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# STUDENT VOICE

December 2, 2011

www.uwrfvoice.com

Volume 98, Issue 10

## Student Senate forced to decide use for funds



Maggie Sokoloski/Student Voice  
**Members of the Student Senate interact with members of the student body as part of the “Meet Your Student Senators” event on Nov. 30.**

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With reserve funds in danger of being tapped into, the Student Senate must find a will or a way to either save the student based funds, or spend them.

The Senate has a lot riding on their upcoming meetings to talk about the forecast of their compiled reserve funds. Vice President Carlan Strand said that the reserve funds should stay at about \$40,000, however, the current reserve fund has spiked at \$120,000.

If the Senate does not find a way to spend the reserved money, they run the chance of having the money taken by the government and used for purposes other than the University. Patrick Okan, AFAB chair, said that the University got lucky.

“We are very lucky that the government hasn’t already raided the reserves yet and used it for other purposes,” said Okan.

In the Senate meeting on Nov. 29, Okan brought forward a motion to create a “super committee” or as Okan liked to called it, an ad-hoc committee. This would be a temporary committee that would look and supervise how to spend or not to spend the reserve funds.

“The ‘super committee’ would consist of one member from

each subordinate committee, like the Legislative Affairs committee, the Inclusivity and Diversity committee, etc.,” said Strand.

If the Senate does not spend the reserve money, there are other options as well. Cutting some of the segregated fees would be one of them.

According to the Senate approved segregated fees website, student segregated fees can be broken down into categories. As of now, every student taking eight or more credits pays \$21 to Hunt Arena, \$47.50 to Campus Athletics, \$2.50 to the ID Carding Office, \$8 to the Child Care building, \$17.75 to Organized Activities, \$16.25 to Programming fees, \$2.88 to Shared Governance, \$64.50 to Student Health Services, \$9 to Intramurals, \$4.50 to Sport Clubs, \$4 to Intramural Complex, \$4 to Outdoor Recreation, \$225 to the University Center, \$16.50 to Student Services Remodel, \$42.50 to Student

Life, \$14 to Municipal Services, \$26 to Health & Human Performance, \$1.75 to Family Programs, \$4 to the Stadium and \$71.65 to Textbook Services.

“If we’re not spending, I don’t know why we are still collecting from students,” said Okan.

Along with the reserve funds and segregated fees issue, the Senate has been facing an array of other issues this semester as well. As of three weeks ago, two senators resigned from their position on Senate. Oliver White was the athletic representative and Riley Hanes was a first-year representative. Okan said he believes both senators resigned due to scheduling conflicts with the Senate meeting times.

Also coming up on the Senate agenda is the budget for student organizations. Last week student organizations put in their requests for a budget and Okan estimated that altogether the student organizations had requested between \$350,000 - \$400,000, but the Senate only has \$216,000 to give out.

“Usually the organizations request about double of what we have to offer, which is why we need to make cuts,” Okan said. “Overall, we’ve had a couple bumps in the road, but that’s pretty typical.” The budgeting process is in its beginning stages.

## Health interns work to market events

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UW-River Falls Health Services gives four students a chance to participate in a beneficial internship program while helping fellow students.

Health Services interns are assigned into four categories and create events for each subject. Regina Johnson covers Tobacco awareness and prevention on campus, Elizabeth Nelson covers Alcohol and Sexual Assault awareness, Cassandra Swenson covers Physical Fitness, and Trina Severson is the General Health Intern.

These are just a few of the internships that are available on the UWRF campus and are open to all students to apply.

“It’s a great opportunity to learn how to market an event,” said Nelson.

“You get to see behind the scenes.”

Each intern works each week developing ways in which to reach students and also prepare their events. With a little guidance from past interns, they must develop a theme for the event, call businesses in the area who want to donate items and attend and also design the layout of tables.

This doesn’t even include the marketing to students by creating fliers to put up in the Residence Halls and in different academic buildings.

Severson was assigned the Well Check program, which was held on Nov. 16. This event gave students the chance to assess overall fitness, learn stress management and relaxation techniques and more.

As a marketing communications major, Severson learned a lot through

See Heath Interns page 3



Cassie Swenson/Student Voice  
**Marketing interns Trina Severson (back) and Elizabeth Nelson complete a poster.**

## Faculty union discusses effects of budget lapse

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As the debate over \$65 million in state-ordered budget lapse cuts placed on the UW-System continues in Madison, the UW-River Falls faculty union seeks to foster discussion of the issue within the campus community.

United Falcons AFT, the faculty union at UWRF, held an open forum Nov. 9 in the University Center to give members of the River Falls community an opportunity to discuss budget cuts and their effect on the University.

“One of the things that clearly came out (during the discussion) was that the group felt that students, parents and the public didn’t really understand how this lapse would affect the University,” said United Falcons AFT President Kurt Leichtle, who is in his 26th year as a professor at UWRF. “The people at the meeting felt we ought to be clearer with students and the public about where this is affecting us.”

Some of the potential short-term effects of budget cuts include larger class sizes and fewer offered courses, Leichtle said. The immediate impact would be professors finding it more challenging to provide feedback on student writing assignments, as well as students having fewer chances to enroll in classes required for graduation.

Although this latest budget lapse will impact current members of the UWRF community, Leichtle said it is just one instance in a long line of budget cuts that are shaping the future of higher education in the state.

“Wisconsin has been one of those places with a good reputation (for education), but now people are starting to question it. And that means you’re going to lose potential applicants, as well as the people who are here now,” Leichtle said. “In that sense we’re losing the memory of the institution.”

United Falcons AFT formed last spring following legislation signed into law March 11 by Gov. Scott Walker that limited collective bargaining rights for a majority of public employees. The union comprises of 37 percent of the faculty at UWRF, Leichtle said.

The lapse cuts being discussed are the result of an announcement made Oct. 14 by the Wisconsin Department of Administration ordering state agencies to return \$174.3 million of general purpose revenue by 2013 as a measure to balance the biennial state budget. The UW-System was ordered to cover \$65.8 million, or approximately 38 percent, of the lapse. UW officials denounced the lapse distribution for disproportionately targeting universities.

The UW-System originally planned to submit to the Wisconsin government an outline of proposed cuts during the week of Nov. 21, but nothing has been delivered thus far, according to email statements by David Giroux, the executive director of communications and external relations for the UW-System.

The Wisconsin Senate Committee on Agriculture, Forestry and Higher Education held a hearing Nov. 15 in Madison to discuss the impact of budget cuts on the UW-System. The committee invited administrators and officials from the various UW-System schools to speak on behalf of their institutions. Special Assistant to the Chancellor Blake Fry and Associate Professor Timothy Lyden represented UWRF.

UWRF will need to cut \$1.31 million for the current 2011-2012 academic year, and an additional \$556,000 for 2012-2013, according to an Oct. 19 statement by UWRF Chancellor Dean Van Galen.

UWRF administrators will not need to submit a detailed plan for budget cuts at the University until after the current discussion between the UW-System and the state government has concluded, and a final lapse amount has been decided, according to an email statement by Vice Chancellor for Administration and Finance Joseph Harbouk.

In the meantime, Leichtle said he hopes United Falcons AFT can help the government and UW-System reach a decision. Having taught labor management history in past semesters, Leichtle said he has insight on how to reach a favorable outcome.

“It usually works best when everyone works together and understands each others’ goals and limitations,” Leichtle said. “United Falcons wants to be part of this discussion and help create a solution.”

## Crime Alert

The River Falls Police Department noted that there have been numerous vehicle and garage break-ins in the city recently. Unlocked vehicles and unlocked access doors to garages have been the main target. Some of the items that have been stolen are those such as GPS systems, IPODs, cash and wallets. The reports have mainly been in the Falcon Heights area, near Broadway Street and the AGR house. In past experience, the RFPD has noted these types of perpetrators move from one end of town to the next.

University Police is urging students and employees to be sure all vehicles and access doors are locked and secured at all times. In addition, do not leave valuables in plain sight.

If you have any information regarding the recent break-ins, please contact the RFPD at 715-425-0909. Incidents on University property should be reported to the University Police Department at 715-425-3133.

# UW-River Falls gains national recognition

## UWRF Crops and Soils nationally recognized at Texas competition

Caroline Johnson  
University Communications

Nov. 28, 2011 – The Crops and Soils program at UW-River Falls is gaining national recognition thanks to nine of its members who recently participated in the Students of Agronomy, Soils, and Environmental Sciences (SASES) competition.

The SASES competition was held in conjunction with the American Society of Agronomy, Crop Science Society, and Soil Science Society joint annual conference in San Antonio, Texas, last month. The conference attracted industry professionals, students, and academics from across the nation. Twelve schools were represented in the SASES competition.

Three UWRF students were very successful in their respective competitions, placing nationally. Lucas Rosen of Roseville, Minn. placed third in the research poster competition, with his presentation, “Mitigating Stormwater Runoff Using a Rain Garden: Nitrogen and Phosphorus Dynamics.” Jenny Druckrey of Cecil was awarded first in the nation in one of the two oral research competitions for her work, “Surviving Climate Change: Development of Heat or Drought Tolerant Crops Using Petunia as a Model System.” Peter Van Dyk of New Richmond placed third in the second oral research competition with his topic, “Devel-

opment of a Tissue Culture Transformation Process for Prairie Cordgrass.”

