBA program, email Leanne Van Allen at leanne.vanallen@uwrf.edu or visit www.uwrf.edu/mba.

UW-River Falls student one of three new members appointed to UW Board of Regents

Gov. Scott Walker announced on Friday the appointment of University of Wisconsin-River Falls student Lisa Erickson to the University of Wisconsin System Board of Regents. Erickson will replace Regent Nic Harsy as the non-traditional student on the Board whose term ends in May.

Erickson is in the Honors Program at UW-River Falls and is pursuing a degree in journalism with a food science minor. She previously owned a private, gourmet catering company called Wild Chow Catering and has also been a blog and television cooking segment host in Osceola. As a mother of four, Erickson writes a food column in the Osceola Sun newspaper and works as a counselor at the Tri-County Life Care Center.

“It is wonderful that a student from our campus has been selected to serve in this role,” said Chancellor Dean Van Galen. “It is a tremendous opportunity and responsibility for Lisa, and an honor for which UW-River Falls is very proud.”

One of 18 members on the Board of Regents, Erickson will help establish the policies and rules that govern the UW System, which is made up of 26 campuses and the statewide UW-Extension. The Board also plans how best to meet future state needs for collegiate education, sets admission standards, and approves university budgets.

“I have been quite impressed with Lisa’s initiative and drive. When I saw the notice for a non-traditional student position opening on the UW System Board of Regents, I immediately thought of Lisa and encouraged her to apply. Obviously, Governor Walker saw that same thing!” said Associate Dean of the College of Arts and Sciences Tricia Davis. “I am very excited for Lisa and this amazing opportunity and experience that she will have representing UW System students on the board.”

The other two new citizen members appointed Friday by the Governor are Tracey Klein and Bryan Steil. In his press release, Gov. Walker stated, “We look forward to the leadership of Tracey, Bryan, and Lisa and thank them for their willingness to serve in this capacity.”

Sixteen of the 18 members of the Board of Regents are appointed by the Governor, and all serve without pay.

Fourteen of the Regents are citizens who serve staggered seven-year terms and two UW System students are appointed for two-year terms. One of the two student members must be a non-traditional student, at least 24 years of age and who represents the views of non-traditional students, such as those who are employed or who are parents.

The three new appointees are considered Regent-designates until a final Senate confirmation. Their appointments are expected to be effective May 1.

For more information, email beth.schommer@uwrf.edu.

UW-River Falls student part of NSF Antarctic research team

While many students dream of heading south for a break from the long, cold dark Wisconsin winters, University of Wisconsin-River Falls physics student Laura Moon, of River Falls, and Northern Illinois University College of Engineering student Robert Zill got the opportunity to trade it for the continuous sunlight of an Antarctic summer.

They joined UW-River Falls Physics Department chair and Professor Jim Madsen for a month-long research adventure that included nearly three weeks in Antarctica. The group was part of a National Science Foundation project studying solar storms using detectors at McMurdo Station on the coast of Antarctica, and the Amundsen-Scott Station at the South Pole.

The UW-River Falls project counts neutrons using detectors based on designs that go back more than 50 years. The neutron monitor at McMurdo is the longest continuously running experiment in Antarctica. It started collecting data in 1961, and hasn’t stopped since. Occasionally, the sun goes into spasms and produces a burst of high energy particles. These extreme solar storms create continuous, invisible streams of high-energy particles, known as cosmic rays and can damage electronics, and even disable the electrical grid. The Antarctic research team is trying to understand how this happens, and if they can determine a way to provide an early alert.

The trip, that began January 1, lasted nearly four weeks. Madsen, who works on the Antarctic research with UWRF colleague and Assistant Professor Suruj Seunarine and University of Delaware Professor Paul Evenson, was excited to bring students to the “ice,” the nickname for the frozen continent.

“We experienced almost every delay possible for Antarctica air travel, including the dreaded boomerang, a weather change during the flight that required us to return to New Zealand,” said Madsen. “Despite the travel trials, the students kept a firm focus on the goals for the trip.”

“What an amazing research experience in such an incredible place! It might be cold, windy, and dry, but it’s really the people and the culture that makes it so special,” Moon said, summing up the trip.

Zill, who decided to stay another month in New Zealand after returning from the ice, said “I knew we were going to a different continent, but it was more like going to a different planet!”

This is the fourth deployment for Madsen, who also took a student to the Antarctic’s McMurdo Station last season. The Antarctic project is expected to continue for at least two more years. For more information, email james.madsen@uwrf.edu.

UW-River Falls to host Girls in SCIENCE event

The University of Wisconsin-River Falls will host a Girls in SCIENCE: Seeing, Creating, Inventing, Exploring, Naming, Cooperating, and Experimenting event on campus Saturday, April 16. The program aims to encourage and promote girls’ full participation in a wide range of STEM (science, technology, engineering, and math) fields.

