

MUPPETS, PAGE 7 **Muppets take center** stage for latest movie

DEMPSEY, PAGE 5 "Deck the halls River Falls" Ways to get into the holiday spirit

CHANCELLOR, PAGE 8 A look at the life of Chancellor Dean Van Galen



STUDENT VOICE

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Melinda Mendez

melinda.mendez@my.uwrf.edu

Women are putting more weight into a college education and are surpassing men, according to a study done by the Pew Research Center. Half of all women who had graduated from a four-year college gave the U.S. higher education system excellent or good marks for the value it provides, given the money spent by students and their families, versus 37 percent of men who agreed that they felt that they had gotten their money's worth out of their education. In addition, in 2010, 36 percent of women ages 25-29 had attained a bachelor's degree, compared with 28 percent of men in the same age group.

This is a change for women because up until the 1990s, men had surpassed women in education. In 1992 women had started to surpass men and the gap has widened every since then. There is definitely a gender gap here at the UW-River Falls. According to enrollment statistics there is a 60-40 percent ratio between female and male students. There are 3,937 female students that attend the University compared with 2,798 male students.

So where are all the men? According to the National Bureau of Economic Research there are a few reasons as to why women are surpassing men. One of the reasons was because of the developmental and behavioral differences between men and women. Boys often times mature slower than women and in grade school boys often have higher incidents of behavioral problems than girls. Generally, girls are also more likely to spend more time doing their homework. These behavioral factors, which can often account for higher test scores and high school achievement, give women an advantage into getting into college.

Another explanation for the shift in gender is because men, a lot of the time, can often earn more money from jobs than women can without attending a technical college or university. If a man is earning \$25 or more doing a construction job, then there is not much incentive for him to go to college.

Men and women also had different opinions about the cost of college. Fourteen percent of women believe that most people can afford to go to college versus 26 percent of men who believed that college was affordable.

Interestingly enough, according to public view, 77 percent of people surveyed believed that a college degree was necessary for a women to get ahead in life, while 68 percent believed that the same was true for men.

The study also showed that public opinions to the changing gender patterns were mixed. By a ratio of 52 to 47 percent, Americans believe that having more women than men graduating from college was a good thing. But when the scenario was flipped, 46 percent thought that having less men graduating than women was a bad thing, while 12 percent believed it was a good thing.

Women surpassing men educationally **Evaluations help follow** faculty retention steps



UWRF website

Political science professor John Evans is one of many faculty members up for retention. As a result, the Student Senate passed a motion encouraging departments to take student evaluations more into consideration.

> Michael Brun michael.brun@my.uwrf.edu

It is an end-of-the-semester ritual for students at UW-River Falls: filling in bubbles on evaluation forms to rate a professor's performance throughout the term. A motion recently approved by the Student Senate calls on University administrators to consider student input, such as evaluation forms, when deciding whether or not to retain faculty members.

The motion, which was moved by Shared Governance Director Jayne Dalton and Student Association President Tyler Halverson, was approved during the Nov. 15 Senate meeting. It requests that all departments on the University consider student input when deciding to retain faculty members, and that the Senate will continue to "promote measures to ensure student feedback" is taken into account.

"This motion is meant to remind administrators that stu-

dents are here and need to be listened to," said Dalton. "It's the students who pay tuition, and we should get what we paid for."

Impetus for the motion arose from two recent faculty recommendations in the College of Arts and Sciences, including the recommendation by the political science department not to retain Assistant Professor John Evans, despite "strong support among students," Dalton said.

One supportive student is Jessica Schwinn, a political science major at UWRF. She was among nearly a dozen students who wrote letters to The Student Voice in mid-November in support of Evans.

"I wonder how many student evaluations are actually used to better the school and professors," wrote Schwinn in an email statement. "I would hope that the evaluation forms are taken seriously by the school, because they are one of the only ways students have input in the way classes are taught."

The faculty retention process has four steps, according to the Faculty and Academic Staff Handbook, a yearly document outlining policy and procedure for UWRF faculty.

