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STUDENT VOICE

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Fate of swim, dive team yet to be determined

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UW-River Falls Chancellor Dean Van Galen and Athletic Director Rick Bowen are in the process of deciding whether the swim and dive program will continue after this year.

On Sept. 22, there was a meeting between Van Galen, Bowen and Head Coach Bill Henderson.

"They asked me if just before Thanksgiving break was ok to make the final decision. I want the decision to be made as soon as possible, but also a fair [one]," Henderson said.

This will be tough for the new recruits whose tentative date to visit the campus is set for Nov. 13. "The current swimmers have to make a decision about their future as well,"

Henderson said.

In early June the Karges pool broke down and the executive council consisting of Van Galen, Associate Vice Chancellor for Student Affairs Gregg Heinselman, Provost and Vice Chancellor for Academic Affairs Fernando Delgado and Vice Chancellor for Administration and Finance Lisa Wheeler decided against using money to repair the 52-year-old facility and bring it back up to use.

After that decision was made, Bowen contacted River Falls High School about the possible usage of their pool for this year's team. The time slots available to the UWRF team were 5:30 a.m. and 8-10:00 p.m.

The team started their season Sept. 14 and began training at the high school. The swimmers are currently being divided up with half

training in the morning and the other half in the evening slot.

Meanwhile, Bowen is looking into what the future of the team is.

"Rick Bowen is looking into whether or not the swim team should be continued until a new facility is built on campus," Henderson said.

If all goes well, the new Health and Human Performance recreation building will be completed by spring 2012 and would open in fall 2013. However, the pool was taken out of current plans for the facility because the plan was \$14 million over budget. The estimated total cost for the project is \$74 million; the pool originally represented \$13.5 million of that. Therefore, the pool will not be a part of the new facility and it would have to be built

later on.

"My guess would be, at best six years," Henderson said when asked about when the University may have a pool on campus again.

Henderson doesn't see money being a major factor in the decision to continue or discontinue the team.

"The cost to send both teams to River Falls High School would be between \$13,000 and \$15,000 a year. The cost to run the Karges pool, with heating, chemicals and staffing is even more than that," he said.

Henderson also spoke highly of the members of the team and the overall success that the program has had.

"Last year's team had a 3.18 GPA as an av-

See Pool page 3

Xcel Energy gives grant to WiTEACH

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In July, the Wisconsin Teacher Education Leadership Program (WiTEACH) at UW-River Falls received a \$2,000 grant from the Xcel Energy Foundation.

"The WiTEACH Leadership Program is a holistic student development program designed as a response to the national and local needs and challenges in both the recruitment and retention of talented and well-trained Science, Technology, Engineering and Mathematics, (STEM)-focused K-12 teacher candidates, and candidates from diverse populations, who will diligently serve the nation's schools with the most need," according to the Web site.

"The College of Education and Professional Studies enrolls more than 1,400 students altogether and 1,222 teacher education students... in 2007-08, only 55 Teacher Education students were from historically underrepresented/diverse populations-fewer than 5 percent," according to the program summary.

The grant was turned into a scholarship for four College of Education and Professional Studies (COEPS) students, totaling \$500 for each student.

Dr. Genella Stubrud, a faculty member at UWRF who created the WiTEACH program, was brought to UWRF last year to lead a Wisconsin statewide initiative to promote the education of future teachers in the high demand fields of science, technology, engineering and mathematics. Stubrud wrote the grant that the Xcel Energy Foundation donated.

"We use the \$2,000 to provide four students who are going through the program, [with] \$500 [each]," Stubrud said.

The students are to remain anonymous. All four

See WiTEACH page 3

Border battle erupts in UC



Football fans gather in the Falcon's Nest of the University Center Monday to watch the NFL football game between the Minnesota Vikings and the Green Bay Packers. The Vikings won the game with a final score of 30-23.

Sarah Schneider/Student Voice

Student Life welcomes new additions, experience to staff



New to the UWRF Student Life staff this year are Ashley Olson, Paul Shepherd and Matt Levine.

Katie Herr
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This summer, Student Life staff welcomed three new members to its team: Paul Shepherd, Matt Levine and Ashley Olson, each bringing fresh ideas to their new roles.

Paul Shepherd, director of Student Life; Matt Levine, Student Organization and Greek Life coordinator; and Ashley Olson, socio cultural coordinator, each joined the UW-River Falls staff on Aug. 10.

Shepherd has a Bachelor of Science in organizational communication with a minor in human resource management. Additionally, he has a Masters of Science in Education with an emphasis in college student development and university administration.

He uses this background in his duties, which include responsibility of the overall direction and administrative leadership of the Office of Student Life. This includes supervision of four coordinators working with leadership, service learning, multicultural education, Greek Life, student organizations and campus-wide events.

Before coming to UWRF, Shepherd worked at UW-La Crosse for five years as a graduate assistant and a professional residence hall director. In addition, he

worked at UW-Eau Claire for four years as the assistant director of Residence Life for Leadership and Education.

Shepherd said he came to UWRF because he was looking for a way to progress in his career while continuing to work with issues that he feels have a direct impact on students' educational experience in college.

"I have always heard great things about UWRF from colleagues across the state," Shepherd said, "and knew if an opportunity presented itself, I would apply to work here."

Levine comes to the University from Iowa State, where he earned his Masters in Education with an emphasis on higher education. Before that, he attended Drake University where he earned his B.S. in Psychology.

While at Iowa State, Levine was very involved with students and student life. He was an advisor for America Reads America Counts, tutored in the community of Ames, Iowa, and helped students with life skills training. He was also a part time academic advisor and was a mentor to first year and transfer student athletes.

Levine's duties include overseeing student organizations and making sure that they are following the proper procedures. He also makes sure that the records are kept up to date and that guidelines are being followed. Levine is also an advisor to the Greek councils and is working to build the Greek community.

See Student Life page 3

Students compete in Falcon Ag challenge

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Thirty-one Minnesota schools will bring teams of middle and high-school students to Lab Farms one and two this weekend to compete in contests during the annual Falcon Ag Challenge.

Faculty, staff and students from the agriculture education department and other organizations from the College of Agriculture, Food and Environmental Sciences (CA-FES) will come together Saturday to host teams from 31 different Minnesota schools. Five different contests will be held in the following categories: dairy foods evaluation, horse evaluation, livestock evaluation and poultry evaluation. The students will apply knowledge gained from their classroom and supervised agricultural experiences. The contests serve as qualifying events for the Minnesota schools in Future Farmers of America (FFA) region eight. Qualifying teams will move on to the Minnesota FFA career development events in April.

Over 300 FFA members are expected to attend the event, visit campus and participate in the contests, according to Kellie Claflin, the student coordinator for the event. She said she believes the contests provide great opportunities.

“First, it exposes prospective students to the UWRF campus as a recruitment tool,” Claflin said. “It gives FFA members a chance to use the knowledge that they have learned in their agriculture classroom and apply it in a contest setting. It is [also] a great opportunity for UWRF

students to volunteer and help ensure that the contests run smoothly and efficiently.”

Each team is comprised of up to five individuals, with the opportunity to compete in the five categories. The dairy cattle evaluation consists of four sub-categories, the dairy foods has seven, poultry six, horse four and livestock evaluation has six. The sub-categories challenge the teams to identify cheeses, grade carcasses, evaluate animals and equipment, identify anatomy of animals and even evaluate eggs.

