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STUDENT VOICE

University of Wisconsin River Falls

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Student’s innovation helps paraplegic horseback riders

Tori Schneider
Falcon News Service

When UW-River Falls senior Shanna Burris, an equine management major, got accepted into the McNair Scholars Program, she knew she wanted to help paraplegic horseback riders.

Her first step was to survey paraplegic riders to find out what they needed the most. Then she created a hoist that can lift a saddle onto a horse.

Other obstacles paraplegic riders may face when getting ready to ride a horse are already taken care of with wheelchair ramps and lifts to place them on the animals. However, without Burris’ hoist, these riders need someone else to maneuver the saddles for them.

“Knowing this population and knowing some of the struggles that they go through trying to tack up their own horse and how beneficial riding is to them, I wanted to figure out a way to make it more accessible and help them be more independent,” Burris said.

Burris is a non-traditional student. She has worked in health care for many years and was inspired by the many lifts used to move patients.

Her research and the hoist were presented at a symposium at the University of California-Berkeley this past summer.

Dean Olson, the associate dean of the College of Agriculture, Food, and Environmental Sciences at UWRF, was Burris’ mentor and advisor on the project. Olson also is an associate professor of agricultural engineering.

While working together, Olson saw Burris apply what he had taught her in an Introduction to Agricultural Engineering (Agricultural Engineering Technology 150) course. They created the hoist for less than \$150 and used mostly spare parts from the Agricultural Engineering Department.

“She wanted to help these people become more independent... She recognized that this really isn’t an equine problem, this is an engineering problem and that’s why she came to me,” Olson said.

The hoist is now undergoing the patent process with WiSys Technology Foundation.

According to its website, “WiSys advances scientific research throughout the state by patenting technologies developed out of the



Tori Lynn Schneider/Student Voice
Associate Dean of CAFES Dean Olson and senior Shanna Burris pose with the saddle hoist that Burris created for paraplegic horseback riders.

universities and licensing these inventions to companies capable of developing them to benefit Wisconsin and beyond.”

“We didn’t really invent anything new,” Olson said. “We’re taking off-the-shelf technology. It’s more the application of that technology. And there may be some patent protection on there. That will be up to WiSys to determine that, if they feel that there is.”

With the fate of the hoist in the hands of WiSys, Burris is waiting for the patent to be approved and for someone to be willing to

market and manufacture the product.

Ken Giske is the executive director and president of Walk On Therapeutic Riding Programs in River Falls. Walk On helps those with disabilities experience horseback riding.

Giske hasn’t seen the hoist yet, but pending approval from WiSys, Burris would like Giske to be able to put it to use.

“I’m only guessing that it’s going to help our program based on what she’s told me,” Giske said.

No paraplegic riders are currently enrolled

in the Walk On program, but there have been in the past.

Burris has more ideas that she would like to implement to further assist paraplegic riders, but isn’t ready to share them with the public. She is in the process of applying to graduate schools to pursue a doctorate in animal science equine and said she hopes to someday become a professor at UWRF.

UW-River Falls student and professor team up to conduct research on turtles

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To do her part to save the endangered species she loves, one UW-River Falls student has teamed up with a professor to change the way that a fragile ecosystem is treated.

The idea to do research on turtles came from Crystal Carpenter, a junior field biology major at UWRF, who said that she has always had an interest in turtles.

“I just wanted to do it because I love turtles and I want to work with turtles for the rest of my life,” said Carpenter. “And it’s important to get that word out about endangered species.”

Carpenter approached Kevyn Juneau, assistant professor of conservation and environmental science at UWRF, to help her with the research. Juneau is part of Ecological Research as Ed-

ucation Network (EREN), a network of faculty members from primarily undergraduate institutions with the goal to “create a model for collaborate ecological research that generates high-quality, publishable data involving undergraduate students and faculty,” according to the EREN website.

Juneau said that one of the projects that EREN is currently involved in is called the TurtlePop Project, a research project that studies the effect that urbanization has on turtle population and sex ratios.

“She came to me not really with a well hashed out idea, but she knew she wanted to work with turtles and I just happened to be part of this network, so it worked pretty nicely,” said Juneau.

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Tori Lynn Schneider/Media Intern
Assistant professor Kevyn Juneau explains his turtle research during the homecoming tailgate activities on the campus mall Saturday, Sept. 24.

UWRF sees largest freshman class in five years

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UW-River Falls is currently experiencing its largest freshman enrollment boom in five years, as a result of a variety of efforts across campus.

The goal set by the admissions staff last year was to get 1,175 new freshmen for the fall of 2016. That goal has been met with official numbers from the office indicating 1,219 new freshmen this semester, up from 2015’s count of 1,066.

Sarah Egerstrom, executive director of Admissions and New Student and Family Programs, said that the office has revised everything from internal operations to recruitment messages in order to bring in more students.

“I think in the last 24 months, we’ve really turned over every stone in the office,” Egerstrom said.

One of the “stones” involved an increase in travel and presence at high schools and college fairs. Egerstrom said that UWRF was part of 176 high school visits, 77 college fairs and 43 visits to transfer institutions last year.

Andrew Setrum, a freshman communication sciences and disorders major, said that UWRF was one of his top choices that he discovered at the Minnesota National College Fair last year.

In addition to traveling elsewhere, Egerstrom said that tours have been reconsidered in terms of the best route to take across campus and how the campus appears to prospective students as they arrive.

“Sometimes it’s just a feeling that gets created when you’re here,” Egerstrom said. “And I think that’s what we hear from our visitors, like, ‘It just felt right.’”

The campus just feeling right was the case for business administration major Thomas Heid. He said that the combination of the education quality and UWRF being a small campus made it feel like a second home for him.

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News Briefs: UW-River Falls ranked among top in undergraduate research and study abroad student engagement

The National Survey of Student Engagement (NSSE) has ranked UW-River Falls in the lead among similar institutions in the areas of undergraduate research engagement and study abroad participation among seniors. The NSSE collects information annually from first-year and senior students about the nature and quality of their undergraduate experience.

UWRF showed a sharp increase in student participation, at ten percentage points or more, in comparison to other universities in the region with regards to undergraduate research by its senior population as well as the number of seniors who take advantage of the many study abroad opportunities offered through UWRF programs each year.

“Dedicated faculty and staff have developed programs that provide UWRF students with the opportunity to study abroad in a wide variety of locations,” said Katrina Larsen, executive director for International Education. “The programs may last a week or so during Spring Break to semester-long programs. Many faculty and staff have studied or worked abroad and they strive to provide students with the same type of life changing experience that they have had.”

Through its student survey, “The College Student Report,” NSSE annually collects information at hundreds of four-year colleges and universities about first-year and senior students’ participation in programs and activities that institutions provide for their learning and personal development. The results provide an estimate of how undergraduates spend their time and what they gain from attending college. More information can be found at <http://nsse.indiana.edu/html/about.cfm>.

“Undergraduate research, the principle engine powering UWRF strong and longstanding research culture, has surged with the opportunities made possible in all four colleges, and at every level of the undergraduate experience, by the opening of a centralized Undergraduate Research, Scholarly, and Creative Activity office in 2013,” said Lissa Schneider-Rebozo, director of Undergraduate Research, Scholarly, and Creative Activity (URSCA). “The recent surge in undergraduate research activity at UWRF correlates with significantly improved student retention and graduation rates, increases in participation in post graduate educational opportunities and high levels of meaningful employment for our graduates.”

Student engagement represents two critical features of collegiate quality. The first is the amount of time and effort students put into their studies and other educationally purposeful activities. The second is how the institution deploys its resources and organizes the curriculum and other learning opportunities to get students to participate in activities that decades of research studies show are linked to student learning. Global Education and Engagement and URSCA activities have been identified as key components of the strategic planning activities at UWRF.

“Research has consistently shown that undergraduate research and study abroad experiences are not only high impact practices that improve retention but they can also be life-changing experiences,” said Faye Perkins, interim provost at UWRF. “Many students who are involved in undergraduate research realize that they have the skills and abilities to pursue advance degrees, which they may have never previously considered. Having been involved in our study abroad programs, I have witnessed our students being transformed into globally informed citizens. Our faculty and staff are committed to providing these life-changing experiences in a well-supported environment.”

For more information about NSSE, email wes.chapin@uwrf.edu.

Ally training to gain gender and sexual diversity knowledge offered at UW-River Falls

The UW-River Falls Inclusive Campus Engagement Office will offer Ally Training Wednesday, Oct. 19, from 6-9 p.m. in the Ann Lydecker Living Learning Center on campus. The free event is open to the public and provides a safe space to gain knowledge about gender and sexual diversity and to ask questions and engage in conversation.

Participants will learn about gay, lesbian, bisexual, trans-

gender and ally (GLBTA) communities; think critically about gender and sexuality; discuss language and privilege; reframe myths and stereotypes and explore how to be allies to each other across identities and experiences. Attendees will leave the training with newfound awareness and concrete steps to take to help make campus and larger communities more welcoming and affirming for everyone.

