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STUDENT VOICE

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Professor, students use three-dimensional technology to study breast cancer tumor tissue

Sophia Koch
sophia.koch@my.uwrf.edu

Breast cancer models being developed at the UW-River Falls Tissue and Cellular Innovation Center (TCIC) are giving researchers new ways of studying tumors that may ultimately lead to improved treatment options. “What we’re interested in is using three-dimensional technology to study the cellular basis for the development and then function of tissue,” said UWRF Biology Professor Tim Lyden, who directs the TCIC and has been leading this push to better model breast cancer for the past five to six years.

According to the American Cancer Society, breast cancer killed about 40,000 women in 2015. Finding effective ways to prevent or slow it down is undoubtedly crucial, but in order to do that researchers must figure out a method to study how it works.

Lyden’s work aims to do just that by taking a living model of tissue—either cancerous or healthy—and then putting it in a system that closely mimics the functions of the human body. With these models, researchers have control over the conditions that affect the tissues and can test to find out how different variables change how a tumor interacts with healthy body cells.

Most recently, Lyden has been working on developing a “bioreactor” system, which essentially mimics the conditions that cancerous or healthy tissues would experience in a living human body. The target tissue is kept at the body temperature of a human being, and is held suspended in a liquid media that mimics the interstitial fluid between cells. The fluid media is then slowly pumped through the target tissue with a syringe.

“We actually analyze the runoff to see what the tissue is producing and what it’s secreting,” said Hanna Thueson, a fifth-year biology major at UWRF who has worked on the bioreactor system in years past under Lyden.

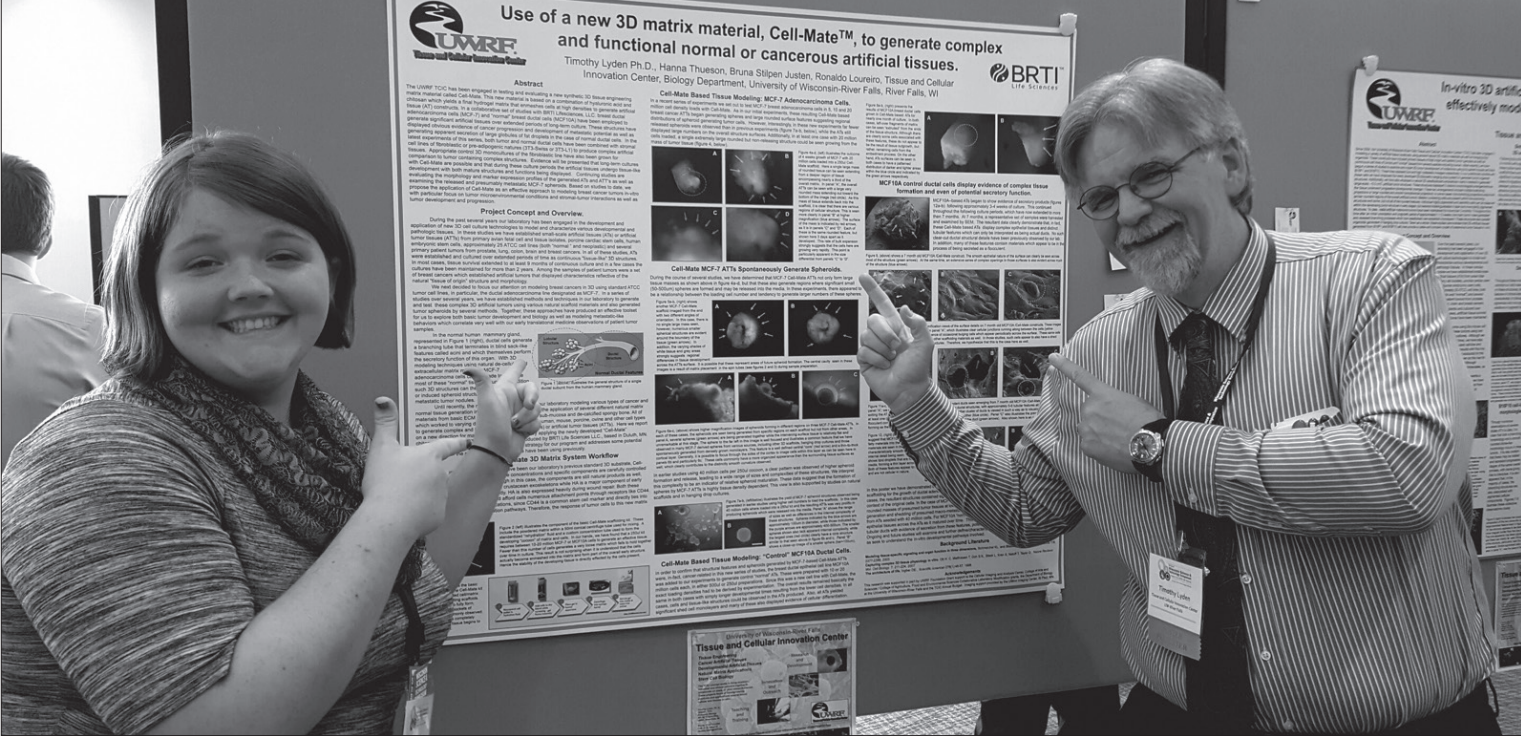


Photo courtesy of Tim Lyden
Professor Tim Lyden and student Hanna Thueson display posters for their research generating three-dimensional models of breast cancer tissue.

Her job, primarily, was to grow the materials that went into the bioreactor system.

What Lyden, Thueson and other student researchers at UWRF are hoping to figure out from this system is how to mitigate the effects of metastasis. Metastasis, according to the National Cancer Institute, is the process by which cancer cells spread to other parts of the body. In the case of breast cancer, Lyden said, the cells typically end up infecting the brain, bone and sometimes liver, where they do considerably more damage than in the breast.

“That’s essentially what makes cancer so dangerous,” said Thueson. “If you can find a way to stop metastasis, the tumor becomes relatively benign and much easier to work with.”

With the bioreactor system, Lyden and

Thueson can monitor the materials that fall off the tissue cells that they’re studying. If they put cancer cells in the syringe system, they can look for biomarkers, substances that indicate the presence of cancer. If they put healthy cells into the system, they can make sure that the cancer biomarkers that they find aren’t in fact substances that a healthy body normally produces. If they stack healthy and cancerous cells on top of one another and pump the media through both of them, they can figure out how the two interact and affect one another.

There is a variety of other research involving the modeling of breast cancer going on at UWRF. Lyden talked about “nodules,” little balls of cancerous cells that drift away from the main tumor and which researchers are

looking at as being potentially involved in metastasis.

There has also, Lyden said, been research looking into how cancer cells bind to their host. By applying cancerous cells to adipose and fibroblast tissue (the two main materials that make up the breast), researchers hope to pinpoint the molecules that are involved in the binding process and potentially stop the cancer from attaching in the first place. Nothing has been concluded yet, but research is still ongoing.

“I’m a part of a much bigger project,” said Thueson. “My work is only a small part of everything that’s going on on campus. So I think when you combine all the data, it has the [potential] to actually be put to really good use.”

International Education Week brings global education events to UWRF

Minjung Ko
minjung.ko@my.uwrf.edu

UW-River Falls International Student Services hosted International Education Week from Nov. 14-19 in collaboration with different offices on campus.

The U.S. Department of State and the U.S. Department of Education hold an annual International Education Week, and UWRF joined the week with eight of its own events. The events included an International Potluck, Republic Day of Brazil, Chopstick Challenge, Salsa Dance Night, Fair Trade Sale, “Racial Purgatory? Racism and Inequality in Brazilian Families,” World Trivia and Around the World Karaoke.

Corie Anderson, an intern with International Student Services, took a huge part in planning the event. For instance, Anderson and other members of the International Leadership Team researched fun facts about countries and made cards for the World Trivia event on Nov. 18.

“Because we believe in learning, it is an opportunity for everybody to learn a little bit and have some fun. It also ties into the strategic goal of global education and engagement,” said Katrina Larsen, executive director for International Education.

The International Education Week has been going on for number of years and has worked as an opportunity to recognize differences and what we can learn from each other, according to Larsen.

The difference between International Education week held in previous years and the one this year is, in the words of Conan Kmiecik, International Student Services coordinator, “There were just too much going on and it wasn’t specifically targeted towards different audiences as effectively as it could have been, and money was not spent as effectively



Tori Lynn Schneider/Media Intern
Rickey Mienke, a senior criminology major, concentrates on moving the marble with the “hard level” chopsticks during the Chopstick Challenge held in the University Center Wednesday, Nov. 16.

as it could have been.”

“I don’t have a budget for this, so everything had to be either no cost or low cost. A lot of the things we use this year is a recycled material from last year like the map, photo booth props,” said Kmiecik, “[The] budget was a challenge, but it forces you to be creative.”

Yue Pheng Moua, a member of the International Leadership Team, said, “International Education Week is a good opportunity to better understand different cultures and get out of the comfort zone.”

International Education Week started off with the International Potluck on Nov. 14. The potluck continued from 6-8 p.m. It was a collaboration between Multicultural Student Services, Student Support Services, Global Programming Society and International Friendship Program partners.

Foods from all around the world in-

cluding Kimbab, a Korean dish made from steamed white rice and various other ingredients, crab sushi and other desserts were provided at Ann Lydecker Living and Learning Center.

Pa Tang Thao, a student at UWRF, said, “This was my second time attending potluck. I think more international students were involved this year compared to last year.”