First there is a voting process conducted by tenured members of a department to create a recommendation on whether or not probationary faculty within that department should be renewed. This recommendation is then passed by the department chair to the dean of the college that contains said department for review. The dean has the option to amend the recommendation before passing it on to the provost, who will review and amend it in turn. Finally it is sent to the chancellor, who makes the final renewal decision.

Recommendations for renewal are based on three considerations: personnel needs within the department and college, the probationary faculty member's professional experience and a set of performance criteria, according to the handbook.

According to the faculty handbook, the most important of the performance criteria is effectiveness of teaching, but professional involvement and contribution to society and the community are also considered. Student evaluations fall under the effectiveness criterion, along with peer evaluations and the faculty member's teaching portfolio. If "a supportable, severe deficiency in any or all" of the performance criteria can be found, it creates "a reasonable cause for non-renewal," according to the handbook.

Following the approval of the Senate motion, copies were sent to Chancellor Dean Van Galen, Provost Fernando Delgado and the deans of all the colleges at UWRF, including College of Arts and Sciences Dean Brad Caskey, Dalton said.

"I appreciate your input," wrote Caskey in response to the motion. "Please note that student evaluations have been, and will continue to be, one key component concerning the evaluation of teaching effectiveness."

American Dream seems distant for current college students

Andrew Barker

andrew.barker@my.uwrf.edu

UW-River Falls students relate to a new study, which shows how young adults feel about their future compared to their parents' generation.

According to the study "The State of Young America" which was conducted by Dēmos, a non-partisan public policy research and advocacy organization and the Young Invincibles, a non-partisan, non-profit youth organization, "48 percent of young adults think their generation will be worse off than their parents." The study also found that "69 percent still believe the American Dream is achievable with their generation."

The study states, "About half of young Americans between the ages of 18 to 34 believe that the next generation will be better off than they are."

"We can't all find jobs," said Rachel Hanson, a UWRF senior, "Everyone has their own idea of the American Dream so I'm not sure if it is achievable."

"I don't even know what the American Dream is anymore," said Patrick Jones, a UWRF junior. "I think we have more opportunities than our parents did though."

With the current state of the economy and the large cost of higher education, young adults across the country are delaying life styles that their parents may not have had to delay.

"We have more debt coming out of college and less job opportunities than our parents' generations," said Linnea Ramberg, a UWRF senior. "It is also more difficult to purchase a home which, simultaneously, is more likely to decrease in value over the years."

In the study, "46 percent of young adults have delayed purchasing a home, 38 percent have delayed starting or continuing college or other training, 33 percent have delayed moving out on their own, 25 percent have delayed getting married due to the economy, and 30 percent of young adults say they are delaying starting a family."

Currently the youth unemployment rate is above 17 percent, which is nearly twice the national average. "Young adults with a bachelor's degree have 5 percent unemployment, versus nearly 15 percent for those with only a high school degree,"

Today, the number of young women who have their bachelor's degree comes to 37 percent, which is up from 21 percent in 1980. One major difference is that in 1980 the cost of a 4-year public education came to \$8,400 while today it is an estimated \$30,400. The student loan default rate is also about

In 1990 only about 33 percent of college students graduated school while in debt, while today that number has climbed to nearly 66 percent of college students leaving with debt. This is mainly due to inflation with the cost of rent being an average of one-third of income when it used to be about one-fourth in

With the new law that states young adults can stay on their parents insurance until the age of 26, about one million young adults who didn't have health care beforehand now do. There is still about 20 million though that are still uninsured.

UWRF residence halls honored at annual Great Lakes regional conference

melinda.mendez@my.uwrf.edu

UW-River Falls has won mid-size school of the year for 2011 at the Great Lakes Association of College and Residence Halls (GLACURH). The conference which was held at the Ball State University in Muncie, Ind. from Friday, Nov. 4 to Sunday Nov. 6 brought together residence life leaders from the states of Michigan, Wisconsin, Illinois, Indiana, and the providence of Ontario.