Participants will meet scientists, professors, and UWRF students while cycling through several 40-minute fun, engaging activities. Morning topics will include astronomy and a planetary show, chemistry, ecology and environmental studies, and DNA extraction. Afternoon topics will include computer science, aviation, biology and medicine, forensic science, and physics.

Girls in grades 4 and 5 will have the opportunity to participate in hands-on science activities from 8 a.m. to noon for a program fee of \$12. Girls in grades 6 through 8 will have a similar opportunity from 1-5:30 p.m. for a program fee of \$14. All participants will receive an event t-shirt and items to take home.

Registration is available online via River Falls Community Education at www.rflearns.org, or registration forms are available in the River Falls Community Education Winter/Spring 2016 Catalog. Please register by March 1. Please indicate the preferred t-shirt size when registering. Limited scholarships are available through a grant from Allina Health.

The event is sponsored by the UWRF Physics Department,

UWRF College of Arts & Sciences, UWRF Women’s & Gender Studies Program, and the River Falls Branch of AAUW.

Email rellen.hardtke@uwrf.edu or call 715-425-4230 for more information.

Editor correction:

Last week’s issue of the Student Voice featured a story by Falcon News Service reporter Molly Kinney titled “Local spa wins Chamber’s Small Business of the Year Award.” The article incorrectly spelled local salon owner Crystal Knotek’s name as “Crystal Knotex.” The Student Voice apologizes for this error and will continue to work to maintain accuracy in the material published in this paper.

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Skills required: knowledge of Excel and Access. HTML and CSS helpful but not required. Email resume OR inquiry with your qualifications to coates@lern.org.

Have something to say?

Write a letter to the editor.

Email your thoughts to editor@uwrfvoice.com



The “It’s Only Another Beer” Black and Tan

8 oz. pilsner lager
8 oz. stout lager
1 frosty mug
1 icy road
1 pick-up truck
1 10-hour day
1 tired worker
A few rounds with the guys

Mix ingredients.
Add 1 totalled vehicle.

Never underestimate ‘just a few.’
Buzzed driving is drunk driving.

Ad Council.org

U.S. Department of Transportation

River Falls Police/UWRF Police Department

Friday, Feb. 12

• Police responded to a fight in Parker Hall around 3 a.m.

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

For La Crosse graduate students, UW-River Falls serves as career preparation

Jacob Rogers
Falcon News Service

UW-River Falls and UW-La Crosse have a partnership that oftentimes goes unnoticed.

UWRF’s Division of Student Affairs offers a program that allows student affairs administration graduate students from UWL to work as interns. The program has 19 positions within six Student Life departments. The departments include Career Services, New Student Programs, Residence Life, Student Life, Student Conduct and Community Standards, and University Center Operations.

Student Life Director Paul Shepherd heads the student affairs administration program at UWRF. He also is a graduate of the UWL program and said he knows how it prepares students.

“The idea stemmed from this great partnership with the master’s degree program at UW-La Crosse, which has been around since 1968,” Shepherd said. “Historically, it has been a great program for those people who want to work in student services in higher education.”

Associate Vice Chancellor for Student Affairs Gregg Heinselman and other directors within Student Affairs that would host the graduate student interns agreed with Shepherd’s proposal and are a big reason why the program was created.

After the online program was created,

Shepherd wanted to create a middle ground between the new online program and the traditional on-campus program.

“We wanted to create a program in which there would be a group of students here, at UWRF, that would be working together throughout the campus, but then also taking classes at the same time,” Shepherd said. “I think that working and attending classes with the same group of people is a big part of the graduate school experience.”

The online class environment puts the 19 graduate student interns at UWRF with the students from UWL via the distance learning environment. UWL instructors teach the courses in La Crosse, and they are being videotaped so that the UWRF students can see the instructor and participate in the lecture. Shepherd also said that, on rare occasions, faculty members from UWL to River Falls to teach courses face-to-face.

Manee Yang received her undergraduate degree from UW-Eau Claire and is now a graduate student intern in Student Life. Yang is in the middle of her first year in the program and is very pleased with how the program is going.

“I like the program a lot because I am challenged a lot and I like to be challenged a lot,” Yang said. “Every day is different because there are so many different tasks that are catered towards the field I want to enter into.”

She also said that online classes take

some time to get used to because she is not going to a classroom. The homework is also different than from what she is used to.

“My undergraduate degree was in public relations, so I did not have to do much reading,” Yang said. “Now, with the classes that I am taking, there is a lot more reading and research that I have to do.”

Taking the online classes and working for Student Life is preparing her extremely well for what she wants to do when she graduates from the program, Yang said.

Along with Yang’s position in Student Life, there are graduate student residence hall directors who took the place of the undergraduates who used to have those jobs.

“It’s a challenging position for undergraduate residence hall directors because the resident assistants are their peers and their class load is a lot to handle for an undergraduate student,” Shepherd said. “Having graduate students in this role, expands the capacity of what they can do because they have more experience.”

According to the UWRF Division of Student Affairs website, all graduate student intern positions are filled for the rest of this year and the 2016-2017 school year, but a new group of interns will be recruited to begin the fall of 2017.