In line with the International Education Week, the Chancellor’s Thanksgiving Dinner happened on Sunday, Nov. 20.

When asked about next year, Kmiecik said, “I think we would do a better job with advertising and figuring out how to help students learn about what’s going on, but that’s again part of the challenge on how we give enough material that wouldn’t cost too much money. That’s something we would think about next year.”

Alumni Spotlight: Sean McKuras

Christopher Jurewitsch
christopher.jurewitsch@my.uwrf.edu

Sean McKuras has been the head coach for the UW-River Falls women’s soccer team for over 15 seasons and has graduated from the university’s health and human performance program.

McKuras is currently responsible for managing the team’s game schedule, recruiting, practices and other components to ensure the student athletes are doing well academically and athletically.

Originally from Apple Valley, Minnesota, McKuras initially started his education at UW-Eau Claire. Wanting to switch majors, he was offered an assistant coach position by Head Coach Jeff Hopkins and decided to transfer to River Falls to take the position and to finish his education.

During his time as a student at UWRF, McKuras often took classes alongside the players he coached. He also said he enjoys the small town feel of the campus and how the entrance to campus is very welcoming.

“It’s a great little town,” he said. “For me, I think the first impression I had was that I was driving down Main street and it’s called ‘Main Street.’”

Working as assistant coach during his first year as a student at UWRF, McKuras would eventually be promoted to head coach the following year. He graduated with a degree in health with a minor in coaching. When not coaching for UWRF, he participates in other athletic programs such as the Woodbury Soccer Club, the Minnesota Youth Soccer Association and the Minnesota Olympic Development Program.

When it comes to highlights, McKuras said that one of the biggest during his tenure would be the construction of the Falcon Center, which is currently slated to open next year. As head coach, he has led the women’s soccer team to seven WIAC semifinal playoffs and one conference championship in 2003.



Kathy Helgeson/University Communications

News Briefs: UW-River Falls’ Vogel named Future Icon

Kurt Vogel, associate professor of animal science at UW-River Falls, was named one of the 25 Future Icons in the November 2016 issue of The National Provisioner magazine. As part of their 125th Anniversary celebration, the editorial board of the magazine took on the challenge of identifying 25 individuals they expect to change the industry over the next decade or two.

“Being named a future icon was a great honor and quite a surprise,” said Vogel. “There are several people that I would have nominated for this honor if I had the chance because they have been models for how I try to do things. I’ve always been a believer in letting the results of my work speak for the quality of my effort. With that in mind, there is a lot to do to fulfill the expectations that go along with being identified as someone that will have a substantial influence on the future of animal welfare in the meat industry. I’ll continue to give it my best.”

“We are very pleased to have an animal science faculty member who is nationally recognized as a leader in his discipline,” said Gary Onan, chair of the Animal and Food Science Department. “This award will certainly help Dr. Vogel achieve his professed goal of making the University of Wisconsin-River Falls animal welfare program the ‘best in the nation.’ We wish Kurt all the best as he pursues that goal, and continues his strong commitment to our students.”

In 2014, Vogel was named the Kraft Foods/Oscar Mayer Faculty Scholar when the Oscar Mayer brand established a partnership with UWRF. This collaborative effort is facilitating development of additional animal welfare courses in the animal science program and supporting research in the area of food animal welfare. The focus is on training the next generation of animal welfare leaders, including farmers, scientists, processors and veterinarians.

Vogel received his bachelor’s and master’s degrees in animal science from UW-Madison. He earned his Ph.D. in animal science from Colorado State University under Temple Grandin. Vogel joined the UWRF Animal and Food Science Department in 2011, where he has taught animal welfare, quantitative animal welfare assessment, meat and meat products and animal physiology. He is very involved in undergraduate student research, and he and his student collaborators have received five Undergraduate Research, Scholarly and Creative Activity grants from UWRF since 2013. Vogel serves as coach for the Animal Welfare Judging team that was the high scoring team in the Live Assessment component at the annual inter-collegiate Animal Welfare Judging and Assessment competition earlier this month. He is also the faculty advisor for Alpha Zeta – Wisconsin Gamma chapter, a professional honor society for students and industry professionals in the agriculture and natural resources fields.

For more information, email laura.walsh@uwrf.edu or call 715-425- 3535.

UW-River Falls animal welfare team scores high at competition

The team from the UW-River Falls was the high scoring team in the live assessment portion of the 16th Annual Inter-collegiate Animal Welfare Judging and Assessment (AWJAC) Competition hosted by Ohio State University in Columbus, Ohio, Nov. 12-13.

The five-member team from UWRF consisted of Faith Bailer, animal science-meat animal emphasis major from River Falls; Ashley Bue, biology major from Lanesboro, Minnesota; Sarah Heck, agricultural business major from Durand, Wisconsin; Sara Odegard, animal science meat animal emphasis major from Mondovi, Wisconsin and Kaleiah Schiller, animal science-companion animal emphasis major from Danbury, Wisconsin. The team was coached by Kurt Vogel, associate professor of animal science and Kraft/Oscar Mayer Faculty Scholar of Livestock Welfare and Behavior.

Thirteen schools from the U.S. and Canada competed in the undergraduate division contest that consists of several virtual scenarios and one live or on-site assessment. The three species classes that were evaluated in the virtual scenarios this year were laboratory guinea pigs, meat sheep and purebred breeding dogs. Two hypothetical scenarios are presented for each class and include performance, health, physiological and behavioral data, husbandry and housing information, video clips and still photos. Each team evaluates the scenarios, determines which facility has a higher level of welfare and prepares, presents and defends their position to a panel of judges.

The live on-site assessment exercise is typically conducted at an operating animal facility. The student teams analyze the information presented and observed and present their findings to a panel of judges, including any recommendations for welfare-related changes at the facility. For 2016, the species class for live, on-site assessment was laying hens.

In addition to the competition, there is an educational component featuring invited speakers with expertise in animal

welfare. Together the program and competition further the goal of AWJAC, to train future professionals to gather and evaluate information for addressing societal concerns in an unbiased way.

For more information, email laura.walsh@uwrf.edu.

UWRF Masquers present ‘Willa Wonkie and the College Tour (Chocolate Not Included)’

The UW-River Falls University Theatre Masquers will present “Willa Wonkie and the College Tour (Chocolate Not Included)” Dec. 6-10 in the Blanche Davis Theatre in the Kleinpell Fine Arts building. All performances begin at 7:30 p.m.

The play, written by E.S. Follen, is a scrumdiddlyumptious parody of “Willy Wonka and the Chocolate Factory.” The bright Charlie Pail wants nothing more than to go to college. But first she has to survive an extraordinarily bizarre campus tour, full of student-snatching eagles, intelligence-enhancing food and secretive mole-people.

The production is directed by Mady Davis. The cast, consisting entirely of UWRF students, includes Nick Churchill of Minnetonka, Minnesota, as the Narrator; Lauren Morris of River Falls as Charlie Pail; Emma Johnson of Shoreview, Minnesota, as Willa Wonkie; Grant Morrison of River Falls as Grandpa Joe; Kat Rokenbrodt of Chippewa Falls as Snails-worth/Mrs. Pail; Mya Ennis of New Richmond as Veruca Pepper; Mikaela Sharon of Ham Lake, Minnesota, as Violet Turpisgarde; Evan Budge of Woodbury, Minnesota, as Mike Nintendo; Matt Griffin of Savage, Minnesota, as Augustus Brown; Tiffany Schwichtenberg of Victoria, Minnesota, as Mrs. Brown; Kelsey Tyznik of Medford as Mrs. Nintendo; Karsten Halverson of Menomonie as Dr. Pepper; Eric Cox of Maplewood, Minnesota, as Mr. Turpisgarde; Ha Yang of St. Paul as Uni Loonie 1; and Nathan Thomas of White Bear Township, Minnesota, as Uni Loonie 2.

Tickets are \$10 for adults, \$8 for seniors, \$5 for under 18 and free with ID for UWRF students. The Box Office in Kleinpell Fine Arts will be open weekdays from 10 a.m.-1 p.m. beginning Nov. 28. On performance days, the Box Office opens at 6:30 p.m. Tickets can be purchased in person, by phone at 715-425-3114 or online at uwrf.edu/SASA/UniversityTheatre.

For more information, call the Box Office at 715-425-3114.

Astronomy talk/ viewing session Dec. 7 at UWRF

The UW-River Falls Physics Department is presenting a free, public observatory viewing and astronomy discussion on Wednesday, Dec. 7.

At 8 p.m., “Location, Location, Location: Milky Way Stars Have Moved” is presented by faculty member Eileen Korenic in 271 Centennial Science Hall, followed by an 8:30 p.m. telescope viewing on the third floor observatory deck, if the sky is clear. Uranus should be visible.

A faculty member and/or student will staff each telescope and be available to answer questions. Objects to be seen in the telescopes include planets, globular clusters, open clusters, nebulae, galaxies, moons and double stars.

To verify that the sky is clear enough for viewing, call 715-425-3560 after 6 p.m. or visit www.uwrf.edu/PHYS/Schedule.cfm. The talks, set for 8 p.m., will go on as scheduled regardless of the weather. Since the viewing dome is unheated and the observation deck is outside, visitors should dress appropriately for the weather. The viewings and talks are suitable for all ages.

For more information about the observatory, email glenn.spiczack@uwrf.edu. For more information about pre-observatory talks, email eileen.korenic@uwrf.edu or call the UWRF Physics Department at 715-425-3560.