According to their website, GLACURH is a student-run organization working to promote student life on college and university campuses all across the region. Through the organizations of the school, their mission is to provide members of the school with resources for the exchange of information to improve their campus climate and develop strong leaders at their respective universities. This gets achieved through meetings, informational materials, and the annual conference, which serves to foster the exchange of ideas. The primary focus of this group is to provide quality programming and activities for on-campus residents that will make their college experience a positive one.

At the conference, leaders had an opportunity to exchange information, meet new people, gain leadership skills and focus on issues regarding residence halls such as alcohol, gay and transgender issues, and safety issues. UWRF is a member and participates in this conference annually. The organization accepts bids from schools each year in numerous categories,

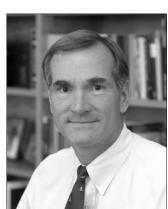
including school of the year. "Our national communications coordinator, Becky Ballweg, decided to nominate UWRF for 'School of the Year' to highlight all the great things happening on campus" said Tracy Gerth, a residence hall coordinator at the University. Ballweg has worked with other offices on campus to write and design the bid, and gathered letters of support from the director of Residence Life and Student Rights and Responsibilities along

with the Chancellor to be included in the bid.

At the conference there are three schools of the year: a large, mid-sized, and small school category. Judges then vote between all three winners of these categories to determine who will represent GLACURH at the National Association of College and University Residence Halls (NACURH). UWRF was selected to move on to the national level. Some of the criteria for judging the schools are goals and programs accomplished, perceived student benefits, community service, and addressing challenging issues.

This is the first year that UWRF has won this competition. "It is an honor for UWRF to receive this award and to be selected as the representative university for all schools in Michigan, Ontario, Wisconsin, Indiana and Illinois," said Gerth. "Since this award is decided by students from across the GLACURH region, it also means that other schools can see the great programs and updates that we are working on to improve the experience for all River Falls students."

UW-River Falls alumnus presents on career success



UWRF alumnus and Yale employee David Swensen

David Swensen, Chief Investment Officer (CIO) for Yale University and a member of the President's Council on Jobs and Competitiveness, will deliver a lecture at UW-River Falls on Monday, Dec. 12. The lecture is scheduled to begin at 3 p.m. in the Kinnickinic Theater located on the third floor of the University Center.

Swensen has served as Yale's CIO since 1985 during which time he developed the Yale Model of investment. This model, detailed by Swensen in his book "Pioneering Portfolio Management: An Unconventional Approach to Institutional Investment," is credited for Yale's endowment realizing an 11.9 percentage rate of return from 2000-09. Swensen also authored "Unconventional Success: A Fundamental Approach to Personal Investment."

In 2009, Swensen was

named to President Barack Obama's Council on Jobs and Competitiveness. The council reports regularly to President Obama and his economic team on possible ways to improve the nation's economy.

In addition to his role as Yale's CIO, Swensen teaches endowment management at Yale College and the Yale School of Management. Swensen serves as a trustee for numerous organizations in-

cluding the Carnegie Foundation of Washington and the Teachers Insurance and Annuity Association of America.

Swensen graduated from UWRF in 1975 with a bachelor of arts and a bachelor of science degrees. He earned a master of arts and master of philosophy degrees and a doctorate from Yale University, where he studied with James Tobin, a recipient of a Nobel Prize in economics.

Swensen was named a UW-River Falls Distinguished Graduate in 1996 and was awarded an honorary doctorate by UWRF in 2008.

Swensen's lecture will be preceded by a reception beginning at 2:30 p.m. in the Ames Gallery located on the third floor of the University Center. The reception and lecture are free and open to the public.

News Briefs

Friday, Dec. 9

The RADD Jazz Series Presents The Jazz Nutcracker and Holiday Swing Dance featuring the Duke Ellington/ Billy Strayhorn.

Starting at 6:00 p.m. is the reception, followed by the 7:00 p.m. Jazz Nutcracker Concert. The event concludes with the 8:00 p.m. Holiday Swing Dance.