Journalist, entrepreneur among this year’s TEDx speakers at UW-River Falls

Paul Langfellow
Falcon News Service

The TEDx (Technology, Entertainment, Design) talks are coming back to UW-River Falls, this time featuring Twin Cities journalist Cathy Wurzer and entrepreneur Mark Lacek, both of whom are alumni.

The TED talks feature a series of speakers who discuss various topics related to their interest in hopes of educating, informing and entertaining the public. The TEDx talks will begin at 12:30 p.m. Saturday, Feb. 27, in the University Center. The event is free for UWRF students to attend but they must register for the talks.

Wurzer is co-host of the “Almanac” public affairs show on Twin Cities Public Television and also host of “Morning Edition” on Minnesota Public Radio. She is a 1992 graduate of UW-River Falls, where she studied broadcast journalism and urban planning. Wurzer also is author of “Tales of the Road: Highway 61,” published in 2008 by the Minnesota Historical Society Press.

Lacek is a 1979 graduate of UWRF. His latest venture is FamDoo, a smart phone application and website that helps parents reward their children for doing chores. Lacek’s other notable ventures include founding Minneapolis-based Denali Marketing in 2007, which later merged with Olson, now the largest advertising and marketing agency the Twin Cities.

Other speakers confirmed for TEDx include artist and art education Ann E. Lawton and several UWRF students: Michael Mader, Rebbekah Hite and Joshua Gustafson.

Mader, a senior in marketing, will speak about his personal journey and his goals to start his own social enterprise.

“So I’m going to tell the story about how I just kind of realized that I don’t want to take the traditional path that most college students are taking these days, and I want to go out and start something of my own and do it in a way that is beneficial to other people as well,” Mader said.

TEDx at UWRF started with Student Senate organizing and putting together the event as a way to have a change from the more traditional guest speakers who come to campus. Organizing of the event now has shifted to Student Involvement.

Last year, the TED talks the event drew around 300 people, according to Director of Student Involvement Paul Shepherd. Some of the challenges of organizing this year’s TED talks were gaining involvement, interest and trying to find speakers, he said.

“The thing that was a little bit of a challenge is that we were trying to highlight a lot of undergraduate students here that were involved with undergraduate research and we have three individuals that are going to do that but there were not a ton of applications that came through when we put the word out there,” Shepherd said.

“Giving a TED talk is kind of a nerve wracking thing,” he added, “so some people may have thought, ‘There is no way I would want to put myself through that,’ but we got to the point now where we have our speaker lineup set and it was exactly the number that we wanted.”

Student Senate President Chris Morgan said he hopes the event will be a success.

“It’s a great showcase for high profile speakers and student researchers to come and speak about specific topics that have an impact,” he said. “...We had it last year and it went great, the Chancellor loved the idea, so I am happy to see it come back.”

Annual African Night to cap off Black History Month at UW-River Falls

Ryan Funes
Falcon News Service

Black History Month events on the UW-River Falls campus will conclude Feb. 26 with the annual African Night, a celebration featuring dancing, a fashion show of different African cultures, and food.

The performance runs from 6-8 p.m. with food available from 8-9 p.m. The event, which is free and open to the public, will take place in the Abbott Concert Hall in the Kleinpell Fine Arts building.

African Night is organized by the Black Students Union (BSU). It is just one of the events designed to teach about African culture in a fun and informative way.

Co-president of the BSU Marie-Morella Kponou said that while the annual Soul Food Dinner on Feb. 11 did not see as many participants as she expected, she is hopeful that African Night will be a fun event.

“We have performances, and every year I, or some friends and I, get together and do an event for everyone,” she said. “It is also a cooperation because in the fashion show we have people from the fashion team to help out.”

One of the big new events was the Feb. 17 presentation on campus by Stacey Rosana, a representative of the Black Lives Matter movement in the Twin Cities.

Kponou said she had some concerns about how students on campus might view the organization and its ideas given that they seem polarizing.

“When you hear Black Lives Matter... either you are for or against it, but it would be good to hear what they do and what motivation they have for what they do,” she said. “I am really hoping to have a good environment where people can have an environment where they can share their perspectives.”

While the BSU is planning to bring in some contemporary ideas to campus for

Black History Month, Kponou said that the organization is still keeping all the events true to the long tradition of honoring the history of the month and the people it has come to be about.

“All of these events are put up to bring awareness to those who have done things, from the Civil Rights movement to today. We are trying to increase collaboration amongst people,” she said.

Bringing students together for events can be tough, Kponou added, but she said she believes that the core beliefs of the organization are worth exploring with as many people as can be.

“One misconception people have about BSU is that it is only for black students, which it is not,” she said. “It is about talking about issues amongst the African American community, no matter your background. That is another thing we are trying to get across, that just because you are not black does not mean you can’t join in.”

UWRF students attend the #ClipperIsTheNewXL rally



Natalie Howell/Student Voice
Greg Mathews, former president of ECOS, addressing crowd at the rally on Feb. 11.