Art Scholarship Sale at UWRF continues until Dec. 14

The UW-River Falls Art Department’s Annual Scholarship Sale began on Nov. 28 and will continue until Dec. 14 in Gallery 101 of the Kleinpell Fine Arts building. The sale is open to the public.

An extensive variety of studio arts including glass, ceramics, painting, fibers, printmaking, photography and mixed media are available for purchase. Pieces include work by current art students and faculty, alumni and retired faculty. An investment in quality artwork for yourself or as a gift provides valuable contributions towards the continued education of art students at UWRF.

Participating artists retain 65 percent of the proceeds while the balance remains in the Art Department for use towards scholarships, visiting artists and the student Art Society Fund.

Gallery hours for the sale are Monday-Friday from noon-8 p.m. and Sunday from 2-4 p.m.

For more information, call the UWRF Art Department at 715-425-3266.

Student Senate Update: Nov. 29

One motion was passed at the Nov. 29 Student Senate meeting:

UWRF Student Senate Holiday Tree: A motion to allocate \$2,000 from the Senate Funding Pool to purchase one fake holiday tree for the University Center.

• Passed: In Favor: 11; Opposed: 0; Abstained: 1

The information in this update comes from the minutes posted to the Student Senate FalconSync page every week. Student Senate meets every Tuesday at 7 p.m. in the Willow River Room of the University Center.

Campus Events Calendar:

• **Frances Cohler Coffee Concert: Choro Borealis**
Friday, Dec. 2, noon-1 p.m.
Abbott Concert Hall, Kleinpell Fine Arts

• **Diversity Dialogues: Reflections of a ‘Broke College Student’**
Friday, Dec. 2, 2-3 p.m.
Trimbelle River Room, University Center

• **Open Mic**
Friday, Dec. 2, 7-10 p.m.
Location to be determined

• **Karaoke**
Saturday, Dec. 3, 7-10 p.m.
Location to be determined

• **Holiday Choral Concert**
Sunday, Dec. 4,
Abbott Concert Hall, Kleinpell Fine Arts

• **Willa Wonkie and the College Tour Dec. 6-10, 7:30-9 p.m.**
Blanche Davis Theatre, Kleinpell Fine Arts

• **Astronomy Talk and Observatory Viewing**
Wednesday, Dec. 7, 8-9:30 p.m.
271 Centennial Science Hall

• **Symphony Band/University Band Concert**
Thursday, Dec. 8, 7:30-8:30 p.m.
Abbott Concert Hall, Kleinpell Fine Arts

Visit uwrf.edu for a full schedule of events

11 Airt Tired, You Airt Tired



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112 E. Walnut St.
River Falls, WI 54022
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Weekly UWRF Crime Report

Monday, Nov. 21

- Vandalism was reported at Stratton Hall at 3:14 a.m.
- A drug complaint was reported in Stratton Hall at 9:37 p.m.

Tuesday, Nov. 22

- Theft was reported at Johnson Hall at 9:30 a.m.
- Found property was reported at Johnson Hall at 10:36 p.m.

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

While seen as uncertain, the future of international students looks secure under Trump presidency

Natalie Howell

natalie.howell@my.uwrf.edu

Following the results of a United States presidential election filled with controversy and upset, many took to social media to voice their concerns about what a Donald Trump presidency could mean. For international students looking for a higher education and to work after graduation in the U.S., the future may now be uncertain.

When it comes to foreign policy, Trump’s plans include establishing new screening procedures, putting in extra efforts to enforce U.S. immigration laws and temporarily suspending immigration from “some of the most dangerous and volatile regions of the world that have a history of exporting terrorism,” according to Trump’s website.

What has concerned many, however, is the culture of xenophobia that has seemed to come out during the election process. According to the Southern Poverty Law Center, there were at least 867 separate incidents of reported harassment and intimidation in the ten days following the election, with about 32 percent of the incidents being anti-immigrant.

According to a study by Intead and FPP EDU Media, 60 percent of international prospective students would be less likely to go to the U.S. for higher education if Trump was elected.

According to Katrina Larsen, executive director for International Education, UWRF works with 23 different countries when it comes to international education. China has the largest presence of international students on campus, followed by India, South Korea, Japan and Taiwan.

Among the international students that come to UWRF, Larsen said that a small percentage of them stay in the U.S. after graduation.

Conan Kmiecik, international student services coordinator for International Education, said that he saw a lot of international students who were shocked at the results following the election and showed deep concerns.

“Now that we’ve had a couple weeks to calm down from that, people are being a little more pragmatic and cautious about the future,” said Kmiecik.

However, Kmiecik said that the number of international students who come to UWRF has been going down for a while, but that is due to a number of different things, mainly the changing issues in the different countries. For example, he said, there was an influx of students from Brazil a few years ago when the government was strong, but now the number has gone down.

“I think there is a lot at play right now that we can’t blame on Trump, but there might be things once he is president that affects certain demographics,” said Kmiecik.

Jeremy Adam and Rashmi Magnani are graduate students majoring in business administration and are international students from India. Both started at UWRF in January 2016 and plan to stay in the U.S. to work after graduating this spring.

“I had a desire from the time I was a little boy to come to the U.S. to pursue my education,” said Adam. “So that dream has come true.”

Following the election closely, Magnani said that she didn’t really support any candidate. She said that she decided that she was OK with Clinton as president, but didn’t like how Trump’s words and actions represented the U.S. to other countries.

“I don’t think a U.S. president should present himself like this,” said Magnani.

Adam, on the other hand, supported Trump for a variety of reasons, mainly because he

identifies more with the values of the Republican Party.

“I know that many international students dislike Trump because of immigration rules and regulations because they kind of feel that if Trump comes in, immigrants are going to go out,” said Adam. “I kind of believe he speaks about illegal immigrants, and not legal immigrants like me. I came in legally.”

Larsen said that UWRF does not have many international students who have come in illegally, if at all. This is because the university carefully follows federal, UW System and campus rules and regulations when it comes to making sure that international students fill out the right paperwork and come into the country legally.

“I do think the students that are in the United States legally are fine,” said Larsen. “We may find a little bit of a cooling depending on some of the laws or restrictions that may come up, but there’s still a lot of countries that would love to send their students to the United States for a degree because we still are a wonderful place.”

Kmiecik said that he believes that what international students bring to the U.S. economy will be an incentive for the government to continue to support universities with international student programs. According to the New York Times, international students bring in more than \$32 billion a year to the U.S. economy.

“International students, while they’re a great resource when they come here in terms of culture diversity and different perspectives, they also bring a lot of financial gains as well. Not just to the campus but to the surrounding area as well,” said Kmiecik. “So by being too rigorous on who you allow in, that’s going to have an effect on the local economy.”

When it comes to the culture of xenophobia

that has come into the light during the election, neither Magnani and Adam believe that this will affect students from other countries coming into the U.S. for an education.

“International students are looking to come to the U.S. because their prospects are high and opportunities are great,” said Adam. “If students are looking for opportunities, they will not hesitate to apply.”

Larsen said that the culture of xenophobia may cause a chilling effect on international students coming to the United States.

“I do worry about students feeling not as welcome because of what they’re hearing,” said Larsen.

However, she said, UWRF is still a welcoming environment and is still being sought out for partnerships with other countries.

Kmiecik said that the university has many programs to create such an environment, including International Education Week and the recent Thanksgiving dinner that was put on for international students.

“As long as the university continues to make efforts to be welcoming and support international students, I think that will alleviate some of the concerns that students had maybe initially after the election,” said Kmiecik.

At the end of the day, said Larsen, campaigning is different than governing, and Trump has already gone back on several promises that he made on the campaign trail.

“I think most of us didn’t expect Trump to win, so I think there was kind of a shock and a knee jerk reaction to that and now we’re kind of settling down to that. ‘We’ll have to wait and see.’ It’s true for every new president; we don’t exactly know what they’re going to end up doing,” said Larsen. “I think the university and the community is still open, welcoming, want international students because they just bring an interesting perspective.”

UW-River Falls Health and Counseling Services offers opportunities for students to relieve finals stress

Tori Schneider

Falcon News Service

With finals quickly approaching, students are feeling the stress. UWRF’s Student Health and Counseling office has a few options to help students who are anxious or need a moment to decompress.

Mark Huttemier is a personal counselor at UWRF and has started a weekly guided meditation in the meditation room located in Hagestad Hall.

“Meditation has a lot of impact to kind of deprogram some of the distraction stuff I think that happens to us in our culture, how fast our culture is,” Huttemier said.

Huttemier believes that meditation allows students to step back and experience themselves as they are doing something in a way that they might not have been able to do before.

The room is open every day of the week from 8 a.m.-4:30 p.m. for anyone wanting to use it, but Huttemier leads a guided meditation every Wednesday from 3:30-4 p.m.

The class averages about 10-12 students attending each week and is open to everyone.

The meditation room was opened three years ago, but this is the first year that a guided meditation class has been offered.

The office also offers a biofeedback program. Biofeedback is a computer program that helps you monitor your emotions by looking at your breathing and heart rate.

Kaleah Bautch, a personal counselor, has taken a special interest in the program.

The program works by monitoring a person’s heart rate through a device attached to the ear which reads the heart rhythm while the participant uses games or programs on the computer.

“You’re kind of trying to switch your body from those negative emotions to the positive. It’s a way to soothe your body but have an



Group yoga classes are offered in the Falcon Center at varying times throughout the week. The full schedule can be found on the university website.