Kristi Thompson, a senior from Chatfield, Minn., and vice-president of SASES placed fifth in the speech contest. The speech contest began at 9 a.m. when students drew topics about which they would speak for 5-7 minutes. Normally, contestants have six hours to prepare, however due to her position as a national officer, Thompson was required to attend various committee meetings and had only two hours to prepare her speech on “Who is the most affected by the global market economy?”

Other UWRF students who participated in the SASES event included Trevor Frank of Wisconsin Rapids; Tryston Beyrer of Colfax; Bradley Hartwig of Merrill; John Mugg of Plum City and Kyle Much of New London.

Loretta Ortiz-Ribbing, UWRF assistant professor of crop science, spoke with admiration about all the students’ performances at the conference. “We had an excellent group of students. They were very professional and I was very, very impressed,” she said. “They were professional young adults who took care of themselves and I was incredibly proud of them.”

William Anderson, UWRF professor of crop science, reiterated Ribbing’s sentiments. “I give the students a lot of credit because they are very good at what they do.

I’m very proud of them. They always represent us tremendously well at the meetings,” Anderson said.

The conference presented an opportunity for the students to network and practice interview skills as employers attended from all over the nation.

Anderson emphasized this aspect of the event. “They see people and professors from all over the country; if they want to get into graduate school, there’s no better way than to say hello to their face and talk about what they’ve done,” he said. Moreover, he stated that there are “opportunities to run for national offices and committees, too. For the past three years we’ve had a national vice president on our campus.”

“It is very important to become involved at a young age in organizations like this because it opens doors you will never imagine,” Thompson said. “Trips like this allow you to network with students and professors from other universities as well as industry partners, and truly emerge as a leader. They give you a great head-start above your peers and allow for a competitive advantage in the workforce right out of college.”

Anderson noted, “The UWRF crops and soils program is known around the country right now. We have industries that have not paid attention to us before banging on our door trying to hire graduates.”

## UWRF’s Jazz Ensemble, Dance Theatre merge for performance at St. Paul’s Landmark Center

The UW-River Falls Jazz Ensemble will perform in a special holiday event, “The Jazz Nutcracker and Holiday Swing Dance,” on Friday, Dec. 9, at the Landmark Center in downtown St. Paul, Minn.

The event begins with a reception (hors d’oeuvres, dessert, and coffee provided; cash bar available) at 6 p.m., followed by a 7 p.m. performance of the Duke Ellington/Billy Strayhorn “The Nutcracker Suite” featuring the UWRF Jazz Ensemble, directed by David Milne, in

collaboration with UWRF Dance Theatre. Then at 8 p.m. a Holiday Swing Dance begins featuring the UWRF Jazz Ensemble performing holiday season swing dance selections. Swing dance instruction provided by UWRF Dance Theater faculty Mari Kline and Torrior Amie.

General admission tickets are \$25 and the event is open to the public. UWRF student tickets are free, but a ticket is needed for admittance. Tickets are available at the Information Desk in the UWRF University Center or at the

door. If desired, bus transportation is available for free with all tickets. Reserve your seat on the bus at the UC.

For questions or accommodations, contact Karyn Wells in the Office of Student Life at 715-425-4444 or email [karyn.wells@uwrf.edu](mailto:karyn.wells@uwrf.edu).

Sponsored by the 2011-12 UWRF RADD Jazz Series, UWRF Falcon Programs, the UWRF Music Department, the UWRF College of Arts and Sciences, and the UWRF Foundation.

## Spoken Word brings volume to cultural stories

From 7:30-9:00 p.m. in the University Center’s Falcon’s Nest, featured artists Frank Sentwali and Sha Cage, both successful poets from the Twin Cities area and former featured performers at past Black Student Union Spoken Word events, will perform at the BSU Spoken Word Event. In addition, there will be

student performers from all walks of life. Everyone is welcome. Food and drinks will be provided. There is no cost to attend.

If you have any questions or missed auditions and would still like to participate, contact [scott.bowman@my.uwrf.edu](mailto:scott.bowman@my.uwrf.edu) or [adenike.mustapha@my.uwrf.edu](mailto:adenike.mustapha@my.uwrf.edu).

## Health Department reminds to vaccinate against ever present flu

It’s not too late to vaccinate. When you see “Get Your Flu Vaccine Here” signs and banners after November, outside pharmacies and in doctor’s offices, you think, “Isn’t it too late for that?”

The answer is “No!”

“Flu season typically peaks in January or February and can last as late as May,” says Dr. Anne Schuchat, assistant surgeon general of the U. S. Public Health Service and Director of the Center for Disease Control’s National Center for Immunization and Respiratory Diseases. “We are encouraging people who have not yet been vaccinated

to get vaccinated now.”

For millions of people each year, the flu can bring a fever, cough, sore throat, runny or stuffy nose, muscle aches, fatigue, and miserable days spent in bed instead of at work or school. However, you may not realize that more than 200,000 people are hospitalized in the United States from flu complications each year. The flu can also be deadly. Between 1976 and 2007, CDC estimates that annual flu-associated deaths in the United States ranges from a low of about 3,000 people to a high of about 49,000.

Anyone can get the flu, but

some people are at greater risk for serious flu-related complications, like pneumonia, that can lead to hospitalization and even death. For those at greater risk for complications, getting the flu vaccine is especially important. People at greater risk include:

- Children younger than five years old, but especially children younger than two years old
- Pregnant women
- People with certain medical conditions like asthma, diabetes, or heart or lung disease
- People 65 years and older

It’s also important to get

## UWRF represented at Geological Society of America conference

Caroline Johnson  
University Communications

Nov. 8, 2011 -- Students and faculty from the UW-River Falls were well represented at the Geological Society of America’s (GSA) annual conference held at the Minneapolis Convention Center, Oct. 9-12. With an attendance of 6,000, this is the largest annual gathering for geologists and marked the first return of the conference to this region since 1972.

William S. Cordua, professor of geology at UWRF, acted as a member of the organizing committee and had three papers accepted for presentation at the GSA conference. In addition to Cordua; Holly Dolliver, assistant professor of geology and soil science; Kerry Keen, professor of environmental science and geology; and Mike Mid-

dleton, professor of geology, also gave presentations and/or authored other papers.

Cordua explained that the conference was “eye-opening [for students], due to all the science presented, the graduate schools that attended, the networking opportunities, and the various distinguished public lectures.”

Approximately 24 UWRF geology majors participated in the conference. Senior Alison McElwain of Hudson was lead author on a research paper and presented her work to distinguished peers and professionals in the field. Her research involved the analysis of the Flambeau copper mine in Rusk County.

Cordua expressed the importance of significant gatherings such as this for students. “It helps to inspire their own research efforts, being both encouraged and intimidated

by what other grad students are doing,” he said with a warm chuckle. “There was a lot of enthusiasm and interest at the conference, and it was contagious to the students.”

The geological endeavors of the UWRF faculty and students extended beyond the conference venue, with a regional field trip co-led by Cordua. The daylong trip took participants to several sites of geological interest, including Crystal Cave in Spring Valley, an abandoned, century-old iron mine, and the Rock Elm asteroid impact site.

Geology has and always will be a relevant and essential area of study and research. “As long as people need resources, geologists will be providing the key for them, says Cordua. “It is the geologist’s issue to get information to society.”

## Turningpoint benefit held by UWRF Esuba course

Junior’s will be hosting a benefit night for Turningpoint. The benefit at Junior’s is located at 101 Spring Street, River Falls, Wis., and it will begin at 6:30 p.m. and end at 2 a.m. There will be a number of bands playing throughout the night while UWRF students collect personal care items and donations for Turningpoint. The Esuba Jam event is free, but a suggested donation of \$3 or a personal care item is welcomed. Esuba Jam is open to all ages.

The personal care items and funds raised

will go towards Turningpoint, which is a non-profit company who empowers those who have experienced domestic or sexual violence by providing necessary resources to achieve freedom from violence through community support and education. The personal care items needed, but are not limited to, are shampoo, conditioner, toothpaste, toothbrushes, body soap, and razors (men and women).

For more information on Turningpoint please visit <http://www.turningpoint-wi.org/> welcome.

## Campus art sale provides scholarhips

The UW-River Falls Art Department presents its Annual Scholarship Sale in Gallery 101 of the Kleinpell Fine Arts building Nov. 30-Dec. 14.

Quality handmade artwork including glass, ceramics, painting, fibers, jewelry, printmaking, photography and mixed media is available for purchase with 35 percent of the purchase providing financial support for UWRF art scholarships, the student run organization Art Society and the visiting artists fund. The remaining 65 percent goes directly to the selling student artists, alumni and supporters of Gallery 101.

Gallery 101 exhibits are free and open to the public. Gallery hours are Monday through Friday, 9 a.m.-5 p.m. and 7-9 p.m.; Sunday 2-4 p.m. For more information, contact the Art Department at 715-425-3266.

## News Briefs

Just after 8 a.m. Tuesday, Nov. 22, a power outage hit most buildings on the UW-River Falls campus. The culprit was deemed to be a squirrel that chewed through some electrical power lines.

It took about an hour and a half before the entire UWRF campus was back operating at full power.

