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Hump Day Cafe'uses coffee, bagels to combat stress on Wednesdays

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Disney's underratedly humorous 'Hocus Pocus'still lives up to why you fell in love with it as a child



University of Wisconsin STUDENT Of Wisconsin River Falls Oniversity of Wisconsin On CE **River Falls**

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Hot flash: Everyone wants to be a firefighter at River Falls open house with Sparky the mascot

Nathan Lukasavitz

Falcon News Service

For many children in River Falls, the 2017 Fire Department Open House on Sept. 25 had just as much to do with exploring a career path as it did learning about fire safety and prevention.

Hands-on activities and attractions at the open house event provided kids with the opportunity to dress like a firefighter, shoot water from a fire hose and explore the inside of the biggest fire truck in the department's fleet.

As the kids climbed up into the truck and had their pictures taken by their parents, the captain of the fire truck, Doug Rudesill, heard over and over what the kids want to be when they grow up.

"A lot of them say, 'Oh yeah, I'm going to come back and be a firefighter someday," Rudesill said. "They just like big trucks or standing next to the tall tires."

While kids and their parents enjoyed the vast variety of games, features and demonstrations that the event offered, Fire Chief Scott Nelson enjoyed a different aspect of the event — one that had very little to do with fire safety or prevention. "The food!" Nelson exclaimed. "The high school students

in River Falls make that for us. Their cooking class actually makes us our meals every Monday night for training, so it's a good partnership. We, of course, pay for the food, but then that helps their budget, and then they cook the food for us, and today they made us sloppy joes."

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Nathan Lukasavitz/Falcon News Service

Sparky, the fire department mascot, greets attendees at the Fire Department Open House on Sept. 25.

Gimme Shelter: Glen Park gets new pavilion and parking

Destrey Zarfos

Falcon News Service

River Falls park goers are certainly in for a treat after several years of propositions and planning. The Plan Commission, along with the Park and Recreation advisory board, joined together with other staff members and residents to develop a master plan for Glen and Hoffman Park back in 2015. Earlier this year, the City Council decided to move forward with plans to renovate Glen Park only as part of the Capital Improve Plan.

Plans have moved steadily so far this year with open houses, presentations and input sessions, with the final building concept presented to the City Council in mid September.

City Engineer Reid Wronski is a busy man. He "provides civil engineering guidance to the mayor, other city departments, boards and commissions and the general public concerning the planning, design, and construction of private and public works projects". Wronski is also the project manager of the Glen Park Renovation Project. That role entails "being responsible for taking a Glen Park Master Plan and technically implementing the master plan's vision within the project's budget constraints."

Currently, the project is over budget but ideas are circulat-

ing on how to handle that. First, staff will search for available grant opportunities as well as identifying components of the new park that could be conducive to naming rights. They will also spend time prioritizing the components of the project to

find which are most needed. Luckily for the budget, the Federal Emergency Management Agency (FEMA) has kicked in over 840,000 dollars to help build the new Glen Park pavilion that will double as an emergency shelter. Wronski is confident the new pavilion will be able to handle a lot. "It is designed to FEMA standards to withstand winds and wind-borne debris impacts up to 250 miles per hour. In simple terms it can withstand the most powerful F5 tornado. An ordinary park pavilion structure would not be designed to such standards and would likely be destroyed by such a tornado."

Chad Hughes, a resident of River Falls, lives close to Glen Park and finds time to visit often. He and his wife visit mostly on the weekends with their dog and usually enjoy packing a lunch for a picnic. Hughes has taken advantage of all the park has to offer. "We use the trails often and really appreciate the beauty of it. My favorite part is the bridge and we love to walk down by the water."

Much of those activities and amenities that Hughes and his family enjoy are on the list of things to keep according to the original master plan. The biggest issue the community had with Glen Park revolved around parking. Hughes is lucky enough to walk to Glen Park, but those having to park their cars have found it challenging at times.

"It does seem to get a little packed, parking wise. I am sure people wouldn't complain if there was more availability or space to deal with that – especially on the weekends," Hughes mentioned. Parking is one of the things addressed in the new renovations, hopefully with more structure and painted lines that will no longer be an issue.

Hughes feels lucky to live so close to Glen Park and will witness these changes firsthand. "I think we take parks for granted because we kind of just assume they're a thing that should be there but I don't think we realize how much we would miss the availability of having parks if they didn't exist. I think having a park is really great for cities to have as an open area for recreation and activities and relaxation amidst a city life."

Come springtime of 2018, final decisions will be made regarding renovations with construction beginning that summer. If everything goes according to plan, by winter of 2019 construction should be completed and Glen Park will be looking better than ever.



Tori Schneider/University Communications

Advisers from Chancellor's **Cabinet hope to** help students

Tori Schneider

Falcon News Service

Compared to other leadership bodies on campus, the chancellor's Cabinet might be less known to students.

"The Cabinet is a group of administrative leaders from around campus," UW-River Falls Chancellor Dean Van Galen said. "We focus on some important issues related to the campus. Some examples would be the state budget, UW-System initiatives, our strategic plan Pathways to Distinction. We look at information and data, have discussions about the direction of the university and really collaborate and work together."

Continued on Page 3

Chancellor Dean Van Galen gives his remarks at the ribbon cutting ceremony for the Falcon Center Sept. 21.

News Briefs:

New incubator for ag. innovation opens in River Falls, Wisconsin

The WinField® United Innovation Center — a new epicenter of research that will help give farmers more and better tools to grow crops more sustainably — opened in River Falls on September 27. The 55,000-square-foot facility replaces the 6,000 square-foot WinField Product Development Center and Spray Analysis System. The increased space brings greater capacity to conduct product research on a variety of agricultural products including adjuvants, herbicides, insecticides, fungicides, plant nutrition and performance solutions, and seed treatments.

The new facility will enhance WinField United's \$50 million annual research commitment to helping farmers grow food more sustainably and productively as they work to feed a growing world population. This research will help farmers precisely and responsibly apply crop protection and nutrient products exactly where they're needed in the field.

A key piece of the Innovation Center is the Infinity Group, a spray application laboratory with some of the most advanced capabilities in the world. The Infinity Group uses state-of-the art technology, including a wind tunnel, to evaluate the entire application process, including crop protection and adjuvant formulations, tank mixes, nozzle performance, spray characterization, drift and droplet deposition, and plant uptake. Testing is performed in the laboratory, and in both controlled and in-field environments. In the wind tunnel, spray application variables are tested using non-invasive diagnostic approaches to precisely measure droplet size and velocity.