General admission tickets are \$25 and free for all students. Transportation is avail-

able for free with all tickets. Reserve your seat on the bus at the Information Desk, University Center. Contact karyn. wells@uwrf.edu or call 715-425-4444.

Saturday, Dec. 10

Tyler Halverson's Senior Recital (trumpet) at 3:00 p.m. in Kleinpell Fine Arts 131, William Abbott Concert Hall. Sunday, Dec. 11

Stephanie Bijoch's Senior Recital (mezzo-soprano) at 1:00 p.m. in KFA 131, Wil-

liam Abbott Concert Hall. Tristan Brodie's Senior Recital (trombone) at 7:30 p.m. in KFA 131, William Abbott Concert Hall.

Tuesday, Dec. 13

The Winds and Guitars Ensemble will be performing at 7:30 p.m. in KFA 131, William Abbott Concert Hall.

Thursday, Dec. 15

The UW-River Falls Falcon Band Concert will be performing at 7:00 p.m. in KFA 131 William Abbott Concert Hall

Studying for Finals in the Library? Take a break in the Cooklock Room, Main floor.

There will be free food and everyone is welcome as the Black Student Union hosts Finals Night.

The UWRF Accounting Society has sponsored Toys For Tots collection boxes on campus if you would like to donate new, unwrapped toys. Boxes will be available through Friday, Dec. 16. Locations of drop boxes around campus include:

South Hall (lounge)

South Hall (main stairwell) North Hall (Chancellor's Office)

Wyman (main entrance)
University Center (side entrance)

Davee Library (downstairs entrance)

Kleinpell Fine Arts building (outside of Gallery 101)

Ag Sci Building (main entrance)

Questions may be directed

to jessica.hanson@my.uwrf.

Today-Dec. 20, at the Harriet Barry Gallery, Davee Library, there is an exhibit: Chinese Minority Garments and Traditional Japanese Garments. Gallery talks are Thursday, Dec. 15, at 11 a.m., noon, and 2 p.m. Presented by the UWRF Modern Language Department.

'The Boys Next Door' drama opens its curtains to community



"The Boys Next Door" features (left to right): John Richardson, Taylor Evans, Jeffrey Herwig, Danny VoPava, and A.J. Swanson.

UW-River Falls next theatre production, "The Boys Next Door" is set for 7:30 p.m. Dec. 8-10 and 15-17 in the Blanche Davis Theatre of the Kleinpell Fine Arts building.

Members of Masquers, the UWRF student theatre organization, produce, design and direct this main stage show filled with laughs, touching moments and gripping drama. Written by Tom Griffin, the play follows the exploits and lives of four mentally-deficient men and their burnt-out caseworker. The production is directed by Justin DeLong.

The cast includes: Taylor Evans as Jack Palmer; A.J. Swanson as Arnold Wiggins; Danny Vopava as Norman Bulanskey; Jeff Herwig as Lucien P. Smith; John Richardson as Barry Klemper; Kelsey Miller as Sheila; Jordan Simm as Mr. Klemper; Logan Arneson as Mr. Hedges/Mr. Corbin/Senator Clarke; and, Olivia Main as Mrs. Fremus/Mrs. Warren/ Clara.

Admission is \$10/public, \$8/seniors, \$5/students. For more ticket information, call the University Box Office at 715-425-3114.



Photo submitted by David Milne

RADD Jazz Series performing the Nutcracker in 2005.

UWRF fall commencement to be held Dec. 18 at Knowles

UW-River Falls will hold its fall commencement at 2 p.m. on Sunday, Dec. 18, in the Robert P. Knowles Physical Education and Recreation Center. Some 424 bachelor's and master's degree recipients are expected to participate

A commencement concert by the River Falls Brass begins at 1:30 p.m. The commencement address will be delivered by the 2011 UWRF Distinguished Teacher Karl P. Peterson, professor of chemistry, speaking on "Core Values of a Distinguished Teacher." Also recognized

will be the recipients of the Outstanding Service Award, the highest honor given to an individual or organization outside of UWRF. This year, four deserving honorees are recipients of the award: Ag Star Financial Services; Wanda Brown and Phyllis Goldin; and Trudy Popenhagen of Xcel Energy.