Natalie Howell/Student Voice
UWRF students Ali Slaughter, Molly Kinney, Michelle Stage, and Natasha Horsfall chant along with the crowd at the #ClipperIsTheNewXL rally in Milwaukee.



Natalie Howell/Student Voice
A balloon that read “Enbridge Tar-Sands” flew over the protesters at the rally.

EDITORIAL

UW-River Falls helps fight winter blues with services

As the middle of February rolls around and the monotony of winter wears on, it’s normal to begin to feel down. The winter blues, depression or just feeling sad: it happens to everyone, and students are no exception. Whether depression is something you’ve been dealing with your whole life, you’re dealing with difficult personal problems, or you’ve just been feeling down lately, there’s nothing wrong with recognizing that you need someone to talk to and taking the steps to help feel better. That’s where the university can help. Student Health and Counseling Services is available to all students at UW-River Falls, and they are ready to help you with whatever you are currently dealing with.

It often seems as though there is an unneeded stigma when it comes to depression and admitting weakness. We don’t want to admit that we need help; we want to pretend that we are okay and try to tough it out. What we need to remember, though, is that some things simply can’t be toughed out, and keeping in deep emotions can only lead to more pain. It takes strength to admit that you might be struggling and to ask for help, and in some cases it can help save your life. Even if you don’t think what you are feeling is a big deal now, it’s better to talk it out with someone than to hold it in.

Plenty of people who struggle with depression and any other number of potentially debilitating mental health problems feel alone and that their thoughts and feelings are embarrassing so, they try to hide them. They might put on a happy facade which is the absolute antithesis of how they’ve been feeling lately or for as long as they can remember. What people in this situation should remember is that these problems affect many people -- maybe your chipper friend acts that way to shield what they feel internally -- thus, it is important to remember that you are not alone. This principle is just as important, if not more so, for people who don’t have to deal with these issues; they should remember that the people they’re closest to may be affected by these things and, thus, must not think that simply because someone acts cheerful all the time, they are immune to these problems.

The best thing about Student Health and Counseling Services is that the cost of quality help simply comes along with the fees of being a student. As a student you have the opportunity to get help and talk out your problems with a professional basically for free. We will never get this opportunity again, so why not utilize this amazing service and get the help that we need? College is hard, life is hard. What isn’t hard is that we don’t have to deal with this alone.

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

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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 stall by email through editor@uwrfvoice.com.

WISCONSIN NEWSPAPER ASSOCIATION

Newspaper theft is a crime. Those who violate the single copy rule may be subject to civil and criminal prosecution.

Journey House Campus Ministry hosts free weekly lunch and talk



Tori Schneider/Student Voice
Journey House Campus Ministry, located at 146 East Cascade Ave., hosts a free lunch every Tuesday featuring a guest speaker and a group discussion.



Tori Schneider/Student Voice
The lunch served on Tuesday, Feb. 16, was chicken tacos which were prepared by Teresa Ginn, the administrative director of Journey House Ministry and senior Lisa Swast, who lives in the house.



Tori Schneider/Student Voice
Jay Matchett (center), director of Our Neighbor’s Place, was the guest speaker at the lunch on Tuesday, Feb. 16. He talked about what he believes and how he realized that he wanted to work for Our Neighbor’s Place.



Tori Schneider/Student Voice
After Matchett spoke, he invited the others to share their own experiences about how they got to where they are in life. Karalyn Littlefield (center), professor of Animal and Food Science, was one in attendance at the event.

Adjusting to college takes time, but happens gradually

Katie Galarno
Columnist

Two years ago, I was certain that college wasn't for me. I was researching online degrees. I was looking for jobs that didn't require a college education. I was trying to convince my parents that going home and working at a video rental store for a few years would make me perfectly happy. I promised them that I would go back to school eventually, even though I didn't truly believe it.

It's not that I didn't like the campus or the people or my program or anything. In fact, I felt oddly comforted the first time I stepped onto this campus, even though it was a four hour drive from my hometown. Four hours is quite the drive, but I figured it would get easier and the homesickness would shrink and I would make a lifelong group of friends within the first year. Essentially, I expected to have my act together within a month.

I was wrong. I still can't believe how wrong I was. By the end of freshman year, I had made acquaintances in my program. I had been invited to a few things with the girls from my hall wing, like going to the movies and hockey games. I had maintained all As in my classes. I actually had

one of my professors call me into his office after turning in a final project to ask if I was a junior or a senior because he thought I should apply for a specific internship based on my coursework. But I was miserable. I was sleeping weird hours, staying awake until sunrise and sleeping until 5 p.m. some days. I could walk across campus and back without seeing a single person I knew well enough to talk to. I thought things were going to be like that for the next four years. To me, that was college, and I wanted nothing to do with it.

I made an agreement with my parents to tough it out for the rest of the year. When housing sign up for the following year came around, I agreed to stay for another year only if I got into the sophomore residence hall. I did, much to my own disappointment.