WinField United is thrilled to continue creating innovative, quality products that deliver value to farmers through our commitment to excellence in data, science and technology, and to be doing so in the River Falls community.

The center has a significant history in River Falls, enjoying a 27-year partnership with the University of Wisconsin–River Falls. It has hired interns and full-time employees from the university over the years and conducted a variety of research and field trials on university land.

For the full article, visit https://www.uwrf.edu/ News/NewIncubatorforAgInnovationOpensinRiverFalls.cfm

Penterman is Ann Lydecker Lecture Series speaker at UW-River Falls

"Markieke Penterman: Farmer's Daughter, Immigrant, Award-winning Cheesemaker" will be presented by Marieke Penterman of Hollands Dairy in Thorp on Thursday, Oct. 12 from 5-6 p.m. in North Hall auditorium at the University of Wisconsin-River Falls. The event, part of the Ann Lydecker Lecture Series, is free and open to the public.

Born and raised on her family's 60-cow dairy farm in the Netherlands, Penterman was destined for a life in the dairy business. She earned her bachelor's degree in the dairy business and started as a farm inspector right after college. Farming land in the Netherlands is scarce and expensive, so in May 2002, she and her husband, Rolf, started a 350-cow dairy farm in Thorp. Penterman found herself missing the Dutch cheese she grew up on, thus deciding to learn the craft of Gouda cheese-making. In 2006, Penterman created her first of many exquisite batches of cheeses using equipment, cultures and herbs imported from the Netherlands.

In her first entry in the 2007 U.S. Cheese Championship, Penterman took home the first of many gold medals, over 150 and counting. Since that first win, she has won multiple awards each year at national and international cheese competitions. In 2013, she was named the U.S. Cheese Grand Champion; in 2014 at the World Cheese competition, Penterman swept the Aged Gouda Class; and in 2016, she swept the Flavored Gouda Class at the World Cheese Championship.

The Ann Lydecker Lecture Series was created in the memory of the late UWRF Chancellor and features a speaker on the issues facing women leaders in many contexts both in academia and beyond. The series is made possible by Bill Lydecker, Ann's husband, through the Ann Lydecker Lecture Series Fund of the UWRF Foundation.

For more information about Marieke's visit or the lecture series, call 715-425-3304 or email kathleen. hunzer@uwrf.edu.

Local Bookstore brews some magic in the community

Fox Den Used Books is hosting the fourth annual "Fox Den School of Magic and Mystery." Based on the Harry Potter novels, this event brings in people of ages 5 and up from the community as well as outside of it. Owners James and Heather Williams know of people who come from Colorado, California, and Chicago--just to name a few-- to partake in this magical event.

Families looking for a deeper experience can take a tour as a "first year," "second year," or "third year." Though Fox Den's three "years" of tours are loosely based on the first three novels, people don't need to go to the tours in order. They can sign up for whatever one they prefer. Each tour runs about forty minutes long and has a maximum of twenty people in order to keep the tour groups to a smaller number.

Actors-- mostly from the River Falls community-portray professors and other characters from the
books. Some other businesses get involved on their
own. For example, Selah Vie Coffee Cottage and
Bistro will have a dinner of Potter-themed food.
Three Schweet Sisters cupcake business will be
selling butterbeer cupcakes and spider cupcakes.
"Year One" happened this past weekend on September 30. "Year Two" will occur on October 14,
and "Year Three" on October 28.

For more information, visit sixthchamber.com/ or stop by the Fox Den, 120 S. Main St.

Follow the Student Voice on Twitter

@uwrfvoice

Campus Events Calendar:

- Week of South Korea: Korean Pottery Exhibit
 Friday, Oct. 6, 8 a.m.-8 p.m.
 Monday-Wednesday, Oct. 9-11
 Davee Library
- Homecoming Parade
 Saturday, Oct. 7, 10:30 a.m.-1 p.m.
 Downtown River Falls
- Homecoming Entertainment: Magician Nash Fung Saturday, Oct. 7, 7 p.m.-9 p.m.
 University Center
- Homecoming Band/Jazz Band Concert Saturday, Oct. 7, 7:30 p.m.-9 p.m. Abbott Concert Hall, KFA
- Homecoming Choral Concert Sunday, Oct. 8, 3 p.m.-5 p.m. Abbott Concert Hall, KFA

- Week of South Korea: Language, Culture and Identity Panel Discussion Monday, Oct. 9, 5:30 p.m.-8 p.m.
 North Hall
- Networking Social Tuesday, Oct. 10, 5 p.m.-6 p.m. Falcon's Nest, University Center
- Horticulture Society's Fall Plant Sale Wednesday-Friday, Oct. 11-13, 9 a.m-3 p.m.
 Agricultural Science Building
- Career Fair Wednesday, Oct. 11, 10 a.m.-3 p.m. Riverside Ballroom, University Center

Visit uwrf.edu for a full schedule of events

MPR's Cathy Wurzer returned to UW-River Falls for Homecoming

The University of Wisconsin-River Falls welcomed four-time Emmy winner and 1992 university alumna Cathy Wurzer as part of its homecoming celebrations this past week. She appeared as part of the WRFW "Welcome Home Week" series on Tuesday, Oct. 3. Prior to the interview Wurzer met with journalism students in the Principles and Ethics of Journalism class.

and urban studies. While on campus, she was also involved in many organizations including WRFW and Prologue, the campus poetry anthology. From her humble beginnings reading newscasts and eventually becoming station manager for WRFW, Wurzer became a talk show host for WCCO-AM, a producer for KMSP, as well as a political reporter for KSTP.

Wurzer holds degrees in broadcast journalism

In addition to her journalistic endeavors, she was also a trustee for the UW-River Falls Foundation and former president of the Minnesota chapter of Society for Professional Journalists. Wurzer also wrote "Tales of the Road: Highway 61."

Wurzer resides in St. Paul, Minn., and hosts both Minnesota Public Radio's "Morning Edition" and Twin Cities Public Television's weekly public affairs program, "Almanac."

For full article, visit:

https://www.uwrf.edu/News/MPRsCathyWurzerreturnstoUWRFduringHomecomingWeek.cfm

Student Senate Update: Oct. 3

President Abby Wendt called for a moment of silence in solidarity with the Las Vegas shooting victims.