Monday, Dec. 5-20, Harriet Barry Gallery, Davee Library, An Exhibit of Chinese Minority Garments and Traditional Japanese Garments. Opening reception is Thursday, Dec. 8, from 1-2 p.m. in the gallery. Gallery talks are Thursday, Dec. 15, at 11 a.m., noon, and 2 p.m. Presented by the UWRF Modern Language Department.

Thursday, Dec. 8, 3-4:15 p.m., Kinnickinnic Theater, University Center, “Neither Rhyme No Reason.” Presentation by Gordon Nakagawa, visiting professor, provides a historical overview of the World War II Japanese American incarceration and an analysis of continuities between the Japanese American incarceration and post 9/11 Fortress America. Free and open to the public.

Friday, Dec. 9, 10 a.m.-3 p.m., First National Band of River Falls, UWRF branch, UC, tasty treats and coffee as thanks for your business and to wish everyone well on semester break.

Chancellor’s Holiday Reception. Chancellor Dean and Mary Van Galen invite all students, faculty, staff and emeriti to enjoy refreshments, festive music and lively conversation at the Chancellor’s Holiday Reception on Tuesday, Dec. 13, from 2-4 p.m. at Pete’s Creek in the UC.

Annual awards reception set for Dec. 13. The Annual UWRF Awards Reception is on Tuesday, Dec. 13, in the Riverview Ballroom, UC. All faculty and staff are welcomed to attend as the University honors faculty and staff with the highest institutional awards offered by the University. A reception begins at 1 p.m. with the program at 1:15 p.m.

Recipients of the 2011 awards include:

Chancellor’s Recognition Award for Classified Staff: Dan Asp, Facilities Management, and Deb Toftness, University Communications.

Chancellor’s Award for Excellence for Academic Staff: Dan McGinty, University Advancement.

Outstanding Academic Advisor: Keith Chavey, professor, Mathematics Department.

Distinguished Teacher: Karl Peterson, professor, Chemistry Department.

### River Falls Police/ UWRF Police Department

- Nov. 16**
- Benjamin Adams Miller, 19, was cited \$326.50 for possession of drug paraphernalia at Hathorn Hall.
- Nov. 19**
- David Allen Dean, 20, was cited \$263.50 for under-

age consumption on 650 S. Third Street.

- Aric Earl Heseltun, 18, was cited \$263.50 for underage consumption on 650 S. Third Street.

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

Remember to look for Freddy’s feather in this issue!

# Health Interns: Marketing health events to students, staff

From page 1

this event. “This was my first time planning an event,” said Severson. “It gives you the attitude of being professional.” Swenson will be creating and managing the Wellness Challenge, which is held each spring. This year it will be from Feb. 6 to March 2. Along with this event she has been creating posters that are placed in each Residence Hall that give tips on how to stay fit while living in the dorms. She also participates in body composition testing which is held in a different dorm each Monday. “It’s great to learn how

to manage time,” said Swenson. “Also, you get to learn various computer programs to help design posters which are very helpful.” Nelson is planning an event for the spring and is currently working on changing the perception of on-campus drinking. “Currently, people think drinking on-campus is frequent,” said Nelson. “It really isn’t and we want to try and change that view.” Johnson is working on promoting a tobacco-free campus and hopes to pass it as a policy on campus. She will also be managing the National Great American Smokeout event which

will be setup at the University Center. During this event, students will be asked to give or “donate” a pack of cigarettes and then they will be given a turkey sandwich and kits which will contain items you can do instead of smoke. “This event is to symbolize quitting ‘cold turkey,’” said Johnson. “That’s why we are handing out the sandwiches.” All of these events are meant to provide the interns with an opportunity to grow and develop skills that will help them in the professional world, but also provide a helping hand to the students on the UWRF campus.

## Pay system causes confusion

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Students who are employed at UW-River Falls may be experiencing some headaches when it comes to their paycheck. The new HRS (human resource system) which was implemented at all UW-systems this year, still has some glitches that need to be worked out, particularly with the student payroll. “I had one student say that they had not been paid since the beginning of the year,” said Doris Holter (program assistant at the University). “He didn’t say anything so I didn’t catch it right away.” The issue is that some students are not entering their time sheet correctly. Therefore, if it is not entered correctly, they don’t get paid. The system is based out of Madison so if there is a problem it gets sent to them, which takes even longer, and it creates an issue at a higher level. For the students who don’t understand how the system works, it is a pain, but for the others who understand the program it works fine. “The majority of the students understand the system,” said Holter. “But there are still a few who are having a hard time with it.” “I think it makes it easier, I don’t know what the old system was,” said Alison Colter, a student at the University. “But I liked entering my time online, it only took a few seconds, and you could do it right at home.” However, Colter admits that the system

is not perfect. She has had her time sheet entered incorrectly into the computer, but her coordinator, Jeff Rogers, helped her figure it out and she got paid on time. “This new system has created a higher workload and extra busy work,” said Holter. She has been going in to check student’s payroll 3 to 4 times a week and 2 to 3 times a day. Some of the faculty has been entering the time sheet for the students to help lessen any confusion. Holter also makes her students give her a hard copy as well. “The main goal is to make sure that the students are getting paid on time,” said Holter. “We held a listening session with the department payroll coordinators on Nov. 1 where they had an opportunity to ask questions, express frustrations, share ideas, etc.,” said Wendy Helm, senior institutional planner at the University. “Since then we have been able to make one more report available to work study balances. Otherwise we have been directing our focus toward preparing reference materials for January training sessions with the department payroll coordinators”. “I don’t think that UW-systems were ready to launch this new system,” said Holter. “It might be a great system, but I don’t think that they were prepared before they jumped.” They should have started out with a smaller group to make sure the glitches were worked out before starting out on all of the UW-systems.

## UWRF teaches harassment solutions

Ashley Goettl  
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There are many questions surrounding the sex-abuse scandal that has plagued Penn State. Many of these questions focus on the means and timing of reporting the alleged abuses. While we may never know the answers to many of these questions, and can easily fall into the trap that it could never happen at a place like River Falls; Alice Reilly-Myklebust, the director of Student Health and Counseling Services, says this is a problem that affects our community, even though Penn State may be thousands of miles away. She also made it very clear that even though UW-River Falls’ reported incidences are smaller than comparable universities, the first step is recognizing that there is a problem with sexual harassment and assault, and that there are resources available to students and staff on the campus of UWRF to help the victims get the help they need. A new initiative in a joint effort with the Office of Student Rights and Responsibilities and Student Health and Counseling Services seeks to ensure that every incoming student is educated on what sexual harassment and assault is through the Step-Up program. It also informs students on what should be done if you think you have been sexually harassed and/or assaulted. The Step-Up program is a new challenge that encourages bystanders to intervene and help the victim. The initiative came as a result of a survey conducted last fall by Arizona State University in which most people responded that they “want to do the right thing, but they just don’t know how.” Since then, UWRF has increased the Step-Up training into areas such as orientation and for student employees to help students “see the problem and be the change.” Over 85 percent of UWRF students believe that it is their responsibility to intervene in a problematic situation, according to data conducted by the Step-Up initiative. Thomas Pedersen, the assistant director in the Office of Student Rights and Responsibilities said that, “the goal every year is that every new student be given concrete information to know what to do and how to report it.” He went on to say that, “any allegation, we investigate; we can meet with the victim, the witness(es) and then with the alleged abuser.” Even though the information is kept confidential and there are places, such as the counseling center to go on campus, Pedersen still has not seen as many people come forward, even with the increased education and attention that has been given. “We just don’t know,

is it stopping or are people just not reporting? Either way, it doesn’t change the fact that it still happens,” said Pedersen. “And if we look at national surveys, sexual harassment happens every week.” While reporting an incident is the right thing to do and the main reason why students intervene; in the wake of the Penn State scandal and any other incident that goes unreported, it can often be easy to accuse the witness and/or the victim and wonder how they could keep silent for so long. Pedersen noted that more often than not, incidents go unreported because most people simply do not want to get involved or get someone into trouble. However, both Pedersen and Reilly-Myklebust emphasized that the main reason these incidents are not reported is that more often than not, the alleged perpetrator is someone the victim knows. It is not, as the stereotype suggests, someone who would “jump out of the bushes” in a random act of violence. Since the victim could see the perpetrator on an everyday basis, there is often fear or retribution if something is said or done. In the executive summary of the Campus Climate survey that was released in April 2010, out of the 2,290 respondents, which is comprised of undergraduates, graduate students, faculty, academic staff and classified staff, 169, or 7 percent, believed that they had been touched in a sexual manner that made them feel uncomfortable or fearful while at UWRF. Transgender respondents, women, bisexual respondents, heterosexual respondents, and people with learning disabilities were more likely than other groups to believe that they had been sexually assaulted and most of the respondents who believed that they had been sexually assaulted were UWRF students (39 people), female (46 people), heterosexual (43 people), and white (45 people). The alleged perpetrators of the perceived sexual assaults against students were most often other students (26), strangers (9), acquaintances (8), or friends (8). While these numbers are slightly lower than other comparable universities, Gretchen Link, a senior counselor at UWRF believes that the best way to stop sexual abuse is through the bond of the campus community. “There is strength in community and strength in groups that work together. By putting the victim first, they know something will be done,” said Link. “It is important to remind people of our values and culture and that there are healthy ways to intervene. You can call the police and have positive affects. This behavior will not be tolerated.”