For more information or to register for the event, visit <https://www.uwrf.edu/InclusiveCampusEngagement/event-sandprograms/allytraining.cfm> or call the Inclusive Campus Engagement Office with questions at 715-425-3894.

UWRF alum is costume designer for hit Guthrie production ‘Sense and Sensibility’

River Falls native and UW-River Falls alumna Moria Clinton has returned to her Midwest roots as the costume designer for the production of “Sense and Sensibility,” an adaptation of the classic Jane Austen novel, playing at the Guthrie Theater in Minneapolis through Oct. 29.

A 2004 UWRF graduate with a bachelor’s degree in theatre and art and a minor in costume, Clinton went on to earn a master of fine arts degree in design from Yale School of Drama in 2009. From there Clinton has been busy with both costume and set design in multiple theatre productions throughout the United States. Based in New York City, she has served as assistant designer to Jane Greenwood, a Broadway designer. She has also designed costumes at other regional theatres such as Oregon Shakespeare Company and Dallas Theatre Center.

While in the Twin Cities to direct the construction of the costumes, Clinton welcomed a current UWRF class, along with Professor Robin Murray, department chair of Stage and Screen Arts at UWRF, as well as Clinton’s mentor and adviser during her time at UWRF, to a special evening. Not only were they Clinton’s special guests at the “invited dress rehearsal” but they were also treated to a pizza party where they were able to see her renderings and hear about how the costumes were designed and built.

“Inviting the students to a free ‘invitation only’ dress is typical of how Moria thinks. I am proud of the work she does, but I am most proud of who she is as a person,” said Murray. “She is a thoughtful young woman who believes passionately in the power of theatre to change our world, and generously gives of her talents to help others understand the possibilities.”

Clinton has several collaborators she works closely with, but most prolifically with Sarah Rasmussen, the director for Kate Hamill’s adaptation of “Sense and Sensibility” at the Guthrie Theater in Minneapolis and Dallas Theatre Center in Texas.

When asked what was next in a recent interview with Basil Considine, Twin Cities Arts Reader performing arts editor, Clinton replied, “My flight literally just landed back in Brooklyn after I headed home after second preview at the Guthrie. I head up to Vermont in a day for fittings for Macbeth. After that I have a few projects in the works in New York and hope to pick up more work in TV or film. Sarah and I are toying with me designing sets and costume on something at the Jungle [Theatre] for the holidays for 2017, so coming back to Minneapolis is also in the future.”

For more about the stage and screen arts and theatre programs at UWRF, email robin.e.murray@uwrf.edu.

UW-River Falls approved to offer online degrees across state lines

UW-River Falls has been approved to offer distance education courses and degrees across state lines under Wisconsin’s participation in the State Authorization Reciprocity Agreement (SARA). The UWRF application to participate in SARA was approved by the Wisconsin Distance Learning Authorization Board last month following the approval of Wisconsin’s application to the National Council of SARA (NC-SARA).

“We are pleased that our application to participate in SARA was approved,” said Faye Perkins, provost and vice chancellor of academic affairs at UWRF. “As we grow the number of online academic courses and degrees, our ability to attract students from all over the country will be critical to our success.”

SARA is a nationwide initiative of states to make distance education courses more accessible to students across state lines and make it easier for states to regulate and institutions to participate in interstate distance education.

As an approved participant of SARA, UWRF may actively share information about its online academic programs with prospective students in other states. UWRF currently offers

three degrees that are 100 percent online, according to Randy Zimmermann, director of Outreach and Continuing Education (OCE) at UWRF.

“Working collaboratively with the University of Wisconsin Extension and other campus partners, we offer a bachelor of science in sustainable management and a bachelor of science and a master of science in health and wellness management,” said Zimmermann. “An additional online degree, a bachelor of science in applied computer science, may begin in fall 2017.”

As a participant in SARA, UWRF is free to negotiate transfer agreements with out-of-state community and vocational colleges which only offer associate degrees but whose students want to continue their schooling. These articulation agreements ease the process of applying previously earned college credits toward a bachelor’s degree. A transfer agreement with Elgin College in Elgin, Illinois, for students interested in completing a bachelor’s degree in sustainable management is currently under development, according to Angela Whitaker, OCE program manager.

“We were approached by a student from Elgin College and realized that their emphasis on sustainability fit well with our degree,” said Whitaker. “Our agreement will streamline the process that their students will go through to transfer classes to complete their bachelor degree at UW-River Falls.”

Additional information about SARA is available on the National Council for State Authorization Reciprocity Agreements website at <http://nc-sara.org/>. For more information on UWRF online degrees, visit www.uwrf.edu/mydegree or call OCE at 715-425-3256.

News briefs courtesy of University Communications and Marketing

Student Senate Update: Oct. 11

One motion was passed at the Oct. 11 Student Senate meeting:

Cancellation of Oct. 25 Student Senate meeting: A motion to cancel the Oct. 25 Student Senate meeting to allow Student Senate to attend the It’s On Us Week of Action speaking event at 7 p.m.

• In Favor: 20; Opposed: 0; Abstained: 0

The information in this update comes from the weekly meetings and minutes posted to the Student Senate Falcon-Sync page. The Student Senate meets every Tuesday at 7 p.m. in the Willow River Room of the University Center.

Campus Events Calendar:

- **Surplus Sale**
Friday, Oct. 14, 9 a.m.-12 p.m.
Rodli Hall
- **Frances Cohler Coffee Concert: WolfGang Ensemble**
Friday, Oct. 14, 12-1 p.m.
KFA
- **2016 Wisconsin Legislative Candidate Forum**
Tuesday, Oct. 18, 4:30-6:30 p.m.
Riverview Ballroom, University Center
- **Library Open House**
Wednesday, Oct. 19, 2-6 p.m.
Chalmer Davee Library
- **Spooky Stories with Michael Norman**
Wednesday, Oct. 19, 6:30-7:30 p.m.
Chalmer Davee Library
- **Edward N. Peterson Lecture Series**
Thursday, Oct. 20, 4:30-5:30 p.m.
Kinni Theater, UC

Visit uwrf.edu for a full schedule of events

1 I Ain't Tired, You Ain't Tired



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Weekly UWRF Crime Report

Saturday, Oct. 8

- Friday, Oct. 7**
- A theft was reported in the Agricultural Science building at 11 a.m.
 - Suspicious activity involving drugs was reported in the N Lot at 10:18 p.m.
 - Suspicious activity involving alcohol was reported at 600 S. Main St. at 11:29 p.m.

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

River Falls Public Library offers variety of free resources

Sophia Koch

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Libraries are typically equated with books. At the River Falls Public Library, however, there is far more than that. Equipment, Wi-Fi and community events are all available to the public for free.

“What the library is,” said Library Director Nancy Miller. “Is lots of people putting a little tax money in, and then you have access to, through MORE, our consortium, over a million items. You put in your share, and you have access to all these things. And that is the point and the beauty of a public library.”

MORE (My Online Resources) is a collection of 49 libraries from across Western Wisconsin that share materials as one system. A library card from any one of them works at all of the others, and books or movies from any one can be ordered from or returned to any institution in the system. A few cities within the consortium include Baldwin, St. Croix Falls, Rice Lake and Eau Claire.

At the River Falls branch, there is a surprising wealth of resources. Books and DVDs are fairly common knowledge, but it is not as well known that the institution also offers equipment checkout. Its website shows a list, which includes (among many other items) DVD projectors, Chromebooks, screens, Kindles and Wi-Fi hotspots. The DVD projectors, said Youth Services Librarian Monica LaVold, are extremely popular; for weekend rentals especially, those wishing to borrow the projectors might have to reserve the equipment two months in advance. The rental is free, but usually involves a cash or check deposit that borrowers will receive back once the item is returned.

For those looking for something to do, the library is currently hosting an event series entitled Elementary, My Dear Watson, the purpose of which is to showcase the life and works of Sir Arthur Conan Doyle, creator of “Sherlock Holmes.” Throughout the rest of this month and up until Nov. 14, the library will be organizing film viewings and book discussions themed around the famous author. Exact times and dates are posted online on the library’s website.

Elementary, My Dear Watson is one of many events that the library holds; almost year-round, they are organizing talks, discussions and movie viewings on a wide variety of



Tori Lynn Schneider/Student Voice

topics. They cater to all ages, everything from toddler story time to Young Adult Books for Adults, and their goal, Miller said, is to foster a sense of community by connecting people through reading.

“You and I have never met each other, but if we’ve read the same book, we have a point of conversation,” she said.

Hailey Brant is a junior creative writing major at UW-River Falls, and although she no longer visits the public library often, she recounted fond memories of visiting the library during her childhood.

“When I was a kid I would bike to the library a lot just so I could have quiet time to

myself,” Brant said. “It’s a space away from home that kind of allows you to explore what you like and the world of reading at your own place.”