Things started to get a little better during my sophomore year. I spent some time with my new roommate and her friends. I became friends with one of my current roommates. I got to a point where I could consider people in my program friends and not just the people I said hi to when I saw them in class or in the cafeteria. But still, I wasn't happy.

Let's jump to now, spring semester of my junior year. It feels like a different world. Seeing my news pieces in print is a regular occurrence. I'm a page editor at the campus newspaper. I represent the newspaper on an actual committee that

has the power to make important decisions. Last semester, I took a trip with two of my friends to see another friend's old band play two hours away one weekend just because we could. I accepted the chance to go to a journalism seminar in Middleton. I've been notified of a formal invitation to join UWRF's chapter of the academic honor society Phi Kappa Phi. Last month, I said hi to nine different people just going from one class to lunch. That's an extreme example, but it illustrates my point that things do get better. I'm not sure when it happened or how, but gradually things just came together.

I'm not saying everything is perfect. It's nowhere near perfect. I get homesick and extremely upset over how much I miss my cat. I actually still cry sometimes when I leave home. I still stress about little things more than I should. The thing is, I'm no longer hopeless. I no longer fear that I can't or don't deserve to succeed. I have a set of people here who I can go to when I need them. If freshman me could have anticipated how much things would change, maybe I wouldn't have been so convinced I would fail.

Katie Galarno is a junior journalism student at UW-River Falls. She is the Viewpoints Editor at the Student Voice and hopes to work at a newspaper after graduation.



STUDENT *Voices*

How are you beating the winter blues?

Compiled by Tori Schneider and Matthew Clark

Sarah Anderson
Junior
“I like watching movies and drinking hot chocolate.”

Sarah Schalk
Junior
“I like to listen to country songs about summer.”

Ally Sersch
Freshman
“I go and find things to do outside like skiing and snowboarding and going for walks outside.”

Rebecca Misorski
Freshman
“Find sunlight or even friends just help you get out of it and always stay busy because that's a really good thing.”

Johnathan Van Roekel
Freshman
“I don't really get the winter blues to be honest. I kind of love the winter so I get out and go skiing, get involved in the winter.”

Taylor Woller
Junior
“Well winter's basically the best time of the year, right? So Afton, snowmobiling, any sort of getting outside and embracing it instead of saying, ‘Ugh, it sucks it's the wintertime.’”

Find Freddy's lost feather in this issue of the Voice and win two free movie passes to the Falls Theatre!

The first person to report the find to **editor@uwrvoice.com** AFTER 10 a.m. Friday wins!

The winner will be announced on the Voice's Twitter and Facebook accounts:
@uwrvoice and **facebook.com/Uwrstudentvoice**

Now Playing: Deadpool

Do you have something to say?
Write a letter to the editor.
Email your thoughts to **editor@uwrvoice.com**

UWRF student breaks two track records in two weeks

Kate Vruwink
Falcon News Service

David Paynotta chose the University of Wisconsin-River Falls by randomly selecting an invitation out of a pile of letters from schools asking him to come play football. After playing football for the Falcons for one season, Paynotta decided to hang up his cleats and stick to his track shoes. Now he has broken two UWRF school records in two consecutive weeks.

He started running track his first semester of college, in spring 2012. Paynotta had started running competitively his junior year of high school, and it turned out to be something he was good at.

Paynotta broke the first UWRF record on Jan. 30 in the 55-meter dash when he recorded a time of 6.42 seconds. The record was previously held by Mike Greenfield with a 6.45-second run in 1991, according to the UWRF sports information website.

Paynotta said he was surprised when he found out he broke the record at the Falcon Winter Classic.

“I felt like I ran fast, but I didn’t know I ran that fast,” he said. “I was super happy cause I’ve been trying to get that one for the last two years and I’ve been so close. But it’s hard with the 55-meter track ’cause we never run on them because it’s a 60-meter for the National event, so you don’t get the chance very often.”

Although Head Coach Danielle Douglas didn’t know he had broken the record right away she was not surprised about the results. She said she knows how talented Paynotta is.

“Honestly, I knew he had it in him, and I knew he had more in him, so I’m looking for him to magnify off the school record that he has already broken. So he’s not done,” she said, finishing with a laugh.

David Paynotta chose the University of Wisconsin-River Falls by randomly selecting an invitation out of a pile of letters from schools asking him to come play football.

The following weekend the Falcons competed in Waverly, Iowa, in the Wartburg Indoor Select where Paynotta managed to break another school record. While running the 200-meter dash he recorded his time of 22.26 seconds. That record has stood since 2003 when it was set by UWRF runner Wees Kennedy, who recorded a time of 22.46.

Besides breaking school records, Paynotta is also a full-time student, works at a pizza shop, and with any free time he may have he spends it volunteering with the Big Brothers Big Sisters organization. According to Douglas he is also on the 3.0 honor roll, which she said is something to be commended as a student athlete. She went on to say he is dedicated to making sure he always gets practice in despite his hectic schedule.