For immediate help after an assault has occurred, contact **University Police** at (715) 425-3133 or the **Sexual Assault Nurse Examiner/Sexual Assault Response Team** at (715) 425-6443.

## December Music Events at UW-River Falls

**December 3: UW-River Falls Trombone Choir**  
5 p.m. Basilica of St. Mary, Minneapolis, Minn.  
Admission: Free

**December 4: Holiday Choral Concert**  
3 p.m. Abbott Concert Hall, Kleinpell Fine Arts  
\$5/Adults, \$3/Senior citizens, \$2/Students

**UW-River Falls Brass and Trombone Choir**  
7:30 p.m. Luther Memorial Church, River Falls  
Admission: Free

**December 5: Holiday Choral Concert**  
7:30 p.m. Abbott Concert Hall, KFA  
Admission: \$5/Adults, \$3/Senior citizens, \$2/Students

**December 8: Music Student Convocation**  
3 p.m. Abbott Concert Hall, KFA  
Admission: Free

**December 9: UW-River Falls Radd Jazz Series Presents: Jazz Nutcracker Suite and Holiday Swing Dance**  
Reception- 6 p.m.  
Jazz Nutcracker Suite- 7 p.m.  
Holiday Swing Dance- 8 p.m.  
Historic Landmark Center, St. Paul, Minn.  
Admission: \$25/General admission, Free/Students

**December 10: Tyler Halverson’s senior recital (trumpet)**  
3 p.m. Abbott Concert Hall, KFA  
Admission: Free

**December 11: Stephanie Bijoch’s senior recital (vocals)**  
3 p.m. Abbott Concert Hall, KFA  
Admission: Free

**Tristan Brodie’s senior recital (trombone)**  
7:30 p.m. Abbott Concert Hall, KFA  
Admission: Free

- What to do if you think you have been sexually harassed and/or assaulted.**
- Call 911 if you are in immediate danger.**  
Emergency telephones throughout campus are identified by a blue light.
  - Get to a safe place.**  
After an assault you may be in a state of shock. Wrap yourself in something warm. To preserve evidence: DO NOT bathe, eat/drink, smoke, brush your teeth or hair, urinate, or wash your clothing; put the clothes you were wearing into a paper (not plastic) bag.
  - Call someone you trust.**  
Receiving comfort and support helps restore a sense of safety and contributes to better decision-making.
  - Seek medical attention.**  
You may have injuries of which you’re unaware; you also should get tested for sexually transmitted diseases and pregnancy (if applicable). A medical exam for evidence collection (by a qualified forensic nurse examiner) is strongly recommended within 72 hours if there is any possibility that you may want to file charges in the future.
  - Report the assault to the Police as well as the University.**  
Anyone who is a victim of Non-Consensual Sexual Contact or Sexual Harassment is encouraged to report the incident to the University so that the alleged person (student or employee) can be held accountable for their actions through the University process. Reporting should be done through the Office of Student Rights and Responsibilities or Office of Equity, Diversity and Inclusion.
  - Talk with a counselor.**  
Working with a counselor can speed recovery and help you manage post-traumatic symptoms. See Counseling Services contact information under Campus and Community Resources.
  - Take care of yourself.**  
Rest, eat well, seek social support, and engage in activities that are healing for you/your body.

**Sexual Assault and Sexual Harassment Brochure/Student Health Services Student Health Services provides plenty of brochures and information about harassment. If you would like to stop by the Health or Counseling offices, they are both located in 211 Hagestad Hall.**



EDITORIALS

# The Student Voice seeks to maintain non-discrimination

In the Nov. 18 issue of the Student Voice, an anti-abortion pamphlet was inserted into every copy of the newspaper. This pamphlet has generated a great deal of turmoil among UW-River Falls students who believe this pamphlet to be an atrocious, of-fensive and inappropriate act.

We here at the Voice wish to clarify: in no way, shape or form does this anti-abortion pamphlet, or any other pamphlet, reflect the personal beliefs or ideologies of our staff. Abortion is an exceedingly controversial topic, and as such, it is important to understand that an impenetrable wall exists be-tween news content and advertisements. This pam-phlet is not an article; it is simply an advertisement.

The Voice’s business board and editorial board are entirely separate entities, and the Voice under-goes a personnel change almost every semester. Differing opinions among the ever-changing Voice staff could lead to inconsistency in what adver-tisements the paper accepts, eroding the paper’s professional integrity. We therefore determine it relevant to relay our advertising policy, which was developed by the Voice’s business board under similar circumstances a little more than two years ago.

The Voice’s advertising policy is as follows, “The advertising manager and business board of the Voice reserve the right to refuse any advertisement in the case of possible liability or offensive content. The Voice does not knowingly accept advertise-ments that discriminate on the basis of sex, race, creed, religion, color, disability, military status or sexual orientation, nor does it knowingly print ads that violate any University, campus, local, state or federal laws.”

Accordingly, the Voice must maintain a sense of impartiality at all times. Running an insert advo-cating abortion rights would likely provoke just as much furor, but to not allow either would be considered an act of censorship. Censorship, in any form, endeavors to undercut our First Amend-ment rights, and is considered by some to be a most deplorable operation.

The advertising policy was intentionally devel-oped to be very broad, so that the paper has a great deal of flexibility in what it can accept for advertis-ing. By accepting all advertisements, unless they are libelous or offensive in any way, the Voice is practicing non-discrimination. It is also important to note that the money the Voice will receive from accepting an ad has no bearing on whether or not that advertisement is accepted.

## STUDENT VOICE

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Read the *Student Voice* online at [www.uwrfvoice.com](http://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, administra-tion, 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](mailto: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 commu-nity 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](mailto: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

### LETTERS TO THE EDITOR

Student responds to anti-abortion insert

In your recent edition of the Student Voice there was an insert in the paper about being pro-life and breast cancer. When I read the insert I became VERY offended. I myself am a pro-choice person and the article not only frustrated me, but it also angered me that the Voice would permit such an article in the paper!

For the most part the Voice has tried to be unbiased in most of its articles. This article reflects upon the Student Voice and labels it as a pro-life paper. I wasn’t sure if it was just me or if others had become offended by the paper or not, so I asked a few of my other friends what they thought of the paper and they agreed. I had numerous friends be-

come disgusted and outraged that the Voice would permit such an act.

My intent with this letter is to be sure that the Voice is aware of said article and that this is truly what the entire staff believes. If not everyone agrees on your staff to print such article then it should not be printed!

Carl Ballman  
Student

# Jumping into the holiday spirit, tips on how to be more jubilant



Cristin  
Dempsey  
Columnist

Thanksgiv-ing is now over and people are turning their calendars over to December. That’s right, it’s the holiday season! It may only be the second day of

December with Christmas still a ways off, but why not get in the holiday spirit for the entire month? I highly recommend, no matter what holiday you celebrate this season, that every-one has some spirit. It makes life a little more enjoyable and all of your end-of-semester projects a little more bearable.

The first small way to get in the spirit is by simply tuning your radio to some Christmas music. Listen to it while you are doing homework or as an alarm to wake up. It is sure to brighten spirits and get us excited for the festive season upon us. Anything from Nat King Cole’s classic rendition of “The Christmas Song”, to Michael Bublé’s brand new Christmas CD is sure to have you singing along. I am sure some people on campus

would disagree with me, but my philosophy is that it is never too early to start listening to Christmas music. It is one of the happiest times of the year, and it is important to live a happy life, right?

Another way to get into the holiday spirit this season is by baking cookies. Whether you are crafty and always make homemade chocolate chip cookies or you get your coat and buy a few packages from Econo, it is something you can do year round, but it is especially enjoyable in this happy season. The aroma of cookies baking in the oven is one of the best aromas and makes your mouth water. It is always entertaining to make far too many cookies just for the fun of it. After all, you can deliver them to other people on your floor or your friends and you will be loved forever. The giv-ing of cookies goes a long way! Not to mention they smell

and taste delicious, even if you have one too many. Indulge yourself this season.

A huge part of the holiday season is all the shopping. Maybe you are like me and would rather sleep in on Black Friday. That’s OK; you have the entire holiday season to shop for gifts, cookies and decorations! I would much rather sleep in when I do not have to wake up early and avoid the angry crowds trying to be the first to get all the deals. I would rather take my time, later in the afternoon, and enjoy the company of family and friends and pick out exactly what I need. When you are not rushing to get the latest deals, shopping is so much less stressful and can actually be really fun.

Decorations are sure to get everyone in the holiday spirit. Maybe you are a little sad because a huge Christmas tree will not fit in your dorm room or it is a fire hazard. Fear no more! If you want a Christmas tree in your room, miniature, fake trees are plentiful in many stores. They will fit perfectly in your room and you won’t have to worry about it being a fire hazard. Lights are also fun to put up, with their bright colors. Don’t be afraid to spice things up a little bit. Go crazy. Decorating is a huge part of the season, and it is a great source of bonding with your family or your roommate.

Keep a few of these pointers in mind all month long. When you are feeling down from all the overwhelming projects, papers, and exams, give yourself a break and get in the holiday spirit! After all, you only live once. Make the best out of this season.