The Poultry Club is preparing to do their part for the competition. Club President Nikki Beucler is a former participant in the competition, having been an FFA member in high school in region seven. She said the opportunity to experience that type of competition is intense.

“As Poultry Club members we feel it is an honor and a learning experience to be on the other end of the competition, sort of behind the scenes. It was one thing to learn about the contest and compete and another to set up the contest and represent the University,” she said.

Registration for this year’s Falcon Ag Challenge begins at 8 a.m. Saturday morning. The events run from 9-11:45 a.m., with lunch to follow, according to the online schedule. Respect for all involved persons is one of the main policies of the competition. The event prohibits any cell phone or MP3 player usage during the contest.

The competition is limited to middle and high school students, but anyone is welcome to help with the event.

Kilian starts as MBA director

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On Aug. 20, a new Masters of Business Administration (MBA) director started in the College of Business and Economics (CBE) at UW-River Falls.

“It is a whole different level of understanding,” new MBA Director Claire Kilian said.

The MBA builds on the knowledge students gain in their bachelor studies and real world experience. In the years the program has been around it has grown dramatically, but still maintains its student to professor ratio of 14:1.

Kilian said she has great pride in the program and sees a bright future.

“I want to continue deciding how we grow,” she said. “We have challenges... we can’t really take any more students which is a great problem.”

Kilian joined the CBE in 2000 and has more than 20 years of teaching and management experience. She holds a B.A. in psychology and anthropology from UW-Madison, and a Ph.D. in labor and human resources from Ohio State University.

The statement “Close to Home...Far From Ordinary” is printed on both the MBA brochure and the Web site. The MBA program brings an opportunity to River Falls and western Wisconsin once only available in the Twin Cities. The program has also recently been accredited by the Association to Advance Collegiate Schools of Business International (AACSB).

“We’re the only other accredited AACSB school in our region; it’s just us and [the] U of M,” Kilian said. “I want to continue to make us a strong choice. Students really like that we’re a small campus. We get to know these students.”

The AACSB is an accreditation program founded in 1916. It has eight member schools in the UW System.

The MBA program at UWRF has a two-year work experience requirement for admissions. According to alumni of the program, this requirement is beneficial.

“A lot of things I was learning was pulling together what I had experienced at work,” Director of the Small Business Development Center and a graduate from CBE’s masters program Steve DeWald said. “It crystallized a lot of my other thinking”.

A goal of the MBA program, according to the brochure, is to



Sally King/Student Voice

Claire Kilian started as the new MBA director for the College of Business and Economics on Aug. 20. The program was recently accredited, maintaining a 14:1 student to professor ratio.

offer a “program designed to meet the needs of busy people.” The MBA program’s classes run at night, Monday through Thursday.

“The graduate program at UWRF allowed me to attend classes and complete my degree even with a heavy travel schedule,” Todd Schmidt, senior account representative of 3M’s Aftermarket Division and an MBA alumni, said.

The College of Business and Economics also offers a master’s program in management, as well as business administration. Additionally, the college promotes its program overseas to attract international students as well as students around the nation.

The program takes, on average, two years to complete with full time students taking eight credits, though most students who attend the program usually only attend part time.

New RHA seeks to improve Residence Life

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Six UW-River Falls students will now be running the new Residence Hall Association (RHA) board, hoping to make changes within the residence halls to benefit both students and the University.

RHA is a student grouped organization designed to serve the on-campus student population, make recommendations of the housing policies, provide the residence hall community educational, cultural and social programming, promote campus activities and various other leadership and developmental purposes according to the RHA constitution. Ultimately, it is designed to improve the campus.

According to the Residence Hall Association (RHA) statement of purpose, RHA will work “to strengthen and improve communication and representation for the department of Residence Life. Furthermore, RHA will work to provide additional opportunities for residence hall students to partake in leadership positions in regards to programming, fundraising and overall leadership development on a state, regional and national level.”

“It is going to create a new way for students to communicate with the Department of Residence Life, and for Residence Life staff to communicate with students.”

William Larson,
chairperson

“Hall councils work on hall issues and programming, whereas RHA will be doing that for all of campus,” Tracy Gerth, Resident Life area coordinator said. “It will be a resource for students on campus.”

The vote for RHA members took place on Sept. 28-30, with the results announced Oct. 1. Students William Larson, chairperson; Laurie Cicchese, residence life relations coordinator; Justina Deering, programming coordinator; William Peake, student issues & improvements coordinator; Joseph Grittner, administrative coordinator; and Alissa Baker, national communications coordinator make up the board for this year’s RHA.

“I have some ideas that I would like to [use to] improve the residence halls,” Peake said. “As chair of student issues and improvements committee, [I] am working on goals to better the living environment of the residence halls.”

Within the RHA are several group organizations including a planning committee, which organized this year’s state and regional conferences that UWRF students will be participating in.

“We will be going to Central Michigan University, having students from all over the Great Lakes region, or GLACUHR,

talk about student housing,” Gerth said. “As well as WUHRA which is the Wisconsin Resident Hall Conference held in Eau Claire.”

These conferences are open to all students on campus, and are organized by the RHA.

“These Organizations allow for ideas to be transferred from different schools on a state, regional, and national level,” Chairperson Larson said. “This transfer of ideas will allow RHA to improve our campus, as well as aid in the improvement of other campuses.”

UWRF has not had an RHA board in about 10 years, according to Gerth.

“It could be because of funding, or a lack of interest,” she added.

Students on the RHA board, however, have big hopes for RHA and think it’s a good idea to have the board back.

“I think it’s a great idea to bring a RHA back to River Falls,” Larson said. “It is going to create a new way for students to communicate with the Department of Residence Life, and for Residence Life staff to communicate with students.”

According to Gerth, many students were excited about bringing RHA back this year.

“We are really trying to better serve the students in the Residence Halls,” Gerth said. “There’s an avenue for students to report an issue to their RHA rep or bring it to RHA in order to make a student’s experience at UWRF better.”

RIVER FALLS POLICE/UWRF POLICE DEPARTMENT

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

- September 25**
- Crague C. Cook, 21, was cited for public urination at 100 S. Third Street.
 - Travis J. Spencer, 21, was cited for public urination at 100. S. Third Street.
 - Janae F. Kostuch, 20, was cited for underage consumption at 123 N. Fourth Street.
 - Brandon M. Andrews, 19, was cited for underage consumption at 123 N. Fourth Street.
- September 26**
- William R. Gerten, 20, was cited for underage consumption and obstructing an officer at 110 N. Third Street.
 - Cyan S. Zengaffinen, 18, was cited for underage consumption at 512 S. Sixth Street.
 - Austin J. Ross, 20, was cited for underage consumption at 512 S. Sixth Street.
 - Jacob D. Brunsvold, 20, was cited for underage consumption at 512 S. Sixth Street.
 - Phalinicholas H. Nhep, 21, was cited for littering at 213 S. Third Street.
 - Adam H. Chronquist, 18, was cited for underage consumption at 126 S. Third Street.