“He always tries to find a way to get prac-



Kathy M. Helgeson/University Communications
David Paynotta broke the UWRF records for the 55-meter dash on Jan. 30 and the 200-meter dash a week later.

tice in because he doesn’t want to miss that,” she said. “A lot of times that is hard for an

athlete to do and still remain disciplined and put out a great performance.”

Paynotta attributes some of his success to the support he gets from his coaches and his

*Do you have something to say?
Write a letter to the editor.
Email your thoughts to editor@uwrfvoice.com*



WWW.UWRF887.COM

LIVE FALCON BROADCASTS

**WOMEN’S BASKETBALL
SATURDAY, FEB. 20
HOME VS. OSHKOSH
TIP-OFF- 3:00 P.M.**

**MEN’S BASKETBALL
SATURDAY, FEB. 20
HOME VS. OSHKOSH
TIP-OFF- 7:00 P.M.**

For UWRF women’s hockey goalie, confidence means more saves

Trenten Gauthier
Falcon News Service

The UW-River Falls women’s hockey team has dominated the Wisconsin Intercollegiate Athletic Conference (WIAC) for three straight years now, with goaltender Angie Hall between the pipes for the Falcons the last two years as the goalie.

Last year as a freshman, Hall started 25 regular season games and all postseason contests for the Falcons, who finished third in the NCAA’s Frozen Four for the second straight year.

Hall, a native of White Bear Lake, Minnesota, was an all-conference high school goalie for her sophomore, junior and senior years, as well as captain her junior and senior years. Hall also was a semi-finalist for goalie of the year in her senior season in the state of Minnesota.

When she was younger, Hall said, she looked up to some goalies in the NHL.

“I looked up to a few when I was younger, I guess (former Colorado Avalanche goalie) Patrick Roy. I really liked him when I was younger and that is why I wear No. 33,” Hall said.

Hall was excited about the opportunity at UW-River Falls, and knew she wanted to play college hockey and got the nod very early in her freshman season. According to uwrfsports.com, after finishing the 2014-2015 season with an 85.1 save percentage, Hall has increased her

current percentage to 92.5 percent this season.

Hall credits her improvement to her confidence and how she has adapted to the college game.

“The biggest difference between this year and last year is the experience, and also the confidence that I have,” she said. “I think I have been playing with more confidence and more comfortable with college play. I think that is a big thing to get used to at the college level.”

In her almost two years as the UWRF goalie, Hall said that the mental side of being a goalie is arguably tougher than the physical side

“I’d say yes, it could be tougher than the physical side. Being a goalie, there are slumps, especially in high school. If you are on a team that is not so good and you are being pummeled with shots,” said Hall. “Staying positive and staying confident is important. When you let in a goal, it is easy to blame that on yourself, so it is really tough to stay mentally tough and not get so down on yourself.”

Senior Chloe Kinsel, one of Hall’s teammates and the most prolific offensive players on the UWRF women’s hockey history, said Hall is doing better at understanding her importance to the team this year,

“She understands the pace more and that we need her playing her best every game,” Kinsel said. “She stays stronger mentally too.

I think Angie having a lot of experience last year has rolled over to this year.”

This year, the Falcons are not going into the postseason as strong as they have in the past with a 3-3 record in their last six games, and Hall said she cannot overreact to losses individually,

“It affects me when we lose,” she said. “That’s what’s tough about being a goalie, and you can have a great game and then lose by one or two goals. And that is just the way it is.

“It really comes down to bounces, too,” Hall added. “There is a lot more to it than just stats. I think I am still confident and the team is

still confident.”

As the regular season wraps up, the Falcons will be the No. 1 seed in the WIAC O’Brien Cup, and will play their first game coming on Friday Feb. 26 and 27 when UW-Eau Claire comes

to River Falls for the semi-finals. Hall and the Falcons have a championship on their mind this season, and for Hall, for seasons to come.

“This year, I hope to continue strong and obviously raise my save percentage, and just have fun while doing it and everyone will have fun and work hard,” she said.

“Hopefully we will make it to the national tournament. Obviously in the next coming years, I want to keep making it there and win a national championship eventually, which would be like history and would be the first team to do it here.”

The selection for the women’s hockey national tournament will be released after all conference tournaments are concluded. For the WIAC, the final game is on March 5. The Falcons have won the O’Brien Cup for two straight years, and have at least competed in the O’Brien Cup final for eight straight years.



Tori Schneider/Student Voice
Sophomore Angie Hall defends the goal for the Falcons on Feb. 9 against Adrian College.

UWRF men’s basketball falls to UW-La Crosse 77-87

Zach Dwyer
zachary.dwyer@my.uwrf.edu

The Falcons men’s basketball team fell in a hard-fought WIAC battle against conference leader UW-La Crosse Wednesday, Feb. 10 with a score of 77-87. The game had a playoff atmosphere throughout, and proved that the Falcons are a good enough team to battle with any other in the tightly-contested WIAC conference.