Lately, Miller said, the library has been experiencing a decline in circulation of physical books and movies, although attendance has held steady over the years. A lot of people, she said, take advantage of the free Wi-Fi and the general quiet atmosphere at the library in order to study or work. There are also those who utilize the library digitally without ever stepping foot in it. According to the 2014 Public Libraries Survey from the Institute of Museum and Library Services, “the number

of downloadable audio, video and electronic books available to the public grew significantly,” and there was an estimated 5 million more Americans attending library events and programs than in 2013.

Like the needs of the public, the library is changing.

“I don’t know that there’s any other organization in the world that, as part of their mission, their existence, their reason for being, is to be representative to the community,” said LaVold. “And that’s who we are.”

UW-River Falls student and professor team up to conduct research on turtles

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According to the EREN website, roughly 45 percent of freshwater turtle populations are listed as threatened in the 2000 International Union for Conservation of Nature and Natural Resources Red List of Threatened Species.

“Science has shown that urbanization is leading to a skewed sex ratio [among turtles]. So there’s more males than females in urbanized areas,” said Juneau. “That’s because the females are leaving the ponds to go nest and they might get hit by the car.”

For the summer research, Carpenter and Juneau set up traps at five different ponds throughout the area including Lake George, Lake Louise and the pond in the horse pasture at UWRF. The traps were set up for three days and checked every 24 hours in order to catch turtles.

Once caught, the two would mark the turtles, identify them, measure the turtles weight and length of the shells and identify the sex of the turtle. They would then let the turtles go with the hope of catching the same turtles as the research goes on to measure how the turtles grow throughout the years. According to Juneau, the two caught and marked about 20 turtles throughout the summer.

During this research, Carpenter and Juneau also looked at water quality and nutrients along with invasive plants in order to see exactly how these factors affect the turtle populations in the different ponds.

With turtles being on the endangered list, Carpenter said it is more important than ever to figure out what is causing the dwindling population and how to confront it.

“With people knowing what is happening, it can help the species repopulate. If we take down the amount of cars going around, that can take away the amount of turtles getting hit and in that way the females can lay eggs,” said Carpenter. “It’s important to me because they are an important part of the ecosystem.”

While the research was only done during the summer months, Juneau and Carpenter plan to continue with the research every summer to see how the turtle population and sex ratio has changed over the years. They will be presenting the data that they have collected so far at the Upper Midwest Invasive Species Conference that will take place from Oct. 16-19 and the 2016 St. Croix River Research Rendezvous on Oct. 18. Carpenter will also be presenting the research at the Fall Gala on Dec. 13 at UWRF.

UW-River Falls sees largest freshman class in five years

Continued from Page 1

“My family was helping me sift through the many colleges I was interested in, and my mother found River Falls online and thought the campus was a good fit for me,” Heid said. “We took a tour and I couldn’t have agreed with her more.”

That sentiment is echoed by other new students, as well. Animal science major Kassandra Dondiego said she heard about the university through a past teacher and decided to come to UWRF as soon as she stepped onto the campus.

Egerstrom said that faculty efforts to meet and follow up with prospective students have also increased, because doing so allows students to get a better understanding of what it means to be a student in the different programs across campus.

For art and psychology double major Ashlee Hale, that individual attention made a difference. Hale said that she was contacted by Rhonda Willers, a ceramics professor, while Hale was still deciding where to go.

“She helped me choose this school because it felt as though

I was wanted in the ceramics program and not just another student,” Hale said.

In addition to merely attracting students, efforts have been made to make UWRF more affordable. Egerstrom said that around \$1.3 million in scholarships was given to new students this year, which brings up the quality of students attending UWRF. The average ACT score for incoming students, for example, was a 22.4.

Egerstrom gave credit everywhere, as the importance of strengthening recruitment efforts has been recognized campus-wide.

“Our results are really a direct result of everyone’s efforts across campus,” Egerstrom said. “We certainly couldn’t do it alone.”

The goal for the fall of 2017 is to see 1,250 freshmen entering the university. Egerstrom said that it is off to a good start, with a 39 percent increase in applications compared to October 1 of last year.



Tori Lynn Schneider/Student Voice

Paige Nelson, Beverly Green and Jacqueline Reeser, freshmen, pose for a photo with Freddy Falcon at a volleyball tailgating event Wednesday, Sept. 7.

EDITORIAL

Trump’s behavior promotes rape culture, is intolerable

If you own a television, use social media or look at what is trending online, you’ve undoubtedly heard Donald Trump’s degrading remarks about women. In a recently leaked conversation from 2005, Trump speaks with television host Billy Bush (with a microphone on him, nonetheless) openly about being able to do whatever he wants with women, simply because he’s famous.

“I better use some Tic Tacs just in case I start kissing her,” Trump said in the audio. “You know I’m automatically attracted to beautiful — I just start kissing them. It’s like a magnet. Just kiss. I don’t even wait. And when you’re a star they let you do it. You can do anything.”

The conversation goes into more detail, with comments about forcibly grabbing women by their genitals. Even more questionable comments have been released as of late. In an “Entertainment Tonight” Christmas feature from 1992, Trump is seen talking to a little girl and turns to the camera and says, “I am going to be dating her in 10 years. Can you believe it?” Women have also come forward accusing Trump of touching them inappropriately.

This kind of conduct is absolutely unacceptable, and it promotes rape culture. Openly admitting that he doesn’t wait for consent and bragging about getting away with it sends an unhealthy message. The idea that someone should be able to take consent from someone else, under any circumstances, tells people that it is okay to disregard others’ bodies and wishes.

Additionally, Trump’s apology is lacking. He apologizes if one is offended, yet he doesn’t apologize for what he actually said. In subsequent statements, Trump has referred to the conversation as “locker room banter.” What does this say about our athletes? Surely, athletes at UW-River Falls and everywhere else know better. Do not excuse this kind of behavior by comparing it to the conversations held in actual locker rooms. It is not OK under any circumstances.

As a society, we cannot accept this kind of behavior. It is intolerable. When you hear people talking like this or excusing Trump’s actions, speak up. If you’re still unsure about what the problem is, we encourage you to attend the events included in this year’s It’s On Us Week of Action from Oct. 24-28.

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@uwrvoice.com.

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

Because of high production costs, UW-River Falls community members are permitted to collect one copy of the *Student Voice* per issue. A single copy of the *Student Voice* is valued at \$1, and additional copies may be requested from the editorial staff by email through editor@uwrvoice.com.

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

Ask Colleen: Messy roommate and glares from former friends

Colleen Brown

Advice Columnist

My roommate has really been bothering me lately because she isn’t even remotely clean in our shared living spaces and when I try to talk to her about it she gets very defensive and comes up with a million excuses and never takes responsibility. The opportunity for me to move in with another one of my friends has presented itself and I think I want to take it because it’s SIGNIFICANTLY closer to my job, internship, and gym. It stresses me out when I have full days and I have to take a bunch of stuff with me because I won’t have time to make the trip home in between obligations. More than anything it would be a move for reasons of convenience than because of anything my current roommate did but I don’t know how to tell her, I’m afraid she’ll take it personally and not want to be friends anymore. What do I do?

Dear Roommate Troubles,

I hope that’s okay if I call you that! From reading your question it seems like you already know what to do and that would be to move out. However, I understand your hesitation in moving out because you have a relationship beyond being roommates. Doesn’t it seem like every adult told us not to live with our friends prior to college? Of course no one ever listens to that and unfortunately it sometimes leads to situations like this. Realistically though, I think everyone goes through roommate drama and it all around sucks.

Moving out would not only eliminate the tension with your roommate, but like you said it would work a lot better for you. It is okay to be selfish and think about yourself. If you are not happy with your roommate and found a better fit, go for it! The number one person you should be focusing on is yourself. Remember the only person who can control your happiness is you. Actually building up the courage to address this with your roommate might take a couple monologues in the mirror, but you’ll get there. In other words, you’re going to have you talk yourself through it.

When you feel ready to talk to your roommate I would explain to her why this change would be beneficial for you. When it comes to addressing the other issues you have with her, I don’t know if it would be worth it to say anything at this point. You mentioned that you have already talked to her about being messy and not taking responsibility and nothing productive came out of that. If you’re going to move out anyway would it be worth it to bring these concerns up when you won’t be living with each other anyway? I don’t think so.

Ultimately I think this conversation and ordeal will prove the strength of your friendship. Anyone could agree that your roommate as every right to be upset that you are moving out. I think if this person is your friend they will be understanding and supportive of your decision because it will make your life a lot easier. It seems like you have a lot going on with school, work, an internship and working out. Don’t feel bad about doing what is best for you and your overall happiness. Any friend would be able to understand this and maybe you’ll become closer once you move out. Distant makes the heart grow fonder or something along those lines, right?