Degrees will be conferred by Chancellor Dean Van Galen and presenting candidates for degrees are: Fernando Delgado, provost and vice chancellor for Academic Affairs; Bradley Caskey, dean of the College of Arts and Sciences; Dale Gallenberg, dean of the College of Agriculture, Food and Environmental Sciences; Glenn Potts, dean of the College of Business and Economics; Larry Solberg, dean of the College of Education and Professional Studies; and Michael D. Miller, associate vice chancellor for Academic Affairs and Graduate Studies.

The ceremony can be viewed live on the Internet at http://sites.google.com/site/uwrftv/channel-19.

River Falls Police/ UWRF

<u>Police</u>

Dec. 1

 A cell phone theft was reported in the University Center.

<u>Department</u>

Dec. 4

 A lobby chair was reported stolen from Johnson Hall.

Dec. 3

 Lucas McGee reported crashing his Poncurb near the Ag Sci building. The road was snow covered and he was unable to navigate where the curb was. While McGee sustained no injuries, the car was undrivable.

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Dec. 6

 An unwanted person was removed from outside Hathorn Hall.

Dec. 7

Two males were caught attempting to enter vehicles parked in the N lot.

Editor's note:
Information for
this section is taken
from River Falls
Police and UWRiver Falls Police
Department

incident reports.

Barnett's trial set

Ashley Goettl
ashley.goettl@my.uwrf.edu

Music professor Thomas W. Barnett's jury trial is set for 8:15 a.m. on Feb. 28 in St. Croix County Circuit Court in Hudson. Barnett, who is on leave from UW-River Falls, appeared on Friday, December 2 in court before Judge Eric Lundell for a scheduling conference. His final pre-trial conference is scheduled for 10 a.m. Feb. 13.

Barnett is facing charges of second degree sexual assault of a minor and false imprisonment stemming from an alleged incident on Aug. 16 at the Hudson Theatre. Barnett has pleaded not guilty to the charges.

Also discussed briefly during the scheduling conference was the status of Barnett's employment records with UWRF. After both the defense attorney, Timothy O'Brien, and the assistant district attorney, Francis Collins, met privately with Judge Lundell, it was deemed that Barnett's records will remain sealed unless a motion is made from either side.



Professor Thomas Barnett

Listen to 88.7 FM WRFW

the only on campus radio station produced and directed by UWRF students



Cultural display at Davee Library

Maggie Sokoloski/Student Voice

Chinese and Japanese cultural clothing has been added to the display located in the Davee Library. It will be set up from Dec. 5 through Dec. 20. (Left) A series of clothing displayed at the exhibit. (Below) A pair of shoes placed on top of a traditional Japanese Kimono. Students of the modern language department have put the traditional clothing on display to teach students about Chinese and Japanese cultures. There will be a series of "gallery talks" on Dec. 15 to to discuss the history and tradition of the clothing's cultures.



Library showcases Chinese, Japanese clothing

Melinda Mendez
melinda.mendez@my.uwrf.edu

The modern language department at UW-River Falls is bringing a little of bit of Chinese and Japanese culture to the University, with their exhibit of Chinese minority costumes and traditional Japanese costumes. The display which will be presented in the Harriet Barry gallery located inside the Davee Library will run from Monday, Dec. 5 through Tuesday, Dec. 20.

"We have many Chinese/Japanese international students on our campus as well as Chinese-/Japanese –American students," said Magara Maeda, a Japanese language instructor at the University. "This exhibition will mean a lot for them since this will be a great opportunity to share their culture and tradition with the UWRF community."

"We also have many enthusiastic and highly motivated students who are learning Chinese/ Japanese languages on this campus; learning a foreign language also means developing an understanding towards the target culture and raising awareness towards one's own culture," said Maeda. "This exhibition will be a great learning opportunity for students to know more about Chinese/Japanese cultural tradition through the traditional garments."

