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STUDENT VOICE

October 7, 2011

HOMECOMING 2011: GO FALCONS!

Volume 98, Issue 3

Homecoming determined to show UWRF's 'Falcon Pride'

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Homecoming week is a proud tradition at many schools. To emphasize that fact, the UW-River Falls homecoming organizers have decided that this year's theme is "Falcon Pride."

"It's something everyone could relate to," Crystal Lanning, assistant athletic director and student involvement administrator for UWRF, said. "Everyone is a Falcon. Everyone can relate to it."

This rings true for sophomore Mark Dick who had issues with last year's theme, "Superheroes" which Lanning said "didn't always catch on very well."

"[Homecoming] never really was my thing in high school," Dick said. "For someone like me, I don't really like to get involved in all the dress-up things."

Dick said that he thinks the broader theme of "Falcon Pride" is a good idea. "I think that's easier. I can wear my sweatshirt and I can feel involved in all of it."

Lanning said this was part of the intended effect of this year's theme. "I think it's a lot more relatable to our students than some sort of off-kilter theme," Lanning said.

There's a possibility that a broader theme like "Falcon Pride" will encourage more involvement, according to Lanning.

"I think it's an easy thing that people can respond to," Lanning said, "Rather than having to think creatively about costumes or things like that. Everyone has, hopefully, a River Falls shirt or a River Falls sweatshirt."

Lanning said one of the goals of this year's theme is for students to "[show] what a good Falcon should be." Lanning described a good representative of the University as "Hardworking individuals that hold a good sense of integrity. They're dedicated."

Of course the football game against UW-Whitewater on Oct. 8 is the focus of many students on campus, as far as homecoming is concerned. But there are plenty more events scheduled during the week as well.



Desi Danforth/Student Voice

Johnson Hall residents participate in a homecoming event, window decorating, on Main Street Monday Oct. 3. Main Street's shop windows were painted to express Falcon Pride during homecoming week, which ends Oct. 9.

There is the homecoming parade, window decorating on Main Street, bingo, a bean bag tournament featuring live music, the athletic department's hall of fame banquet, as well as multiple sporting events including a swimming and diving team time trial, a soccer game, and a volleyball game. The official homecoming schedule can be found at <http://www.uwrf.edu/StudentLife/Homecoming.cfm>.

Jennifer Vogel, a senior animal science major, was most ex-

cited for Spencer West's appearance as part of the Wymen lectures series at 7:30 p.m. on Oct. 5 in the Riverview Ballroom at the University Center. "[Past homecoming weeks] have been a lot of fun," Vogel said. "There are events all week."

Vogel said she was having difficulty deciding who to root for in the homecoming game, as she's from the Whitewater

See Homecoming page 3

Strategic Plan aims for student input

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The strategic plan for UW-River Falls strives to look at where the campus is going in the future, based on where it has been in the past. Officials want student involvement in the process. UWRF is "Developing an ambitious, forward-thinking strategic plan that will build on its strengths and past strategic planning efforts."

The strategic plan for UWRF is a 3-step plan. The first step is the planning phase, which included administering a survey to gather input from UWRF faculty, staff, students, alumni, and friends that will help shape the University's strategic plan. The survey was administered May 4 through June 6, 2011. Out of 7,587 emails that were sent out, 543 unique respondents started the survey and 292 completed and submitted the survey, equating to a 3.8 percent response rate.

The next step is the development stage where the University strives to develop our mission vision/values, a draft defining strategy and goals get developed by taskforce people.

The final step is to develop the strategic plan. A representative from Faculty Senate is assigned to draft the goals.

"There are many ways that students can participate," said Glenn Potts, dean of the College of Business and Economics. "Students can participate through Student Senate if they are having a reaction to what is being proposed, or they can submit suggestions online through our website."

"A lot of students don't step forward and participate because they have the attitude that what is happening is not going to affect them," said Potts, "Because they will be out of school by the time any changes take effect, but it is still important for future students. We have a responsibility not only to our school, but to the community as well," said Potts.

"In 2006-07 the University went through a strategic planning process that was very inclusive," said Wes Chapin, political science professor and Faculty Senate chair. The entire campus community had many opportunities for input, engagement, and feedback. The current effort is designed to accomplish several things. "We want to assess whether we should revise or replace parts of our existing strategic plan, and we are also providing many opportunities for students, staff, and faculty, as well as community members and other interested parties, such as alumni, to participate," said Chapin. There are also organized surveys, multiple forums for colleges, units, and community members, and there have already been Town Hall meetings open to the entire campus and the broader community.

President of UWRF Student Senate, Tyler Halverson, participated in the open town hall meeting. "The meeting brought in many members of the campus community from different departments or divisions together," said Halverson, "I was the only student representative at this meeting, so I felt that the group as a whole really valued what I had to say, and it was a tremendous responsibility to speak for the students of River Falls. I feel the process is going well." Halverson also stated, "In the future, it looks like students will have more opportunities to have input."