Tori Lynn Schneider/Student Voice

alert, focused mind,” Bautch said.

The program allows a person to see the impact of their emotions on the body’s breathing and heart rate in order to help increase awareness of those emotions and to help learn to better manage them.

“It’s kind of, in a way, a self-soothing technique,” Bautch said.

Bautch recommends the program to anyone with focus issues, with anxiety, trying to learn coping skills and for athletes.

Bautch has also started doing animal assisted therapy this semester. This is different

from pet therapy that takes place the first Friday of every month.

Bautch’s dog, Mocha, is a certified therapy dog, and she brings the dog in two days a week for anyone who wants to partake in one-on-one therapy with Bautch and the dog.

“She’s really good for people with high anxiety or [that] kind of aren’t sure about the whole therapy process. It’s been really successful so far,” Bautch said.

If a student wants to get active to beat the stress, counselors may also recommend yoga.

“Yoga is a way to experience your body

and your body relaxing to relax your brain. That’s a great lesson,” Huttemier said.

Student Health and Counseling also offers a lightbox for those suffered from Seasonal Affective Disorder, as well as a massage chair for those just looking to unwind. These things can be found in the relaxation room in the Student Health and Counseling office. The relaxation room is available for any students and can be reserved for up to an hour.

Guided meditation, biofeedback, use of the relaxation room and yoga do not require a student to be enrolled in counseling.

Alumni Spotlight: Sean McKuras

Continued from Page 1

He has also coached multiple players that have earned conference and regional recognition for athletics and academics. He was also awarded WIAC Coach of the Year in 2002 and 2003.

McKuras said that the small campus atmosphere helps keep the athletics department close together and that the sense of community within the school’s athletic teams will continue to grow with the expansion of the Falcon Center.

“Being that you have 400 student-athletes in a student body of 7,000, it’s a pretty tight-knit group,” he explained.

As a head coach, one piece of advice that McKuras gives to current students is to make sure to attend class. Being that the NCAA requires student-athletes to maintain a good academic standing, he said that simply going to class can go a long way in helping students’ success, and that the professors at UWRF are willing to go above and beyond to help.

“When it’s all said and done, I doubt anyone will remember my coaching record,” he said, “but I do believe that the kids that graduated and went on to be successful and have meaningful lives outside the soccer field will probably be the thing I’m most proud of.”

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EDITORIAL

UWRF Student government may want to consider being careful when spending money

At Tuesday’s Student Senate meeting, an allocation of \$2,000 was passed to pay for an artificial holiday tree standing approximately 12 feet tall to be placed in the University Center this semester. This cost of the tree seems like a bit much, especially when considering some of the alternatives. During the meeting, one student senator pointed out that a similar pre-lit tree could be purchased at Walmart for around \$300.

\$2,000 is a lot of money that could be spent somewhere else. There seems no logical reason why this tree needs to be purchased from Balsam Hill, a company from northern California, rather than somewhere that might offer a better price. Why not see if any local businesses could provide an artificial tree? Let’s be clear. We’re excited that Student Senate wants to help campus celebrate the holidays. The tree will absolutely bring a happy holiday spirit to the University Center, and as j-term nears it will undoubtedly increase our excitement about finals being over. It can serve as a friendly reminder that only a few weeks remain before a lot of us can be home with our families. The tree is not the issue here.

The issue is how quick Student Senate can be to spend large amounts of money like this, even when viable alternatives exist. According to the university’s website, Senate gets just over \$4 in segregated fees from each student at UWRF this semester. Looking at official enrollment numbers, that’s just over \$24,000 alone, and that’s just part of the funds that Senate has to spend.

The tree is just one example. We urge Student Senate to think more carefully about how they spend their money. We trust the members of Senate to use our segregated fees and remaining student organization money responsibly. We want to know that Senate has our best interests at heart as students when thousands of dollars are being spent.

Events like the It’s On Us Week of Action are amazing. Why not support the raising of awareness for another cause or give back to the community in some way to add to the holiday spirit? So much good could be done for the cost of one overpriced fake tree.

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

STUDENT VOICE

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Seasonal Affective Disorder can be treated, but should be taken seriously

Lauren A. Simenson

Columnist

Seasonal Affective Disorder or SAD is a form of depression that regularly occurs during fall and through winter due to the changes in the season. According to the Mayo Clinic, symptoms include feeling depressed most of the day, nearly every day, problems with sleeping, changes in appetite or weight, leaden feeling in arms or legs, oversleeping, hypersensitivity to rejection and problems getting along with other people.

As I have always lived in Wisconsin, I am no stranger to the dark and gloomy days that signal the end of summer, and I have always loved the seasons of fall and winter. This is probably why I have always known of this type of depression but have not have always taken it as seriously as I do this year. I don’t think I have known anyone who has or had SAD and told me about it. Like many mental health problems, SAD is just something most people don’t talk too much about. I would know, because I have been avoiding addressing this subject to myself for awhile now. Since the end of October, I have had

some suspicions that something has not been quite right for me. At first, I attributed being so tired and irritable with being a full-time student and a part-time employee. Everyone is tired in college, there is nothing unusual about that. However, when I began to notice that I was so tired every day, no matter how much I slept at night or took naps after class, or when my arms began to feel so heavy for no reason, or that I seem to be more antisocial than usual and that there have been some big changes in my appetite and weight, I started to worry. I guess with so many symptoms staring me in the face I could not shake the whole idea of SAD being anything but a real problem for me. Since I am being honest about this, I will admit that I have been suppressing identifying any degree of SAD in myself primarily because I am embarrassed. I am frankly a bit incredulous that my body could be so affected by the sheer fact that the sun doesn’t shine. As December is now starting and all these symptoms do not seem to be going away, I feel strongly that I cannot ignore this any longer. And if my research is correct, there are many other people besides myself who are or have not yet realized that they are suffering from the side effects associated with SAD. I guess what I am trying to get at by

addressing my suspicions is to help to alleviate some of my guilt and doubt. I think it helps for me to realize that sometimes there are factors beyond my control that can cause such a dramatic change in my day-to-day life. Through the research I have done, I feel a sense of relief because how I am feeling is being validated. I feel better knowing for certain that what I am noticing in myself is something real and not just all in my head. The Mayo Clinic does caution that having feelings commonly associated with SAD does not always indicate you have it. Though “if you feel down for days at a time and you can’t get motivated to do activities you normally enjoy, see your doctor.” Basically, feeling down sometimes is just a natural part of life. On the other hand, if you do have SAD, do not feel that you just have to wait it out. What you are feeling is real, and you do not have to be ashamed about it.

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.

‘Edge of Seventeen’ summarizes the struggles of being a teenager

Nicholas Weninger

Reviewer

High School junior Nadine (Hailee Steinfeld) has reached her limit. A few years ago, her father died, home life with her mother and seemingly perfect brother aren’t great and when her best friend starts dating her brother, she just can’t take it anymore. This is the story of Nadine and how she manages the awkward and difficult age of 17. Really well made coming of age films are hard to come by. So often, they fall back on the cliché crutches that help hobble the film along in hopes of appealing to the teenagers out there and score big in the box office. I was so pleased when “Sing Street” came out this past summer because that was one of the most original and well made coming of age films that I have ever seen (if you haven’t seen it, then you need to!). I am very pleased to say that “Edge of Seventeen,” while not quite up to “Sing Street” level, is another fantastic coming of age story that offers a fresh spin on things. This is a fantastic movie for two big reasons: the acting between Steinfeld and Woody Harrelson and how relat-

able this film is. Steinfeld is one of the most promising young actresses of our generation and Harrelson is true talent as well. Steinfeld at the age of 14 was nominated for an Oscar for her role in the “True Grit” remake and this role is right up there as well (although most of you might know her best for her music or her role in “Pitch Perfect 2”). She will for sure win some Teen Choice Awards but hopefully will be in the discussion for real awards as well because she deserves it. She perfectly captures what it is like to be a teenager. Harrelson plays an awesome teacher who acts as a mentor and someone she can vent to. He is such a great character who adds a lot of great laughs and heartfelt moments along the way. Being a teenager is not easy. With hormones being all crazy-like, brains still in development and everything seemingly being the most important thing ever, life is no cake walk. Steinfeld brings this to the screen perfectly. While not many of us might have dealt with everything that she deals with throughout this film, there will be at least something that we can all relate to. I did at least, and when I did, it only sucked me into the film even more emotionally. With this emotional factor comes a lot of amazing life lessons. Even though this film is rated R (sexual content,

language and some drinking – all involving teens) this is a film that schools should really show to their students. This is their life right now and a lot of them will be thinking, feeling and experiencing the same things that she does. This movie is not only funny and warm-hearted, but it is also very inspirational. This film will help reach out to a lot of people and let them know that even though they feel the walls crumbling in, even though they don’t know what to do, everything will be OK. This is only a part of life and this too shall pass. Not only is this a brilliant coming of age film that young adults and teens will love, but it is one that adults will love as well. It is so well written, directed, acted and everything you want in a good film, it is impossible to not like. This movie is for sure worth both your time and money and will be remembered for a long time.

Nicholas 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 page on Facebook called The Average man Review.