Maeda gave a little bit of background on some of the garments. The Japanese Kimono is a traditional Japanese clothing item that originated during the country's Hainan Period (794-1192). The Japanese Kimono we know of are from the Monoyama and Edo Periods (1568-1867). In modern times, the Japanese Kimono is typically worn on special occasions and is primarily worn by women, but certain men do still wear this garb.

Uchikake, the traditional Japanese marriage kimono, is one of the most ornate garments in the realm of traditional Japanese ceremonial clothing. Wedding Kimono or Uchikake were originally worn by women of nobility for formal occasions, but is now an essential component of any traditional Japanese bridal costume. Uchikake are also extremely expensive when they are made originally; \$30,000 to \$40,000 is not unusual. As a result, a majority of Japanese brides rent these garments for their weddings--with a typical rental fee of \$1500 or more a day.

"Chinese minority garments are also dressed up for many festive occasions or important festivals," said Kaishan Kong, a Chinese language instructor at the University. "Tourists like to wear the minority garments for pictures to show their respect to the minority groups, and show their appreciation of the

beauty of these garments."

"Chinese is a group of 56 groups. Han is the major group and another 55 are minority groups; each of the minority groups have their own costumes with various colors, patterns and functions," said Kong. "The costumes reflect their shared values, beliefs, and identity."

For information on the purpose and/or history of all of the costumes, there will be an opening a series of "gallery talks" on Thursday, Dec. 15 to explain the purposes of all of the costumes and how they are used in Chinese and Japanese cultures.

"Chinese and Japanese language instructors are trying to organize one cultural activity per semester for the class as well as for the UWRF community," said Maeda," we are very excited to share this wonderful exhibition!"

Sunday Funday

2 for 1 Rails and Taps 1/2 Priced Appetizers 89¢ Cans of PBR Noon to 4 pm

facebook Monday

20% OFF Entire Bill With Proof That You Like Us on Facebook 6-Close, Dine in Only

Tuesday Kid's Night

FREE Kid's Meal Per Purchase of a Full Priced Entree or Signature Roll 3-Close, Dine in Only

Wednesday Date Night
Special Menu for Two
Dine in only



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2 for 1 Tap Beer and Rails 89¢ Cans of PBR Must Present Valid College ID 6-Close

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SHANGHAI BISTRO 2420 Gateway Court, Hudson, WI 54016 Ph. 715-531-0000 Hours 11am-10pm Sunday-Saturday

Student Voice staff



Andris Straumanis/Student Voice faculty advisor

The Student Voice staff for the fall semester 2011. Bottom row: Kara Johnson, assistant editor, Cassie Swenson, front page editor, Ashley Goettl, editor. Middle row: Charissa Squire, advertising manager, Becky Rudolph, news editor, Ashley Hall, sports editor, Jessica Nash, viewpoints editor. Top row: Chris Rohling, etcetera editor, Ben Lamers, chief copy editor, Megan Rodriguez, chief photographer.

The Student Voice would like to thank you for a great semester!

EDITORIALS

Reminder to thank your professors

As another semester is approaching the end here at UW-River Falls, we here at the Student Voice wish to remind the students of the campus to thank their professors for their hard work and commitment to UWRF. There are many magnificent professors that have dedicated their lives to the education of their students who, unfortunately, often times go unrecognized in their efforts.

Only the educated are free. Knowledge is priceless, something that will stay with you for the rest of your lives. However, knowledge is also a privilege, and we here at the Voice feel that too many students are unaware of just how lucky they are to attend UWRF, with its inclusive campus and small class sizes.

As part and parcel of such, too many students don't take pride in this campus. Even something as simple as attending a sporting event or an event put on during Finals Fest communicates that you wish to make UWRF a better place.

Far too often, students at UWRF simply put in their time and do just what is necessary to get by. We here at the Voice wish to challenge all students to become active in the campus community. Take pride in your school. This can be done in a variety of ways, the simplest being to wear UWRF gear or to take a small moment to thank a professor or mentor who has helped you along the way.

College is supposed to be about finding your independence, but we all know that without the help of those around us, we would not be where we are today.