Good luck,

Colleen

Dear Colleen,

After this semester I have one year left. This is the only school I’ve ever thought about going to, and I really don’t want to go anywhere else. I want to finish my degree, but I’m actively disliked by almost everyone I was at one point friends with. It makes me uncomfortable to be glared at and avoided all over campus. I feel tied here because of the graduation requirement to finish up the

last however many credits here at UWRF. I don’t know if I’d be happier at a different school, even a tech school, but I’m so close, I don’t really want to give up now, even if it’d be easier.

Thanks for your help,

Doesn’t-want-to-be-a-dropout

Dear Doesn’t-want-to-be-a-dropout,

On a personal note I would like to say I am very sorry you feel this way and you can always find a friend in me. I would imagine that it would be very difficult to walk around your campus feeling that way and to be glared at, which I will say is very immature on their part. It is not a good feeling to be hated by anyone, let alone a group of people. I’ve struggled for years with learning a very simple concept: you can’t change anyone or their opinions. Once I was able to do this, a weight was lifted off my shoulder.

My advice to you is to not to go to a different school because of some people who don’t like you. Don’t let them push you out of a school that you enjoy attending. You said you couldn’t imagine yourself going to a different school and that you don’t want to go anywhere else. Good news, you don’t have to. Don’t let other people have that control over you. Besides, they are only a select few people.

I don’t mean to be a parent here, but I’m going to be a parent for a second. We can’t run away from our problems and going to a different school isn’t going to change the fact that these people don’t like you. Okay, I’m doing a parent now. My point in saying that is because I can’t see into the future and I don’t know if going to a different school would make you happier. However, what I can tell you is that sticking things out and persevering through a difficult time is as much as a challenge as it is a victory. There is this wonderful feeling that one gets when they know they made it through a painful time and can say they did it. No matter what that may be.

A great thing about going to a university is that there are plenty of other friends to be made. I’ve gone through friendship changes and it was very hard for me. My friends become like family to me and to lose one was heartbreaking. Friendship changes are normal and will happen many times throughout life. It doesn’t mean that someone is right or wrong, but as humans we change. I’m not sure what went down between your friends, but what I can tell you is a friend wouldn’t glare or ignore you on campus. That is a tough pill to swallow, but it’s not worth your time or energy to worry about things that are not in your control.

Try going to different events on campus, talking to fellow classmates, bonding with your co-workers, or talking to some random person at a coffee shop. Some of my strongest friendships have happened in the most accidental ways. The quality of friendships is much more important than the quantity. Through times of change the only thing to do is to be positive, which is easier said than done. Trust me, I can be a Negative Nancy some days. But who is that benefiting? No one.

Just remember there will always be a friend in the waiting, but it might take going out of your comfort zone to get there. I personally don’t think switching schools should be your first option because of some immature people. You said you didn’t want to be a drop out, but if that is what you decide, don’t sweat it. This doesn’t make you weak person or less than anyone else. It shows that you took the steps to better your happiness, which is all anyone can do in the first place.

Best,

Colleen

Colleen Brown is a senior at UWRF going for an English Literature degree. One thing that makes her qualified for this advice column is that she is a college student trying to make it through, just like everyone else.

Applefest offers a break from it all with fall foods, music and autumn colors

Lauren A. Simenson

Columnist

It is common knowledge that Americans have the least, and take the least amount of, vacation days than almost any other country in the world. I firmly believe that there is always time for a quick getaway to recharge, change up your everyday environment and just plain enjoy yourself!

I took such a vacation last weekend when I left all my homework behind to go up to my cabin to celebrate that fall is finally here by eating as many foods with apple in them as I could find. Applefest is an annual festival held in Bayfield, Wisconsin during the first weekend in October, which means that it provides the perfect opportunity to take in the fall colors of Northern Wisconsin. Fall to me can never really begin until I am able to see all of the reds and golds of the fall leaves that go whipping past the truck windows as we wind our way up to our cabin.

Applefest offers a unique view of northern living to tourists, who make the population swell from 530 permanent residents to over 50,000 visitors who come to take in the sights, sounds and smells of the tiny town that sits right on the edge of Lake Superior. During Bayfield’s annual fall festival, visitors are able to take in some music by the extremely talented members of the Blue Canvas Orchestra, watch contestants compete in an apple peeling competition (the longest, continuous peel wins) and shop at various booths while munching on apple dumplings, caramel apples or deep fried apple slices.

The events of Applefest are not just contained to what can be seen downtown. The town of Bayfield also boasts “15 local orchards,” according to Bayfield.org, where visitors can pick their own apples and pumpkins and taste homemade

cider. While there are many orchards to choose from, I would personally recommend checking out Erickson’s Orchard where the Erickson family has been selling apples in Bayfield since 1954 and where you might even meet Jim Erickson, who is credited with helping to the create the very first Applefest. Not only is there an incredible history surrounding Erickson’s Orchard, but what keeps bringing my family back to the farm is their apple donuts that are so worth the wait. Do not be surprised to find yourself in a line that stretches through the store and out the door.

After the crowds pushing strollers and towing dogs on leashes are gone for the day, there is still plenty of Applefest left to enjoy. Stick around late on Saturday night to travel from pub to pub where you will be entertained by the Pipes and Drums of Thunder Bay, a group of bagpipers and drummers who come dressed in full Scottish attire to play during the Applefest parade. They also migrate to each bar in town on Saturday night to play a few songs and test the limits of your eardrums.

I always highly recommend using up your vacation days, and this time next year I urge you to have a weekend away to discover a new city in Wisconsin, eat your weight in caramel apples and enjoy the fantastic fall weather that Wisconsin has to offer. Taking a trip to enjoy Applefest should be a trip that no one should feel guilty about taking time out of their regular schedules for.

Lauren Simenson is a junior majoring in journalism and communication studies. Her interests include eating dark chocolate, online window 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.

Student Health and Counseling Services: All-nighters are not worth it in the long run

UWRF Student Health and Counseling Services

Planning on pulling an “all-nighter?” You may want to get some sleep instead. Research continues to show that more and more students are not getting enough sleep. Only 45 percent of UW-River Falls students got enough sleep to feel rested four or more days of the week when they woke up in the morning, and 40 percent of UWRF students had more than a little to a very big problem of sleepiness during the daytime in the past seven days, according to UWRF National College Health Assessment Data. The resulting sleep deprived students not only have difficulty staying awake during class but also are more likely to have a lower GPA.

There are many reasons for changes in sleeping patterns, but in college, the most common reasons are increased part-time working hours, staying up all night to finish a paper or cram for an exam and screen time via TV, phone, tablet or computer at bedtime. According to the American Academy of Sleep Medicine (AASM), the best way to maximize performance on exams is to both study and get a good night of sleep.

Below are some interesting conclusions drawn from a variety of studies:

- The lack of adequate nighttime sleep can lead to disturbances in brain function, which in turn, can lead to poor academic performance.
- Sleepiness and poor sleep quality affect academic performance and daytime functioning. After two weeks of sleeping six hours or less a night, students feel as bad and perform as poorly as someone who has gone without sleep for 48 hours.
- Students who stay up late on school nights and make up for it by sleeping late on weekends are more likely to perform poorly in the classroom. On weekends waking up at a time that is later than the internal body clock expects changes

the routine and may affect the ability to be awake early for school at the beginning of the week when the old routine is reinstated.

- College students with medical-related majors are more likely to have poorer quality of sleep in comparison to those with a major in the humanities.
- Students with symptoms of sleep disorders are more likely to receive poor grades in classes such as math, reading and writing than peers without symptoms of sleep disorders.
- College students with insomnia have significantly more mental health problems than college students without insomnia.

Those who believe they have a sleep disorder should consult with their primary care physician or a sleep specialist. The River Falls Medical Clinic has two M.D.s who are board certified in sleep medicine. For appointments, call 715-425-6701. UWRF Student Health Services does not cover the cost of consults or sleep studies. Students will want to check with their insurance before proceeding so that they can make an informed decision.

The following tips are provided by the AASM to help students get the most out of their sleep:

- Keep a regular schedule.** Set a regular bedtime and try to get up at the same time each day, even on weekends.
- Get out of bed.** If you have trouble falling asleep, get out of bed and do something relaxing until you feel sleepy again. Sometimes keeping a notebook by your bed to write down any thoughts that you don’t want to forget for the next day may help you to relax and fall back asleep.
- Stay out of bed.** Try not to study, read, watch TV or talk on the phone in bed. Only use your bed for sleep.
- Limit naps.** If you take a nap, keep it brief. Sometimes 15-20 minutes will provide the recharge you need. For sure, keep it less than an hour.
- Wake up on the weekend.** It is best to go to bed and wake

up at the same times on the weekend as you do during the school week. However, if this is not done, it is more important to try and wake up at the same time on the weekends as during the week, as sleeping in later on Saturdays and Sundays will make it harder for you to wake up (on time) for classes on Monday morning.