The Student Government Association discussed a motion regarding DACA (Deferred Action for Childhood Arrivals), a program that was designed to protect undocumented immigrants that came to the U.S. as minors. DACA was rescinded by the Trump Administration last month, and the SGA discussed potentially supporting students of DACA by calling for the university to post information that might benefit those students.

The SGA approved a budget increase from \$210 to \$300 to buy supplies for the upcoming Homecoming Week festivities.

Students hoping to run for office showed up to pitch themselves to the SGA.

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

Weekly UWRF Crime Report

Thursday, September 29

Missing person was reported at Parker Hall at 4:27 a.m.

Sunday, October 1

 Animal bites were reported at the University Center at 5:50 p.m.

Tuesday, October 3

- Suspicious person/vehicular activity was reported by Parker Hall at 12:26 a.m.
- Suspicious person/vehicular activity was reported by Grimm Hall at 12:33 a.m.

Editor's Note:

Information for this section is taken from the UW-River Falls Police
Department incident reports.

Hot flash: Everyone wants to be a firefighter at River Falls open house with Sparky the mascot

Continued from Page 1

Though the food was definitely a highlight for the fire chief and others, the head-organizer of the event, Pauline Williams, believes it was this year's new features that drew a crowd of over 400 people.

"Every year we try to do something new," Williams explained. "The new thing that we had this year was the seatbelt convincer, it's called – the rollover simulator from the state of Wisconsin. That was a big hit. Of course, the inflatable obstacle course was a big hit with the kids."

Aside from all of the kid-friendly attractions that were scattered throughout the block on Second Street, where the event took place, the fire department also had specific things available that were intended primarily to teach parents.

"We want to teach the parents that carbon monoxide detectors beep four times when they go off; smoke detectors beep

they're gone for a while and they hear a detector in the house, they should count the beeps."

In addition to counting beeps, parents were also reminded of other things that they should keep in mind in order to prepare their households for what to do in the case of an emergency.

"You don't think about everything, like the fact that you should have that escape plan and you should have the rope for being up high," said Wendy Tokheim, a mother and River Falls resident. "Some of these things you have to remember to do and make an effort to do the evacuation monthly — or more often than you think."

Although the event is heavily centered around teaching and reminding people tips regarding fire safety, it ultimately serves as an annual tradition that the fire department uses to help build the community.

"It's a great way to introduce ourselves to the communi-

three times," stated Rudesill. "So when they come home, if ty, and to invite the community in and see what they pay for with the fire department," said Williams, who in addition to organizing the event has also served on the department for 25 years. "The community always gives us great support for this, and it was nice from our perspective, too. A lot of city administration was walking around, which is great to see."

> Engaging the community in fun ways is something that is very important to the fire department, which retains its firefighters on a volunteer basis. Currently, 49 firefighters serve on the city's fire department, according to Nelson.

> "People's lives are so busy that, frankly, it's tough to keep people in the program," Nelson said, "so we do a lot of fun stuff, and we make it enjoyable and make sure that they're having a great time."

Advisers from Chancellor's Cabinet hope to help students

Continued from Page 1

The chancellor said a critical part of Cabinet is communication and sharing information between campus divisions.

"When I arrived at UW-River Falls at that time, there was a larger Cabinet," Van Galen said. "I believe it was 15 people, so larger group, and then I decided to go to a smaller Cabinet of six people, and then for this academic year I thought it would be advantageous to include other persons on the Cabinet," Van Galen said.

Van Galen said that the driving force behind expanding the Cabinet is to enhance the communication among campus lead-

New members include the deans of all four academic colleges: Tricia Davis, interim dean of the College of Arts and Sciences; Dale Gallenberg, dean of the College of Agriculture, Food and Environmental Sciences; Michael Harris, dean of the College of Education and Professional Studies and Michael Fronmueller, dean of the College of Business and Economics.

The chancellor's four direct reports are also new appointees: Alan Symicek, executive director for facilities planning and management; Sarah Egerstom, executive director of admissions and new student and family programs; and Crystal Lanning, interim athletics director.

These seven new members join the chancellor, along with: Faye Perkins, interim provost and vice chancellor for academic affairs; Elizabeth Frueh, assistant chancellor for business and finance; Chris Mueller, assistant chancellor for university advancement; Gregg Heinselman, assistant chancellor for student affairs; and Beth Schommer, executive assistant to the chancellor, to make up the cabinet.

"The two really key people here are the chancellor and Beth (Schommer) because it's the chancellor's Cabinet," Mueller said. "It's his cabinet, we just participate. We're members at

Mueller is one of the returning members of the Cabinet and

has sat on the Cabinet for six and a half years. Mueller was in favor when the idea to expand the Cabinet

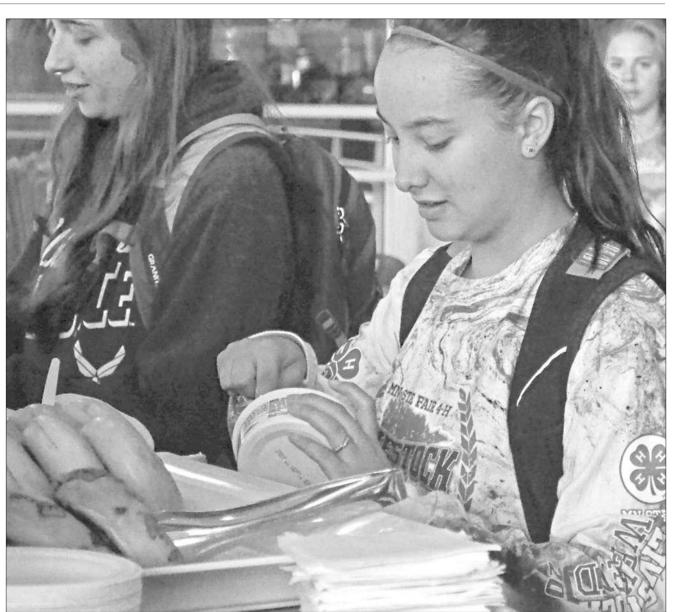
"Admissions, facilities, athletics play a critical role on this campus and having them be part of the discussion makes it just that much of a better discussion," Mueller said. "Any time we can improve communication and improve the diversity of perspectives at the table, it always leads to a better answer."

Interim Athletics Director Crystal Lanning sees that her unique perspective can benefit the Cabinet, the athletic department and the university as a whole.