With graduation comes pessimism

Matthew Clark

Columnist

Is life better after college graduation? It’s a question that has been kicking around in my head lately, and I feel the need to discuss it with myself through the medium of a college newspaper column. It’s a difficult column to write, and frankly, a challenging question to answer. On the surface, the question can be taken in an endless amount of directions, including questions of financial stability, personal health and even racial difficulties. For the purposes of this column, I’ll stick to the basic hopes and, more importantly, fears of a student nearing the almighty “light at the tunnel.” I asked a friend this question recently and, with one part defeat and one part sarcasm, he replied, “One can only hope.” I think hopeful is a more than fair way to describe how most college seniors feel right now, even if that hope is, at times, unfounded. It’s no secret to anyone in my friend group or in my family that I have a countdown on my phone. With a black background and white lettering, numbers tick down closer and closer

to zero under a heading that practically shouts “GRADUATION.” At the time of this writing, I have about 165 days, 18 hours and 16 minutes left until I can walk across that stage and officially be declared a “well educated man with a bright future.” So what does that bright future entail, and does it actually mean a better experience after four of the most stressful years of my admittedly not-so-stressful life? Maybe I’ll actually have a few more pennies in the piggy bank, and I’ll have more time to finish that series on Netflix. I might actually be able to exercise and maybe even get a few more matches on the old Tinder machine. But will I be happier than I am right now? Honestly, I’m not that happy right now, and nearly every bit of me wants to believe that will change the moment this is all over. All of my post-graduation friends look so happy on their Facebook photos. But I’m beginning to wonder if they’re any happier now than they were two years ago. My friends still don’t have a lot of money, they still live busy lives and they most likely have many of the same fears as they did while in school. I’ve spent a lot of time over the last semester wondering how life will be come spring commencement and dreaming about how perfect my life and

my mindset will be once I take the big jump. Through all of this wishful thinking however, I realized that right now, I might just be as happy as I’ll ever be. When I’m an alumnus of this university, I’ll be the same amount of happy I am as now. I was happy to some degree in high school, but near the end of my senior year, I couldn’t wait to experience the wonderful joys of college. Four years later, I’m unsatisfied and looking for something new. The goal after college shouldn’t be to live happily ever after but instead to realize that there’s plenty to be happy about right now so embrace it. Or maybe it will get better and my pessimism is overshadowed by the opportunities and successes that wait. If life does get better after graduation and success finds me, I hope I remember that rainy day in late November where the next step felt hours away.

Matthew Clark is a senior journalism major. On campus he is a DJ at WRFW. In his free time he is an active guitarist. He hopes to one day become a music journalist and work in radio.

Reacting to hate with more hate is counterproductive

Reo Ford

Columnist

On Monday, Nov. 28, Ohio State University sent out a mass message to all students telling them to “Run. Hide. Fight.” A student at the university, Abdul Razak Ali Artan, plowed his car into a group of students, got out and began stabbing anybody he could. Fortunately, there were no fatalities, but a handful of students will not be sitting in their classes today, lying in a hospital instead.

From what I have been reading online, investigators are still trying to figure out whether this was a “terrorist attack.” It goes without saying that incidents like these make me feel complete fear and sadness for the victims, but I do think it’s important to note that they also make me fear for Muslim communities around the world.

I was reading an article on Fox 9’s Facebook page called “Attack at Ohio State University, 9 injured,” and I regretfully skimmed through the comment section. About 95 percent of the comments were nothing but racist and hateful remarks toward Muslims.

I understand where the fear may come from, but I will never understand or accept the hatred that has engulfed some people. I, like everybody else, feel scared every time I read about a “terrorist attack” happening.

A few years ago, when news of the Boston Marathon bombing flashed across every television station and live footage of injured marathon runners was being shown, I remember feeling sick to my stomach and having an overwhelming sense of sadness for everybody who was affected. Earlier this year, when a man drove his truck into a crowd of people in France and then began shooting, the fear and anxiety that I felt for the people was too much to bear.

I understand, and I’m angry too. Innocent people shouldn’t have to fall victim to hate crimes or terrorist attacks. With that being said, that same principle goes for the Muslim community as well. I can’t count how many times I have read of incidents in the news where Muslims have been verbally and physically attacked solely because they are Muslim. They didn’t do anything, they didn’t say anything, they are just Muslim.

In fact, according to CNN, a series of hate letters were sent within the last week and a half to Muslim mosques in California stating

hateful, disgusting and offensive nonsense. In their article “Muslims respond to hate letters: ‘You’re not going to scare us,’” they provide an actual picture of the letter, which is addressed to “the children of Satan.” The letters go on to threaten the community by saying that Trump will do to Muslims what Hitler did to the Jews. Those letters are just a small example of what the Muslim community has endured at the hands of ignorant generalization. It truly upsets me.

I talk about these kinds of situations on a daily basis, because equality is one of the issues I care about and value the most. I like to address them and have dialogues about it. I am fortunate enough to live in a city where diversity can be seen on every street corner, and I sometimes need to remind myself that not everybody has that luxury.

I am not a psychology major, so I am not going to pretend or assume that I know what goes on in people’s minds, but I am just going to take a guess that some people might not have the opportunities to experience members of the Muslim community in a positive light. Maybe the only experience that they have with them is the through tragedies that pop up in the news every so often. That in itself upsets me, because I can

confidently say that the majority of Muslims that I have had the privilege of crossing paths with are some of the nicest people that I have personally ever met.

To me, they aren’t “children of Satan” who are here to inflict pain and suffering among people. They are the people I pass by in Target with their families, the ones standing in line behind me to take care of business at the DMV. They are the two second grade Somali girls who I tutored during my freshman year of college. They are my neighbors, my coworkers and they are my friends.

It’s OK to feel sad, confused, hurt and angry; it’s not OK to reciprocate by instilling those same feelings into others.

With all of this in mind, as this week draws to an end and I make my way to my classes, I will be thinking about not only the students at Ohio State University who were directly affected by the event, but for the entire university because of the fear that I know will hang over everybody’s heads for god only knows how long.

Reo Ford is a journalism student. She loves hiking with her dog, but when the weather doesn’t permit it she enjoys binging on Netflix, writing and taking naps with her cats.

‘Fantastic Beasts and Where to Find Them’ brings magic of Harry Potter wizarding world back to the big screen

Nicholas Weninger

Reviewer

In 1926, Newt Scamander (Eddie Redmayne) comes into New York City with a suitcase full of magical creatures. Unfortunately, some of those creatures happen to escape when Newt runs into a muggle named Jacob (Dan Fogler) and gets their suitcases mixed up with one another. With magical creatures on the loose, tensions are high between the wizarding community and muggle (or No-Maj referred to by the English).

The ever so talented J.K. Rowling once again has written and brought forth our next installment of this wonderfully creative and entertaining universe that has captivated millions all around the globe. I was also very pleased to see that they brought back director David Yates as well, who has previous di-

rected some of the “Harry Potter” films (and will also be doing the future films as well). Together, they once again bring the entertainment and wonderment to the big screen.

This entertainment and pure wonderment, I think, has always been the biggest selling point of the “Harry Potter” franchise. “Harry Potter” and now “Fantastic Beasts” offer, through the brilliant writing of Rowling, such a unique and creative world that we can’t help but be sucked in a state of child-like wonder. “Fantastic Beasts and Where to Find Them” was no different.

The visual effects, along with the action sequences, were right up there with what we have been accustomed to with the previous films. If for no other reason, see this film for the adorable magical creatures. I guarantee that you will want some of them as pets by the time the film is over!

Now that we have established that this movie is on point with its visual effects and its creativity, how well does it stack up in

other categories? Well...I think that if you are a fan of the earlier “Harry Potter” films, you will like this movie a lot more.

However, if you are more of fan of the darker and intense later “Harry Potter” films, then you might leave wanting a little more. This film definitely has an early “Harry Potter” vibe to it. “Fantastic Beasts” is very light-hearted for about 90 percent of the film (there is a darker side plot that leads into future films but that isn’t necessarily the main focus throughout the film). So whether this sounds like a good thing to you or bad thing to you, I’ll let you be the judge of that.

Now let’s get into the biggest flaw, and this might be something more personal for me that a lot of people might not agree with. I was not sold on Eddie Redmayne and his portrayal of Newt. Yes, this man won an Oscar for his portrayal of Stephen Hawking in the movie “The Theory of Everything” and then was nominated again last year in the “Danish Girl,” but I am still not sold on

him yet.

I felt as if every other character in this film carries Newt. He was surrounded by a very lovable and talented cast that delivered and yet I felt nothing from Redmayne. I mean, his character was fine, but he just lacked depth and strength that you want in a main character. Redmayne just wasn’t a “Harry Potter” in this film. That’s my opinion, so please feel free and disagree with me.

Overall, “Fantastic Beasts” is another successful J.K. Rowling film that once again brings the magical wonderment to the big screen.


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.

STUDENT


voices

What was your favorite part of Thanksgiving break?


Compiled by Samantha Decker




Paris DeLisle
Freshman
“Playing with my aunt and uncle’s puppy.”




Brittney Myers
Freshman
“I went to Chicago for the Hamilton play.”



Laura Orris
Senior
“Seeing the reindeer at River Dazzle!”



Ashley Challes
Freshman
“Eating avocado toast.”



Julia Ekstrand
Senior
“Going on the Spongebob ride at MOA.”

Renovation of UW-River Falls Hunt arena receives positive reaction from hockey fans

Zach Dwyer
Falcon News Service

Recent renovations of Hunt Arena on the UW-River Falls campus have improved many amenities and created an entirely new fan experience for those in attendance at Falcons hockey games.

Updates to the arena will have an impact on how fans experience Falcons hockey. Interim Athletic Director Crystal Lanning described some of the most noteworthy additions fans can look forward to.