- Avoid or limit caffeine and alcohol.** Avoid caffeine in the afternoon and at night. It stays in your system for hours and can make it hard for you to fall asleep. Alcohol may help you fall asleep, but alcohol actually increases the number of times a person awakens during the night so in reality reduces the quality of sleep (interferes with deep sleep).
- Adjust the lights.** Dim the lights in the evening and at night so your body knows it will soon be time to sleep. Let in the sunlight in the morning to boost your alertness.
- Create a relaxing bedtime routine.** Turn off your television, reserve your bed for sleeping, try relaxing bedtime rituals such as reading a book, taking a warm bath, listening to soft music or doing some easy stretches.
- Shut down your devices.** Most devices emanate blue light which can make you more alert. It is recommended to shut down all electronics 30 minutes before going to sleep.
- Eat a little.** Never eat a large meal right before bedtime. Enjoy a healthy snack or light dessert so you don’t go to bed hungry.
- Know when to see a sleep doctor.** Consider a visit with a sleep doctor if you are troubled by any of the following: persistent daytime sleepiness or fatigue, loud snoring accompanied by pauses in breathing, difficulty falling or staying asleep, unrefreshing sleep, frequent morning headaches, crawling sensations in your legs or arms at night, physically acting out dreams during sleep or falling asleep at inappropriate times.

Information in this column is adapted from www.sleepeducation.org.

STUDENT *voices*

What was your favorite Halloween costume growing up?

Compiled by Samantha Decker



Cora Spear
Junior
“Grapes.”



Andy Hartin
Senior
“Clown (7 year streak).”



Crystal Carpenter
Junior
“Mom’s wedding dress. I was a bride.”



Krystal Coleman
Junior
“Witch.”



Paige Isensee
Freshman
“Dairy Cow.”

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

UW-River Falls student becomes viral sensation for one-handed catch

Zach Dwyer

zachary.dwyer@my.uwrf.edu

Elijah Johnson, a senior at UWRF, is working a job most people can only dream of as a Vikings ball boy. After this past week, it will be much more difficult for him to go about it quietly.

Johnson made a one-handed catch when the Vikings played the New York Giants on Monday Night Football. The internet started blowing up only seconds after the catch. Johnson’s ability to make the catch look so easy was one of the reasons it was everywhere one looked last Tuesday morning. The fact that the Vikings played Giants receiver Odell Beckham Jr., famous for his own one-handed catches, didn’t hurt the publicity either.

While Johnson may have received his 15 minutes of fame for his work as a ball boy, his real work with the Vikings goes far beyond his work on Sundays.

Johnson started working as a ball boy after moving in with what he describes as his “second family,” the Spielmans. Having lived with the family since 2013, Johnson has had a close connection with Vikings General Manager Rick Spielman and has worked as a ball boy for close to three years.

While being an NFL ball boy is an incredibly exciting job, it’s not as glorious as it may seem. The amount of work Johnson puts in around the facility and in his role as an equipment manager intern puts into perspective the dedication it takes to hold the position.

“During the fall season I’m working Sunday home games. But during the spring when I’m in school and during the summer, I’m working five to six days out of the week and close to 50-60 hours a week,” Johnson said.

Johnson said he especially cherishes the relationships he’s built and the learning experiences he’s received while on the job. He also said he enjoys being part of the behind-the-scenes factor because “A lot of people don’t know what’s really going on in the facility.” Johnson also described one of the most exciting aspects as his ability to be hands on with an NFL team and see how professional they have to be to work within the NFL.

Johnson said that his close connections to coaches and players are especially important to him.

“A coach that I’m really connected with is George Stewart. He’s a wide receivers coach and I’ve been working with him for two years now,” Johnson said.

The list of players on the Vikings he feels connected to is especially star-studded. Names like Adrian Peterson, Teddy Bridgewater, Jerick McKinnon and Cordarrelle Patterson were some of the first names Johnson brought up. But he said

that the stars of the team treat him just like anyone else would.

“There’s not just one player I can’t talk to and [the players] will engage in conversation. It was a little intimidating at first, but you really learn they’re normal people at the end of the day. They’re just getting paid millions of dollars to go out there on the gridiron and perform at a higher level,” Johnson said.

Head Coach Mike Zimmer has also taught Johnson important lessons on how to act. Johnson described Zimmer as someone who “doesn’t go for immaturity” and it has made him “learn how to talk to people and be respectful.”

However, a chronicle of Johnson’s time with the Vikings wouldn’t be complete without the latest chapter involving his catch. A video of the catch now has over 125,000 views on YouTube alone and was huge on social media following the Vikings Monday night showdown.

“With social media, anything can become a big deal,” Johnson said.

It all started with Sam Bradford being forced out of the pocket on a third down with the Vikings leading 14-3 in the third quarter, but what happened after Bradford threw the ball away is what had people talking for days.

“I really wasn’t thinking. I just saw Sam Bradford rolling out right. I actually had a football in my right hand and I had a ball in my pouch, so I saw the ball thrown and just figured that I could catch it. So I put my ball in my left hand and I stuck my right hand out and some way, somehow just connected,” Johnson said.

The reaction to the catch is what really surprised Johnson. He said he thought someone might have recorded the catch but that he didn’t think it would be a big deal. Public relations people started coming up to him and showing him videos of the catch right after the game and some of his co-workers were tagging him in tweets to let him know he was going viral. Even some of the players like star receiver Stefon Diggs and Jerick McKinnon, who calls Johnson his “little brother,” were bringing it up to him.

While Johnson was still hearing about it quite a few days after the game, the buzz from the catch is finally starting to stabilize and Johnson can return to normal. If you ask him, he’s just fine with that.

“It’s starting to die down, which I’m kind of thankful for because I’m not an attention seeker or anything. I just didn’t think much of [the catch],” Johnson said.

The Vikings are experiencing an exciting start to their own season by being the only remaining undefeated team at 5-0. With the attention back on the product on the field, Johnson can return to making his difference behind the scenes, and that’s the way he likes it.

Alcohol sales at UWRF sporting events not on the agenda, officials say

Zach Bares

Falcon News Service

Despite some universities now allowing the sale and consumption of alcohol before or during sporting events, UW-River Falls does not appear ready to join them.

A tailgating policy was put into place in the summer of 2015 that does not allow any alcohol, even in the parking lot outside the stadium. Interim Athletic Director Crystal Lanning said she thinks that without the approval to have a presence of alcohol, it would be a tough battle to have sales.

“It hasn’t been explored at this time,” Lanning said.

The concept is relatively new to college sports, especially at the Div. III level. Only a couple dozen major Div. I universities have started selling beer in the past three years. Each school that has done it has exclusively limited it to one sport before expanding to other venues.

Lanning said that the same holds true for smaller schools.

“Most schools that introduce it, introduce it at one arena,” Lanning said. Those schools start with one sport and see how it goes.

UW-La Crosse began selling beer at its home football games this year. Like the other schools, it too will limit it to football before expanding to any other sporting events on campus. UW-La Crosse’s policy limits consumption of alcohol to parking lots designated for tailgating before the games. The lots, according to the UW-La Crosse Athletics website, are regularly patrolled by campus police.

At TCF Bank Stadium on the University of Minnesota campus in the Twin Cities, beer and wine sales have been allowed since 2012.

UWRF Student Senate President Christopher Morgan said that the idea of alcohol at sporting events has never officially

been discussed or even brought to his attention. However, there are some early talks about the possibility of serving alcohol at Pete’s Creek in the basement of the University Center.

Right now, talks are very preliminary and would involve sending out a survey to see how students feel about the idea. Morgan did share some thoughts on how it could work, “maybe a partnership with a local brewery like Rush River,” Morgan said.

“Just, you know, having it so that if you’re 21 you can grab dinner and a beer downstairs,” he added.

There are some possible challenges that could come along with alcohol, if it were to ever be approved.

“How do you monitor the fact that, you know, we’re complying with state law and making sure that anyone who’s under 21 is not consuming alcohol?” Morgan said. Morgan also brought up behavioral issues and maintenance of the facilities as a couple more roadblocks that he sees.

One of the benefits that Morgan brought up was that it could be used an educational component of drinking responsibly.

“Implementing the right culture would be huge,” Morgan said.

A lot of the schools that are selling alcohol have made it available only in certain areas of their respective venues. That policy can control consumption and gives fans an ability to stay away from it if they choose.

“I know some places have designated areas and people feel a little more comfortable with that,” Lanning said.

Lanning has never done a full analysis of the possibility of alcohol at sporting events and said she doesn’t know if a discussion is near or not. For now, fans will have to keep their consumption away from campus.

UW-River Falls Sports Recap

Football

UWRF won their first conference game of the year 41-21 over the UW-Eau Claire Blugolds on Saturday afternoon. The Falcons had a huge day on offense, putting up 478 yards of total offense and 389 yards through the air. After leading 14-0 at halftime, they stretched their lead to 34-7 in the fourth quarter. The team now stands at 2-3 on the season, and 1-1 in conference. They travel to number 7 ranked UW-Platteville on Saturday for a 2:05 kickoff.