- Tony J. Sternweis, 19, was cited for underage consumption at 126 S. Third Street.
- Reid M. Danielson, 20, was cited for underage consumption at 200 E. Elm Street, and disorderly conduct at 213 S. Third Street..
- David P. Stanton, 22, was cited for public urination at 123 S. Main Street.
- Adam L. Sumser, 21, was cited for possession of an open container at 302 Walnut Street.
- John L. Richardson, 22, was cited for possession of an open container at 302 Walnut Street.
- Sheldon A. Fenne, 19, was cited for underage consumption and possession of an open container at 421 S. Main Street.
- Mary G. Hanson, 19, was cited for underage consumption and possession of an open container at 301 E. Wanut Street.
- Sarah L. Freiling, 19, was cited for underage consumption and possession of an open container at 301 E. Walnut Street.
- Cory G. Strom, 22, was cited for possession of an open container at 106 N. Main Street.
- Kayla M. Beskau, 18, was cited for underage consumption at 200 E. Elm Street.
- Garrett T. Lucking, 18, was cited for underage consumption at 200 E. Elm Street.

- September 27**
- Mark H. Odendahl, 20, was cited for underage consumption and possession of an open container at 650 S. Main Street.
 - Derek R. Weber, 19, was cited for underage consumption and possession of an open container at 421 S. Main Street.
 - Thomas C. Overland, 19, was cited for underage consumption at 421 S. Main Street.
 - Austin V. Phillips, 20, was cited for underage consumption and loud and unnecessary noise at 122 S. Spring Street.
 - Brittany L. Bodart, 18, was cited for underage consumption at 317 Spring Street.
- September 28**
- Jordan R. Simons, 18, was cited for underage consumption at 62 E. Cascade Avenue.
- October 2**
- Irwin Sylvah, 18, was fined \$249 for underage consumption at 410 S. Third Street.
- October 3**
- Benjamin D. Hetzel, 19, was fined \$249 for underage consumption at the Karges Center.
 - Adam R. Rice, 18, was fined \$249 for underage consumption at the Karges Center.

Pool: UWRF may discontinue swim, dive team due to lack of facility

from page 1

erage for the men’s side and a 3.0 GPA on the women’s side. We operate on the lowest budget in the conference at 40 percent of the others. We are putting 40 athletes out there to represent the University at a fraction of the cost other teams are,” he said.

The team has helped reduce the financial strain on the University as well.

“When we go on a trip, we take the school’s van instead of a bus. We dropped a meet in Oshkosh because the bus costs were going to be too expensive,” Henderson said.

Henderson believes the team has persevered in a competitive conference with tough circumstances working against them and that the move to the high school pool has proved beneficial to the team.

“The move to the high school has been quite a benefit to us. Unlike the Karges pool, it has a diving board. We are competitive; we do very well against the teams we swim against regularly. This year’s team is the biggest [17 men, 22 women] and strongest it’s ever been. We’ve grown, gotten better despite a lot working against us,” he said.

UWRF junior Joshua Anderson has been a member of the swim team for three years and has been a competitive swimmer for nine years.

“Our team has been using a pool that was built in 1957, so for the athletic department not to be prepared for it to breakdown is ridiculous. The campus pool should have been rebuilt or at least remodeled 20 years ago.”

Anderson feels strongly against the discontinuation of the team.

“If the swim team were to be suspended it would be the end of the whole team’s swimming careers, and would be almost impossible to rebuild the team to what it has become,” he said.

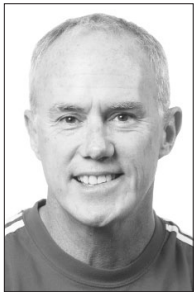
Alyssa Adair, captain of the women’s team, is an 11-year competitive swimmer and senior at UWRF. Like Anderson, she feels strongly about the continuation of the program

“Since we compete at a D3 level, we are

all doing this because we want to. No one is giving us money to swim for their college, and it is not the only reason we are at college. Swimming may be considered an extracurricular activity, but for our team, swimming is a part of who we are,” she said.

Tyler Campbell, a captain of the men’s team, believes swimming is the best part of being at UWRF.

“[We] are all willing to make a sacrifice of swimming at a different pool if it means we can continue to have a team. The swim team is asking for support so we can continue to be a part of UWRF athletics,” he said.



Bill Henderson

In a letter that was sent out to the parents of the UWRF swimmers and divers, Van Galen included his thoughts and information on the situation.

“There have been no decisions made regarding potential changes in UWRF swimming, including the possibility of suspending the swimming program,” he said. “In fact, there have been no substantial discussions about changes to the program, and it would be irresponsible for me (or others at UWRF) to make a decision on the future of UWRF swimming without adequate information and a fair and open process.”

“The decision will have a profound effect on a lot of people...”
Bill Henderson
Swim team coach

If students want to show support for the continuation of the swimming and diving program here at UWRF, Henderson believes they need to voice their opinions now.

“Voice your opinion to the Student Senate,” he said. “This decision will have a profound effect on a lot of people, including members of the team, myself and those I consider bringing onto campus as recruits.”

The Athletic Committee met Wednesday to hear the opinions of community members, students, faculty and staff on the potential discontinuation of the team.

Student Life: New members look to improve, develop programs

from page 1

Levine says he came to UWRF because of the people.

“As soon as I met some of the staff and faculty I knew I would fit in here,” he said.

He said he liked the potential he saw for student development and the energy from the staff working towards that goal.

Olson is a 2007 graduate of UWRF. She then attended UW-La Crosse where she earned her Masters in student affairs administration in higher education.

Olson’s main duties include advising the Falcon Programming Board’s Multicultural, LGBTQQ (lesbian, gay, bisexual, transgender, queer and questioning), and Social Justice programmers, and participating on campus and community committees to make sure that students feel welcomed and safe on campus.

While attending UWRF, Olson was involved in the Diversity Awareness Committee, Student Senate as the diversity issues director, and she also maintained involvement in many of the diversity organizations on campus.

Olson said that when she saw the posting for socio cultural coordinator at UWRF it was a “no-brainer” to apply. She said she loved her experience at UWRF and the UW System was one in which she wanted to work.

“The idea of coming back to UWRF to work on the very same issues that I worked

on as a student was very intriguing to me,” Olson said.

Both Shepherd and Levine said they enjoy working in a university environment because it is different everyday. They said they like the high pace, energy, and that it allows them to work with a diverse group of people.

Olson added that she enjoys working on committees and doing the behind-the-scenes activities on campus but also loves the opportunity to work with students.

Amy Lloyd, Leadership and Service coordinator, said having a full Student Life staff has been very welcomed, and she said that she is proud to work with a group of people who have a strong student focus.

“We are a cohesive team who are currently working to develop the mission, vision and values of the Student Life Department,” she said.

Student Life has many different events occurring throughout the year to help get students involved with activities on and off-campus, including the Greek Life-sponsored Blood Drive on Oct. 28 and 29, and the semester-long Social Justice Series.

Olson said that working as an advisor to Falcon Programs involves continually reaching out to encourage students to become involved. Programmers are also working to build a network of students on Facebook that allows students to stay informed about upcoming events.

“There has been a lot of change recently in the staff in Student Life,” Shepherd said. “We are looking forward to developing some new programs and services for students on campus.”

“We are looking forward to developing some new programs and services for students on campus.”
Paul Shepherd
Student Life director

“We are a cohesive team who are currently working to develop the mission, vision and values of the Student Life department.”
Amy Lloyd
Leadership and Service coordinator

WiTEACH: Program uses grant to provide students with money

from page 1

will be graduating this year. Two of the students are studying to be high school math teachers, one a high school broad field science major and the other an elementary education major focusing on middle school math, Stubrud said.

The grant only applies to this year, but Stubrud hopes to receive it again in the following years.