“One of the biggest concerns with Hunt Arena previously was the sightlines and the number of seats. The way the seating was arranged, spectators would walk in front of the seats and between the seating and the boards,” Lanning said.

This concern was rectified by moving the seating up and allowing better sightlines for spectators sitting above the glass. Fans also now have the option of sitting right up against the glass around the whole arena to get close to the action. Lanning also promised that chair back seating is in the works to be com-

pleted this season on the far end of the arena.

Construction of the new Falcon Center has led to improvements across the board. Updates to Hunt Arena and the addition of Page Arena for basketball have led to a very busy construction zone surrounding the new arena.

Construction started on Hunt Arena in March as soon as the men’s and women’s hockey teams hosted their final home games of the year. The push to be ready to open for this season was completed when the men’s hockey team hosted its first game on Oct. 28.

A few fans who were interviewed had positive things to say about the new arena. John Parsons, a 51-year-old resident of River Falls, was one who voiced his approval of the new seating.

“You definitely have a lot better sightline on the end where you get a little bit higher and you can look down over the goal. I’m looking forward to when they finally get all the cosmetics finished up in here,” Parsons said.

While the seating is one added bonus, it doesn’t begin to sum up the other improvements that have been made. The added upper

walkway to navigate the arena was another big plus in Lanning’s mind.

“Spectators having the ability to walk around on the mezzanine level is just an added feature that you don’t often see in Division III hockey,” Lanning said.

Even with all of the new additions, changes still need to be made to complete the arena. Two other Falcon hockey fans noted the lack of a permanent concession stand and the journey through the new Falcon Center hallways to the arena doors as the main improvements that need to be seen.

“There’s always growing pains when you move to a new facility when it’s still an active construction zone,” Lanning said. “But on the main concourse level will be a shared concession stand for the entire facility, whether it be Page Arena, Hunt Arena or Knowles. It will be very nice when we have multiple events going on”

The facility is still in the growing phase, but Page Arena is on its way to being finished. This will correct the problem currently forcing fans to take different entrances into the facility.

But even with all the additions and work in progress, fans like Parsons are excited for what the future holds.

“With the new basketball arena behind us going up and to have the doubleheaders of hockey and basketball playing Saturday nights, it should be quite the hopping area around here,” Parsons said.

Lanning’s final thoughts on the renovation also point to high hopes for the future of the venue.

“Hopefully next year, when we’re fully renovated and fully functional, we will have one of the best arenas in Division III hockey,” Lanning said.

Parsons and the two other fans agreed about one aspect of the improved fan experience: The quality of the hockey will be the key factor in keeping people coming back. With the men’s team coming off a conference championship and the women’s team ranked No. 2 in the country, fans will have plenty to cheer about in the new arena this season.



Chair back seating is currently being added to the renovated Hunt Arena and will be completed later this week. Kathy Helgeson/University Communications

UWRF pledges to increase diversity in athletics department

Zach Bares
Falcon News Service

UW-River Falls is among universities that have signed on to the NCAA’s presidential pledge to increase diversity in their sports programs.

According to the NCAA’s website, the pledge’s purpose is to “establish initiatives for achieving ethnic and racial diversity, gender equity and inclusion, with a focus and emphasis on hiring practices in intercollegiate athletics.”

Chancellor Dean Van Galen said signing the pledge shows the university’s commitment to diversity and gender equity.

“I appreciate the leadership of the NCAA in developing the presidential pledge, and am delighted to make this commitment on behalf of UW-River Falls,” the chancellor said in a prepared statement.

UWRF Interim Athletic Director Crystal Lanning said that the university is lacking di-

versity in the athletics department.

“We’re going to put a good effort in towards increasing diversity among our staff, increasing opportunities for women in athletics among our staff. It’s more of a commitment more than anything,” Lanning said.

Lanning and the athletics department have put together five main goals, including focusing on diversity, focusing on inclusion, student athlete development with a focus on resources, developing professional staff and developing ties to the campus and community. The goals were established prior to UWRF signing the presidential pledge, and Lanning said that signing the document was easy for the athletics department.

Data from 2012-13 showed that nationwide 40 percent of students at Div. III campuses identified as diverse, compared to just 22 percent of the student-athlete population. This difference of 18 percentage points is the largest of all three NCAA divisions.

“Students want someone they can relate

to,” Lanning said. UWRF coaches handle their own recruiting efforts, but Lanning is aware of how they are approaching it.

“Our coaches are constantly updating me on where they’re targeting players and how they’re doing it,” Lanning said.

UWRF has no document or formal statement regarding recruiting, but Lanning said that the athletics program is always looking for ways to improve.

UWRF is the sixth member of the Wisconsin Intercollegiate Athletic Conference to sign the presidential pledge, joining Eau Claire, Oshkosh, Platteville, Stevens Point and Stout. All of those schools have roughly the same percentage of female administrators in their respective athletics departments as UWRF.

Lanning said that there is more to it than just coaches and athletes.

“We’re looking at all aspects of every department,” Lanning said.

During the hiring process for any posi-

tion, the Human Resources Department gives feedback to Lanning and others on the diversity of their search and candidates.

“They will let us know if our candidates aren’t diverse enough,” Lanning said.

Human Resources looks at all aspects, such as ethnic background and sexual orientation, to give the best feedback to the search committee.

The NCAA offers a grant for Div. III schools to encourage ethnic minorities and women to work as interns. UWRF will be applying for the grant, which Lanning said would be a great first step in advancing diversity within the athletics department.

“It’s meant to get ethnic minorities and women involved in administrative positions within athletics,” she said.

Schools can make contributions to the program if they are awarded the grant, but it is completely funded by the NCAA.

Sports Recap

Men’s Basketball

UW-River Falls continued its strong start to the season with a controlled 72-46 win over Viterbo on Tuesday night. The balanced effort saw 13 different Falcons score in the game with only one player scoring double figures. Garret Pearson had 13 points and hit all four of his free throws to lead the Falcons in the scoring department. No player played more than 23 minutes, proving the result of the game wasn’t in much doubt after the 37-21 halftime lead. The Falcons improve to 4-1 as they travel to Redlands, California, to play in the Lee Fulmer Memorial Classic this weekend.

Women’s Basketball

UWRF jumped out to a quick start on Tuesday night to crush the Viterbo V-Hawks 71-34 in its last home opener at Karges. A 9-0 run where three Falcons hit three-pointers in the opening minutes helped build a 20-6 lead after the first quarter and a 35-10 advantage at halftime. The Falcons now stand at 3-2 overall as they travel to Ashland, Wisconsin, to try to keep their momentum going against Northland College next Tuesday.

Men’s Hockey

The Falcons stand at 2-6-1 on the year after their most recent win against the Milwaukee School of Engineering 5-2 on Nov. 19. UWRF had its most impressive performance this season, with Mike Fazio and Christian George each scoring two goals to pace the Falcons for a big road win. George’s goals both came on the power play in the second and third periods. The team has been led this season by Joe Drapluk and Hunter Schneider, who both lead the team with six points. Drapluk has the advantage in goals with five as Schneider leads the team in assists with four. New goalie Zach Quinn has also done a good job for the Falcons, going 2-2-1 in his five appearances. UWRF looks to shake off its slow start to the season when open WIAC play starts on Dec. 2 at UW-Stevens Point. The Falcons return home the next night to host UW-Eau Claire in what will be their final home game until Jan. 13.

Women’s Hockey

UWRF responded to its first loss of the season with a dominant 6-2 win over St. Olaf on November 22. Dani Sibley had a strong performance by leading

the way with a hat trick, including two power play goals and a shorthanded goal in the last two periods. The third period was a high scoring affair, with St. Olaf adding two late goals but the Falcons responding with three of their own. The win puts the Falcons at 6-1 on the season and 1-1 in the WIAC. UWRF has been led this season by Carly Moran and Dani Sibley, who have 13 and 11 goals, respectively. Goalie Angie Hall continues to be a force in the net, allowing 1.49 goals per game and saving 70 shots through her six games. Number five ranked UW-River Falls has its next chance to regain a lead in the WIAC when they host UW-Superior on Dec. 2.

Check out the Student Voice online at uwrfvoice.com

Sports Schedule

Dec. 2: Men’s hockey at UW-Stevens Point, 7 p.m.

Dec. 2: Men’s basketball vs. University of La Verne (Redlands, California), 7 p.m.

Dec. 2: Women’s hockey vs. UW-Superior, 7:05 p.m.

Dec. 3: Men’s hockey vs. UW-Eau Claire, 7:05 p.m.

Dec. 3: Women’s hockey at St. Scholastica, 2 p.m.

Dec. 3: Men’s basketball at University of Redlands (Redlands, California), 9 p.m.

Dec. 3: Men’s track and field at Chuck Peterson Open (Mankato, Minnesota)

Dec. 3: Women’s track and field at Chuck Peterson Open (Mankato, Minnesota)

Dec. 6: Men’s hockey at Bethel, 7 p.m.

Dec. 6: Women’s basketball at Northland (Ashland, Wisconsin), 7 p.m.

Dec. 6: Men’s basketball vs. UW-Superior, 7 p.m.

Dec. 7: Women’s hockey vs. Gustavus, 7 p.m.

Home games in **BOLD**

Police dogs play vital role in Wisconsin law enforcement

Lisa Erickson
Falcon News Service

K-9 police dogs have become a crucial part of many law enforcement departments in western Wisconsin, so the loss of one is more than just costly.