Women’s Soccer

The Falcons got off to a rough start to the week, falling to the number 24 ranked UW-La Crosse Eagles 8-0 at home. They bounced back on Tuesday by dominating Northland College 7-0. Junior Abby Soderholm added three goals to push her season total to six with Rachel Windingstad also

adding two goals. The Falcons now sit at 5-7-1 overall and 1-2 in conference.

Women’s Volleyball

UW-River Falls split their WIAC games this weekend, taking down UW-Platteville 3-1 on Friday and falling to UW-Whitewater 3-0 on Saturday. Mallory Griffin finished with a team-high 13 kills on Friday night, while Hannah Robb led the way versus Whitewater with eight digs. The loss drops the Falcons to 12-10 on the season and 1-3 in the WIAC.

Women’s Golf

The Falcons finished their fall season this past weekend at the WIAC Championships. UWRF finished sixth out of seven teams, with freshman Nicki Frederickson having the best individual round of 85 for the Falcons.

Falcon Athlete of the Week: Trenton Monson



Kathy Helgeson/UWRF Communications

Zach Dwyer

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Trenton Monson had a historical performance in UWRF’s first conference victory of the year over UW-Eau Claire on Saturday. The sophomore from Big Lake, Minnesota had 11 catches for a school record of 235 receiving yards and added two touchdowns in the afternoon. The performance was especially impressive with the Falcons missing a majority of their receiving core against the Blugolds. Monson leads all Falcon receivers with 26 catches for 427 yards on the year, while also adding one touchdown on the ground. Monson also grabbed attention by earning the WIAC offensive player of the week award. The Student Voice sat down with Monson to discuss the football season and his career day against UW-Eau Claire.

Q: What was the biggest transition from playing receiver at the high school level to college?

A: The playbook, probably. You only have a certain amount of plays in high school, and then in college you have hundreds of different combinations of plays you can have.

Q: What was the biggest lesson you learned from playing freshman year?

A: Just the experience part of it. Also playing behind a senior (Matt Woller) that’s been around helped because he taught me how to do things right.

Q: What led to you having a much more active role in the offense this year?

A: You always workout in the offseason to get better and stronger. One of the bigger points was moving up the depth chart which personally helped me.

Q: What’s your greatest asset as a receiver? Route-running, hands?

A: I run good routes but I would say I’m just a playmaker. I’m not perfect at any of those [getting open, receiving] but I just have a knack to make plays.

Q: What has led to you being a lot more involved in the rushing game with many jet sweeps this year?

A: The coaches kind of just threw it in there this year because we didn’t run much of it last year. This year we’ve been running it a little more, not as much in the last couple of games, but more in the first games.

Q: What were you and the offense exploiting against the Eau Claire defense to get open so many times on Saturday?

A: Early in the week our game plan was to take shots against them because we knew they were weak in that area and we succeeded in that part of the plan.

Q: Did you have any idea after the game you had enough yards to break the school record?

A: After the game, one of our receivers came up to me and said the record was 202 yards and I thought I didn’t get that much, but he texted me later that I got 235 yards and it didn’t really sink in but I guess it is kind of a big deal. It always makes it a little more exciting [winning at home] and I had a lot of family there too, so that was cool.

Q: What can this result do to build momentum for the team for the rest of the season?

A: Any win that you get as a team in this conference gives you motivation and drive to keep succeeding. It gives you confidence going into every week to be better and better.

Q: What can this team still accomplish?

A: We can stick with any team. We’re talented enough but we just need to believe in ourselves. The ultimate goal is to always win the whole thing (WIAC title).

Q: What is the offense planning as you travel to #7 ranked Platteville for a tough road test this Saturday?

They’re a very talented team and they run two totally different defenses. We’re just gonna run our stuff and see if we can’t run it perfect.

Follow the Student Voice on Twitter @uwrfvoice

New website aims to connect UW System students, employers across Wisconsin

Ace Sauerwein
Falcon News Service

The UW System has unveiled a new web portal called Career Connect, meant to bring graduating students and Wisconsin employers together.

Launched in mid-September, Career Connect “was created in-house to help students get experience in their chosen field, while employers have the opportunity to capitalize,” according to a UW System press release.

Sections for both students and employers can be found on the website. The student section provides different links to third-party websites to assist in job and internship searches. It also displays upcoming events at every UW campus such as career fairs and industry expositions. The employer section has many of the same features but provides a separate page that allows employers to post job openings to a forum. There is also a tool that allows employers to search for certain programs in the UW System.

“This is a win-win for employers, our students and Wisconsin,” UW System President Ray Cross said in the press release.

The idea came from listening sessions held across the state, Stephanie Marquis, UW System interim director of communications, said in an email.

“We heard business leaders talk about the need to continue developing talent for the workforce of tomorrow, as demographics shift,” she said.

After speaking with business leaders, the UW System spoke with career service directors at the UW schools to get their input on the idea.

“The UW System career service directors were included in the planning and development process,” Melissa Wilson, head of Career Services at UW-River Falls, said in an email.

Wilson views Career Connect as an aid to UWRF’s Career Services instead of a replacement.

“The more resources available to assist students and employers, I think, is positive,” said Wilson.

UWRF Dean of the College of Arts and Sciences Brad Caskey said Career Connect will fill a void.

“One of the things we have struggled with before in the past is connecting students with different kinds of occupations throughout the state,” said Caskey.

The listening sessions Marquis spoke about were part of a greater effort called the 2020FWD Vision.

“Through the 2020FWD framework, the UW System will inspire, connect, and convene with people, businesses, and communities of the state of Wisconsin,” according to the plan’s mission statement.

UWRF senior Keaton Anderson said Career Connect may help students who are having trouble finding a good internship or job.

“I think it could be a good idea especially for business people,” said Anderson.

UWRF senior Tom Thuente noted the success of similar programs on a smaller scale.

“I think programs like these have seen lots of success within individual colleges, like River Falls. We have Hire-A-Falcon,” Thuente said. “I do see myself checking these out. I’m currently a super senior, so I do plan on utilizing Hire-A-Falcon and actually going onto other school’s websites to see what the employment opportunities are.”

According to Marquis, 85 percent of UW System graduates get a job in Wisconsin, emphasizing the need for a portal such as Career Connect. The website’s address is wisconsin.edu/career-connect.

As semester wears on, UWRF health officials advise students to take care

Matthew Clark
Falcon News Service

Due to increasing stress levels, UW-River Falls health officials urge students to utilize campus resources.

As the fall semester progresses, students often experience stress from an increased academic workload while balancing jobs and social lives. Higher than normal stress levels can lead to emotional and physical problems that can jeopardize academic success during the semester. The university’s Student Health and Counseling Services provides resources for students including different types of counseling and partnerships with area health organizations.

“Students get stressed out, it seems, as the semester goes on, closer towards midterms and finals. We’re actually busy from the first or second week of classes but sometimes those times get a little bit more intense,” said Alice Reilly-Myklebust, director of Student Health and Counseling Services.

University health officials encourage students struggling emotionally to explore the options such as individual counseling and group therapy. According to an annual report compiled by the department, during the 2015-2016 school year approximately 409 students participated in individual counseling. Of those students, 77 percent said the counseling helped them to stay in school. During the sessions, students develop an individual program to address their issues.

“We definitely see people kind of get burnt out especially if they don’t have a plan or take some kind of steps to address it. It can really turn into a crisis,” said Kaleah Bautch, a UWRF personal counselor.

For students looking for a quick break from

their everyday stress, the department offers a relaxation room and monthly animal therapy. Animal therapy has become very popular among students.

“It’s such a wonderful, positive, uplifting time to be there because everybody there is just so happy and students will say it’s the best part of their week,” Reilly-Myklebust said.

The fall semester features the start of cold and flu season and by October, many students are experiencing symptoms. Through a partnership with the Vibrant Health Family Clinic in River Falls, students are able to receive free basic care for colds, flu, strep throat and other common illnesses. In addition, students are provided a free taxi ride from campus to the clinic. During the 2014-2015 school year, approximately 2,770 students utilized the program.

“It’s not supposed to be health insurance but at least it provides some basic access to health services for students who are not feeling well, who have a minor injury or just aren’t sure what’s going on,” Reilly-Myklebust said.

Campus health officials also recommend students receive a free flu shot from the clinic. However, to prevent frequent trips to the clinic, UWRF health officials also recommend students find time to relax as well as make healthy food choices. One UWRF student is already taking steps to prepare for the stress of the remaining semester.

“I stay healthy by planning out a sleep schedule, so I always make sure I get to bed by a certain time every night and make sure that I have three meals a day that consist of healthy options so at least one or two fruits and vegetables as part of it,” said junior Nick Churchill.