Cristin is an English major and music minor from Eagan, Minn. She enjoys writing, playing the flute and swimming. After college she would like to pursue a career as an editor.

Lifestyle Enthusiast on the town:

# Adventurer finds beauty in national park



Christopher  
Pagels  
  
Columnist

A chestnut beard, multi-red reflective aviators, a tan cowboy hat and a canister of bear spray hung on a strap from my neck and clung to my body as I jostled elbows among dozens of strangers along a black top path wide enough for several people. The path led to a waterfall deep inside Yosemite National Park. Month’s prior, I pointed at various shaded green sections, national park lands, off a road atlas. I set those greasy smudge marks as destinations for a grandiose 8,000-mile solo road trip. It is safe to say that the vague geographical location of middle California was my entire knowledge stock of this park. As I walked in the shade of the royal ancestors of the Sequoia, blotting out man’s

imprint on this landscape, kids ran to and fro screaming he-said-she-said. On the bridge, a hefty river roared and sprayed off boulders, covered in a slimy moss, out of sight. To the north, the revolving clouds of mist it perpetually produces block the falls. The hoards piled across the bridge to a chrome four-sided sink with a water fountain attachment, a comically sad image of people from the bay area who are so inept at carrying a water bottle that such conveniences are needed. Of course I took some water; I also ended up buying oil for my car at the big supermarket in the heart of the park. As I passed this shared spectacle, I came upon a crossroads with a trail marked “The John Muir Trail,” an arrow pointing to the east. “I wonder who he was,” I pondered to myself at the time as I kept on pace. The waterfalls enveloped the valley it had so painstakingly carved out with a veil of clear mist that reflected the rays of the noon sun in ever shifting rainbows. The mist began to saturate my white t-shirt from half a mile away; I was able to strain a mouthful of water from the shirt

by the top. The concrete walkway traded places with a path of narrow mason rocks. Little filed divots ushered little canals for the mist to meander down to the river whence it was spewed from. Strangers and I played hopscotch over these sandy pools of water, forgetting about our wet t-shirts. The parallel path made a 90-degree angle back to the river under the shadow of a cliff covered in moss and ivy. An eroding, thin, metal, fenced-in pass provided guidance more than anything else to the long tabular rocks that molded into each other alongside the falls. The heavy roar of the falls diminished when I finally presided over its drop. The forest subjected its will directly in the middle of the river, cooling the already cool river its shade. Little brown squirrels with white chests played next to the raging river, unafraid as the elk in Yellowstone, as they played only a few feet from humans. There was a sign at the beginning of the trail that warned against feeding the squirrels. Untamed wilderness is like beating a child in chess.

Expand your thinking:

# Detail vs. big picture, understanding fortifies relationships



Jaime  
Haines  
  
Columnist

Everyone has their own way of viewing the world and the situations they come across. Some focus on the big picture and greater purpose while others concentrate on the details involved in accomplishing a task. Most people fall in the middle somewhere, leaning slightly more one way than the other. However, some people are so detailed-oriented that they cannot see the big picture while those on the other end see only the main idea and forget the steps involved. No matter where a person lies on the continuum, it is important to understand how both perspectives work and the costs and benefits of each viewpoint. People who see the big picture primarily see things as a whole, and then fill in the details later. If asked to paint a flower, someone with this perspective would paint the first layer of the entire flower, then paint the second layer

throughout, then the third, and so on. A big picture person starts with an outline that allows them to see the entire concept before fleshing it out. On the other hand, someone who is focused on the details would paint the flower one petal at a time. Each petal would receive the first, second, and third coats one right after the other until the petal is finished. Then the person would begin the next petal. Detail-oriented people know there is an ultimate purpose, but look only at the individual steps involved in getting there. While both perspectives end with the same result, the processes are complete opposites. The methods of accomplishing tasks and viewing the world can cause a lot of conflicts in relationships if neither viewpoint understands where the other comes from. Furthermore, people must understand the advantages of the other view and the disadvantages of their own to come to a more balanced approach. One advantage big picture people exhibit involves knowing the purpose of their actions and feeling the drive that comes with having a goal in sight. However, these people sometimes miss integral details. In contrast, detail-oriented people pride themselves in being incredibly thorough; but,

they can easily forget the purpose of their actions with no end result in sight. A detail-oriented person needs to understand that a big picture person needs an explanation for why an action is being done and how this action will bring him closer to the big picture goal. However, a big picture person needs to realize that a detailed-oriented person needs a step-by-step foundation before even considering the final result as possible. Above all, communication must occur. Whether or not one recognizes someone with the opposite mentality, understanding how and why a person acts a certain way is fundamental to establishing a strong, working relationship. By recognizing how big picture and detail-oriented people approach life, people of opposite views can strengthen their relationships and come to an understanding. Both mentalities offer their own share of strengths and weaknesses which, when combined, can complement each other perfectly. But without listening to the person’s explanations and where they come from, frustration and confusion ensue. By simply opening one’s mind and seeking understanding, one can help others and oneself.

# STUDENT VOICES

## What is the best study advice for finals week?

Compiled by Megan Rodriguez

Abbey Potter, senior

“Don’t ‘bleep’ it up!”



Erin Hunter, junior

“Don’t procrastinate studying.”

Salvatore D’Agostino, freshman

“Lock yourself away.”



Olivia Devine, freshman

“Get lots of sleep!”

Michael Norris, freshman

“Sleep and don’t study/cram the night before.”



# Staying stress free throughout finals week



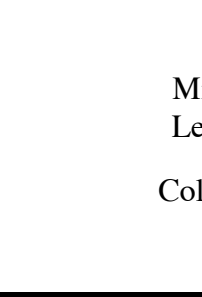
Samantha  
Harkness  
  
Columnist

With the stress of final exams looming over our heads, so is the stress of final projects and papers for various classes. It all happened so fast. It barely feels like we’ve even started, and now here it is. Another year is almost halfway done. How do we do it? Year after year, we keep putting things off until the very end. I know I do. Although somehow, by some sort of miracle, we are able to get everything done. I definitely believe that college students have turned into expert procrastinators. Our final papers, etc. may not be our best work of the year, although for some of us, this is when we shine. Using myself as a personal example, I pull the best stuff off under pressure. Many college students are pulling their hair out by the end of a semester. However, there are many ways to let loose up until the end of finals and save yourself from weeks of stress. The biggest key in staying stress free is to delegate! Spread all of your assignments and such out so you are not overwhelming yourself with too many things at once. Over the years, this has helped me out greatly. Sometimes, when you have a lot of things due at once, it seems like you’ll never get through anything. Spreading everything out and setting aside time for certain projects will give you a break.

The next thing is to keep track of everything. If you don’t own a planner or calendar, get one! I’m sure many of us do already, but you can never have too many. Being able to write out what is due for what class and when it is due is a huge weight lifted off. If you aren’t sure about an assignment you can go right back to your planner. Once you have all of your final projects turned in, you’ll already feel better. Now, when it comes to studying, the same guidelines apply. Set aside time to study. Although studying causes stress as well, you don’t have to go screaming into a pillow. Give yourself a couple hours each night to study for your finals. There is no need to overwhelm yourself with hours and hours of studying all at once because it will just stress you out even more. You can even use a planner here. You can write out what finals you have on what days and choose your study times, and subjects based on that schedule. See? It all works out. Finally, you need to set time aside for yourself! Either before you study or after you study...relax! Watch a movie with some friends, or even by yourself. Play video games, or just lie down and close your eyes. If you have been studying for an hour, relax for an hour, then study again. Everybody needs a good balance of study time and “me” time if they want to get through the end of the semester. With these few suggestions, hopefully everyone will be a little less stressed. The end of a semester won’t feel like it’s the end of the world. Good luck, Falcons!

Samantha is a journalism major. She loves reading, writing and watching movies.

# Exploring the foreign port of Cartagena, Colombia



Michael  
Leonard  
  
Columnist

One of the frequently asked questions I get is, “Is it safe to go to all these foreign ports?” My response is the same: yes. No matter what cruise line you choose, one thing doesn’t change. Passenger safety is the No. 1 priority. If there are any events that could endanger passengers, the cruise ship will cancel the port and replace it. This scenario has happened to me while in the Panama Canal. Cartagena, Colombia was originally part of the itinerary. However, the country had been battling a violent drug war, forcing the State Department to restrict travel there (given how much I disliked the alternate port of Ocho Rios, Jamaica, I would have rather taken my chances in Colombia). Luckily for the country, a new administration came in with sweeping changes, enhancing port security and ending the violence. In Spring 2009, I made my first (but hopefully not last) visit to this glorious South American city. So now let’s go more in-depth and explore Cartagena. Spanish commander Pedro de Heredia founded the city in 1533, naming it after Cartagena, Spain. Soon after, Spanish explorers discovered gold and emeralds throughout the land, attracting many pirates, like Sir Francis Drake in 1586, so King Felipe II ordered a protective wall to be built around the city as a way to improve defense. Cartagena soon became an important city upon the creation of the Viceroyalty of New Granada (incorporating modern-day Colombia, Venezuela, Panama and Ecuador). Economic growth increased, includ-

ing construction of the San Fernando fort. The city gained independence from Spain in 1811, eight years before Colombia itself followed suit. Cartagena experienced a Middle East immigration wave at the turn of the 20th century that helped develop commerce and industry. Today, Cartagena’s economy is supported by tourism, platinum and timber. There is also an oil pipeline that brings the black gold from the center of the country to port. Most of the city’s attractions can be found downtown where the colonial architecture makes you feel as if you are back during Spanish colonialism. A city code prohibits any modifications (including painting) to a building’s exterior, thus preserving the rich history. The Plaza de Bolivar, named after the famous liberator, is lined with cafes and shops. Emeralds are still pretty common in Colombia; just remember that color intensity will determine its value (dark green is the most valuable). You can also tour Castillo de San Felipe de Barajas, one of the largest fortresses in the city where there have been attempts to storm the fortress, but all were unsuccessful. A popular tourist site is La Popa, a 400-year old monastery set atop a hill overlooking Cartagena. Inside you can see the Virgin of Calendaria, a statue that accompanies a legend that it spared the city from disease and pirate attacks. Pope John Paul II visited the monastery in the mid 1980s, and he brought a crown, which was placed on the statue of the Virgin Mary. Both the statue and crown are in the chapel today, and both are glass-enclosed. Cartagena has witnessed a positive turnaround from a few years ago. Extra security and police are present and visible throughout the city. As a result, more cruise ships are expected to stop here over the next few years. Speaking of the future, next week I will cover a port that I have yet to visit.