"Some of (the chancellor's) direct reports—so (athletics), admissions, facilities- we play a much different role than some of the academic units on campus," Lanning said. "For us in particular, we still service a huge population of students but maybe from a more auxiliary function but I think we still can provide a different perspective."

Ultimately, the Cabinet has a direct effect on student life, even if students don't know about it.

"It would be good to have some input from the colleges," said April Mootz, a senior sociology major who had never heard of the Cabinet. "I definitely think that's a good idea."



Yasmine Ruetz/Student Voice

Sophomore Brittany Coop prepares her free bagel during The Hump Day Café held in the Involvement Center in the University Center Sept. 27.

Hump Day Cafe' uses coffee, bagels to combat stress on Wednesdays

Lauren Simenson

Falcon News Service

Wednesday is quickly becoming the best day of the week for UW-River Falls students. Each Wednesday morning starting at 9 o'clock, free coffee and bagels are available to anyone who wants them in the Involvement Center, located in UWRF's University Center.

The Hump Day Café, the official name of the free coffee and bagels event, is put on by UWRF's Student Government Association, which was formerly named the Student Senate.

Capitalizing on the success of the Hump Day Café of the previous year, the SGA has recently decided to allocate \$2,500 to continue to provide coffee and bagels to students every Wednesday during this fall semester. Last year during spring semester the event cost \$5,000 so that bagels and coffee could also be served in the library.

SGA President Abby Wendt explained that by focusing on distribution of the mid-week treat in one location, the SGA is able to offer coffee and bagels every Wednesday of the semester and spend less money doing so.

This event is a way to advertise the student government

body and provide an opportunity for more interaction between the SGA and students. Every Wednesday, a member of the SGA will be present to answer any questions students might have or to just say hello.

Anja Gridley, the director of marketing and outreach, was in charge of advertising the Hump Day Café to students, who she says often do not even realize the SGA is behind this Wednesday morning event. She is the one responsible for the new Hump Day Café posters, which sport a camel as well as the new SGA name and logo, and can be seen in the Involvement Center.

The Hump Day Café, which has provided coffee and bagels to students on three Wednesdays so far this semester, has continued to be a great success, according to the SGA.

SGA Vice President Kaylee Kildahl notes that the coffee and bagels last about an hour each Wednesday and there is often a line that forms before any food or drinks are set out. So far, she says, the SGA has seen great responses from students who love having something to look forward to in the middle of their school week.



EDITORIAL

Active shooter awareness is critical in time of national tragedy

In the case of an active shooter, UW-River Falls has a written "Emergency Response Guide" posted online. It details the steps that a person should follow should an active assailant appear on campus unexpectedly. The first recommended course of action is to run away if at all possible. Failing that, a person should hide out of view where they are offered protection from potential gunfire. The last resort is to fight off the assailant with whatever is on hand. The University has determined that this three-step process is the most effective way to react to this sort of situation.

We at the Student Voice think this is not enough. After the tragedy in Las Vegas where a gunman left over 50 dead and 500 injured, we feel that it is the responsibility of universities to ensure that students are well-aware of the fact that this situation could arise at any given moment. It is all-too easy to believe that such a thing could never occur in one's hometown. However, an article from Mother Jones shows that the frequency and violence of mass shootings in the U.S. has been on the rise over the past decade. There have already been nine with double-digit fatalities in the last ten years, three of which broke the record for the deadliest shooting in U.S. history at the time.

Our suggestion is to increase campus-wide awareness of the Emergency Response Guide steps. This would include posting the steps in every classroom and hallway much like a tornado or fire drill plan. It would also include holding lockdown drills to ensure that people react with a fear response that can save their lives, rather than simply freezing up. We also propose using the emergency response system as a means for conveying what to do in an active shooter situation. The broadcast would alert students as well as give directions for steps to ensure their safety.

This, however, is a case of treating the symptoms but not the disease. It is clear that mass shootings are on the rise, and it is not enough to simply label these gunmen as "outliers" and teach people how to deal with them should they appear. We need to recognize this problem as something that is rooted in our society's outlook on mental health.

Mental health issues carry a significant stigma in our culture, and it can be difficult for someone suffering from an illness to reach out to family, friends or professionals to help. Similarly, there is a society-wide aversion to intruding on the troubles of other people. When faced with a potential opportunity to take a step and reach out towards someone who is struggling, we often freeze much like we would in the case of an active shooter. Taking this step into a person's life is often essential in preventing further harm, both for the afflicted person and for those around them.

As it has been proven in these recent mass shootings, these situations can arise anywhere and anytime in the country. Taking these steps to increase awareness and plan for action not only allow us to be ready, but also bring the problem to the forefront where it belongs.

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The *Student Voice* is a student-written and managed newspaper for UW-River Falls, and is published Fridays during the regular school year.

All editorial content in the *Student Voice* is determined by the newspaper's Editorial Board. The opinions expressed in editorials and columns do not represent those of the newspaper's advisor, student population, administration, faculty or staff.

Letters to the editor must be 300 words or less, and include a first and last name and phone number. They can be submitted at 304 North Hall, River Falls, WI 54022 or to editor@uwrfvoice.com.

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



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

WISCONSIN editorial stall by email through editor@uwrfvoice.com.

NEWSPAPER Newspaper theft is a crime. Those who violate the single copy

ASSOCIATION rule may be subject to civil and criminal prosecution.

Desensitization to violence raises questions for gun control in America

Lauren A. Simenson

Columnist

Guns are all over America. In practically everyone's homes (mine included), in movies, sold in the toy aisle, enmeshed into our cultural values and norms and prominently shown on our TVs

America's obsession with the crime fiction and true crime genre is clear in the ample amount of crime and cop shows that overwhelm our televisions. All of these shows frequently feature gun violence, and it seems that at least one person is shot or a gun is used in every episode.

For the longest time I did all I could to avoid catching even the slightest glimpse of a show that featured a true crime case or talked about serial murderers. I never even could watch "Law and Order SVU," a show that downright terrified me and frankly still does. I rarely even watched cop shows. I did not want to take any part in the very elements which made shows in this crime genre appealing to so many others. I used to get so scared watching these shows because it was all too easy for me to imagine what was happening on these shows to happen in real life. Eventually, I did not have to imagine. Our reality started to imitate fiction.

After a while, I became so inundated with this violence heavy genre that I began to not even feel scared anymore. I became utterly unaffected by what I was seeing on TV. I was desensitized to it all. It does not help that as TV was becoming increasingly more violent, America had been getting increasingly more violent as well.