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“We have to apply every year,” Stubrud said. “[In] these economic times, it’s tough. [It’s been] suggested we make some adjustments to our applications. [But] \$10,000 would be able to provide more money to more students,” Stubrud said.

Stubrud is in charge of applying for all grants for the COEPS.

“Most of the money I apply for is to provide scholarships for students to teach in a high demand school,” Stubrud said.

The WiTEACH Web site explains that high demand schools are “all areas of K-12 education in Wisconsin [where] the supply of teachers is far less than the demand.”

Currently, there are many grant requests out.

“[There are] \$2 million in grant applications out right now,” Stubrud said. “It only takes one to say ‘yes.’”

WiTEACH is currently accepting scholarship applications for the spring. A link is available on WiTEACH’s homepage: www.uwrf.edu/ted/witeach.html.

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Find Freddy's Feather

Find the lost Freddy the Falcon Feather in this issue of the Voice!

E-mail the Voice at editor@uwrfvoice.com



Be the first person to report the find AFTER 10 a.m., Friday, Oct. 9, and win two free movie passes

Last week's winner: Ryan Debner

EDITORIAL

Disrespect too common among UWRF students

In last week’s issue, the *Student Voice* editorial staff wrote about the diminishing level of respect spreading like a virus through the UW-River Falls student body. More specifically, the editorial focused on the lack of respect students show each other through inappropriate cell phone use, and the disrespect shown to professors by students who use their cell phones in class and/or argue with their professors about classroom policy they arbitrarily disagree with.

Continuing that idea, the *Student Voice* editorial board staff feels that students on campus should show more respect to local, downtown businesses.

For those of you who haven’t been paying attention, many local businesses offer discounts to students for simply being UWRF students. Bo’s ‘N Mine has a “buy one, get one” special on Wednesdays; the Dish and the Spoon Café gives a 10 percent discount on beverage purchases; and South Fork Café offers 10 percent off Mondays - Thursdays. These are only a sample of the available student discounts - there are many more.

The point is that River Falls businesses go out of their way to provide bonuses, incentives, and discounts to University students. That respect should be returned, not scoffed at.

Members of the *Student Voice* have noticed, on several occasions, discourteous actions performed by students, most noticeably around bar closing. The way to respond to the kindness offered up by local business is not to incur public urination charges at the expense of the business walls and sidewalks. Wait until you get home, stop in one of the several gas stations along the way, just do something civil and sanitary to relieve yourself instead of disrespecting an area business that is already struggling to survive a poor economy.

Another disturbing trend is the increase of littering around town. UWRF is one of the four UW campuses leading the “green” charge, and the city of River Falls is following suit. That honorable initiative is betrayed when downtown is littered with Styrofoam carry-out containers, wrappers, bottles, bags and a myriad of BBQ-slathered chicken bones from Bubba’s. There are plenty of refuse containers placed around campus and round town. Respect the local businesses, and the city itself, by throwing your garbage away.

Forget H1N1, the erosion of common decency and respect is a social plague that is far more dangerous, is affecting more people, will out-survive all other forms of disease known to man, and yet doesn’t need two shots to cure.

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

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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.

Single copies of the *Student Voice* are free. Printing is paid for through student fees.



By Jon Lyksett

LETTERS TO THE EDITOR

Legislators improve financial aid, student debt

The election of President Obama brought the promise of a reformed and revitalized student loan industry, one where students are paramount over banks. With a new higher education champion in the White House and an ambitious Congress seeking to make college more affordable, now is the time for a fundamental change in how the federal government funds college aid.

Already, a historic student aid reform bill is making its way through Congress. The Student Aid and Fiscal Responsibility Act (SAFRA) will eliminate federal subsidies to banks that offer risky, high-interest loans and put the billions of dollars of savings into the Pell Grant, Perkins Loan, and other student-friendly aid at no new cost to taxpayers. In addition, the bill will simplify the FAFSA, invest in community college development, and promote essential outreach and retention programs.

It’s about time. American student borrowers are graduating with an average of \$20 thousand in debt annually. This is bad for individuals trying to begin their adult lives already in the black, bad for the nation as graduates spend their precious money on loan repayments instead of growing in the economy, and bad for America internationally as competing nations are graduating more students with less debt every year.

President Obama made it his goal to have America graduate more college students than any other country on earth. For this to be done correctly, Congress must pass the SAFRA and help make education a right for all.

Nikki Shonoiki,
Student and Activist

Fair trade products ensure fair pay, no child labor

I was happy to see Laura Krawczyk’s column in the *Student Voice* on Sept. 25. Her article was about fair trade products and how, by purchasing fair trade products, we as consumers can play a role in reducing world poverty and hunger. When we buy fair trade, we buy products that are certified to assure that farmers were paid justly for their products and that there was no child labor involved. Typically, fair trade products are processed and marketed through cooperatives that assure benefits for the local communities where the products were produced.

I encourage students and faculty to buy fair trade products from the Whole Earth Grocery (co-op) on Main Street, as well as a few other fair trade locations in town. I also encourage students to go to fair trade Web sites to investigate other initiatives we might take, including encouraging the sale of more fair trade products (such as coffee, tea, chocolate and fruit) on campus.

If you would like to become more involved with fair trade issues, I am creating an e-mail list of interested people. Please contact me to be placed on that list (jacqueline.m.brux@uwrf.edu). Please also watch for upcoming publicity about campus showings of the video, “Black Gold,” which builds awareness of fair trade issues through the example of coffee produced in Ethiopia. Please also consider addressing the issue at the World Food Day Program Oct. 16 in the Falcon’s Nest of the University Center. There will be a live teleconference at 11 a.m., a video showing at noon and a presentation at 1 p.m. The public is invited.

Dr. Jackie Brux
Professor of Economics

Politics affect students’ lives

The term “Fourth Estate” has been used to describe the press. The term was supposedly first used by the British politician Edmund Burke, who stated, “There were Three Estates in Parliament; but, in the Reporters’ Gallery yonder, there sat a Fourth Estate more important far than they all.”

This importance continues past 19th century England; indeed the press is still necessary to our Democracy today. As students there are many bodies that affect our lives, the *Voice* commented in response to my letter of last week that “The *Student Voice* does have a reporter, Aaron Billingsley, covering the Student Senate.”

It would require a reporter to be Superman to be informed of all that Student Senate does and report on such. Direct evidence can be found in the article written about the Student Senate elections that failed to even mention the candidates for office. This is vital information relevant to an election. To delve deeper into the issue we should note that Student Senate is far from the only legislative body that affects our lives.

We, as citizens, have the power to influence policy. For us to be able to exercise that power we must know in advance what is being done by these bodies. The *Student Voice*, as our campus newspaper, can and should play the role of providing us with this vital information.

I enjoy much of the other coverage the *Voice* provides, but this remains the dessert. Hard news remains the meat of what we need the paper to provide.

When budgets are limited the choice that must be made is to provide what is needed. Dessert can come later.

Ben Plunkett,
Student

Fall fashion insight highlights boots

River Falls might not be known for its fashion or its keen sense of style, however with this weekly column we can work together to educate and get excited about clothes, accessories and shoes.

If fashion has been a strange and intimidating aspect of your life, this column is definitely for you. We will break the fundamentals down to the core, by exploring different aspects of fashion each week.

However, if you are on the other side of the spectrum and have always been styling, keep reading, because you might never know when you will learn something new. And if you are really styling you might even be featured as the week’s “Fashionista/Trendsetter.”