"We are still in the early stages of the process and anticipate multiple opportunities for additional students, staff, faculty, and others to be engaged as we work on our mission, vision, and values statements, draft or revise strategic planning goals, and draft initiatives for the goals, among other things," said Chapin. The website is a great resource for anyone who has any questions about the strategic plan, and has information about meetings, timelines, and who is working on the plan.

Derogatory language being used carelessly

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The results of a national poll show a majority of teenagers and young adults think it is OK to use derogatory language, as long as it is kept between friends. A UW-River Falls Student Life program aims to change that view.

The Associated Press-MTV poll found that 54 percent of young people have no problem using derogatory language when talking to friends. Their justification is that friends know they are just kidding.

"I understand friends joke and give each other a hard time, but using derogatory language is not cool," said Lisa Colburn, a UWRF student and the diversity peer education coordinator for Falcon Programs. "When someone says something derogatory as a joke, they never know if it will mean the same thing to them as it does to the person they are talking to, and they never know who might overhear," she said.

Colburn is the student responsible for launching the Peer Empowerment and Community Education, or PEACE, program. She said the goal of PEACE is to educate the UWRF community about social justice and diversity issues through workshops and campus events.

This fall, PEACE is offering a program on gender and sexuality called the Queer Identity and Ally Development track. Colburn said it is designed to provide an opportunity for students, faculty and staff to engage in conversations about sexual identity and the impact of discrimination. Attending all scheduled events throughout the semester earns participants a Social Justice Leadership certificate.

The first event for participants was an identity awareness session held last month. The PEACE program events are open to the UWRF community, but those interested in earning the certificate will need to wait until next semester if they have not already signed up, Colburn said.

"It all starts with conversation," Colburn said. "Once conversation gets going, it rarely stops."

The AP-MTV poll was conducted by Knowledge Networks, a research and analysis firm with offices across the U.S. A total of 1,355 people aged 14-24 participated in the survey, which was administered online from Aug. 18-31.

The poll is part of "A Thin Line," a campaign sponsored by MTV to stop cyberbullying.

"The campaign is built on the understanding that there's a 'thin line' between what may begin as a harmless joke and something that could end up having a serious impact on you or someone else," according to its website.

The website details the dangers of cyberbullying, and provides support tips for combating it. It also features an interactive tool that awards users points for completing tasks like deleting discriminatory posts they made on social networking sites. The points can be redeemed for discounts on the MTV online store.

"A Thin Line" is one of several recent attempts to bring the issues of bullying and sexual discrimination to the forefront of national discussion. Pop singer Lady Gaga has been especially vocal on the subject. She dedicated a song performed at last month's iHeartRadio Music Festival to Jamey Rodemeyer, a 14-year-old who committed suicide on Sept. 18. Rodemeyer was bullied for being gay.

"The past days I've spent reflecting, crying, and yelling. I have so much anger. It is hard to feel love when cruelty takes someone's life," Gaga posted to her Twitter page on Sept. 21. Later that day she added, "Bullying must become illegal. It is a hate crime."

Discrimination at UWRF made headlines in 2009 when a racist message was found written on the wall of a bathroom in the Chalmer Davee Library. The graffiti threatened vio-

See Derogatory Language page 3

Election results for Student Senate

Information provided by Student Senate Election Commissioner Patrick Okan. Overall: A total of 702 students as of close of polls voted in this election. Of the 6,753 students included on the official data provided by the University as of Tuesday, a total of 10.395% of students voted in this election.	Vice President: Top candidate wins 1) Carlan Strand - 498 votes - 79% of total 2) Write-ins - Includes a substantial write-in for Ben(jamin) Blanchard; totals on this candidate are not yet available.... of all write ins, 130 votes total, or 21% of the vote.	College of Education and Professional Studies (CEPS) Representative: Top Candidate Wins 1) Hannah Klingfus - 130 votes - 92% 2) All other write-ins - 12 votes - 8% At-Large Senator: Top Candidate Wins 1) Benjamin Blanchard - 211 - 36% 2) Jake Mandoza - 170 - 29% 3) Riley Haynes - 93 - 16% 4) Hannah Klingfus- 92 - 16% 5) All other write-ins - 21 - 4%	First Year Representatives: Top Four Candidates Win 1) Riley Haynes - 276 2) Grady Nelson - 274 3) Kayla Edstrom - 231 4) Alycia Hall - 212 5) Hannah Klingfus- 190 6) Kristi Elles - 169 7) Selena Houchins- 163 8) All other write-ins - 71 total (some may be duplicated)	Ballot Referendum one - Student Association Constitutional Amendment 1 “Do you support a proposed amendment to the Student Association Constitution that would give full-time Graduate Students the right to serve on the Student Association Student Senate?” 1) Yes - 520 votes - 86% 2) No - 85 - 14%	Ballot Referendum two - Student Association Constitutional Amendment 2 Do you support proposed amendments to the Student Association Constitution that would update language in the Constitution? 1) Yes - 495 votes - 88% 2) No - 66 - 12%
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According to Patrick Okan, Student Senate Elections commissioner, only 10.395 percent of students voted in the fall elections. However, this year’s elections ran a lot “smoother” than past years, said Okan.