In my almost 22 years on this planet, there has been at least one mass shooting every year since I was born. This is according to data compiled in a Mother Jones' investigation of the number of U.S. mass shootings since 1982.

When I awoke on Monday morning and saw what had happened the night before in Las Vegas, I could not hide the

fact that the devastating news was also not shocking to me. The video of the steady pops of bullets flying through the air, the screams and yells, and the shrill sounds of sirens in the background were nothing new. I see video footage like this on the news all the time now. The pictures of cowboy-bootwearing people clutching each other, their faces frozen in fear and grief are not unique anymore. Violence and murder are the norm now- on TV and in life.

I guess from this immense history of mass shooting in America, I am starting to see the appeal of crime shows now. On crime shows, it is clear that what I am seeing is not real life. I always know that I have one hour to watch the crime take place, for the "heroes" to come in and solve the case and save the day. At the end of that hour, the criminal is caught, confesses and is dealt swift and righteous justice. The "heroes" get to congratulate themselves on a job well done, and we, the viewer, feel quite satisfied because nothing is a mystery anymore and all the loose ends are tied. The problem is solved, the fight is over and taken care of.

Unfortunately, the reality we are all living in right now won't take just an hour to solve. We might never get a clear answer or rationale to help us understand how and why such an act of terrorism could take place. I may never understand how we have all let this kind of terrorism happen to us over and over again. There is no way we can change channels to avoid seeing this repetitive tragedy of murder and violence in our lives. I have had enough of being numb to repeated acts of terrorism and mass shootings. I want to see swift and righteous action in how guns are regulated and controlled in our country.

Lauren Simenson is a senior 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.

Sustainably Ugly: Ugly food might solve the under-balanced college diet

Bethany Lovejoy

Columnist

Growing up I've had a strange relationship with food due to my parents' choices in employment.

When I was younger and my mother was working at night, I was an Insta-kid-a kid raised on the culinary prowess of Chef Boyardee and Kid Cuisine. Sure, when my parents had time and energy they would cook for my sister and me, but more often than not they would slide a bowl of canned soup across the table. I knew that it wasn't right at the time but still enjoyed it, my face lighting up whenever I saw a frozen pizza box.

But then my father opened his restaurant and my mother quit her job, and things just started to appear. Leafy greens and the sort sat on our counter instead of cans of mandarin oranges, my mother had time to teach me how to cook and it was more convenient to learn how to cook veggies.

You might be an insta-kid and struggle to think of the time and energy it takes to pick out fruits and vegetables in contrast to walking to the frozen food aisle. You also don't want to spend 60 dollars on a week's worth of produce that you don't know how to cook or pick out.

Is it okay if an apple has a light yellow spot? A lot of my friends think not.

What if someone told you that food with greater cosmetic flaws than just a yellow spot is still edible, and that reports say that roughly 30% to 50% of all produce grown for public consumption is thrown away for cosmetic flaws.

Popping up in response to this epidemic are startups built with two missions: to reduce food waste and provide healthy options to areas declared food wastelands. Food wastelands are areas where the price of produce and other nutritious foods is outside the budget of the average citizen. This results in a higher tendency choose in prepared foods and high caloric treats

The premise is this; if someone left a box of produce on your doorstep for under twenty dollars, would you use it even if it was cosmetically flawed? Keep in mind, you still pay for the service and there are people sorting through these fruits and vegetables to make sure that they are still edible.

If it costs under twenty dollars and contained enough vegetables for you to cook with for anywhere from one week to two weeks, would you be more likely to reach for that box more often than you do the lean cuisine boxes in the refrigerator?

These startups were created to allow low-income families who may not have reliable transportation, who face high produce charges at the market and who may not be well educated in the matter of choosing produce to have access to a healthier diet.

And things that target low income families typically go over well with college students.

I've watched many a college student devour an entire Meatzza on their own, but if these services expanded onto college campuses as well, would you make the choice?

I argue that you should make the choice and you should be proud of making the choice, as not only are you giving yourself cheap tools for a healthier lifestyle but also reducing the amount of food waste produced by the United States. A large portion of all trash in the United States that's sitting in landfills right now is food waste. And yes, some of it is rotten and food waste does decompose. But a large portion is edible and sitting in landfills, not composts where the soil could be recollected.

Having these services expand their delivery to more college towns could play an even larger part in the reduction of food waste and the healthy nourishment of a portion of the population.

Not only that, it would expand the bottom line of these organizations further, thus allowing for more connections with farmers and corporations that would aid in the reduction of food waste.

And reduce the sale of whole Meatzzas.

Bethany Lovejoy is a third year Creative Writing student who is not entirely sure what she would like to d with her life. In her freetime she'd like to try to figure that question out, but watches movies instead of doing so. She enjoys Chicken Tenders and sleeping in brightly lit places.

Dealing with head lice is a pain, but with perserverance can be done

Abigail Erickson

Columnist

Dear Abigail,

Some of my friends recently contracted lice, and I was wondering what the best methods were for treating them. How do you look for nits? What are some places in the area you can go to get supplies?

Sincerely, The Friend Without Lice

Dear the Friend Without Lice,

I am so sorry to hear about your friends contracting lice! While it is a very unfortunate thing that can happen, it is also very common and nothing to be embarrassed about. It's just one of the things that happens when you hang out in people's dorm rooms!

Continued on page 5

Check out the Student Voice online at uwrfvoice.com.

Dealing with head lice is a pain, but can be done

Continued from page 4

When it comes to treating head lice, one product isn't necessarily better than another. Your friends just need to be very thorough with the entire process. The first thing they

should do is to go the store and get some kind of topical product that will work to kill the lice. Walgreens on Main Street has a variety of lice treatment products in stock right now. It's best to have an extra set of hands to help apply the product and be sure to follow the directions of whatever product they purchased as best as you can.

When it comes to nits, which are the eggs that grow into the adult lice that crawl around your head and feed off your blood, it is best to use a fine tooth comb to brush them out. They are usually attached at the base of the hair, so try to comb as closely to the root as possible and then pull the comb all the way through the hair and clean it off before brushing through the hair again. If a fine tooth comb wasn't included in the product you purchased, then you should be able to find one for a couple of dollars that you can add on to your purchase. While the product is processing on the scalp the real work begins.