One look to avoid is the ever-popular sweatpants and Uggs combination.

people are packing away their beloved flips flops and open-toed pumps, and looking for alternatives. It might be simple to just grab a pair of tennis shoes or any type of sneaker, but resist the temptation! There is a cuter alternative - BOOTS! Be them flat boots, boots with heels, long boots, short boots, or good ol’ Uggs, boots are a definitely a great choice for comfort and style this fall. So let’s do a quick rundown on boots. Short boots are boots that come up a little above ankle length and come in all types of materials. This look is cute paired with leggings or a skirt as they function like a cuter version of a sneaker.

Longer boots are boots that come up to just below the knee. “Uggs” or “FUGgs” (Fake Uggs that can be purchased in most stores, cost about \$30, way cheaper than the \$300



Priya Kailash

you would spend on real Uggs) look incredible paired with jeans tucked inside the boot. Style Tip: Pair these boots with skinny jeans as they’ll be easier to tuck into the boots without any budge.

BEWARE: One look to avoid is the ever-popular sweatpants and Uggs combination. Come on people, you spend a lot on those Uggs, do them justice and wear them with a nice pair of jeans or tight leggings. Let’s be honest here, it takes the same amount of time to pull on a pair of sweatpants as it does a pair of jeans, so why not go with the more professional look!

Boots are a must have for this beautiful fall season, and would continue to work well into the winter season. However, be aware of salt damage to boots once the rock salts are applied. An at-home treatment would be to dab the stain with vinegar and steam it. An alternative is to purchase a water and salt repellent.

As we look around campus we notice people with a wide range of lifestyles and attitudes that correlate very well with their style. To celebrate everyone’s individual and unique style on campus, every week the *Student Voice* will feature a “Fashionista/Trendsetter.” This feature will include a short biography of a person on campus, complete with a photo-shoot shot by our chief professional photographers on the *Student Voice* and will be featured on the new Web site.

This week’s feature is Sally King, a conservative dresser with a keen sense of color. To read up more on her style visit the new *Student Voice* Web site, and select “fashion.” Next week’s feature is Bleeker Ayers, the girl with a style of her own, complete with a scooter and a backwards hat.

If you think you are an ideal choice for a feature, or want to nominate someone you know, please visit the Web site to register.

Priya Kailash is a biology major and chemistry minor. She enjoys playing ultimate frisbee, as well as wearing four-inch heels.

Canning isn’t just for Grandma

The next time I visit home, I’m coming back with several jars of homemade tomato sauce. My neighbor has a dozen jars of his mother’s chicken gumbo hidden under the bed where his roommate won’t find it. The best strawberry jelly I’ve ever had in my life I “borrow” from my roommate whose mother freezes quarts of it every summer. This fall, many students here will stock up a healthy supply of ground venison as well as venison jerky. Not only do these foods taste awesome, come cheap, are free of hormones, antibiotics, pesticides, etc... but I can rest assured I won’t find any fingertips or other foreign objects from a factory chopped up in it. The benefits of eating local (this includes your own backyard) are indisputable. Not only are there health and environmental benefits, when it comes to food a certain sense of pride must come with being at least partially self-sustainable.

Not only are there health and environmental benefits, when it comes to food a certain sense of pride must come with being at least partially self-sustainable.

This doesn’t just apply to things you can grow. It can also apply to animals, particularly wild game. I give props to hunters for choosing to eat wild game - possibly the most humane and eco-sustainable meat. Think about it: compare a deer to a cow or a chicken to a pheasant. The domestic animal eats food provided with human labor, are fattened with grain grown with the aid of petroleum-based fertilizers and gas run machinery which is then stuffed with antibiotics and growth hormones. These animals are bred artificially, crammed together in pens with their own feces as a floor, belch more greenhouse gases than they would if fed a more natural diet, then are killed and butchered in an assembly line. On the other hand, the wild game finds its own food that grew itself out in the backwoods. Better yet, the wild game gets to reproduce how it wants to, which I’m sure is a far more pleasurable adventure than artificial insemination and are butchered in

conditions you have control over. Compared to the erosion and pollution caused by feeding and breeding domestic meats, consuming wild game has almost zero environmental impact. You can make an argument that a lot of free range, smaller, organic ranches evade these horrors - I’m not saying all domestic meat is bad. I eat it. The point is that wild game is a decent alternative, not to mention a healthy, lean meat. Preserving and storing food at home is an old practice which may possibly (or at least should be) gaining back some popularity particularly when people are more mindful about their money or concerned about what goes into their food. Contrary to what I think, UW-River Falls student Heather Farrell feels that home food preservation is going out of style - not because the food doesn’t taste good, but because people just don’t know how to do it. In fact, Farrell’s mom has been canning all summer including things like tomato sauce, pickled broccoli, salsa, peaches and apple butter. “It’s delicious,” Farrell said, “It’s the best.” Not only does the food taste good, and last forever, but Farrell claims that her family has given the food away as Christmas gifts, which is especially convenient when you are short on cash. Eating local, healthy, organic food doesn’t have to stop when winter comes and the farmers’ market closes. All kinds of good foods can be stored by being frozen, canned, dried or stored whole. Inspired by the bounty of the farmers’ market, benefits of local foods, need to save money and my increasing disdain for my own dependency on processed foods, I’ve decided to put on my Betty Crocker face and try my own hand at canning this year. I’m not an expert in the details, but with the help of Google I’m sure I can figure it out well enough to avoid botulism. Root cellars are totally underrated. Basic food preservation isn’t just a practice form the pioneer days. It’s a viable, practical way of life for all ages and genders - not just Grandma.

Kirsten Blake is a marketing communications major with a journalism minor. She pronounces her name “Curse-ten” ...as if you were to swear to the tenth power.



Kirsten Blake

Halloween costumes risqué

Not since the third grade have I paid this much attention to what I was to wear on Halloween. I recall those elementary days where I strutted around as a witch, a genie, and a militant army girl with a sawed-off plastic machine gun. Ah, those innocent years. Now, being a college student, I have picked up on the tradition of dressing up once again. But when I look around come Halloween night, I don’t expect to see the same sort of costumes as I did when I was poking my fake gun at people. I expect to wonder how they all stay warm in their choice of wear. Looking online for costume ideas, I couldn’t help but feel like I accidentally walked into the dim-lit “adults only” room at the back of the video store. Descriptions like, “Major Trouble Sexy Army Babe reporting for duty!” next to a model donning what looks like a camouflaged leaf are a far cry from the witch costume in first grade.

Looking online for costume ideas, I couldn’t help but feel like I accidentally walked into the dim-lit ‘adults only’ room at the back of the video store.

Halloween is a time to show how much confidence you really have, apparently. At least the bikini models can finally have their good time come October. As I continue to click through the many zany and itty-bitty costumes, I stop at one that catches my eye, the “Sexy Go-Green Girl.” A costume that lets you “get your point across about the environment and your feelings on men.” Whoa. For the real “progressive” girl. How about sports-themed? I click on the sports costumes link. The first outfit I see is cleverly named “The Babe,” featuring a blonde girl smiling wide, a baseball in one hand and the other in a little pink glove. Her dress is essentially a long, tight, pastel baseball jersey. I mumble about seeing something like that at the

thrift store for much less last week and continue my tireless search. There has got to be something I like out there. I notice a little button labeled “clearance” at the bottom of the webpage. This should have some potential. “Five-Piece Foxy Fuzz,” complete with handcuffs, heads up the list of discounted Halloween costumes. The picture looks like somebody handed a Victoria’s Secret model a baton and said, “Say cheese.”