The Senate election rules were revised about a year ago. Okan said the new rules ensure fairness but are not as strict as the previous rules. Before the election rules were revised, Okan said there were a couple of very controversial elections.

Okan said that in 2006 a freshman named Dusty Phundheller ran for Senate president and won, but was quickly kicked out of his position because someone complained that his campaigning posters were too big. “We’re talking inches here,” said Okan. A student named Joe Eggers then replaced him.

Okan also said that campaigning time is one of the big things that changed in the election rules. “Now candidates can actively campaign right up until the polls open,” he said.

Before it was changed, this rule led to a very controversial election in 2010 when Nikki Shonoiki ran for president. Shonoiki won the presidency but then was accused of campaigning on campus radio, WRFW. What Shonoiki said was actually never aired, but another candidate then replaced her.

Okan explained the process of the Senate elections, “A student wanting to run would get a petition and get the appropriate number of signatures needed. Then they would submit the petition by the deadline and the University would check if the student is eligible to run.”



Submitted by Symphonic Band Director Kristin Tjornehoj

Symphony Band performs Saturday

Andrew Barker
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The UW-River Falls music department’s Symphony Band is preparing to perform for the UWRF homecoming.

Directed by Kristin Tjornehoj since 1993, the UWRF Symphony Band plays a wide variety of pieces that represent a large spectrum of time periods. During their performance at 7:30 p.m. Saturday, Oct. 8, four to five pieces will be played.

Future performances will be held on Oct. 20 at 7:30 p.m. and on Dec. 6 at 7:30 p.m. The cost of all concerts is \$5 for adults, \$3 for seniors and \$2 for students.

Roughly 40 to 50 students make up the band, with a wide assortment of instruments and class levels. The band meets about three times a week and practices for two hours a day, with one hour practices on Fridays. Although the band consists of mostly music majors, non-majors are welcomed to join.

Tyler Halverson, a fifth year music education major said, “I am in this ensemble

because it is a top level ensemble and gives experiences necessary to be a good performer and good eventual music educator.”

The band takes road trips to various concerts and events which provide these select UWRF music students opportunities to perform for a variety of audience members.

According to the UWRF symphonic band website, “This small town school offers quality music, with an abundance of amazing experiences. Teachers work along-side students as mentors and leaders.”

In order to become a part of the band, students must audition for a place. All students are welcome to take place in one of these auditions. The band forms a small community for these students and the upperclassmen help the new members adapt to their environment.

Samantha Johnson, a freshman bassoon player who recently became a member of the band said, “Upper classmen have been really helpful, in and out of the band.” She continued, “The upper classmen encouraged me to audition for the band.”

Preliminary hearing continues Tues. Oct. 11 for UWRF music professor charged with sexual assault of minor

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The preliminary hearing for UW-River Falls music Professor Thomas William Barnett, who is charged with second degree sexual assault of a minor, will be continued next week.

On Tuesday in St. Croix County Circuit Court in Hudson, Barnett and his attorney, Timothy O’Brien, and the prosecutor, Assistant District Attorney Francis Collins, met for what proved to be the first round of the preliminary hearing. The preliminary hearing is to decide if there is probable cause to sustain the charges against Barnett.

During Tuesday’s hearing, Judge Eric Lundell agreed to bar the public from the hour-long testimony from the victim. She is one of five witnesses who are scheduled to testify at the preliminary hearing.

The only other witness who was heard from during Tuesday’s hearing was the 14-year-old former boyfriend of the victim. He testified for about 30 minutes before both sides agreed to continue the hearing at 9 a.m. on Oct. 11.

Barnett is facing charges of second degree sexual assault of a child and false imprisonment following an alleged incident at the Hudson 12 Theatre on Aug. 16, according to the criminal complaint.

If convicted of the sexual assault charge, Barnett could face a maximum penalty of 40 years in prison and a fine of \$100,000. The false imprisonment charge could result in a maximum sentence of six years in prison and a \$10,000 fine.

Barnett is on administrative leave from the University.

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Derogatory language: Students ignorant of negative dialogue

From page 1

lence against black and Asian students.

In 2010, the University released the results of the Campus Climate Survey, an initiative to gauge the extent of diversity and discrimination problems within the University community. It revealed that 31 percent of respondents reported witnessing or being made aware of discriminatory actions that made for an “offensive, hostile, exclusionary or intimidating working or learning environment” at UWRF, according to an executive summary of the survey.

“I think we’re mostly tolerant at UWRF, but there’s always room for improvement,” Colburn said. “As an institution we are making good strides.”

In addition to conversations between friends, young people are likely to encounter discrimination and derogatory language online. The results of the AP-MTV poll show that 51 percent of respondents often or sometimes witness acts of discrimination on social networking sites like Facebook. In comparison, 37 percent reported never or rarely encountering it.

The most commonly discriminated groups on social networking sites are the overweight, gays, lesbians or bisexuals, African-Americans and women, according to the poll. The most common derogatory phrase young people encounter online: “That’s so gay.”