The game started off extremely fast-paced, with La Crosse hitting their first three shots to go up 7-2, but UWRF went stride for stride with the Eagles, fueled by Garret Pearson’s nine points. By the first timeout, the score was 19-14 with still 14 minutes remaining in the first quarter.

Head Coach Jeff Berkhof said, “Both teams came out making shots. UW-La Crosse was exceptionally hot from the three-point line, while we focused on working it inside more.”

Freshman Ben Meinholz gave the Eagles a huge boost, making some tough shots and throwing down a fast-break dunk to initially put the Eagles on top. But Junior Devin Yurk was the real star of the first half, knocking down all four of his three pointers to add 18 points to the Eagles’ high-powered offense. A quick 12-5 run out of the timeout put UW-La Crosse up 31-19 midway through the first half.

The Falcons didn’t go down easily, however, bringing the deficit back to three points at 35-32 with six minutes remaining in the half. The Falcons got back in the game with strong production from their bench, with sophomore forward Brennan Witt adding seven points and guard Devin Buckley knocking down two key three-pointers.

A late Eagles run brought the game to 46-40 as the teams went back to their locker rooms for halftime. UW-La Crosse shot an incredible 73 percent on threes in the first half, but the Falcons’ ability to get to the line and convert on their free throws kept the game close at the break.

La Crosse came out of the break on a mission, knocking down shot after shot to extend their lead to fourteen after a mere four minutes. Meinholz looked to be on a different level in the second half, knocking down contested shots all night and going 7-8 from the field after the break. His hot start stretched the lead to 66-48 in favor of the Eagles.

“We came out a little flat after halftime, and La Crosse came out and executed by hitting their first five shots of the half. That made us have to exert a lot of energy to get back into the game,” Berkhof said.

The Falcons came back with a resilience in the second half that proved they aren’t a team that will roll over. Garret Pearson put the team on his back, adding 17 points by mixing post moves and jump shots to stretch the UW-La Crosse defense.

“We were just playing our game. We play an inside-out approach and everyone knows it,” Pearson said.

Even with the Falcons leading scorer Jon Christensen struggling to knock down shots in the second half, River Falls managed to claw its way back into the game. The run was slow and steady, but the UWRF defense tightened up and converted on some big plays to bring the game back to five points with only two minutes remaining.

Berkhof said, “We gave up some easy baskets in the middle of the second half that let them get ahead. But we got back into it by attacking the rim and playing very aggressively to get to the line and force tough shots.”

With the score at 80-75, senior guard Jared Staeger hit a clutch three-pointer that proved to be the dagger. The Eagles kept control of the ball down the stretch and managed to prevail 87-77 to hold sole possession of first place in the WIAC.

Pearson’s strong performance kept the Falcons around all night, dropping a game-high 28 points on 11-15 shooting. The rest of the Falcons starters only combined to go 5-24 from the field and had difficulty matching the scoring effort of UW-La Crosse. The Eagles finished with three starters contributing over 20 points, with Meinholz leading the way with 24 points.

“Going forward we need to continually try to get better defensively. We go through stretches of very tough defense and good basketball but then seem to fall apart,” Berkhof said.

Pearson also felt the need for improvement, simply stating, “Our defense needs a lot of work.”

With the loss, the Falcons drop to 7-4 in the WIAC and

13-9 overall. But after an overtime win against Platteville on Saturday, they only trailed UW-La Crosse by one game. The next Wednesday, the Falcons took on UW-Stout in an extremely close game where, after the Blue Devils took a strong early lead of 3-13, the Falcons pulled it back and won by a mere 2 points with a score of 81-79. The Falcons now find themselves tied for first place with UW-La Crosse both in conference with nine wins, four losses, and overall with 15 wins and nine losses.

The Falcons finish the regular season with an away game against UW-Oshkosh Saturday at 7 p.m.



Kathy M. Helgeson/University Communications
Senior Connor Goodwin goes up for a shot against Hamline University at home in Karges on Dec. 5, 2015.

‘Psychedelic Swamp’ entertains but struggles to find identity

Matthew Clark

Reviewer

I will admit, when it comes to Dr. Dog, I am not well versed. I have a lot of friends who are really into them and I personally really enjoy the song “Shadow People” from their 2010 record *Shame Shame*. Other than that however, you could call me a Dr. Dog newbie. Although their recipe of psychedelic rock and indie folk is exactly what I have come to love as a music fan, their records have seemed to escape me until now. Released last week, Dr. Dog’s, “The Psychedelic Swamp,” is an interesting collection of psychedelic tunes that shows the strengths of the band but also struggles to find its own identity in a landscape already filled with modern psychedelic masterpieces and, well, modern psychedelic disasters.