# Women’s basketball rebounds to start strong

Jessie Behrman  
jessie.behrman@uwrf.edu

The UW-River Falls women’s basketball team was the pre-season pick to finish third by the WIAC, and coach Cindy Holbrook anticipates a strong season with eight returners.

The team expected a quality season last year, but several injuries kept key players out of the game.

“One of our biggest concerns is something we can’t control which is injuries. Taylor House will be out for a while because of a back injury,” Holbrook said.

The team finished the 2010-11 season with an overall 16-11 record, and a 7-9 in conference games and finished fifth overall in the WIAC.

With eight returners this year and five of those being seniors, Holbrook has no set captains, but a leadership committee made up of those returners. Holbrook said there are a lot of key players and not one kid to “light it up” every night.

“We’re going to have a really fun team this year, it will be an exciting season,” Holbrook said.

Senior Taylor House said the team has great potential and is focusing on practice everyday.

“A goal that we as a team have this season is to become a “great” team. We want to be the top team in the conference and to do this we need to come to practice everyday working to get better, pushing each other, and doing all we can to become the great team we strive to be,” House said.

The Falcons are ranked in the top 25 in the nation and are anticipated to finish third behind the WIAC defending champions, UW-Stevens Point, with UW-Whitewater picked to finish second.

Although the WIAC has Stevens Point and Whitewater as the Falcons’ main competition, Holbrook said, “In our conference, honestly every team is our biggest competition.”

Senior Tiffany Gregorich was the Falcons’ leading scorer in the 2010-11 season.

Going into the 2011-12 season she only needed 71 points to reach 1,000 points for her career. She reached the prestigious milestone on Nov. 30 in a home game against St. Scholastica.

She now has 1,009 points for her career thus far.

“My personal goal is that I just try to stay healthy and be the best that I can be to help my team. Being ranked third gives us more drive to be better. We are third and we have teams to beat, and we are in a position that we can’t get beat. We have the ability to be No. 1 still. It’s a preseason poll, but it is what’s at the end that matters,” Gregorich said.

The team has nine newcomers this season, eight of those being freshmen, according to Holbrook.

“We have a lot of new freshman this year that all have opportunities to play, so it should be really fun to see what us returner can do with the new freshmen,” Gregorich said.

Another lead scorer, senior Maranda Dohrn, says a goal for the team is to play more consistently from game to game. Holbrook added that a focus at practice this year is to win, to compete every day with each other, and to get the details.

The Falcons’ next home game is Saturday, Dec. 17 against Simpson College. Action is set to get underway at 3 p.m. at the Karges Center.

“We’re going to have a really fun team this year, it will be an exciting season.”  
Head Coach  
Cindy Holbrook



Above: The women’s basketball team practices their shooting, defense and offense in a short drill to get ready for their upcoming games. The Falcons are 5-0 to start their young season.



Right: Miranda Dohrn goes up for a lay-up during practice. The Falcons’ next home game is at 3 p.m. on Saturday, Dec. 17 against Simpson College. The Falcons are currently ranked No. 21.

## Falcon athletes of the week

### Hockey



Goalie Scott Lewan was a key player for the Falcons as they won three of a possible four points in a week-end series against UW-Stevens Point at Hunt Arena on Nov. 18 and 19. He stopped 24 shots in the game, including 11 in the first period. He had a .947 save percentage during the weekend.

Forward Darion Bruyere banged home the game-winning goal in overtime in the team’s 3-2 win over St. Olaf on Nov. 22 at Hunt Arena. After an initial shot by the Falcons, Bruyere gathered in the rebound and scored at 2:45 to help keep the No. 5 ranked Falcons undefeated this year.



### Swimming and Diving



Eric Bain was one of the team’s top swimmers in two meets on Nov. 18 and 19. Bain placed third in the 200 breaststroke with a time of 2:35.27, fifth in the 100 breaststroke with a time of 1:09.84 and fourth in the 50 free in 25.65 in a three-team meet on Nov. 18. On Nov. 19 against Oshkosh he placed third in the 100 breaststroke with a time of 1:10.53.

Sarah Koch had some strong swims for the Falcons in the team’s meets on Nov. 18 and 19. Koch placed first in the 400 IM and the 100 butterfly against Oshkosh on Nov. 19. She won the 400 IM in 5:07.14 and the 100 fly in 1:04.66. In a three-team meet on Nov. 18 she placed third in the 100 fly in 2:29.3 and fourth in the 100 fly with a time of 1:06.66.



Information from then UWRF Athletics website

## Basketball career milestone



Tiffany Gregorich from Altoona, Wis. is a senior on the women’s basketball team for the Falcons. On Nov. 30 she reached the 1,000 point milestone against St. Scholastica. She made 18 points which gave her a grand total of 1,009 points overall. The game was at home and stopped for a brief ceremony for her 1,000 point achievement. The Falcons won the game 72-56 and are now 5-0 for the season. They are ranked No. 21 overall in the nation.

## Prizes for breaking attendance

The women’s hockey team is trying to break the current attendance record at their next hockey game at 7 p.m. on Friday, Dec. 9. Their current record is 679 people that have attended a game. They will be selling t-shirts in the University Center on Dec. 1, 7, and 9 from 11-1 p.m. all days. A t-shirt costs \$10.00 and your purchase automatically enters you into a raffle to win a prize at the game. There are over 100 prizes that equal \$300 worth of different give-aways from local businesses. Jimmy Johns will also be throwing out mini-sub to the crowd during the game.

## Calendar of upcoming sporting events

### Friday, Dec. 2

Men’s Swimming and Diving at Falcon Invitational at 10 a.m.

Women’s Swimming and Diving at Falcon Invitational at 10 a.m.

Men’s Hockey at UW-Superior at 7 p.m.

Women’s Hockey vs UW-Superior at 7:05 p.m.

### Saturday, Dec. 3

Men’s Swimming and Diving at Falcon Invitational at 10 a.m.

Women’s Swimming and Diving at Falcon Invitational at 10 a.m.

Women’s Hockey vs UW-Superior at 2:05 p.m.

Women’s Basketball at UW-Platteville at 3 p.m.

Men’s Basketball at UW-Platteville at 5 p.m.

### Tuesday, Dec. 6

Women’s Hockey at Gustavus Adolphus College at 7 p.m.

Women’s Basketball at Martin Luther College at 7 p.m.

Los Campesinos! return with matured sound, lyrics

Los Campesinos! return with another album full of dashed hopes and heartbreak set over poppy choruses and filled with enough angst to make a high school theatre kid blush. This would normally be a reason to avoid an album, but there’s something almost painfully sincere about the entirety of “Hello Sadness” that it begs to be listened to.

Brutal honesty is the name of the game, as it always has been with Los Campesinos! and that makes for a truly interesting album, even if every song doesn’t quite hit the mark.

Los Campesinos! have seen quite a few shake-ups to their ranks over the last couple of years, but currently rest at a robust seven members. The departure of Harriet Campesinos! (yes, they all perform under stage names) does take a toll on this album, as her fiddle playing is sadly missed. Luckily, it’s more than made up for in the maturation of the remaining Campesinos! as musicians.

“Hello Sadness” may not



Chris Rohling  
Reviewer

contain anything quite as manic and chaotic as the superb “You! Me! Dancing!” or “We Throw Parties, You Throw Knives,” but what it lacks in spontaneity, it more than makes up for with well-thought out lyrics, raw emotion and a tight control of a whole mess of instruments and vocalists. Los Campesinos! may have finally learned when to reign it in and when to let it all loose.

Songwriter Gareth Campesinos! has an uncanny knack for writing songs that are both intensely personal and yet, strangely vague; just enough where those listening will start filling in the gaps with their own life experiences.

The album opens with the insanely catchy “By Your Hand” which weaves a story all about that person who you

love but just know is going to be the death of you. The song skips from crazy melo-drama as Gareth moans, “You’ll sing me lullabies in form of your cat calls,” to almost rabid adoration as the entirety of the band chants the chorus, “By your hand is the only end I foresee. I have been dreaming you’ve been dreaming about me.” It’s infectious, really.