“That doesn’t surprise me,” said Meghan Foster, 22. She is a UWRF senior and past participant with the Gender and Sexuality Alliance, a student support and awareness organiza-

tion. “That phrase gained massive popularity in the last seven years or so.”

Many people who use derogatory language are not trying to be cruel, they are just ignorant of the impact their words have, Foster said. She suggested the best way to stop the trend is to confront people when they use hurtful phrases.

“National campaigns and celebrity endorsements bring visibility to the issue, but I don’t know how effective they are,” Foster said. “The best thing you can do is politely engage with someone and tell them what they said was wrong.”

The results of the AP-MTV poll can be viewed at <http://bit.ly/qdOy5q>.

Homecoming 2011: Opportunities to display ‘Falcon Pride’

From page 1

area. “I’ll root for River Falls, but I don’t have high hopes for the game,” Vogel said. UW-Whitewater is ranked No. 1 in the country.

Abby Doyle, Alpha Omicron Pi Chapter President, said that her sorority is looking forward to the annual lip sync contest the most. “Last year we won,” Doyle said, “And [we] can’t wait for this year’s show.”

Doyle encouraged her fellow students to attend the lip sync contest. The Lip Sync contest takes place on Saturday, Oct. 7 in the Falcon’s Nest at the UC from 8p.m. to 11p.m.

“I think that everyone should attend this because it is a showcase of many of the student [organizations] on campus,” Doyle said. “The lip sync event is always a crowd pleasing event and anyone who has ever gone knows how much fun it is.”

“I think there’s enough activities going on around campus that we’ll meet the needs of any of our students or faculty,” Lanning said.

“If homecoming is not your thing, at least demonstrate that you are proud of the University that you chose to attend,” Lanning said. “If you don’t attend any of the activities, that’s OK, but wear your River Falls t-shirt around campus.”

Advertise in the Student Voice!

Contact the Voice Ad Representative at:

advertising@uwrfvoice.com

2011 UWRF Homecoming Schedule

Friday, October 7

-Lip Sync/Variety Show

8:00-11:00 p.m. Falcon’s Nest, UC

Register Online!

Saturday, October 8

-Freddy’s Homecoming 5k Race

8:00 a.m. Ramer Field

Register at: uwrfsports.com

-Parade

10:30 a.m. Downtown River Falls

Register Online!

-Tailgate

11:00 a.m. UC Mall

-Women’s Volleball Game vs. Stevens Point

12:00 p.m.

-Falcon Football Game vs. Whitewater

1:00 p.m.

-Homecoming Symphony Band and Jazz Ensemble Concert

7:30 p.m. Abbot Concert Hall, KFA

-Comedian: Roy Wood Jr.

8:00 p.m. Riverview Ballroom, UC

-DJ Dance

9:00 p.m. Falcon’s Nest, UC

Sunday, October 9

-Homecoming Choral Concert

3:00 p.m. Abbot Concert Hall, KFA

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EDITORIALS

Students encouraged to show Falcon pride

It is homecoming weekend here at UW-River Falls, and this year’s theme is “Falcon Pride.” With many events going on around campus, students should be sure to get out there and participate. But Falcon pride shouldn’t stop at homecoming. We here at the Student Voice encourage students to take an active interest in the River Falls campus and community.

With that said, students should take into account how they’re representing themselves as well as UWRF. Unfortunately, homecoming is known to many students not as a time to celebrate Falcon pride, but as a binge-drinking holiday.

Homecoming is a weekend where many minors are given out to students, which reflects very poorly on the River Falls campus. As we said last week, if you have a misdemeanor on your record, it is likely to stay with your for the rest of your life.

So get out there and be proud of your University! Go to the homecoming parade, play bingo, participate in the bean bag tournament, and cheer for your fellow Falcons at various sporting events. Go Falcons!

High expectations for new Student Senate

With a new season of Student Senate upon us, and with a new batch of leaders elected, we here at the Student Voice have high expectations and hope to see the Senate make positive impacts on the UW-River Falls campus.

The Senate holds much power regarding budget decisions, policies regarding the student body, as well as policies regarding relations with the the rest of the UW-System.

As students, we must ask ourselves the question: what do we want from our Senate? Do we wish to see a change in the allocation of funds? Changes in parking policies around campus?

The Senate meetings occur at 7:30 p.m. in the Willow River Room of the University Center, and anyone is welcome.

As Falcons, we should be proud of our school and all that it stands for. Shedding light on issues in front of the Senate is the best way to see change. Feel free to attend the meetings to have your voice heard.

We hope that the Senate has a very successful year!

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

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Read the *Student Voice* online at www.uwrfvoice.com

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

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

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

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

Because of high production costs, UW-River Falls community members are permitted to collect one copy of the *Student Voice* per issue. A single copy of the *Student Voice* is valued at \$1, and additional copies may be requested from the editorial staff by e-mail through editor@uwrfvoice.com. Newspaper theft is a crime. Those who violate the single copy rule may be subject to civil and criminal prosecution.