Anything that is fabric needs to be washed. Everything. Blankets, pillows, their mom's sweater they borrowed and never gave back, the stuffed animal they've had since they were three, and basically anything else that could have possibly touched their head since it became infested with lice. Head lice is usually spread person to person by sharing cloth items. This is the best way to make sure they don't fail to kill all the lice on their head, and then snuggle up on bed and give lice back to themselves. If they do have items like a couch that can't be washed, the best course of action is to avoid touching the couch for 2-3 days. This will give any lice on the couch time to die off and then you can remove them by vacuuming.

Good luck! Abigail

STUDENT voices

Is it "hotdish" or "casserole"?

Compiled by Yasmine Ruetz



Mason Craker Freshman "Hotdish, right?"



Brooklyn Jenness Sophomore "Both. A hotdish casserole."



Amy Carlson Senior

Dylan Swerig

Sophomore

"Casserole"

"It's a hotdish, because I'm from Minnesota."



Kenyan Gustafso Senior "It's a casserole, I'm from Illinois."



Ross Fugl Senior "It's totally a hotdish, 100 percent."

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

Falcons football bolsters defense with Division I transfers

Zach Dwyer

Falcon News Service

Coming home can be a feeling that maximizes a person's joy and potential. In the case of three football players at UW-River Falls, initial journeys to Division I schools have brought them back close to home.

Nick Jacobsen, Max Praschak and Rakeem Felder are all players who bring Division I experience to the Falcons. The defensive unit has led the nation in run defense, and it comes as little surprise that these three players have been part of the team defense concept that the Falcons stress.

All three student-athletes might have arrived at the same place, but each took drastically different paths to end up at UWRF.

Jacobsen began at North Dakota State after he graduated from Prescott high school in 2013 and redshirted in his first season, which allowed him to have four years of eligibility remaining. He didn't feel like the program at NDSU was the right situation for him.

"It wasn't a good fit for me," the senior defensive lineman said. "I thought I'd come closer to home here, and I'm only 10 miles from Prescott. I knew a bunch of guys on the team and knew right away I wanted to be here."

Jacobsen felt like he fit in right away, which is similar to University of Wisconsin-Madison transfer Praschak. Praschak played for the Badgers last season as a redshirt freshman linebacker and appeared in two games at the Division I level.

"It was more of I wasn't happy playing football there anymore," Praschak said. "It was so much, and I kind of stopped liking it because of the time commitment. I wanted a change and didn't fit in with the city of Madison, so I came back home."

Praschak said defensive back Mitch Dienger told him to come sit by them at lunch the first day, and has quickly become one of the guys.

"It feels like I've been here for a while," Praschak said. "These are great guys, and most are from small towns like me. I love it here and couldn't ask for playing with a better group of guys."

Praschak also enters a defense that is the same as his high school scheme. Somerset native Rocky Larson is the Falcons defense coordinator and runs the same defense that Praschak played in at Somerset.

"It's the second year of running this defense, and they've really bought into team defense," Praschak said.

Felder is a junior defensive lineman who played football at Eastern Michigan. While Jacobsen and Praschak had relatively simple paths coming to UWRF, Felder had a more complicated route.

"I started missing home more and was in a tough spot (at Eastern Michigan)," Felder said. "I was having family trouble and I looked for the closest school near my house that would be a good option."

As soon as Felder had sent his tape to the Falcons coaching staff, they were on top of the recruiting process, he said.

"I met with them personally, and they came off as really cool guys and really cool coaches," Felder said. "Being around that environment, I was like, sign me up, I'm ready to be a Falcon."

However, the path to UWRF had more twists and turns in store. Felder would return to the state of Michigan for personal reasons and spend another year there. It wasn't until this March that he was able to reconnect on his plan to attend UW-River Falls for this school year.

"(Coach Matt Walker) kept in contact with me during that whole year I wasn't playing," Felder said. "We talked about me coming back on to play and making a big impact. I couldn't ask for too much more than that."

The recruiting process can be difficult with players who have offers from schools above the Division III level, Walker said. His strategy has been to develop relationships early on and be nice to players who decided to take a scholarship.

"Once they are playing, we can't reach out to them," Walk-

er said. "There's a release process, and in all three cases they reached out to us. I think we were the only place they had in mind when they were making their decision."

Along with a host of Division II transfers at UWRF in re-

cent years, the team is quickly proving to be an attractive program for transfers. Walker believes it is partially due to the players' perception of his coaching staff.

"After high school, the players know how to get past what is thrown at them in recruiting," Walker said. "They learn how real and honest our staff is in a profession of some crazy people. Life comes first and that's a big deal for us."

Walker said bringing Jacobsen in has slowly helped with other transfers and created a ripple effect that opens doors for future players.

"We've had 26 NFL teams in here scouting him, and it's only going to help in the transfer process," Walker said.

Walker believes this year's defense has been one of his strongest sides of the ball on any team he has coached. The depth beyond the three Division I transfers has created a dominant threat for the Falcons. Dienger is second on the team in tackles, and the Falcons' secondary has forced three turnovers this season.

Some teams bringing in high-profile recruits might expect to see a difficult time being accepted once they arrive at the Division III level. However, the Falcons have continued to hold true to their concepts of family and brotherhood.

"Ever since we all got on the same page and started playing for each other, it's been good," Felder said. "After the Coe loss we had a talk about being a team and playing for each other. Different players on defense have tightened up and have been doing their 1/11th."

Since that 13-9 loss to Coe on Sept. 2, the Falcons have been a different team on the defensive side of the ball.

"We're believing in each other and everybody believes the guy next to them will do their job every single play," Jacobsen said. "If everyone does their job, they shouldn't gain a yard."

When teams have tried to rush against the Falcons this year, oppenents been hard pressed to even find a yard. Through three games the Falcons have only allowed 40 yards on the ground and 0.6 yards per rush.

The Falcons began WIAC play against UW-Eau Claire with a 30-7 win on Saturday. Their game against ninth ranked UW-Platteville will finally be a chance to show what they're made of against the conference Walker calls "the best league in the country" for Division III.

"I think we're the best defense in the conference, hands down," Felder said. "We're going to start playing these conference games and let our play speak for ourselves. We all believe we're number one and have to go out there and make it happen."

Praschak also said it is only a matter of time before teams start to realize how far UW-River Falls has come.

"I think River Falls is on the rise, and the people here can see it," he said. "According to other coaches' projections, River Falls isn't as respected as we'd like. We're ready to change everyone's perceptions this season."