The record kicks off with, “Golden Hinds,” a groovy blues number that uses elements of David Bowie, The Black Keys, and even a slight musical reference to the sound of early 1970’s Rolling Stones records. Although not the strongest track on the album, the song features a really strong shift from verse to chorus and introduces a lot of the sounds that continue to appear on the record. The next track on the record, “Dead Record Player,” is easily one of my favorite songs on the record and I have gone back to listen to it a few times since my first listen. The song strongly presents the classic blend of Dr. Dog singers Toby Leaman and Scott McMicken. One of the highlights of the record is the showcasing of the blend between the two juxtaposing



voices. Another one of my favorite tracks on the album is “Swampedelic Pop.” The drum sound is reminiscent of the mid 1960’s and is clever enough to keep the listener interested. The strongest and most pop-orientated song is “Bring My Baby Back.” The song was also

released as the record’s first single. The slow shuffle of the drum machines simmers below the catchy vocals that are convincing of the story being told. This song alone may become one of my favorite tracks of 2016. “Fire On My Back” reminds me a lot of what I would have hoped the Chicago based band The Red-walls would have sounded like if they had continued into 2016. At the end of the record is the track, “Swamp Is On,” which is a quite piece and psychedelic lullaby of sorts. The vocals hover over the moogs and the sparse drums. The song starts but never really goes anywhere.

On the surface, the album is a quality collection of psychedelic rock and roll songs that have fun and create an interesting listening experience for the listener. The songs have hooks and moogs and funky beats which is everything that a psychedelic record needs. However, the song fails to bring a good enough reason to why the listener should bother with this record instead of other very similar and better records by Cage The Elephant, Tame Impala, The Black Keys, and The Arcs. To put into other words, Dr. Dog’s, *The Psychedelic Swamp*, is like a Tinder date. It’s fun and you can tell your friends about it but it’s not the quality you might expect on eHarmony where you might actually find something real and lasting. So if you’re looking for something to tell your grandchildren about, you better look elsewhere.

Matt Clark is a junior journalism student. On campus he is an active DJ at WRFW as well as the news editor for the Student Voice. In his free time, Matt is an active guitarist, playing in succesful rock bands in the Midwest. Matt hopes to one day become a music journalist and work in radio.

First days of studying abroad can be tiring, but worth it

Lauren
Simenson

Columnist

The steamy heater was a steady whir in the background as I stared up at the bunk bed overhead, while yelling and footsteps echoed around the hallway and made its way into our little room. I was awake for too long thinking about everything I have been able to do in Scotland so far, and how my time traveling around this country has felt so much longer than just the two weeks it has actually been.

Deciding to commit to the International Traveling Classroom program was easy for me. When you know you want to travel, deciding to just go and do it is the best and simplest part, and those early days when I was accepted was the best feeling; a combination of elation over not having to park on campus for a whole semester, and the feeling

of disbelief about the opportunity I have to see so much of Europe.

That first day I flew out it still hadn’t hit me that I was actually leaving- leaving behind my family, and especially the comfort of having a routine. The first few days in Scotland, or more specifically in Dalkeith and Dalketh Palace, where we would be staying with other students from Wisconsin universities around the state, passed by in the kind of fog I can only imagine new parents go through. Or maybe I’m being overly dramatic and that’s what staying up for almost two days, plus having a touch of jet lag feels like. Either way, it was not enjoyable. Two plane rides from MSP to Edinburgh and my eyes barely closed as they were too busy being lured to look out the window and at the views, and glued to the screen in front of me.

Eventually I did recover from those first few days of being a well-fed zombie and plunged head first into group travel life and this new world of Scotland. It turned out that most of the information and facts I learned in Scotland were all new to me, as it seems that

here in the States we often forget that Scotland even exists. One of my favorite stories came from the very first tour of Edinburgh we took as a group with a graduate from the UW-River Falls, and a current graduate student of the University of Edinburgh. We stood on the green space of the quad while he told us of the ‘entrepreneurs’ Burke and Hare who used tunnels underneath the quad to smuggle dug-up bodies from nearby graveyards into the medical labs for the purpose of studying the bodies’ anatomy. Burke and Hare couldn’t escape notice when they drew attention to themselves as they began to steal more and more newly-dead bodies. However, the people of Edinburgh were not dying fast enough for Burke and Hare who soon began to take matters directly into their own hands and became murderers on a mission to procure more and more bodies in the name of medical advancement. I’m pretty sure my mind was made up at this point that I would love to go to a school that could boast of such a history. North Hall is pretty old, but pretty mundane when compared to smug-

gling dead bodies in the dark of the night.

Those last few days I was in Edinburgh, the castle over my right shoulder and the National Gallery on my left, I think that’s when it finally hit me about where I was. I couldn’t decide if that meant I was taking this experience for granted, or if I couldn’t yet believe that my dreams were finally coming into fruition. Either way; there is nothing quite like that moment when you are someplace you have been working so hard to get to and taking in every sight, sound, and smell you can. I would equate it to that first time you read that great book or that very first taste of ice cream, you’ll never get that same feeling again no matter how many times you repeat the experience.

Lauren A. Simenson is a sophomore majoring in communication studies. Her interest include eating dark chocolate, online wondow shopping, and reading anything she can get her hands on. While not at work, at school, taking naps, or doing homework, she likes to cook, canoe, fish and write.

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