David Recine/Student Voice

UW-River Falls accounting students attend conference

On Tuesday Sept. 27, close to 40 students in the accounting program at UW-River Falls attended the 14th annual Accounting and Auditing Student Conference at the Minneapolis Convention Center. Although colleges from all over Minnesota, Wisconsin, Iowa and the Dakotas are encouraged to come, the students from UWRF were one of the top two schools in attendance, and it showed.

As the day went on, more and more representatives of CPA firms, business associations, and graduate schools commented on how they were impressed with the attendance, enthusiasm, and professionalism that was presented to them by the students of River Falls.

Throughout the day, students were able to network with over 50 accounting firms, professional associations and government agencies, with many receiving an offer for an interview in the near future. Some of these students impressed the representatives so much that they were pulled aside to be given an interview right on the spot. I spoke to Stephanie Noreen, a recent UWRF alumna and accountant with Mahoney, Ulbrich, Christiansen, and Russ and she said, “Some people I spoke to today didn’t make eye contact, had no idea what to say, or seemed very nervous, but everyone that came up to me and told me they were from UWRF seemed confident, knew what the firm I represented was all about, and asked some good questions.”

Besides networking with all the vendors at the show, the students were also able to receive one-on-one sessions with professionals on interviewing and resume tips, attended a panel called “Behind Closed Doors” in which students who had graduated in the last couple of years explained what they might expect at their first job, and during lunch listened to guest speaker Karl Mülle, the co-author of “Put Emotional to Work: Equip Yourself for Success.”

The conference was a smashing success for all the students who attended. They really showed the accounting profession what the students and the accounting program at UWRF is all about. Good luck everyone with your interviews and hopefully this time next year most of you will be back at the conference as vendors, instead of students.

Frank Ranallo

Cruising throughout the Virgin Islands

Welcome aboard, Falcons! I hope you’re ready to explore some exciting ports of call. Each article will include a brief history, a few famous points of interest, fun facts as well as any additional tips to help you, should you decide to venture there someday. That being said, I would like to welcome you to my favorite port of call: St. Thomas, United States Virgin Islands.

Christopher Columbus first spotted the island on his second voyage to the New World in 1493. The Dutch eventually were the first to conquer the island, only to be taken over by the Danish in 1666. The island became a hub for slave labor and the slave trade. Apart from slaves, St. Thomas’ main export was sugarcane. While the island enjoyed economic prosperity, the sweetness turned sour in the 1800s. Hurricanes, drought and foreign competition (in particular, the United States) caused a period of economic decline. The United States, however, would take a big interest in the area in 1917, when they purchased St. Thomas, St. Croix and St. John for \$25 million in gold. Ten years later, residents were granted American citizenship. Since 1954, the Virgin Islands have been an American territory.

Tourism has become a staple on the island. There are as many as five cruise ships at one time on the island—and if each ship carries roughly 2,500 passengers, plus 1,000 crew, you’re talking about lots of money spent touring the island! Although St. Thomas is only 31 square miles, there is plenty to see! As you expect with any Caribbean island, there are plenty of beaches to soak up some sun! Check out Magens Bay, with its crystal clear water and white sand. If you’re up for some sightseeing, there is plenty of historic architecture. Among the sites include Fort Christian, built by the Danish in the 17th century. It is the oldest standing structure in the Virgin Islands, and contains many items from the Danish period. Another historic landmark is the St. Thomas Synagogue, founded in 1796 by Jews who emigrated from Europe to establish trade in the New World. There’s also Blackbeard’s Castle, a tower used by Danish soldiers to watch for enemy ships. Blackbeard himself sailed the Caribbean waters in the 1700s.

Above all, St. Thomas is well known for its shopping. There are hundreds of shops all over the island, with many of them confined to two big shopping malls (one at each pier). From a souvenir t-shirt to jewelry (the most popular), you can find almost anything at reasonably low prices! If you like no tax on clothing in Minnesota, this is even better: everything is duty-free! In addition, check your cruise line’s policy regarding warranties. If they sponsor certain stores, many times they’ll offer 100 percent satisfaction guaranteed, should something go wrong. How’s that for worry-free shopping?

If you want to go travel the world, make sure you have your passport. Since 2007, a passport is required for any type of land or sea travel (for more information regarding rules, or how to apply, check out the State Department website at <http://www.state.gov/travel>). However, St. Thomas is one destination where no passport is needed—after all, you are in the United States (as long as you fly from an American city). The truth is, the Caribbean is closer to home than you think.

Hope you enjoyed this week’s article. Next week, get ready for some climate change: way up north to Sitka, Alaska!

Michael Leonard

Columnist

Lifestyle Enthusiast on the town:

The handlebar mustache experiment



Christopher
Pagels

Columnist

In England, there is an exclusive club where the only condition of membership consists of ownership of the following item: “a hirsute appendage of the upper lip, with graspable extremities.” That is of course the handlebar mustache, which I currently possess. For those unaccustomed, a handlebar mustache is a mustache where the ends near the corner of the mouth curl into a ringlet, usually giving the owner the appearance of smiling. Since July 9, I have been growing my beard into a scroungy shag that carpets my white face. It was first grown out of freedom because of the daily shaving I had to endure at a cannery in Alaska I worked at, and then I ignored to suit my surroundings in the Alaskan tundra. Finally, this last week I cut my beard off with an axe (I wish) and left my face barren except for a pair of mutton chops and the handlebar mustache.