The Pierce County Sheriff’s Department was without a K-9 dog for more than a year, but thanks to a donation now has a new four-legged officer. The department’s last dog, Viper, died in August 2015 of complications from surgery.

When a department doesn’t have a K-9 dog, it is more difficult to do searches and assist officers with day-to-day work.

“There isn’t one thing the dogs are trained to, but there are several very important things, like people searches, drugs and protecting the handler,” Pierce County Sheriff Nancy Hove said in a telephone interview.

Because of the cost associated with K-9 dogs, many police departments rely on donations and help from outside sources.

Hove said she was very surprised when pet food company Ralston Purina donated \$10,000 toward the purchase and training of a new dog. Buying a dog and training it can cost upward of \$20,000, but the department already had a K-9 vehicle and that saved the county some money.

“Our K-9 handler finished training the day before Thanksgiving and is now working,” Hove said.

The Hudson Police Department K-9 unit operates on donated funds from local businesses, donations from private citizens and grants, according to its website.

Dogs for Law Enforcement (DLE) has been assisting many police departments with funds across the U.S., according to the Texas-based nonprofit organization’s website. DLE’s mission is to raise donations to assist police departments in purchasing dogs or replacing fallen canines, as well as providing assistance through training or publications in current or new techniques to better protect K-9 teams, schools and communi-

ties.

Dogs have been used by law enforcement agencies for more than 100 years.

In the 1970s the use of dogs in law enforcement took a foothold in the United States, according to DLE’s website. Many K-9 dogs are considered a part of the police force and are referred to as an officer. Some departments give the K-9 dogs badges to wear.

K-9 dogs, training and the time commitment are expensive.

“Riko and Josh are a great team together and represent our community well. They have placed very high in regional competitions,” said Ron Pedrys, chief of police in Osceola, Wisconsin. K-9 Unit Officer Josh Morgel and his K-9 partner Riko have been working together for more than three years. On average, Morgel and Riko train 15-20 hours per month.

“Training is very important. It is something we need to work on all the time. It’s the same with dogs. If you don’t use it, you lose it,” said Morgel.

Morgel and other K-9 handlers from western Wisconsin train their dogs in Osceola at a specialized outdoor training area. The dogs are put through a course that simulates situations similar to what they might encounter in the field, like jumping over fences and climbing through tunnels. Many officers meet to train there, said Morgel.

“Morgel is compensated for the time he spends training Riko,” said Pedrys.

Other law enforcement agencies in Wisconsin are developing partnerships to help raise funds for K-9 police dogs. The Marathon County Sheriff’s Department estimates the average cost to purchase, train and care for a dog is around \$25,000 over seven years, according to a press release.

“Riko is a purebred German shepherd,” Morgel said. Having Riko around makes Morgel feel safer when he is on patrol alone. Plus, Riko can do things people can’t, he added.

Many law enforcement departments choose German shep-

herds. The German shepherd breed originated in Germany. They are often the dog of choice by many law enforcement agencies because of their strength, intelligence, teachability and obedience. German shepherds also have a good sense of smell in the detection of narcotics and explosives. They are also used in the tracking and apprehension of human suspects, according to DLE’s website.

Both the the Osceola police and the Pierce County Sheriff’s Department wanted dogs that were community friendly.

“I chose the German shepherd because it is good at what it does, but is also friendly enough to bring to a kindergarten class,” said Hove.

Many K-9 dogs come from eastern Europe to western Wisconsin, Hove said. She goes through a specific trainer and the trainer gets the dogs for her from a certain breeder. It’s easier that way, added Hove.

According to the Hudson Police Department website, its K-9 dog, Brisco, came from the Czech Republic. Brisco is a mix between a German shepherd and a Belgian malinois. In northwestern Wisconsin, Rice Lake’s K-9 dog is from Poland and Osceola’s K-9 Riko is from the Czech Republic, too.

The number of K-9 teams injured or killed in the line of duty is steadily on the rise. Since January 2013, more than 40 canines or handlers have been injured or killed in the United States.

K-9 teams provide a vital role in law enforcement and to communities. A K-9 handler’s job requires the dogs to be deployed in some of the riskiest situations, yet most departments do not financially support these teams to attend continuous training, according to DLE’s website.

“We are very lucky to have a K-9 unit in a small town,” said Morgel.

To donate to help support K-9 dogs and their handlers, contact DLE at www.dogsforlawenforcement.org or call a local law enforcement agency for more information.

Wisconsin works to develop initiatives to improve education

Molly Kinney
Falcon News Service

It’s no secret that the United States has fallen behind many other developed nations when it comes to education. However, Wisconsin has developed initiatives to help the country get back on top.

Mark Tyler, a current UW-System Board of Regents member, said that there are three key programs and initiatives that have been developed to help do so.

One is called Forward2020, developed through a series of collaborative work between system administrators and various educational stakeholders. According to the Board of Regents website, the program is aimed at creating a stronger “educational pipeline.” Tyler explained this as meaning students need more opportunities throughout their school experience, at all levels of education, as well as fostering better connections between the university and college systems and the job force.

“The main thing is to increase the pipeline of grads, and secondly to connect more fully with employers and universities through internships, job shadows, all that work experience,” Tyler said. “Lots of data shows that work experience demonstrates that connecting with employers while you’re still in the educational experience really drives that attainment outcome. People that do internships and such actually graduate at a higher level, too.”

Another standard of the initiative will be

to “create a dynamic learning experience,” as UW-System President Ray Cross said in a promotional video on the system website. To Tyler, this means making sure that what goes on in the classroom will be relevant to a student’s life after graduation.

“Too often, the university is accused of not being relevant, which I don’t think is true, but it’s more or less true depending on the program,” Tyler said. “This idea is based on good data where there’s employers involved with the education process, and when professors are involved with employers; we’re essentially trying to create an educational process that’s relevant,” he said.

He talked about this idea in terms of STEM professions. If students aren’t being prepared with the classes they need, their degrees will be much less valuable.

“If you look at engineering, accounting, IT departments, those areas are very, very engaged and dynamic and curriculum changed real quickly to meet the needs of the economy and students as best as possible,” Tyler said. “Some areas aren’t as engaged in real solid preparation, but President Cross is trying to make that dynamic environment across the board in all areas of study.

Secondly, another program being implemented across the state is called “Academic and Career Planning” is being instituted by the Wisconsin Department of Public Instruction, and will focus mostly on students in grades 6-12. It has been used at about 25 school districts so far throughout the state, and will become a statewide policy in the fall

of the 2017-18 school year.

“One of the challenges with attainment at the postsecondary level is preparation,” Tyler said. “This program, ACP, is taking care of students as they come through elementary and secondary education, so that they’re prepared at a level where they can be successful in their academic career, whether that’s academic or technical.”

For students in the lowest grade levels of the program, focus on career obviously won’t be the focus, but will be more exploratory, Tyler said.

“How many college freshman or sophomores know what they’re gonna do? In sixth grade it’s about exploring, who you are and what you’re good at, what you like to do. Once you’re in ninth grade then, you might start thinking about more focused paths. As you move through the process, if you think you might be interested in healthcare, IT, or engineering, if you’re not signing up for science and math, you’re already in trouble. So we’re trying to get students a head start earlier.”

“My belief is that, as time goes on, that will become the model for making sure that students are fully prepared so there’s no need for remediation,” Tyler added.

This program is already being implemented. Tyler said that there are already 16 members at educational locations throughout the state prepping for the full rolling out of the program.

These initiatives come after the Lumina Foundation, an Indianapolis-located founda-

tion that focuses on expanding access to education, put out a report about the state of education in each state. The report for Wisconsin lays out a few points that Tyler suggests are being remedied by these two programs and more that are to come.

Tyler also said that it’s likely the state will adopt a policy focused on achieving statewide attainment goals by fostering collaborative work between the UW-System, public elementary and secondary education and technical colleges. Tyler said that he thinks such a proposal could likely be on the agenda at the next Board of Regents meeting.

“Ten years ago, if you’d asked these three institutions to even have a conversation, you’d have gotten nowhere,” Tyler said. “Now we work hand-in-hand, along with the K-12 system. I would fully expect to see a statewide goal set for attainment.”