Women shouldn’t feel they have to dress promiscuously... to do the holiday right.

The next possibility is the quintessential “Naughty Nurse” complete with a shot glass. Get it? A shot glass? Because a naughty nurse much prefers taking a shot before she gets poked, don’t you know? I feel exasperated. All I wanted was a Halloween costume I wouldn’t be afraid to bend in. The wonderful aspect of Halloween is that it’s the one time all year where you can dress up as anything you want and nobody would give a second glance (unless you’re the one in the banana suit). So I have no qualms about what people want to wear. Do it! It’s Halloween. But women shouldn’t feel they have to dress promiscuously in order to do the holiday right. Women certainly can dress that way if that’s what they truly want to do-it makes for less laundry after all. Yet you should only do what is comfortable to you. If that means pulling off the sheets and wrapping every inch of your body with it, alright. You probably won’t be the only sheet monster out there. I have yet to find my perfect costume, but fortunately there is plenty of time. I have a few ideas that would be more than what I had last year at this moment. I know it’s going to be a fun night with friends, and if I play my cards right, I won’t be anywhere near that naughty nurse. Laura Krawczyk is a junior majoring in marketing communications and communication studies. She enjoys the smell gasoline.



Laura Krawczyk

Something on your mind?

Write a letter to the editor:

Submit your letter to

editor@uwrvoice.com or deliver it to

the box outside 304 North Hall.

STUDENT VOICES

Are you in any organizations? Why did you choose to get involved?

Jen Terry, Senior

“InterVarsity Christian Fellowship and Athletes in Action because I was looking for an organization that would help me grow in faith.”

Sara Helm, Senior

“WRFW Promotions Director. I got involved because of all the free music and to boost my résumé.”

Meredith Wachtendomk, Freshman

“Athletes in Action and Campus Crusades for Christ... because it felt like the right thing to do.

Jon Willink, Senior

“I’m in Geology Club because I thought it would look good on my résumé.”

Nikki Bueder, Senior

“Ag. Ed Society and Poultry Club... Ag. Ed is my major and it’s a great way to network.”

Student Voices compiled by Christie Lauer

College careers require re-focusing

I think it’s time for everyone on campus to take a big step back and re-examine the past month here at school. And by everyone, I mean everyone. Freshman are mostly settled in their dorms, sophomores are takin’ it easy, juniors are trying to figure out what midterm means the most, seniors are slidin’ down that fine line of chilling and freaking out, and fifth-year seniors just don’t give a rat’s ass. It’s been a great last five weeks here at school, but now it’s time to get down to business. As a freshman I struggled defining the line between freedom and academia, and by freedom I don’t mean I went out and took five shots of cheap whiskey in fifteen minutes, I mean I thought it was okay just to mull around the dorm hoping people would show me how to get involved. On the other hand, I didn’t think getting those generals down was the most important thing either. On that note: generals might be the most interesting classes a freshman or sophomore might take throughout his or her entire undergraduate career, so enjoy knowing that the material you’re covering now will only take you so far. If you’re a freshman, or any year for that matter, and you find yourself ‘in a groove,’ stop and take a step in another direction.

On to more pressing matters: involvement. If you’re a freshman, or any year for that matter, and you find yourself “in a groove,” stop and take a

step in another direction. Once something gets good and comfortable, stop what you’re doing and do something else. I’m approaching my final approach to reality and will be moving into the real world this coming December, and man am I glad I hurled myself into campus involvement because everyone that’s been interviewing me for internships and jobs and whatnot have asked the same thing: tell me about your college experience.

She looked at me after glancing at my resume and told me that if I were up for a job and not an internship, she’d look the other way when it came to my application.

I sat down with an employer very recently and she looked at me after glancing at my resume and told me that if I were up for a job and not an internship, she’d look the other way when it came to my application due to the fact that I had never had an internship before. Employers want former interns. My guess is that the map to success looks something like this: Residence Life leads to campus involvement. Campus involvement leads to real life experience. Real life experience leads to an internship. And internship leads to a career. That’s just one way of looking at it. Another would be to think of the campus involvement or internship as a



Brad Brookins

method that determines if you’re going in the right career direction. If you fail miserably, it’ll make a fabulous story in the end, like a year later. Maybe you get hired as an intern at a local laboratory and then decide that you absolutely hate science. Good thing you didn’t graduate with the degree, right? Instead you went on to other things. The sooner you test yourself, the sooner you’ll know where you need to be or if you’re even supposed to be there. And there’s no time like the present. Here’s my personal experience: two years ago I changed my major to television production (coupled with an English major too), and was toying around with the idea of joining Focus On U, our very own campus television show. I thought it might be weird to join an organization that had a mediocre reputation, but I did anyway, and the people I met took it to the moon. Now Focus rules, and I know what I want to do with my life. I challenge everyone on campus or anyone who reads this to do something with that itch in the back of their skull, the one that’s all like, “get your ass up and do something,” ‘cause you won’t know where it will take you, and a little risk every now and then is incredibly healthy. Plus, if you fail miserably, it’ll make a fabulous story in the end, like a year later. Brad Brookins is double majoring in digital TV & film and creative writing. He enjoys challenging people to games of full-contact checkers.

Brad Brookins is double majoring in digital TV & film and creative writing. He enjoys challenging people to games of full-contact checkers.

Soccer team stunned by Blue Devils

Blaze Fugina
blaze.fugina@uwrf.edu

The UW-River Falls soccer team lost a close contest to the UW-Stout Blue Devils 2-1, in overtime at Ramer Field Sept. 30.

The game was played on a breezy afternoon, with roughly 90 fans in attendance staying through the blustery conditions.

The lone score for the Falcons came off a goal by sophomore Eryn Lansverk, who leads the team with eight goals. The goal was assisted by freshman Britta Elkin. The assist put Elkin's assist total at three for the season.

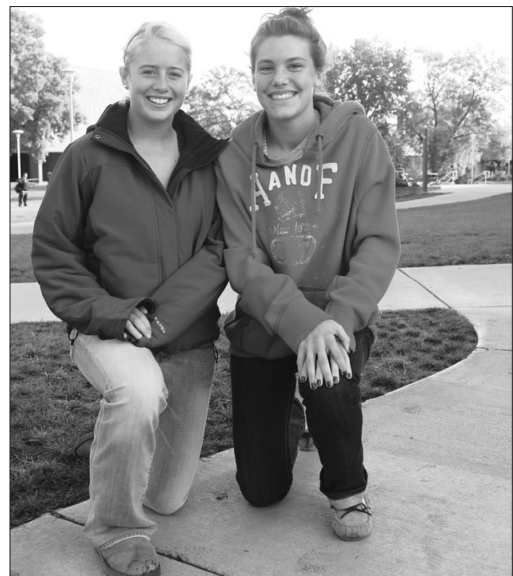
At the time, the goal gave the Falcons a short-lived one goal lead.

The Blue Devils responded with a goal of their own 30 seconds later by Emily Stanke, her first score of the season.

The second half experienced more back and forth play, with the Falcons having possession a majority of the time. The Falcons outshot the Blue Devils 21-8 in regular time, but failed to capitalize with a goal.

The Falcons came close to scoring a go-ahead goal numerous times. Three of the Falcons' shots hit posts, including two shots slamming off the crossbar.