Los Campesinos! specialize in nigh-non-sensical storytelling coupled with toe-tapping beats, and ear-worm inducing melodies.

While “Hello Sadness” is a bit toned down compared to their other albums, the more laid back songs stay catchy with tight rhythms and eerie, emotionally charged lyrics. Some of Gareth’s lyrics come off a bit like if that weird kid who sketched off-putting stuff in his notebook during class could actually write and had the guts to get up and wail his guts out in front of a crowd.

“Hello Sadness” rewards multiple listenings. It’s not necessarily dense music, but the blend of styles leaves a lot to discover for those willing

to invest some time into the album. While some tracks like “By Your Hand” and “Songs About Your Girlfriend” are little bundles of poppy controlled chaos, the more methodical tracks like “Every Defeat A Divorce (Three Lions)” and “Hate For The Island” mix bits of folk with fuzzed out ambience and an edge of hard rock sensibilities.

By far the most dynamic song on the album is “Baby I Got The Death Rattle” which features some fantastic backing vocals behind a hypnotic chorus of “And you, you are an angel. That’s why you pray. And I am an ass, and that’s why I bray.” The song completely shifts gears after the second chorus from an emo infused story about taking control of one’s own destiny to a hip-swinging good time backed by noodling guitar riffs, catchy keys and an outro that begs to be a huge chant from the crowd at live gigs.

“Hello Sadness” isn’t a perfect album. Even with the variety in songs, there is sort of a malaise over the whole affair. Some of the songs really lack the energy that make Los

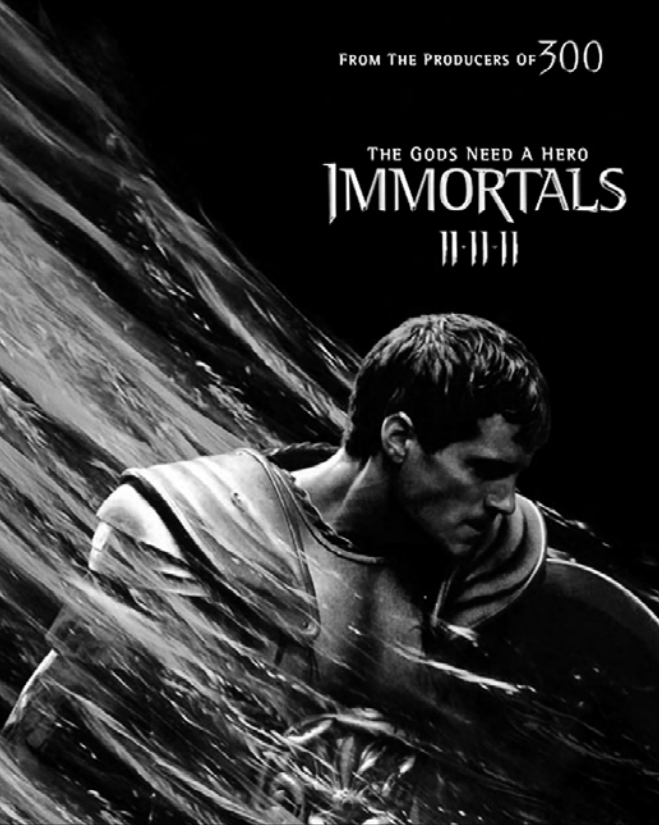


Campesinos! who they are. While the intimate nature of a lot of “Hello Sadness” can sometimes make it feel like that friend who has to spill every detail of his late night rendezvous, there’s a certain bravery to be admired in the honesty of the lyrics that make it hard not to appreciate this

album. Fans of the band will have already devoured this album, for those new to Los Campesinos! it’s not a bad place to start.

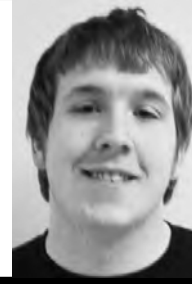
*Chris is a journalism major with a passion for storytelling in almost every medium. He edits the Etcetera section of the Student Voice, engineers Falcon 411 and writes for GuerrillaGeek.com.*

‘Immortals’ features visually compelling action, lacks plot



When sitting in the theatre to watch “Immortals,” I felt my testosterone going as I knew what I was in for. From the producers of “300” comes another epic, artistic and blood soaked thrill ride. Well, minus the thrill. The story is based around a man named Theseus, played by Henry Cavill, who is chosen by Zeus to help the human race fight against a ruthless leader, King Hyperion, played by Mickey Rourke. Yes, that Mickey Rourke who should win an award this season for hamming it up as much as he is in this film. You can tell he is just having fun with this role that requires him to grunt, moan, eat, and kill people.

Theseus is now on a quest with a small group of warriors and a virgin oracle that can see into the bleak future of mankind. He must find a



Dustyn Dubuque  
Reviewer

weapon that has the ability to destroy any army that stands in front of it. The only problem is King Hyperion is also trying to find this deadly bow, along with releasing an army of mutants that could spell the end of the humans and the beginning of his new regime. Zeus and the rest of the gods are forced to watch the human race slowly dwindle with the only hope relying on Theseus’s shoulders.

I feel that the summary I have given makes this film seem like it has a strong plot and story; well it doesn’t.

There is practically zero, but to make up for this, many gallons of blood will be spilled. How many head explosions, decapitations, spear stabs, and dismemberments are there in “Immortals?” Far too many to count. I have to admit I loved every minute of it. The fight sequences were done masterfully and beautifully, which will make any guy get excited to see what kill scene will happen next.

It is not just the action scenes that look good, but the whole movie in general looks absolutely gorgeous. Director Tarsem Singh (“The Cell”) put such attention to every little detail, from warrior’s armor to all the different backdrops. He also loves large set pieces, some green screened, but some real, and all look absolutely gorgeous. That is really all “Immor-

als” has going for it and that is what it is aiming at. Trying to suck in that young man demographic that loved “300” much like I did.

I will admit that this film is mindless, drawn out, and at times boring. When looking back at what was really good about this film I can give you two short scenes randomly throughout the film and the last fifteen minutes that are only great due to the action. This is what I call a guilty pleasure movie that you love even when you know it is not very good.

Rourke is also great even with such a cartoonish role. So with all that said, I have to give “Immortals” a mild recommendation to those who want to watch a movie like this.

*Dustyn is a history major and geography minor that has a love and passion for film. He watches over 100 films each year and loves Academy Awards season.*

Half of cell phone users in U.S. now downloading, using abundance of apps

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“Just last night I was upstairs in the library and I was wishing that there was an app for eSIS to register for classes,” said senior information technology worker Lance Balzart.

According to a new survey by the Pew Research Center’s Internet and American Life Project, half of U.S. adult cell phone owners (50 percent) now have apps on their phones. In May, that figure stood at only 43 percent. The survey also

finds the 10 percent of adults who currently own a tablet computer, three-quarters report downloading apps to their tablet. These findings are from a survey conducted from July 25 to Aug. 26 among 2,260 adults ages 18 and over.

“A lot of students will ask if we have certain apps on the computers in the library labs, but I have to say no and tell them that they can’t download them because they have the potential of hurting the computer,” said Balzart.

On the computers in the li-

brary the apps can range anywhere from Microsoft Word to Life Sciences Guide to Birds of North America. Courtney Brown, a senior marketing communications major, said she thinks that apps on smartphones are unnecessary.

“I don’t have Internet on my phone and I don’t really mind because it seems like a big distraction,” Brown said. “I’m already on my phone enough with texting and calling people, I don’t always need to be connected to everything.”

Brown said if she has to get

a smartphone with Internet and apps for her job she will, otherwise she would like to avoid it.

On the other hand, senior marketing communications major Katie Bobleter said she doesn’t know what she would do without her apps.

“One of my marketing professors calls me the “Twitter queen,”” Bobleter said. “I have an Apple iPhone and on a daily basis I usually use Facebook, StumbleUpon, Netflix, Hulu, Wells Fargo, Foursquare, International Movie Data Base (IMBD), Pandora, iHeartRa-

dio, Horoscopes, SoundHound, Weather Channel, Craigslist and Groupon.”

According to the survey, the most commonly downloaded apps are those that provide regular updates about everyday information such as news, weather, sports or stocks. Also popular are apps that help people communicate with friends and family and apps that help the user learn about something in which they are interested.

Bobleter said she doesn’t have a laptop so she uses her iPhone as her main communi-

cations device.

“The apps can be very distracting, but it’s also very convenient since I don’t have a laptop,” said Bobleter. “Without my smart phone I don’t know how else I would check my email everyday.”

Balzart said he doesn’t think smartphones will ever replace a desktop, but will definitely become more prominent.

“My mom is 55 years old and now wants to start using a smartphone,” Balzart said. “It’s becoming more of a necessity.”