There is bound to be one, if not many more, people who we can look to for advice, help or even to just make your day a little brighter. But far too often, we forget those little things, especially when things are going well.

UWRF is unique with both its small class sizes, and it faculty members who are committed to knowing you, the student. The same cannot be said of other institutions.

So even though we are all eager to leave for break, take time to remember how you have come to this point in your life so far. Take time to remember that without the commitment of the many professors and mentors we have met at UWRF, we cannot grow as intellectuals or as global citizens.

Take pride in your University. Because before you know it, we will be faced with many decisions that could impact the lives of others. Use what has been bestowed upon you to make the very best of each opportunity.

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Ashley Goettl Kara Johnson Cassie Swenson Rebecca Rudolph Jessica Nash Ashley Hall Chris Rohling Megan Rodriguez Charissa Squire Desiri Danforth Maggie Sokoloski David Recine Ben Lamers Charles Korenchen Charissa Squire Andris Straumanis

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

WISCONSIN staff by e-mail through editor@uwrfvoice.com. Newspaper NEWSPAPER theft is a crime. Those who violate the single copy rule may be **ASSOCIATION** subject to civil and criminal prosecution.



David Recine/Student Voice

LETTERS TO THE EDITOR

Student's rebuttal to previous letter to editor

In last week's edition of the Student Voice, there was a letter to the editor written about the recent inclusion of a pamphlet favoring the pro-life argument in the controversial issue of abortion. In the letter, the writer, as well as others, was outraged that an unbiased paper would include such an insert and his intent stated that he wanted the Voice to know of the insert. I have one simple question to ask. When he was writing that, did he honestly think that an insert could be put into several hundred copies of a paper and no one in the production of our student paper would notice it?

Personally, the insert did not offend me, despite being pro-choice. I was not offended because, though I may be pro-choice, I believe that one should listen and respect the opposing side of an argument, no matter how controversial the subject or in what form the argument comes in. The insert may have been one sided but it presented each of us who is pro-choice, as well as pro-life, with valuable information. I think we can all agree on that, and because of said

information, I would either hope it would help strengthen your reasons for being pro-choice or pro-life, or at the very least make you question what you believe, which is the point of any good debate.

If the people who are pro-choice were so offended by the inclusion of the insert then they should come up with an insert of their own to counter it, as they are able to in this country, which guarantees freedom of speech.

I believe this paper to be unbiased, despite what others may say, and for those who think it was, I say lighten up and remember this is just a student newspaper. Have a merry Christmas and if you want to read a biased paper, read the New York Times or Wall Street Journal.

Student

How to acquire an appropriate gift for your most-loved college student

Around this time of year many a college student is being hounded for information. I'm not talking about education information, but gift information.

Every parent, cousin, grandparent and every other part of your extended family wants your Christmas list.

For some, this list may be the same thing every year, but others, like myself, may not really give any information out because they may not be able to come up with anything.

The goal of this column is to help you, the gift giver, figure out what is the best gift for the college student in your life. Whether

it is for a friend, sibling, son or daughter. I'm sure all of you can guess the

No. 1 thing on any college student's Christmas list: money. My eighth grade history teacher,

Mr. Wasmer, always requested money for his end of semester gift

because money "is the gift that keeps on giving." Every college student is hurting for money, so it certainly tops the wish list. Whether it is money for tuition, housing or food, it is always the best gift.

Speaking of food, and this one goes out to the parents, if you really want to give your college student food, please do so in the shape of a gift card. Care packages are nice, but if you are giving a gift, a McDonald's or Subway gift card is a

much nicer present than a six-pack of Raman noodles. If you would rather spend money than give money, there

are plenty of gift ideas for you as well. Obviously it is very cold in River Falls, and the rest of Wisconsin, so you may consider giving some cold weather gear. Even if you are a college student buying a gift for one of your friends, a pair of gloves or a nice warm hat can go a



I am sure all of you can

guess the No. 1 thing

on any college student's

Christmas list: money.