Tori Schneider/Student Voice

Max Praschak tackles Coe College's Fred Douglas out of bounds during a game between the two teams at Ramer Field at David Smith Stadium on Sept. 2.

Falcons Results

Football

UW-River Falls started off WIAC play in dominant fashion, taking down the UW-Eau Claire Blugolds 30-7 on the road at Carson Park. Senior running back Michael Diggins had his fourth-straight 100-yard rushing performance to lead the way for the Falcons. Travon Hearns had an extremely efficient day, going 15-19 through the air for 214 yards and a touchdown. The Falcons defense continued its strong presence, holding the Blugolds to under 200 yards of total offense. The defense is ranked fifth in the country in scoring defense and second in rushing yards per game. With the win UWRF improves to 3-1 overall and 1-0 in the WIAC. UW-River Falls hosts ninth-ranked UW-Platteville on Saturday at 1 p.m. for homecoming.

Women's Volleyball

The Falcons had a tough week, dropping two WIAC games against the UW-La Crosse Eagles and the number-7 ranked UW-Whitewater Warhawks on Sept. 27 and Sept. 30. Dakotah Poitra led the way for the Falcons with 12 kills between the two matches, while Hannah Robb combined for 28 digs. UWRF plays in the Sandy Schumacher Memorial Tournament in Eau Claire this weekend, starting against Milliken University on Friday.

Women's Soccer

UWRF tied the UW-Oshkosh Titans on Sept. 30 in a 1-1 draw at Ramer Field. Maggie Koehler scored a goal in the second minute to put the Falcons up 1-0. UW-Oshkosh fought back in the 50th minute to even the game on a goal by Addie Schmitz. Both teams had plenty of opportunities to put the game away, but neither could find the back of the net. UWRF outshot the Titans 21-15 on the afternoon. The Falcons next travel to UW-La Crosse on Saturday to play the Eagles at 3:30 p.m.

Schedule

Oct. 6: Women's Volleyball vs Milikin University 3 p.m.

Oct. 6: Women's Golf at WIAC Championships

Oct. 7: Women's Tennis vs University of Dubuque 9 a.m.

Oct. 7: Women's Volleyball vs Augsburg University 10 a.m.

Oct. 7: Women's Volleyball vs St. Scholastica 12 p.m.

Oct. 7: Women's Tennis vs UW-Stevens Point 3 p.m.

Oct. 7: Women's Soccer at UW-La Crosse 3:30 p.m.

Oct. 7: Men's Cross Country at Lawerence 10:30 a.m.

Oct. 7: Women's Cross Country at Lawerence 11:30 a.m.

Oct. 7: Football vs UW-Platteville (homecoming) 1 p.m.

Oct. 11: Women's Volleyball at UW-Stout 7 p.m.

Oct. 11: Women's Soccer at Augsburg University 7:30 p.m.

Home games in **BOLD**

wins at Homecoming **Border Batt**

UWRF's 2017 homecoming festivities kicked off this week. The Border Battle Tug-o-War took place on Tuesday with a competition between Wisconsin and Minnesota residents for the title. The cheeseheads came out on top with the victory. The celebration continues this weekend with Falcon's Got Talent in the

Falcon's Nest on Friday at 8 p.m. Saturday will be a busy day for the Falcons with the Tennis team taking on University of Dubuque at 9 a.m., followed by the homecoming parade on Main Street at 10:30 a.m. Then the Falcons football team takes on UW- Platteville at 1 p.m. at Ramer Field. Tennis will then take on UW- Stevens Point at 3 p.m. Then students can enjoy Magican Nash Fung in the Falcon's Nest at 7 p.m. or take in the sounds of the homecoming band concert in Abbott Concert Hall at 7:30 p.m.



Tori Schneider/ Student Voice

Gabby Munstereiger, left and Thelma Ritzinger represent their states before the homecoming border battle tug-o-war between Wisconsin and Minnesota at Ramer Field on Tuesday.



Tori Schneider/Student Voice

Spencer Kuether, a freshman computer science major, pulls for Wisconsin during the homecoming border battle at tug-o-war between Wisconsin and Minnesota at Ramer Field on Tuesday.



Tori Schneider/Student Voice

Wide Receiver Eric Geisthardt pulls for the Minnesota team as the UWRF football team competes in the first round of the homecoming border battle between Wisconsin and Minnesota at Ramer Field on Tuesday.



Tori Schneider/Student Voice

A student celebrates after Minnesota wins a round during the homecoming border battle tug-o-war between Wisconsin and Minnesota at Ramer Field on Tuesday.



Tori Schneider/Student Voice

Team Minnesota competes during the homecoming border battle tug-o-war between Wisconsin and Minnesota at Ramer Field on Tuesday.

Check out the Student Voice online at uwrfvoice.com.

Disney's underratedly humorous 'Hocus Pocus' still lives up to why you fell in love with it as a child

Bethany Lovejoy

Reviewer

To preface this review, I would like to state that I am not a fan of Sarah Jessica Parker. This is not for reasons concerning appearance or the sound of her voice. This is for the personal belief that Sarah Jessica Parker is only capable of playing two people: Sarah Jessica Parker and the blonde witch from "Hocus Pocus."

Thankfully, this review is about "Hocus Pocus."

"Hocus Pocus" is the height of all Halloween movies and must be respected as such. In the early 2000s, you could easily pinpoint when "Hocus Pocus" and "Halloweentown" had been on the air by the number of sticks being wielded by children on playgrounds across the nation.

As I sat there watching the complimentary book shot and pan over a wooded area, I prepared myself for waves of nostalgia and glee. Really, it was glee until I saw Thackery and realized that he is not as beautiful as I remember.

Also, that his actor doesn't really know what to do with his

The Binx is best sampled in his cat form, with only his vocals and a combination of puppets relied on to produce a cool

Anyway, so the Binx watches his sister get stolen by a bunch of old women and decides to chase after them. His lack of limb control stands in the way and he basically decides to chase them via falling down a large hill and ripping all of his clothing.

He finally arrives and sees his sister sitting calmly in a chair, and is nearly snuffed out by the witches.

The witches, who are feeling pretty old and not about that, decide that they are going to do a weird vacuum thing and drink up the life of his sister. Before they can do this, however, The Binx decides to do an unsuccessful rescue attempt for his sister but fails at whooping three elderly women.

To be fair, the man did just fall down a hill and run into like fifty trees.

He does succeed at delivering a burn when he tells the witches, "There are not enough children in the world to make you beautiful." Savage.