Student Health and Counseling Services is located in 211 Hagestad Hall and is available to all UWRF students.

Across the country, and in River Falls, women outnumber men in college

Molly Kinney
Falcon News Service

Women have gained a significant increase in status since the 1960s and 1970s, resulting in females now constituting most college students in the United States, and the trend has held true on the UW-River Falls campus for many years.

Females accounted for 3,660 of the 5,958 students on the UWRF campus last school year, or 61.4 percent. Males totaled 2,298, or just 38 percent.

More women than men have attended college almost constantly since most universities became open to female students, according to Cyndi Kernahan, assistant dean for teaching and learning in UWRF’s College of Arts and Sciences.

“That history isn’t as far back as most people think,” Kernahan said. “It was only in the ’60s and ’70s when universities really started becoming co-ed.”

She said she believes the reason behind this statistic is simply due to economic opportunity. Talk of a “wage gap” is ever-present in the media today, as women across the board still make just 79 cents for every dollar a man makes, according to the Institute for Women’s Policy Research. The gap is decreasing as more and more women become degree holders, Kernahan said.

“I think the biggest reason more women go to college seems to be economic,” Kernahan said. “If you look at wages, you see that women don’t earn as much as men, period, but they definitely can’t earn as much with just a high school diploma as a man could. Women have really embraced education and gone to school since they’ve had the opportunity. Women now constitute the majority of bachelor’s degree holders.”

However, Kernahan said the gender disparity on the UWRF campus is better now than it was before the 2008 financial recession started. Most of the jobs created after the start of the post-recession recovery have gone to people with degrees, and that’s enticed more male students to work for that piece of paper.

“During times of recession, we saw it at River Falls, a lot more men left than women, the numbers evened out,” she said. “And now it’s down from what it’s been in the past. After the recession men saw that they couldn’t be secure in their jobs without a degree.”

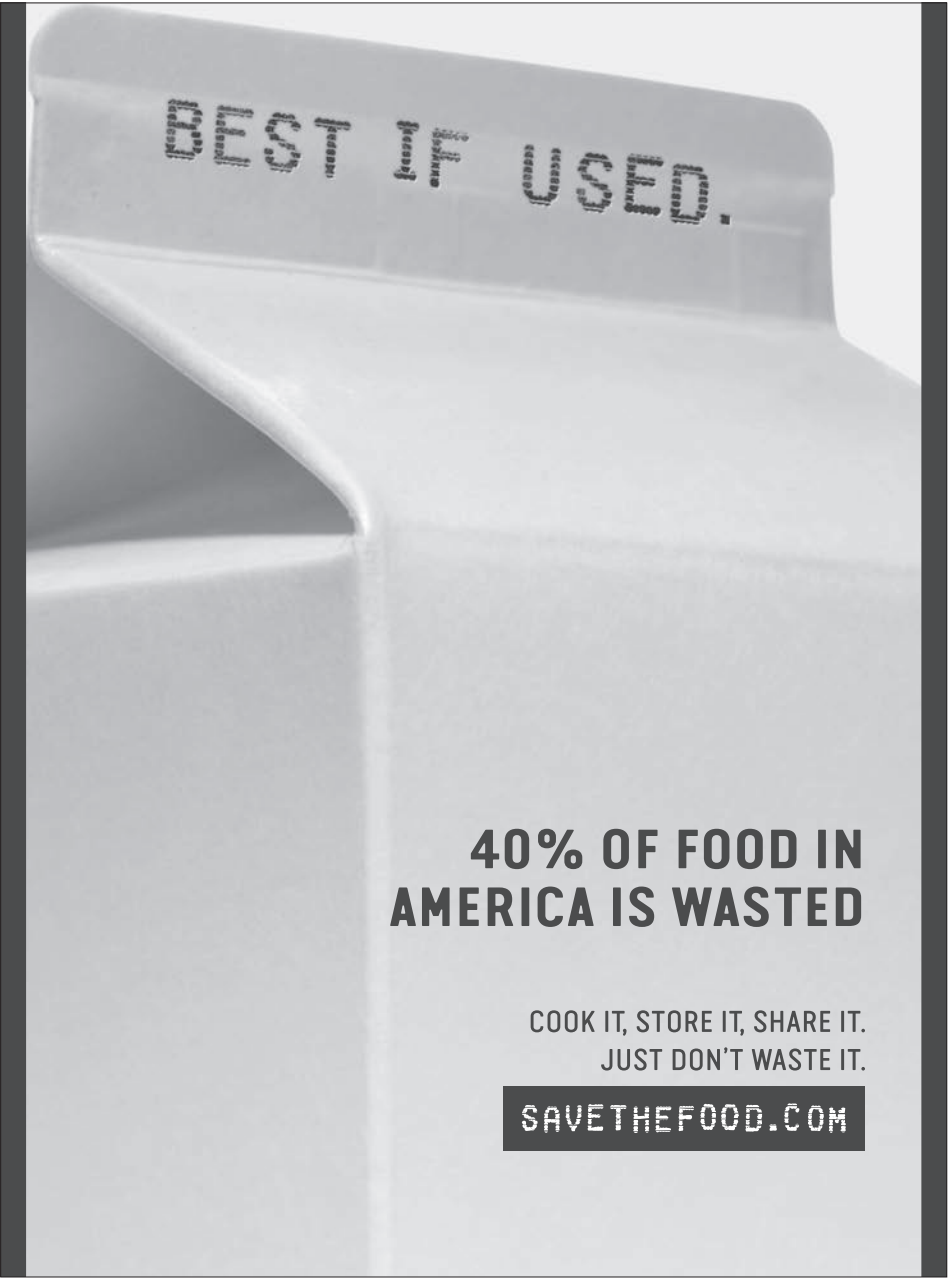
Despite the high number of women on campus, there aren’t too many programs that are targeted toward just females. Advice on reproductive health is offered, and a clinic off campus is free for students to visit. Counselors specializing in relationship violence and abuse also are available.

Kernahan said there likely aren’t too many ways that campuses can cater exclusively to the needs of female students. Besides upper body strength, there really aren’t many inherent differences between males and females. Rather, the differences in what’s perceived as gender is socialized from the time we are babies, she said. Boys are pushed more toward independence and logical thinking, whereas girls are pushed toward emotion, she said. This could lead to the difference in the so-called wage gap, to an extent.

“There have been large scale studies done on this topic, and what they consistently find is that we just treat male and females, babies even, differently; we reinforce different behaviors,” Kernahan said. “We tend to force language and emotion in girls and independence and aggressiveness in boys, and that’s all the way through school. From science class to language class, those go in gendered directions; we expect one gender to do better than the other, so it sets up this feedback loop.”

Kernahan did emphasize that universities could be doing more to attract male students to their campuses.

“I think there are some things we could do to pull those male populations in,” she said. “Because in truth, especially now, they are not going to do economically OK without a degree. I read a statistic that 99 percent of all jobs created since the recession have gone to people with a bachelor’s degree. That’s amazing, and it tells us we have to do more to get boys to go to college.”



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‘Sky Captain and the World of Tomorrow’ is a nostalgic blast from classic science fiction past

Wesley Sigsworth

Reviewer

I might be an odd one saying this, but I love the old science fiction films from the 1950s and '60s. I remember staying up late on Saturday nights to watch the show “Svengoolie” on a local TV station where they would air an old sci-fi or horror movie and provide comedic commentary during commercials. There’s just something about those old films that are so charming it makes you look past how dated they are. This week’s review is on a movie that captures that classic sci-fi essence: “Sky Captain and the World of Tomorrow.”

“Sky Captain and the World of Tomorrow” (2004) is a science fiction adventure movie that follows a reporter named Polly Perkins as she attempts to uncover who is behind the recent disappearances of top scientists and a global attack of giant robots. And while these robots are attacking New York the ace fighter pilot Sky Captain is called in to defend against the attack. Together, Perkins and Sky Captain set out on an adventure to uncover who is behind the disappearances and the attacks.

The movie stars Gwyneth Paltrow as Polly Perkins and Jude Law as Joe “Sky Captain” Sullivan. It is written and directed by Kerry Conran, who has not since directed a full length feature film.

Both lead actors nailed their characters and captured the 1940s era that the movie is set in really well. Gwyneth Paltrow was the perfect choice to play a strong and stubborn reporter and she truly owns her screen time. Jude Law

is also very charismatic here and is the perfect actor to play his character. Together, they have an excellent chemistry and can make even the cheesiest lines of dialogue worthy of a smile or laugh. It is the main character’s growing relationship throughout the movie that really is the highlight.

The next thing this movie has going for it is style. It is unabashedly reminiscent of '50s and '60s sci-fi films. The noir vibe is such a breath of fresh air despite it being shot entirely in front of a blue screen (which is basically the same as a green screen), meaning all of the backgrounds, giant robots and set pieces are computer generated. And it shows. At times even the actors have a hard time responding to things that aren’t there but are added later on using CGI.