The beard I had worn for so long has scraped crumbling soapstone mountain sides of the rugged Alaskan interior, felt the breath of the sage and sunflower prairie of North Dakota, been combed by Spanish moss from the south as I braved swamps, and has been washed off by saltwater from

the Atlantic Ocean, leaving a crust. Sadly, it was not so cold in Alaska that I could let icicles dangle as ornaments like so many Christmas trees.

Upon coming back from these various and sundry locations, this self proclaimed lifestyle enthusiast decided to change my style and swagger to better suit my hipster tendencies; the handlebar mustache seemed like a qualified answer. This change in appearance is a quite different route than former hairstyles that were clean-shaven or bearded. [Digression] Actually, in 2009, while shaving, I let the stache remain for a few moments. I quickly applied some Dapper Dan hair wax to the edges of the mustache and curled a tight roll that even a turn-of-the-century boxer who says “bully” a lot would admire enviously. I took a photo and placed it into storage, waiting for the right opportunity.

What I thought would be a fashion statement, the new arrangement on my face, soon turned into a social experiment. Mustache wearing has its risks. It is a misconception that all mustache wearers are rapists or have a proclivity for such practices. Yet, as I sit in the library I hear whispers and look up to see bros and their girlies talking behind their hands staring at me, I can hear them say “mustache.” As I walk I will hear people fall down behind me as they run into other pedestrians, double-taking as my all-powerful handlebar mustache leaves them confused and befuddled. During the last week, I have been told in blunt deadpan tones, “when are you going to cut that off, it’s disgusting” and “you will never get a girlfriend.”

On the other hand, random people will compliment me, telling me that I look like Mario from Super Mario Bros. and giving me votes of encouragement to carry on the legacy of the stache. Although I have worn this mustache for a week, it doesn’t compare to the time I wore it for only a few moments one day in 2009.

Yankee swap was the answer to the photo. Yankee swap, or Nasty Christmas as some call it, is a gift-giving game where multiple families buy nominal gifts, usually found on the end shelf where one can buy cards, scissors, or condoms, and place them in the middle and the players roll doubles to win or steal gifts in two-three rounds. Most of my family members will go the end shelf route, whereas I will go all out, hard pranking style. In previous years I have put such gifts in the middle: bags of coal, hemorrhoid cream, cat treats, flour, and adult diapers. This is where the photo comes in, two years ago as we completed, yet again, another memorable game of Yankee Swap, I watched my aunt unwrap her prize. She thought if she picked the biggest and heaviest gift she would win. Knowing this I grinned maniacally as she unraveled an 8 inch by 10 inch black frame autographed picture of me, with my handlebar mustache. The look of disgust she wore is one of my fondest memories to date. In a surprise move, my younger cousin traded his cheap candy for my mug shot. He said he would keep it on his dresser because he thought it was so awesome.

Running: good for the heart, good for the soul



Benjamin
Lamers

Columnist

I’m sure there are a large handful of people out there just like me. People who ran cross-country and track in high school, but didn’t follow up and run in college. Personally, I like running.

In fact I still run, just not for the team. I generally tell people that I love running; I just don’t love it enough to be on the team. That and an 8k is a little far to race.

At this point, those of you who don’t like running, or don’t understand why people run for fun, are probably thinking I’m crazy right now. And without training for a race, I can understand that argument. However, running is one of the best ways to work out without a gym membership. Running is something that pretty much everyone can do, at any time, and, with the exception of buying running shoes, it’s free. And who doesn’t like good things that are free?

You always hear the expression, “At least he/she is out there instead of sitting around.” That expression applies to

running more than any other form of exercise. You don’t have to be fast, or have good form. If you’re out running you will get a good workout. Besides, if you have no other incentive, it’s a good way to stay in shape and keep that college weight off.

Running can also be great if you just need to get away. If you’re having a tough or stressful day, sometimes there is nothing better than heading out and going for a run. Running with a lot on your mind is one of the best ways to sort out thoughts. I find it very easy to think clearly when I’m running and normally whatever problem I had gets resolved while I’m running a few miles.

Of course, I can’t forget the fun side of running as well. My cross-country coach always said that if we were on vacation, the best way to see a new place was to run around it. I can honestly say that my first few weeks in River Falls was a great way to see everything in the city. Some of you are probably thinking that there isn’t much to see in River Falls. You would be surprised. Also, when you are running in a populated area, you will always encounter the people who live there. People that you

run past, or ones that drive past you, can be very entertaining. Rule No. 1 is always to smile and wave obnoxiously if someone says something or waves to you. It makes running so much more enjoyable.

Then there are the things that you find when you run. It’s just amazing what kind of stuff is on the side of trails and roads! For example, I have found such things as a soccer ball, a watch, and a knife. The first day of school, this year, I even found a bike. It was not around when I came back so maybe there was someone I didn’t see. In fact, today I found a shirt. How you can lose a shirt I will never know.