Part of the Blue Devils success in making it to overtime was attributed to good goaltend-



ding. Stout's goaltender, freshman Bridget LaVallee, had seven saves in the game. The Falcons' goaltender, Rachel Thompson, had three saves.

The overtime period ended quickly. After two minutes of back and forth play by both teams, Stout midfielder Ali Sonstebly put her first goal of the season in the back of the Falcons net, immediately stunning the team and fans.

The loss places the Falcons at five wins, four losses and one tie on the season, with a WIAC record of 2-3. The win boosted Stout's soccer record to three wins and seven losses overall. Stout has two wins and two losses in the WIAC.

The loss places the UWRF soccer team in a three-team tie for third place in the conference with Stout and UW-Whitewater.

Falcons head coach Sean McKuras said after the game that his team could use plenty of improvements.

"I didn't feel like we executed," he said. "You can look at the stats; we outshot them, we just didn't convert."

McKuras said the team needs to work on creating scoring chances, and passing with fewer touches and with more accuracy. Scoring chances are plays that set up players with a good chance to score a goal.

Although the team lost in overtime, they still have high hopes for the rest of the season.

"We can beat any team on the rest of the schedule," McKuras said.

McKuras also said that after coming off two losing seasons, it's difficult to learn how to win.

The Falcons soccer team is relatively inexperienced, with only seven of its 22 players being juniors or seniors.

"[The soccer team] is a young team," UWRF Athletic Director Rick Bowen said. "They competed well."

"Our team has the potential to finish in the top of conference this year, something that hasn't been done in many years," Lansverk said in an e-mail interview.



Sarah Schneider/Student Voice

Above: The Falcons played the Pointers from UW-Stevens Point at UWRF on Sept. 12. The Falcons ended up losing the WIAC match 1-0. Left: Janae Baron (left), freshman forward from Hermantown, Minn., and Eryn Lansverk, sophomore forward/midfielder from White Bear Lake, Minn., are the Falcons leading scorers. Lansverk is the team's highest scorer, with 21 points on the season thus far. Baron has 16 of her points on the season, as well. The duo also leads the team in goals and game-winning goals. The team's next game is Oct. 21 at Augsburg.

Magical Metrodome era ending for one Minnesota sports team

The Hubert H. Humphrey Metrodome, also known as The Dome, The Hefty Bag, The Roller Dome, The Thunder Dome and The Homer Dome has acquired a reputation of being a dump and is rated as one of the worst sports stadiums in the country, but for one team is should just be called Magical. Like the Vikings and University of Minnesota

football team, the Twins have called the Metrodome their home for the last 27 years.



Derek Johnson

Like many so many times before, the 2009 Minnesota Twins used their home field advantage and utilized their Metrodome Magic to capture the Division title in the one-game tiebreaker game against the Detroit Tigers. It's not too surprising; the 2006 Twins

did the same thing, needing to beat the Kansas City Royals at the Metrodome and for the Detroit Tigers to lose to the Chicago White Sox to clinch the division on the very last day of the regular season. And it happened.

The Metrodome saw two World Series in 87' and 91'. Both saw a little magic of their own. In 1987, the Twins had the worst record of any of the playoff teams. And came back from a 3-2 series deficit and won their last two games in the best of seven series to win the World Series four games to three. The last two games of the series were played at the

Metrodome.

In 1991, the Twins also had to come back from a 3-2 series deficit. Twins' center-fielder Kirby Puckett became the star of game six. After a home run saving catch in the third inning, Puckett hit the game winning home run in the 11th inning to extend the series to a game seven. That home run led to Jack Buck's now famous call of "And we'll see you

tomorrow night!" Jack Morris became the star of game seven, in which he pitched a 10-inning complete game shutout and the Twins won 1-0. The 1991 World Series was ranked by ESPN to be the best ever played.

The Metrodome has been home for several events. It has hosted the 1985 MLB All-Star Game, held several World Series games in 87' and 91', hosted Super Bowl XXVI in 92',

ten Men's Basketball NCAA tournaments ranging from 1st and 2nd round coverage to Final Fours, Prep Bowls for High School football championships, Motocross, Wrestling Shows such as AWA Wrestlerock 86' and WWE, Monster Jam and the list goes on.

The Metrodome is the seventh-oldest stadium in the MLB and tenth-oldest in the NFL. It was the scene for several players joining the 3000 hit club, including Eddie Murray, Dave Winfield, and Cal Ripkin Jr. In 2007, as a member of the Toronto Blue Jays, Frank Thomas hit is 500th career home run. In the same year, Brett Favre threw his 421st touchdown pass to Greg Jennings to break former Miami Dolphins quarterback Dan Marino.

In 2009, Chicago White Sox pitcher, Mark Buehrle broke the MLB record of consecutive batters retired. The record was 41; Buehrle retired 45 in a row. And just this last Monday, Minnesota Vikings quarterback, Brett Favre, beat his former team, Green Bay Packers, 30-23 to become the first quarterback in NFL history to defeat the league's 32 franchises.

This fall the U of M football program moved out to go to their new home TCF Bank Stadium. Now, the Twins are next. This upcoming spring the Twins move to their new stadium, Target Field.

While the Twins are ready for outdoor baseball, the Metrodome is not ready to let go of the Twins just yet. The 2009 postseason is upon us and now the question is, does the Metrodome have enough magic left in it for another World Series run this postseason? We will just have to wait and see.

Derek Johnson is a journalism major. His interests include: playing/watching sports and writing music. Derek also spends his time broadcasting sports for WRFV.

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Latest zombie flick creates rift

“I pledge allegiance to the undead of the United States of Zombieland, and to the flesh for which they feast, one nation under infection, inescapable, with survivors and headshots for all!”

Enough said.

“Zombieland” is everything a guilty pleasure ought to be, and shouldn’t be underestimated as just another bump in the night. First-time director Ruben Fleischer proves a couple of things: that zombies, the veritable Energizer Bunnies of the corpse world, are damn funny, and that romance can still be found hiding among the burned-out cities and half-eaten bodies of a post-apocalyptic America. Good things to know, should you ever find yourself in the same situation as our unlikely cast of misfit heroes.

Manifestly, “Zombieland” is a road movie, albeit a bloody one, centering around Columbus (Jesse Eisenberg), an introverted, sexually-frustrated, socially-awkward, perpetually afraid college student meandering cross-country as he reflects on the family he never really connected with. I guess it’s too late now.

Enter Tallahassee (each survivor is called by the town they hail from, or are trying to get to) an eccentric, masochistic, Twinkie-loving hick hell bent on one thing: killing as many zombies as possible. Well that, and finding the last remaining box of Twinkies on the planet. It is particularly delightful to see Woody Harrelson’s deranged rendition of a man driven to the edge by the discovery of a Hostess truck filled with nothing but Sno Balls.

In short time, the unlikely duo runs across smolderingly

hot Wichita (Emma Stone), and her little sister, Little Rock (Abigail Breslin), perpetual miscreants and amateur scam-artists. Desperate times call for desperate measures, and the ragtag gang quickly learn that sticking together is their best bet for survival.

It would be far too easy to rest on the laurels of those who have gone before: infect, splatter, repeat, until rescue arrives or all the survivors reach game over. Fortunately, “Zombieland” delivers a much-needed double-tap to zombie cliché, infusing a real, often heart-felt subplot about finding family and that much-needed sense of belonging. Closer to “Shaun of the Dead” than “Dawn of the Dead,” audiences will find a character-driven coming-of-age piece that just happens to be set against the zombie apocalypse, not the other way around.