By today’s standards, and really even by 2004’s standards, the effects in this are pretty bad. This could be attributed to a relatively low budget or an intentional style. Either way, you won’t be convinced the giant robots are real. And, in a certain way, this adds to the charm of the movie. All the classic sci-fi movies of the '50s aren’t hyper-realistic nor should they be. This movie shouldn’t be held to the ultra high standards of today’s CGI and effects. It is by far the sore thumb of the film, but just enjoy it at face value and have a good time.

Really this film is an excellent homage to a classic era in filmmaking. It captures the style and vibe of which those old movies had so much. Most of all it’s just an incredibly fun movie to watch with characters I grew to love. If you can get past the terrible CGI and effects, it’s a perfect film to pull up on Netflix on a slow afternoon or even a sick day.

Wesley Sigsworth is a junior journalism major. He enjoys watching and reviewing movies.



‘The Girl on the Train’ fails to live up to advertised hype

Nicholas Weninger

Reviewer

“The Girl on the Train” stars Emily Blunt as a very disturbed, alcoholic, depressed, recently divorced woman who rides a train every day without a destination. She rides this train every day because it passes by her old home where her ex-husband and the woman he was having an affair with now live happily in. Next to her old house, there is this seemingly perfect couple that she seems to live vicariously through and only dreams of having that happiness once again. When mysteriously the woman in this “perfect” relationship disappears, the woman on the train might be the only one who can solve this mystery based off of what she might have seen as the train was passing by.

“The Girl on the Train” has been one of the most hyped up movies of the fall. Advertisements and commercials have said it will be the next “Gone Girl” and will be one of the best mystery thrillers in a long time. However, that is not the case. Now, is this movie entertaining? Yes, it is. It is an interesting story that has a very intriguing plot. However is this a good movie and worth the time and money? No.

Before I get into why this movie doesn’t live up the hype and expectation, we need to get into the best part of the film: Emily Blunt. Well to be blunt, she is phenomenal. It is unsettling almost to see how well she portrays this character. If there is any reason to see this movie, it is her performance by far. She isn’t given much when it comes to the dialogue (nobody really is) but it is her physical mannerisms and look that she has that is completely convincing and mesmerizing.



Along with the incredible acting of Emily Blunt, we have a cast of characters that you will recognize that range from excellent performances to borderline bad based off a certain scene. This brings me to my first critique.

The writing for this A-list big budget film feels very poor. Sometimes it feels really well done and then at times it was

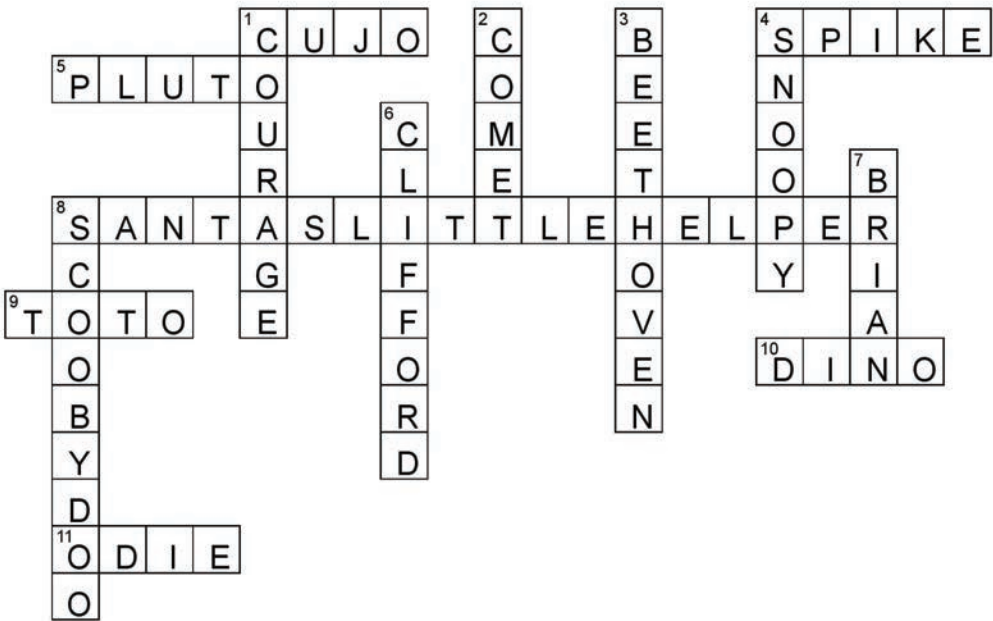
actually awful and very cheesy. There are lines that just don’t make sense and character choices that just don’t add up as well. For a best-selling novel and a movie hyped up to the amount this film has been, I was very disappointed in the writing throughout the film. Along with the writing was the poor direction. Tate Taylor was not the right choice for this film. Since people have been comparing this story to “Gone Girl,” why not get David Fincher, who can bring that same intensity and mystery that “Gone Girl” has? Fincher would have done an incredible job with this story and would have made all the little qualities of the film that was missed under Tate Taylor come alive and work alongside the positive qualities of this film.

Now I have not read the book so I really can’t compare the movie to the book, but is the book really this predictable? Does the book really have all of these cliché qualities? I will admit that the twist in the story did have me somewhat surprised but the whodunit and why is completely predictable. Due to the saturation of cliché moments, poor writing and the lack of emotion throughout, I cannot recommend that you spend your time and money on this film. If you are dead set on seeing it, then go see it for Emily Blunt’s performance. She is an Oscar contender for sure, or should be. However, nominations rarely go to actors or actresses of movies that aren’t that good. It really is such a shame because she deserved more than how this film turned out.

Nick Weninger is a fifth year broad field social studies major and has hopes to be a high school history teacher. He has a passion for movies, video games, sports, and being outdoors. If you enjoy his reviews, check out his movie review website on Facebook called The Average Man Review.

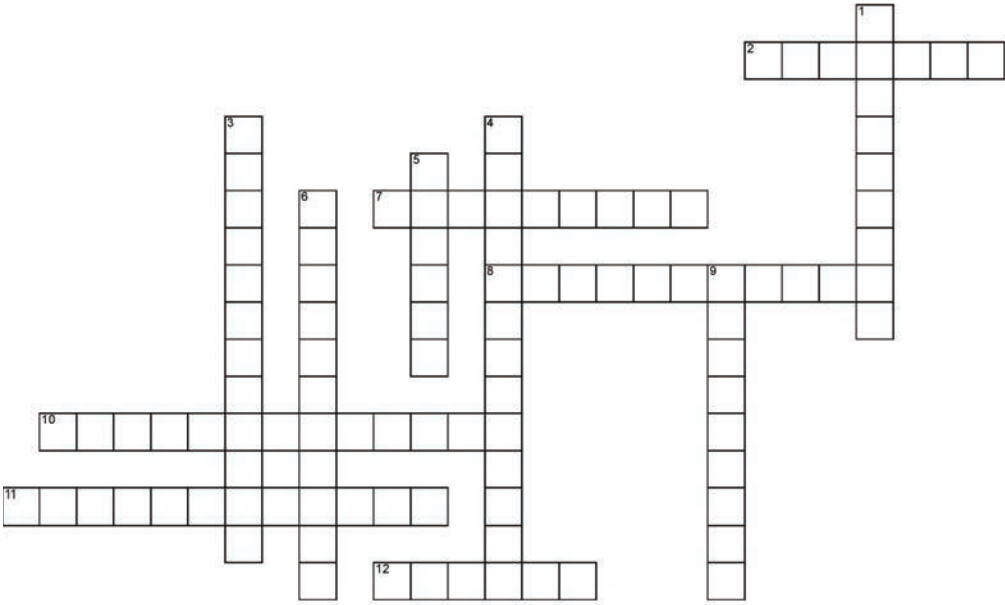
Last Week’s Answers

Famous Dogs



Puzzle of the Week

What's your favorite scary movie?



- ACROSS
- 2 Jeppers, he arises every 23 springs to feast for 23 days
 - 7 Somehow poor Dewey Riley has had to deal with someone in this identity four times
 - 8 This boy's best friend is his mother (2 words)
 - 10 One, two, he's coming for you. Three, four, better lock your door (2 words)
 - 11 He made us fear the phrase "Here's Johnny!" (2 words)
 - 12 Would you stick your hand in a bucket of acid? This guy would like to find out

- DOWN
- 1 He made us scared of clowns in "IT" before they started invading campuses
 - 3 Not the guy who played Austin Powers, the other one from "Halloween" (2 words)
 - 4 This hockey mask-clad killer is from the "Friday the 13th" film series (2 words)
 - 5 Inside the Good Guy doll lies the soul of this definitely not good guy
 - 6 If you hear the chainsaw, run from him
 - 9 He knows what you did last summer (2 words)

Puzzle created at: puzzle-maker.com

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

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Now Playing: Miss Peregrine’s Home for Peculiar Children and Snowden