All in all, running can be a ton of fun, as long as you make it fun. Whether you want to lose some weight, stay in shape, or just have some time to think; running is a great past time. I hope if you see me running around River Falls you wave or honk your car horn, so I can wave back obnoxiously.

It’s just amazing what kind of stuff is on the side of trails and roads! For example, I have found such things as a soccer ball, a watch, and a knife.

Ben is a sophomore majoring in journalism and minoring in history. He is a huge Colts and Brewers fan.

STUDENT VOICES

Who is the Student Senate president?

Compiled by Megan Rodriguez

April Knipfer, Senior
“Tyler Halverson.”



Michaela McCoy, Junior
“I have no idea.”

Ashley Chelmo, Sophomore
“I know what he looks like, but I couldn’t tell you his name.”



Alexa Torza, Junior
“I don’t know, but I know the vice presidential candidate.”

Colin Seaborg, Senior
“Tyler Halverson.”



Expand your thinking:

The importance of prioritizing



Jaime
Haines

Columnist

In college, many students find themselves overwhelmed with the multitude of options available. After attending events like the Involvement Fair and Rock the Cause, students return to their room with promotional sheets from dozens of organizations. With this slew of papers, along with posters, peer recommendation, parental advice, and advisor suggestions, in addition to lacking prioritizing skills, students experience difficulties when trying to select their commitments.

Some students decide to play the role of a super-student; they take full course loads, participate in several clubs and organizations, sign up for different events and volunteer opportunities, and work part-time. While many people idolize these students, the students suffer consequences from their over-involvement, such as feeling stressed and overwhelmed, earning poor grades, weakening relationships, and missing classes or meetings. Students with over-involvement, procrastination, or lacking drive problems must learn to prioritize.

One method of prioritizing consists of the Rock Model-listing “large rocks,” “small rocks,” “sand,” and “water” items. Non-negotiable commitments, or large rocks, such as self-care, academics, family, and faith, hold the highest priority. Duties like maintaining friendships, organization involvements, and part-time jobs, qualify as small rocks; they hold importance but remain flexible. Sand consists of matters easily fit into one’s schedule, such as hobbies and interests, and offers more amusement than necessity. Finally, water consists of time-wasting activities such as Internet or channel surfing. While the exact ordering of items changes from person to person, the idea remains simple: create a priority list and make sure to spend time accordingly.

The necessity of determining the importance of actions stems from a variety of subsequent benefits. With prioritization, people complete pressing tasks first and refuse to procrastinate, therefore experiencing many less issues. This hierarchy of time use results in immediate completion of

The necessity of determining the importance of actions stems from a variety of subsequent benefits. With prioritization, people complete pressing tasks first and refuse to procrastinate, therefore experiencing many less issues.

necessary tasks, which concludes with more opportunity for enjoyable activities at the ‘small rock’ and ‘sand’ levels. When one completes ‘large rocks’ without delay, he is refusing to waste energy on unimportant undertakings.

Another way to prioritize uses the Quadrant Model (found on “The Personal Excellence Blog”). This model sorts activities into four categories. The first, “Q-1: Quadrant of Necessity” contains urgent and important tasks such as deadline-driven projects and immediate problems. The second category, “Q-2: Quadrant of Quality and Personal Leadership” consists of non-urgent and important responsibilities such as problem prevention, relationship building, personal development, health improvement, and accomplishing goals. “Q-3: Quadrant of Deception” comes next, containing urgent and none important items such as interruptions, and certain calls, e-mails, and meetings. Finally, “Q-4: Quadrant of Waste” encompasses non-urgent and none important undertakings such as time wasters, like channel or Internet surfing.

This model overlaps the Rock Model in terms of recognizing top and bottom priorities; but, it also goes further by identifying tasks which hold conflicting priority and importance ranks such as Q-3 and Q-2, which often causes people to incorrectly choose where to focus their energy. Most driven college students find themselves stuck the urgent obligations of in Q-1 or Q-3; they endlessly run from one commitment to the next, trying to keep up with their various time commitments. However, students’ actions should fall primarily under Q-2; they should try to use effective measures such as planning ahead and using time wisely to reach long-term goals.

By focusing on and completing “large rock” or “Q-2” responsibilities, students find themselves feeling more centered, focused, and successful. To focus on the imperative components of your life, take a few minutes to list your rocks or quadrants, reflecting on why you placed them in a certain category but not another, and how you can live a better life by focusing on the truly important aspects of your life.

Jaime is an exuberant puppy-lover and “House” addict. She plans to use her psychology degree to encourage activism and well-being through counseling, workshops, speeches, and the written word.

Volleyball raises breast cancer awareness



Jessie Behrman/Student Voice
The Falcon volleyball team practices on Oct. 3 to prepare for their upcoming matches. On Oct. 12 the Falcons will host UW-Stout in their fourth annual Dig for the Cure event. Money raised from the match will go to support breast cancer research.

Jessie Behrman
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The UW-River Falls volleyball team is doing well with a 9-11 record this year and continuing to play better each game according to Coach Patti Ford.