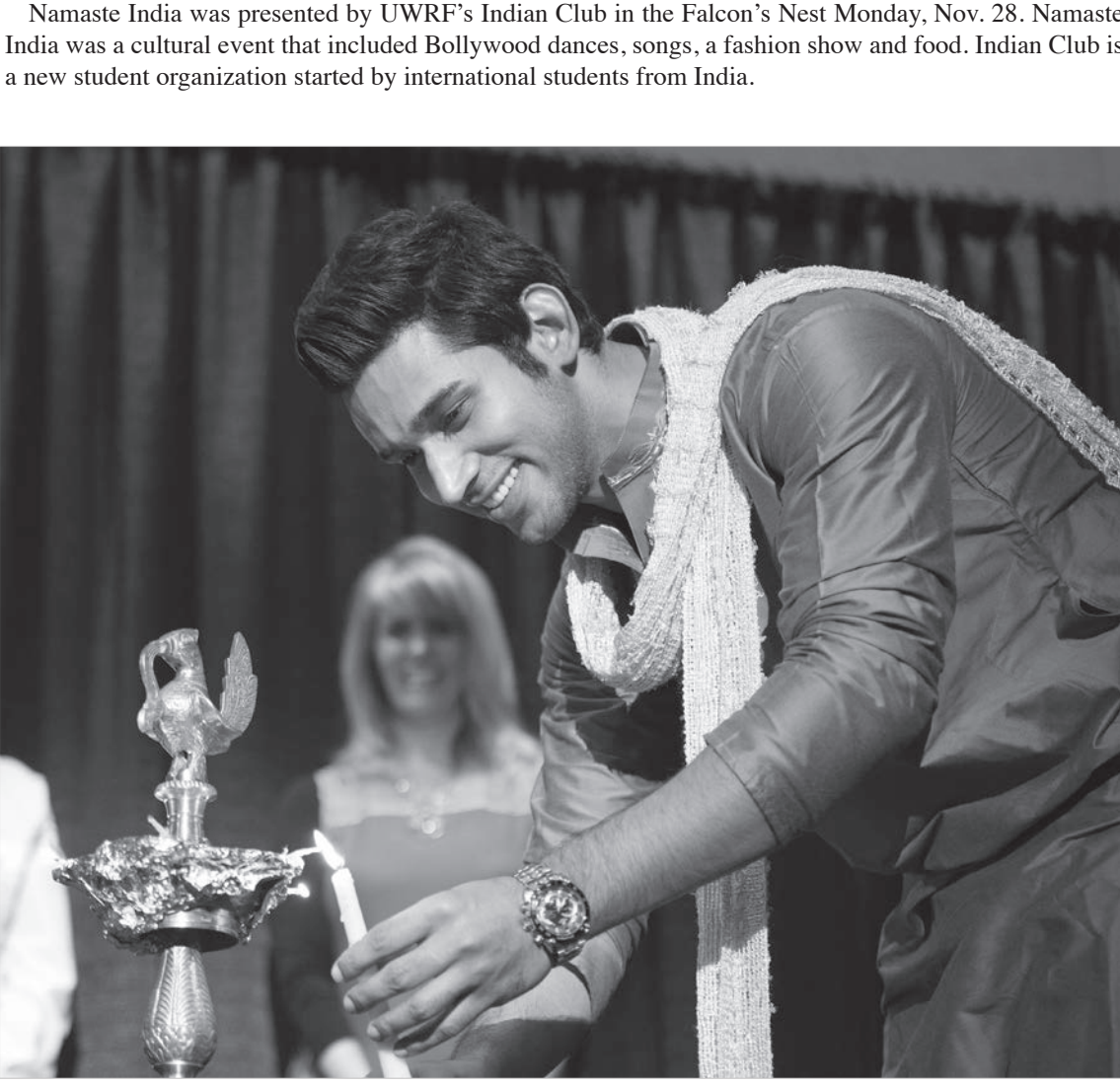
However, he said he does think much progress has been made, and that many facets of educational achievement are being addressed that hadn’t before.

“There are so many facets to look at. You have to be talking about things like nutrition and access and things politicians don’t usually like to talk about, but are really important for child and student growth,” Tyler said. “Wisconsin now probably has a more systemic solution to building an educational pipeline than most states. We’ve made a lot of progress in the last 10 years.”

Namaste India brings Indian Culture to Falcon’s Nest



Tori Lynn Schneider/Media Intern
Megha Siddappa performs an Indian Bollywood dance.



Tori Lynn Schneider/Media Intern
Collins Poulouse, president of the Indian Club, lights the lamp at the beginning of the event.

Don't let Jack Frost come nipping at your nose

Laura Otto

UWRF Student Health & Counseling Services

Yes, it has been an unbelievable fall. However, the weather is getting colder and soon there will be snow. It will be time for sledding, skating, skiing and walks in the winter wonderland we call campus. The U.S. Department of Health and Human Services wants you to enjoy this season but to also protect yourself from frostbite.

Frostbite is an injury to the body that is caused by freezing. Frostbite can cause a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers or toes.

A frostbite victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb, so look out for your neighbors. At the first signs of skin redness or pain, get them out of the cold and protect any exposed skin. Watch for skin that has turned white or grayish and feels firm, waxy or numb.

Seek immediate medical attention if you

or your friends have any of these symptoms. If medical care is not available immediately, keep the following in mind until you can get checked out by a health care provider:

- Unless absolutely necessary, **do not** walk on frostbitten feet or toes. This increases the damage.
- Immerse the affected area in **warm (not hot)** water. The temperature should be comfortable to the touch for unaffected parts of the body.
- Another option is to warm the affected area using body heat. For example, the heat of an armpit can be used to warm frostbitten fingers.
- **Do not** rub the frostbitten area with snow or massage it at all. This can cause more damage.
- **Don't** use a heating pad, heat lamp or the heat of a stove, fireplace or radiator for warming. Affected areas are numb and can be easily burned.

This information is given to you with the intent not to scare you, but to make you aware that frostbite can be very serious. The Centers for Disease Control's Emergency website states that frostbite can permanently

damage the body, and severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures. When outdoors, wear warm clothing such as:

- a hat
- a scarf or knit mask to cover face and mouth
- sleeves that are snug at the wrist
- mittens (they are warmer than gloves)
- water-resistant coat and boots
- several layers of loose fitting clothing

Be sure the outer layer of your clothing is tightly woven, preferably wind resistant, to reduce body heat loss caused by wind. Wool, silk or polypropylene inner layers of clothing will hold more body heat than cotton. Stay dry, because wet clothing chills the body rapidly. Excess perspiration will increase heat loss, so remove extra layers of clothing whenever you feel too warm.

When there are high winds, frostbite is more likely to occur, even when temperatures are only cool. The wind chill index is the temperature your body feels when the air temperature is combined with the wind speed. As the speed of the wind increases, it

can carry heat away from your body much more quickly, causing skin temperature to drop. Most weather channels and apps will give a wind chill index along with the number of minutes it will take exposed skin to become frostbitten.

Taking preventive action is your best defense against having to deal with extreme cold weather conditions. By observing safety precautions during times of extremely cold weather, you can reduce the risk of weather-related health problems.

Remember to protect yourself against frostbite by wearing warm clothing that covers your skin and remove any wet clothing immediately. Limit your time outdoors. Watch for signs of frostbite among your friends, elderly adults, babies, people drinking alcohol and others at risk. Seek immediate medical attention if you suspect someone has frostbite.

Visit <https://www.cdc.gov/disasters/winter/staysafe/frostbite.html> for more information on frostbite.

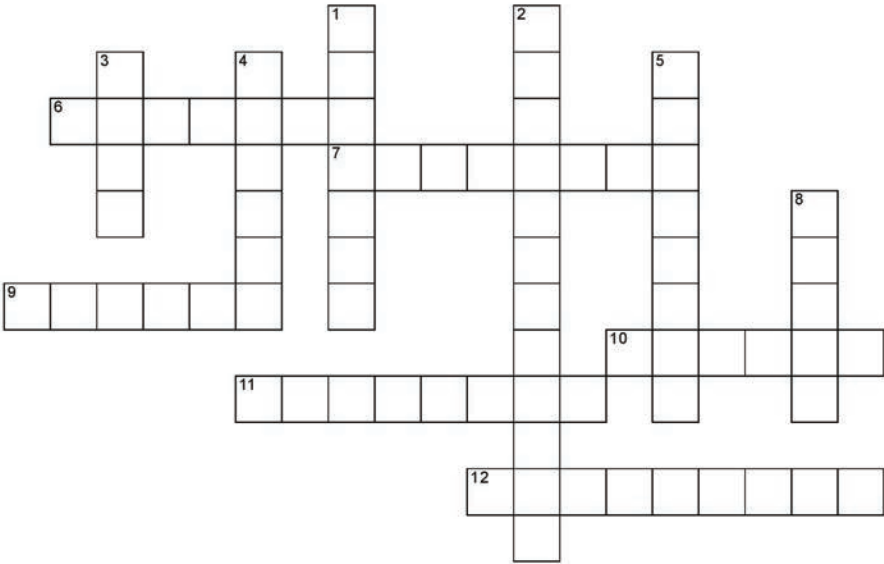
Last Week's Answers

Disney Villains



Puzzle of the Week

Winter Activities



- ACROSS
- 6 This sport involves sliding stones into circles on the ice.
- 7 Footwear meant for walking over the snow.
- 9 This type of skiing is also known as downhill skiing.
- 10 Pucks and sticks are used to score goals in this sport.
- 11 Popular winter activity of sliding down a hill on a plastic disc or a toboggan.
- 12 Contrary to its name, the sticks aren't actually used for sweeping.
- DOWN
- 1 The most popular race of this kind is the Iditarod.
- 2 This type of skiing can be a sport or transportation (2 words).
- 3 A sport in which the athlete lies flat and steers a sled feet-first down a track.
- 4 This type of skating involves spins, jumps and lifts.
- 5 A creepily-named sliding sport where the athlete rides a sled face down.
- 8 This type of skating involves competitors racing.

The Student Voice is now accepting applications for all positions:

Editor
Assistant editor
Front page editor
Sports page editor
News page editor
Viewpoints page editor
Etcetera page editor
Chief photographer

Staff photographer
Columnist
Reviewer
Reporter
Cartoonist
Business manager
Circulation manager

Pick up and drop off applications outside room 304 North Hall
Due 5 p.m. Dec. 14

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!

Now Playing: Hacksaw Ridge

The winner will be announced on the Voice's Twitter and Facebook accounts:
[@uwrvoice](https://twitter.com/uwrvoice) and facebook.com/Uwrstudentvoice

Student Radio
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