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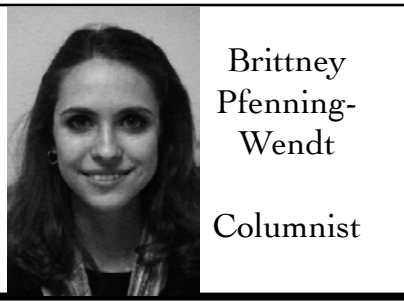
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# Enrich your holiday spirit with sugar cookies, decorations

It's that time of year, time for all the Christmas cheer! Trees along Main Street are adorned with lights as store fronts are frosted with lit snow-flakes and plenty of décor. The holiday season has a knack for brightening moods, so why not indulge and find your inner child? Remember the days spent eagerly awaiting the arrival of Santa and his merry bunch of reindeer? Let the engraved lyrics of all your favorite Christmas tunes resurface as you hear them played on store intercoms. Getting into the Christmas spirit is always a fun, cheerful way to fight those winter blues and finish the last leg of the semester on a good note.

Start with your room. Put a little spirit into it. Mini trees are easy to find and you can hang all your favorite ornaments on it or make a few of your own. Spread some paper made snowflakes



Brittney  
Pfenning-  
Wendt  
  
Columnist

all about, and don't skip the window! Bells add a nice jingle now and then when placed in the perfect spot to reach. Top it off with snow globes, LED candles, a Christmas figurine, stockings, garland, mistletoe, and tinsel. Before you know it, you'll have your own cozy winter wonderland.

Next, spread the cheer! This gives you feel-good, warmth inside knowing you were able to lend a little joy. This can be accomplished in many little ways. Play some Christmas music (not too loud) for others to hear, decorate your door, make or re-gift an ornament to a friend or perfect stranger,

and try to keep plenty of chocolate, candy, candy canes, and hot cocoa on hand. A sure way to warm someone up from the inside out is with a steamy mug of hot cocoa filled to the brim with marshmallows. These simple acts can help someone else find a little joy during the winter season and brighten your mood at the same time.

Lastly, one of the best ways and my favorite way to get in the Christmas spirit is baking a batch of Christmas cookies. The aroma of baking cookies will make your stomach rumble and your mouth turn up in a smile. Turn on some Christmas music while you bake and you'll be singing and dancing around the kitchen. Picking out the recipe in itself can be an adventure. With so many out there, you'll have a hard time deciding. Search through some family recipes for something tried and true, or pick out your own if you

prefer the excitement of something new. If you decide to search for one, they're everywhere, just browse some baking websites. Others can be found in the checkout lane at your local grocery store. One of my favorite recipes to really get a taste of the season is Christmas cut-out sugar cookies. The recipe is my grandma's and we have been using it for years, always doubling it and adjusting the cut-outs to the occasion. Sugar cookies are great for cookie exchange parties as there's a task for everyone. So go ahead, make a party out of it! Everyone will have a blast decorating them with frosting, sprinkles, and candies. Turn it into a holiday tradition and you'll be sure to have friends and family looking forward to it each year.

So while the air outside turns frosty, you can be sure to stay toasty warm as you're filled with the Christmas spirit.

### Grandma's Sugar Cookies

**2/3 c. shortening, ¾ c. sugar, 1 egg, ½ tsp. vanilla, 2 c. flour, 1 ½ tsp. baking powder, ¼ tsp. salt, 3 tsp. milk**

- 1. Preheat Oven to 375°F.**
- 2. Flour the counter or lay down a sheet of parchment paper. Flour a rolling pin.**
- 3. Cream Shortening and sugar, add egg and vanilla and beat until smooth. Mix in baking powder and salt, then alternating mixing between the flour and milk.**
- 4. At first it will look like bread crumbs, but keep mixing until a ball begins to form. At this point you can use your hands to divide the dough into sizeable rollout portions.**
- 5. Using the floured rolling pin roll out the dough to desired thickness and use cookie cutters of your choice to cut-out shapes (really thin dough will result in very fragile cut-outs).**
- 6. Transfer the shapes to a greased cookie sheet and bake for about 8 min. or until lightly browned.**
- 7. Repeat with remaining dough.**

**Easy Frosting: Combine powdered sugar with just enough milk, water, vanilla extract, or lemon juice to make it a spreadable consistency.**

## 'The Boys Next Door' opens Dec. 8

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A production of "The Boys Next Door" by Tom Griffin is the current project for the student-run Masquers and will open on Thursday, Dec. 8 in the Blanche Davis Theater. "The Boys Next Door" is a unique experience and challenge, according to the cast, because a large portion of the characters are mentally disabled.

The annual Masquers production is different from every other show on campus in that it is entirely put on by students. The actors, crew, costume designers, set designers and even the directors are currently enrolled UW-River Falls students. "It's essentially a training exercise for students for preparing them for the real world so that they eventually will be able to do everything the faculty does," director Justin Delong said.

"The Boys Next Door" tells the story of four mentally disabled men who live together and their caretaker. "We're doing something so different," said Kelsey Miller, who plays one of the men's love interest, who is also mentally disabled. "You're playing a mentally handicapped person. It's something completely unique."

Miller said that Sheila has been one of her most challenging roles because of this. To prepare for their roles,

Delong tasked the actors with finding real life inspiration and examples with which to base their portrayals on. Miller said that she watched footage of Glee actress Lauren Potter, who has Down syndrome and portrays a character with Down syndrome on the show. "I'm making art in the mindset that I'm mentally handicapped," Miller said. She has made jewelry and drawn pictures in the mindset of her character. Miller said the drawings are for her character's love interest, Norman, and that they might appear in the show.

Danny Vopava, who plays Norman, said that none of the characters' disabilities are clearly stated in the script so it "frees up the actors to play around with it a little." Vopava said that he developed his character first from vocal work. "That's the real tripping point for this show," said Vopava, "it can be really offensive if you're not careful about it."

Delong said that because of this, there has been a hesitance from local charities to be involved in the production. "One group was very adamant that they wanted nothing to do with us," Delong said. "Apparently they had been involved before with another production [of "The Boys Next Door"] and apparently it was very offensive."

While the show is a com-

edy, the cast is aware of the fine line they are walking. "This show was written by someone who was not laughing at them," Vopava said. "The point of the show is that by the end you come to the realization that we're all humans. We're not laughing at anyone. Everyone is laughing with each other."

Taylor Evans, who plays the group's caretaker, Jack, is taking a special education course and has been doing observations in the field. "It's interesting to get to work with them because the character goes through social burnout," Evans said. "From what I see, [the cast is] hitting it right on the head."

Evans said he sees this production as an opportunity for the audience, as well as the cast to learn something. "I like to think of theatre as something you can learn from," he said. "When you watch this show, it takes you along and they get you to laugh and they get you to cry and they get you to feel for these characters, but at the same time you're also learning an awful lot even though you don't know it."

"The Boys Next Door" will run Dec. 8-10 and Dec. 15-17. Doors open at 7 p.m. and performances will begin at 7:30 p.m. Ticket prices are \$10 for general admission, \$8 for seniors, and \$5 for UWRF students.

## Show Team offers unique opportunity

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UW-River Falls provides a unique opportunity for students with its Western Show Team, in which all students are welcome to join.

The Western Show Team was founded on the belief that any college student should be given the opportunity to participate in horse shows. Even if students don't have their own horse or have no experience in riding one, they are still welcome to join.

Students ride horses that are owned by UWRF and also other schools that they compete at. All Western Show Team competitions go through the Intercollegiate Horse Show Association (IHSA). This organization "promotes competition for riders of all skill levels, who compete individually and as teams at regional, zone, and national levels," as stated on the IHSA website.

The UWRF team currently consists of 22 females and one male student. "They are a very happy bunch," said Janie Huot, the western show team coach. "They always work with each other and help each other improve." Huot has coached the team for the past three years.

The UWRF Western Show Team "has sent riders to the semi-finals in Pomona, Calif. in 2009-10 and Findlay, Ohio in 2010-11," according to the UWRF Western Show Team website.

Team members pay all the expenses to compete, which includes transportation, out-



Submitted by the UW-River Falls Western Show Team  
**The 2011-2012 UW-River Falls Western Show Team displaying their ribbons and awards.**

fits, housing at the events and entry fees.

Competition is broken into six levels that are based on the riders skill level, so advanced riders aren't placed with beginners. These levels include beginner, intermediate, novice, advanced, open horsemanship and open reining.

Students who have never ridden a horse can also seek out their teammates for advice. "If someone on the team is struggling with something, someone is always there to help," said Kevin Chesler, a captain on the team. "Nobody gets shrugged to the side and ignored."

The team currently has two captains. "I've been riding since I was about three and wanted to be involved with horses when I came here," said Lindsey Klinkhammer, a captain of the team. "It is fun helping to coach teammates and I've also met with a few incoming freshmen to talk about getting involved."

The type of riding in these competitions is different than others, in that competitors are riding horses they have never ridden before. "We are not even allowed time to warm up and feel out the horse we are riding," said Chelser.

UWRF currently participates in Zone 7, Region 3 which includes schools in Wisconsin, Minnesota, Iowa, North Dakota, and Ohio. In this region there are only three males who compete. "It is just hard to find guy riders in a woman dominated event," said Chelser. "There are only three guys who compete in our region so it is not just our school who has trouble recruiting males. I am always surprised why there isn't more guys who are interested in jumping on this band wagon, the guy to girl ratio is astronomical. On our team it is 1:22."

The UWRF Western Show Team is planning on starting to do fundraising to help pay the cost for their competitions but it is still in the initial stages.

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