The sisters aren't about that burnt life, so they decide to turn him into a CGI/puppet/animatronic cat.

The townspeople show up and are like, "Forget the children, where is the Binx?"

The Sanderson sisters are like, "I mean, who really knows? Anyway, we're going to do some magic."

They start doing this spell and stating the terms and conditions of their return to the earth, which is great and all but raises the question of why they are even allowed to do this.

Let me explain:

They are literally standing in front of the townspeople who are getting ready to hang them. They have ropes around their necks

Why they didn't just hang them mid-spell is beyond me.

Anyway, so the sisters set the terms and conditions, which are pretty darn specific: they can only come back to life if a



virgin decides to light this one specific candle on All Hallow's Eve while there's a full moon.

Enter a virgin on All Hallows Eve.

Max is a professional virgin and student at Salem High School. He slides his number to girls who can disprove him in a public setting.

He also wears really unfortunately colored tie-dye which makes the cringeyness of the 90s twice as cringey.

On his way home, Max manages to get bullied by the only people more likely to be mocked unrelentedly at his school-Jack and a guy who has changed his name to ICE. ICE has also shaved his new name into the back of his head. You know, so people know who he is.

ICE and Jack are not smart guys.

Max gets his trainers stolen by the two, who enjoy good footwear and great haircuts.

Max has a beautiful sister named Dani who is too good for him and precious for this world. She's really into Halloween and witches, both of which Max hates.

Max hates all that is good in this world.

Max is supposed to take Dani trick or treating so that his mom and dad could party, but Max is not about that. Max would rather an eight-year-old girl go trick or treating alone. She's literally three feet tall and has the face of an infant.

Max is immediately shown that this would have been a horrible idea when he goes trick or treating with his sister and runs into ICE and Jack again. Dani wants Max to be a good

brother for like five seconds, but instead he decides to make this poor Halloween-loving baby cry and regret her life.

She decides to get back at him by being the worst wingman and telling the girl he likes that he enjoys her various jumbly parts. This leads to the natural segue of, "Hey wanna go to a haunted witch house that's, like, protected by a feral cat?"

Anyway, they go to the house and Max lights the virgin candle. The Binx shows up for a bit to fight, as is his given right, but Max manages to light the sucker.

The witches wake up and are ready to drink tasty childhood youth and also show off their amazing hairstyles.

The black-haired witch uses her premium-level sense of smell to detect children and kicks off the main plot of the movie: protecting children from witches while deepening the bonds of siblinghood and newfound friendship.

Because the real magic is in friendship and the many possibilities that lie within our nation's youth.

Anyway, the Binx speaks to Max in his human voice and tells him that he needs to Nicolas Cage the witches' spellbook and head for the hills.

This works for approximately five minutes before everyone decides to open the book and the witches are pretty much able to GPS where they are. To add insult to injury, the witches take both the book and Dani.

Even though they manage to rescue Dani, the witches are still able to brew their special child eating potion and try to force Dani to drink it.

The Binx Binxes again and jumps on the head witch, smacking the potion to Max. The head witch decides the best response to this is to mortally wound him via throwing.

So, she like straight up breaks his back or something.

Max decides to drink the potion and sacrifice himself, but the head witch can't drink him anyway because the sun has come up, so she just dies.

The Binx, who was probably just staying alive out of spite at this point, promptly dies.

But then he does this weird ghost thing? His little sister (also a ghost) rolls up and is like, "You ready to go?" and the Binx is like, "Sure." They go into heaven together to spend the rest of eternity together.

The Binx is literally the only person in the world who would want to spend the rest of eternity with his sibling. This makes the Binx easily the most likable character.

Overall, you can see why "Hocus Pocus" did not initially reach commercial success. Parts of it were a bit weird, some of the actors weren't quite sure how actual human beings behaved, and all the budget that would have gone to marketing instead went to various iterations of the same cat.

However, "Hocus Pocus" is an iconic movie that is still enjoyable 24 years later.

It's just as funny as it was when I was a child, maybe even more so with the blatant ninety-ness of it all. The characters are actually likable, most things make sense, and to be honest? I really think that the remake that people are talking about is unneeded.

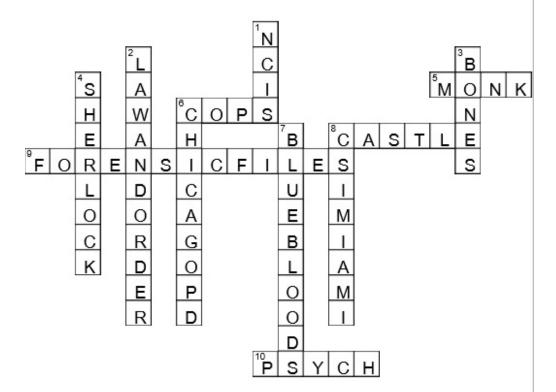
All of us need to leave room for improvement but, I'd give it a 4.5 out of 5.

A true Binx of a movie.

Bethany Lovejoy is a 3rd yeard Creative Writing Student. She enjoys spending time alone and writing.

Last Week's Answers

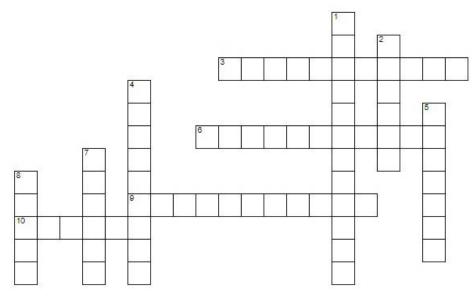
Cop, Crime and Detective Shows



Puzzle created at puzzle-maker.com

Puzzle of the Week

Things That are Most



ACROSS

- 3 Tallest mountain in our solar system.
- 6 Longest-living species of tree in the world.
 9 Animal with the fastest metabolism in the world.

10 Largest country (by area) in the world.

DOWN

1 Tallest mountain in the world.

Longest river in the world.
 Largest animal in the world.
 Tallest growing species of tree

4 Largest animal in the world. 5 Tallest-growing species of tree in the world.

Largest state (by area) in the U.S.
 Smallest (by weight) living mammal in the world is from this group of rodents.

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@ uwrfvoice.com AFTER 10 a.m. Friday wins!

Now Playing: Kingsman: The Golden Circle

The winner will be announced on the Voice's Twitter and Facebook accounts:

@uwrfvoice and facebook.com/Uwrfstudentvoice

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