The team is 1-2 in the WIAC. The Falcons beat UW-La Crosse with a final score of 3-1, but fell short to UW-Platteville with the final score being 3-2. Ford said that UW-Platteville is a strong team and is ranked in the top 25 nationally.

The Falcons have a lot of returners and Ford said they only lost one starter from last year. This year there is one senior, Linnea Osterberg who is also one of the captains along with junior Courtney Preiner. Ford said they have a good, strong returning core and a lot of the key players in the junior class.

“We’ve got a really unique group of players who are very passionate and that’s one of our team strengths,” Ford said.

There are five new freshmen players and three sophomores, one sophomore being Jean Theis. Theis said the team is only continuing to get better and stronger as a program and playing well together as a team.

The team is getting into their WIAC games and the team hopes to finish in the top three of the conference and potentially win it, Theis said.

“It is a very attainable goal and as long as we stay tough and focused and play the

way we know we should, there is no doubt in my mind that this goal will be met,” Theis said.

Osterberg agreed that the team is shooting for their goal of top three and said that the team’s biggest obstacle is keeping their momentum.

“We have a hard time getting momentum back if we are down. Then once we have that momentum, keeping it, and finishing the match,” Osterberg said.

Ford said that their goal is to always be competitive in the WIAC and that they only get one game to play each team.

One of the Falcons upcoming home games is against UW-Stout on Oct. 12; the game will promote support for breast cancer awareness. This is the fourth straight year that the team will participate. Each of the nine WIAC teams will participate in one promotional event throughout Sept. and Oct., according to the WIAC website. The game against UW-Stout on Oct. 12 is called the “Dig For the Cure Match.” This year all fall varsity athletics will be participating by selling shirts and proceeds will be donated towards breast cancer research. The game against UW-Stout is also one of the team’s conference games.

Theis said she is looking forward to how the rest of the season will fall into place and she has high hopes for the team. Ford said not just in the conference, but the overall Midwest region is tough.

“We’ve got a great team on the verge of doing great things,” Ford said.

Political science professor completes Twin Cities marathon

Ashley Goettl
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On Oct. 2, more than 8500 participants from around the world participated in the renowned Twin Cities Marathon. The participants and bystanders included competitive runners, the Saint Paul Saints’ mascot (who set a world record for a mascot running a marathon), former Minnesota Viking and Minn. Supreme Court Associate Justice Alan Page, who played his tuba to encourage the runners, and UW-River Falls Political Science Professor John Evans.

Evans ran in his first ever marathon, finishing the race in just under four hours, a goal that Evans said he had set for himself before the race began.

The weather conditions were crisp and cool for a fall morning, which made for perfect running conditions. But as Evans and the other participants inched towards the starting line, Evans stated that he wondered what he had gotten himself into.

However, the crowds that were lined up throughout the entire race and the camaraderie of fellow runners kept Evans from thinking more about the task at hand and more about taking it one step, or one mile at a time.

Finishing a marathon is no simple task as participants run a span of 26 miles to the finish line, and Evans was pleased just to finish the marathon, something he had wanted to do for many years.

Evans said he began training for the Twin Cities Marathon towards the end on May and beginning of June, when he had to fully commit to running in the TCM.

His training involved a gradual accumulation of miles, starting with eight or nine in June, and building up to 11 or 12 by July.

Over the last three weeks, he reduced the number of miles to prepare for the main event.

“Running takes a lot of discipline,” said Evans, “But it also offers a way to relieve stress and to form friendships with people who share a common bond.”

He also added that finishing a marathon, at item on his bucket list, ranks high on his list of personal accomplishments, which include getting a PhD.

Now that the training and actual competition are over, Evans offered sound advice to future runners or to anyone who dares to dream big.

“If the task ahead looks like Mt. Everest, build up and take it one step at a time. Believe, and if you put in the time, you can do anything. Don’t think about getting to the top, think about the next task or the next mile,” said Evans. “If you look at it from the big picture, 26 miles seems almost impossible, but if you take it one mile at a time, the end doesn’t seem so far.”

After the race was all said and done and the adrenaline started to kick in and his body began to feel the aches and pains, Evans didn’t hesitate to answer if given the chance would he do it again—he is already planning to go back next year.



Photo submitted by John Evans
Professor John Evans of the political science department finished his first career marathon. He competed at the Twin Cities Marathon on Oct. 2. Evans finished the race in just under four hours.

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Falcon soccer midfielder
Eryn Lansverk was named the WIAC
offensive soccer
Player of the Week

Lansverk scored both of the team’s goals in UWRF’s 2-1 win over No. 19 ranked UW-Stevens Point. She also scored three straight goals in the team’s 7-1 non-conference win over Ripon.

(Information provided by UWRF Sports Information)

Art department's 20th annual outdoor art installations



Charissa Squire/Student Voice



Maggie Sokoloski/Student Voice



Charissa Squire/Student Voice



Charissa Squire/Student Voice

Art students display their work around campus, outside of Kleinpell Fine Arts, the University Center and Centennial Science Hall.



Maggie Sokoloski/Student Voice

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