But don’t get me wrong, there are plenty of goofs and gore alike. The film, narrated by Columbus as a visual guide on how to survive a zombie outbreak, isn’t going to let something as trivial as the end of the world get in the way of having a damn good time. Even though the zombies themselves are lifeless, their intended victims are not - and where the comedy succeeds here is in how four very different people find a way to fit together. The dialogue is sharp and witty, the situations fresh and exciting, and the relationship

building is just this side of relatable. Forget George A. Romero, this is the world overrun by the walking dead as seen through the polarized lenses of a Wes Anderson or Woody Allen.

“Zombieland” isn’t perfect, it doesn’t have to be, nor does it pretend to be. It is content being one of the most exhilarating and fun experiences you will have at the theater for quite some time, and in its modesty, might just prove to be the best zombie movie ever made.

Ken Weigend is a senior marketing communications and journalism double major. His minor in film studies gives him the authority to arbitrarily assign star rankings to represent film quality, but statistical analysis has shown him to be 99.9 percent accurate.



Ken Weigend

Falcons, have you ever seen a woman get her Achilles tendon bitten off by a balding, overweight, middle-aged man? I have. My friends, have you ever seen an old woman walk calmly to her door while being chased by a man covered in blood, only to pull a lever, which then suddenly drops a piano onto him? Sadly, I have seen this too. My fellow academics, in the past 18 to twenty-some years of your life, have you ever witnessed a soccer mom suck the marrow clean out of a man in the middle of a highway? Yes, I know, but what can I say? It’s true, all these I have seen and quite a bit more for that matter. But what’s important



Katie Heaton

here today is not the fact that I have seen any of this, or that I have experienced it all within a succinct and crisp hour-and-a-half. No, what matters here today is why you should never voluntarily follow suit and put yourself through these same experiences (even if you are a reviewer). For those of you who reveled in “Dawn of the Dead” or “28 Days Later,” subjects such as these might seem rather tame and arbitrary and you need not read further. For those of you, however, who like me have avoided blood, death, gore and violence from the early age of birth, you might want to make note. Scenes such as these will make you want to vomit urine from orifices you never knew you had, something I have never quite had the pleasure to say, up until now. So what causes such a passionate response you ask?

I’ll tell you: zombies.

Yeah, that’s right: zombies, premiered for you (again) in Ruben Fleischer’s new film “Zombieland.” It’s that old chestnut, you know, the story of the lucky few who survive a world turned upside down by our flesh-eating-crazed fellows. So what’s wrong with that, Katie? Being a bit harsh

aren’t we? I’m thinking...no, not so much, not this time. People, I know what you’re thinking, but believe me when I tell you it’s not worth it! Sure, Woody Harrelson can act a decent bad-ass, and yeah, Jesse Eisenberg looks and sounds remarkably like Michael Cera, and alright, Emma Stone is a gorgeous leading lady, but who really cares when all you see them do is loot stores, destroy expensive cars, blow off zombie heads, or screw each other over? As a horror/comedy, I understand that the plot is supposed to be a bit off base and that the characters are intended to be a little morally looser, but it’s boring. Apart from a few scenes with the hilarious Bill Murray, I can’t really say much. Parts meant to be funny were either crass or gratuitous, and others meant to be touching or sweet were quite simply cliché and unoriginal. I’m sorry, but the story is old, and honestly, if you want a funny version, just push mute on one of the so-called “originals,” invite some friends to your place, and voice it over. I can practically guarantee you’ll have a better time.

I know, once I flash that one-star rating, some of you will be disappointed in me, but at least you didn’t have to pay seven bucks to feel that way.

Scenes such as these will make you want to vomit urine from orifices you never knew you had.



UWRF students receive discounted stress relief

Angela Lutz
angela.nadeau@uwrf.edu

UW-River Falls Student Health and Counseling Services is offering free Weekly Wellness Events, as well as reduced rate on-campus massages for students, faculty and staff, throughout the semester.

Free Weekly Wellness Events take place in the University Center and include Tai Chi from noon-1 p.m. and Yoga from 4-5 p.m. on Mondays, Weekly Relaxation Practice from 4-4:30 p.m. on Tuesdays, Yoga from 1-1:45 p.m. on Wednesdays and Zumba dance from 12:30-1:30 p.m. on Thursdays.

Additionally, Student Health and Counseling Services is working with Lori’s Massage and Day Spa in River Falls to provide on-campus massages at discounted rates in 211 Hagestad Hall. Professional, licensed massage practitioners are available on Mondays from 1-4:30 p.m. and Tuesdays from 10 a.m. - 2 p.m. Three different session lengths are offered: 15-minute chair massages for \$10, 30-minute table massages for \$25 and 60-minute table massages for \$45. Free chair massages are also available in the UC on

Mondays from 11:30 a.m.- 2:30 p.m.

“The students are loving the chair massages at the student center. I love the smiles on their faces when they see us with our massage chairs. This has been a great way to get the word out about massage,” Lori Moran, owner of Lori’s Massage and Day Spa, said.

Personal Counselor Jennifer Elsesser said the main goal of the weekly wellness events and on-campus massages is prevention.

“The primary focus for the weekly wellness events and on-campus massages are stress and anxiety management,” she said.

Yoga meets in the UC Ballroom usually with more than 75 participants on Mondays and about as half as many people on Wednesdays.

“It has been great being able to offer it two times per week and see students get excited about it. Also, I have enjoyed seeing all the people come that have never done yoga before. This class gives them a taste of something new,” Stacy Dekkers, certified yoga instructor, said. “It’s a chance to take a step back, refocus and relax. Yoga is a great stress reliever, plus it’s a good workout. It’s good for people of all ability levels.”

“[Yoga] happens to be close and free,” Derek LaPlant, a senior majoring in English creative writing, said. He participates because “it is entertaining and makes you feel good at the same time.”

“I’ve always wanted to try yoga,” Amber Dequaine, a freshman majoring in animal science, said. “And the best part is it’s free.”

Weekly relaxation practice meets in the UC Wind River Room where a professional energy worker guides the group through meditations.

“The response from the group, thus far, is positive and the numbers seem to be increasing weekly,” Mark Huttemier, coordinator of the relaxation practice, said. “The relaxation response is the ability to control and lower your anxiety as soon as you notice your body getting tense. By practicing skills like meditation, progressive relaxation, deep breathing, self-hypnosis and visualization, we are teaching our body another way to handle stress besides fight or flight.”

Zumba dance takes place in the Falcon’s Nest, where participants can engage in a Latin dance workout.

“There were around 30 people at the first class on Sept. 24,” Elsesser said. “Students were having a blast and looked like they didn’t want to leave.”



Sarah Schneider/Student Voice
Students, faculty and staff participate in Yoga in the UC Ballroom.



Angela Lutz/Student Voice
Lori Moran, owner of Lori’s Massage and Day Spa, gives a student a massage in Hagestad Hall.

Hard copies of the Weekly Wellness Events and on-campus massages are located in Hagestad Hall, and on the Counseling Services Web site.

“People need to take advantage of the reduced rates and free wellness events,” Alice Reilly-Myklebust, director of Student Health Services, said.

Student Health and Counseling Services is open to suggestions about improvement in the programs. Elsesser encourages students to contact her with their ideas.

“We want to give people what they want,” she said. “We want to tailor these events to them.”

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Career Fair Prep Sessions: October 12th & 13th

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