Lamers

long way. Especially when we have days where the temperature doesn't go above It is difficult for parents to go wrong

with clothes, for the most part. I mean, really, you should know what your kid likes to wear, so it shouldn't be tough to buy clothes. If you are really in doubt then take them shopping and buy them some things that they want.

Personally, this wouldn't be the ideal gift for me, but for others it may be awesome.

This next point goes out to the parents looking for a gift

that can't go wrong. If your college student is involved with various school programs and needs to keep in contact with other people, then texting would be a great gift.

I know most of you reading this assume that everyone has texting, but that is not true. There are some of us out there who don't have it.

Like I have said, money is always the gift that college students prefer. Hopefully this article has given some of you gift-givers ideas about what to buy when you head out Christmas shopping. Maybe if you are lucky, Santa will bring you what you want if your parents do not come through. Worst-case scenario, you can always return everything you got the day after Christmas anyways. Merry Christmas and happy gift giving.

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

Expand your thinking:

Loving your body during the holiday season



Jaime Haines Columnist

Now that Thanksgiving has passed and Christmas is just around the corner, many worry about weight. Naturally, most people add a few pounds over the holidays, yet

the media continues telling them to look thinner, eat less, and appear more attractive with special 'holiday fashion.' The problem resides in the fact that Western society expects every person to look like this unattainable image of thin perfection. This holiday season, instead of hating yourself for not looking like pictures in the magazines or for taking that second cookie, learn to love your body and treat it well.

The first step to accepting yourself is to change your initial judgments of how beautiful looks. Ignore the media's portrayal and reflect on the important people in your life. What qualities make them beautiful? Perhaps their smile, their sense of style, or the way they walk exudes beauty. Whatever it is, know that these unique characteristics hold the key to recognizing qualities that are truly important. Value these features above the distorted images with which the media bombards us.

Often, we hear messages about loving your body before trying to change it. To me, they always seemed to contradict each other. Why change a body you love, and why love a body you want to change? The resulting answer is simple: by appreciating your body, you are less likely to abuse it. On the contrary, when you hate something, you have no motivation to take care of it. By looking at all the tasks your body performs each day and the features you love, you will feel grateful toward your body and experience more motivation to take care of yourself.

Some studies promote the idea that loving yourself makes a healthy lifestyle easier. They show that people who feel happy or confident choose healthier foods and more active activities. However, when people feel sad, angry, or self-loathing, they turn to junk food and sedentary activities because of the associated hopelessness. Therefore, if you love your body, you will naturally turn to healthier options because you want to care for it.

Despite taking the right steps, sometimes you may be too hard on yourself. To eliminate the negative self-talk, pick a frequent thought (such as, "I'm too fat," or "I'm not pretty") and ask yourself if you would say that to a friend. When you realize you would not say such phrases out loud, stop saying them to yourself and consider what you would say to her. Perhaps you would offer to join a gym together, or gently discourage her from going back for more dessert. Realize that you need to be a friend to yourself.

By defining real beauty and loving your body, you can make this holiday season a healthy one. With the proper mindset, you will not feel deprived when turning down large desserts or feel hopeless when you choose to indulge. As long as your overall lifestyle holds a balance between delicious holiday foods and healthy decisions, you will not start your New Year's resolution list with needing to lose the weight you gained during the celebrations. Remember to make decisions that induce pride, not guilt or regret. And most of all, enjoy the festivities!

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

Christmas tree lights, the history behind a tradition



Cristin Dempsey Columnist

Deck the halls, River Falls! We decorate for the holidays every year. It is an enjoyable pastime to decorate and get in the spirit. Personally, my favorite holiday

decoration is all of the lights. But why exactly do we put up Christmas lights during the holiday season and where do they come from? Sure, they look cool and pretty, but there is obviously some reason why we put them up in the first place. It has long been a Christmas tradition around the world. The tradition of decking out your house or room with Christmas lights is a long-standing tradition among Christians. Its popularity increased around the globe, and now non-Christian cultures are also adopting the tradition, notably in Japan.

The Christmas light tradition dates back to the mid-17th Century when people utilized small candles to put in their Christmas tree for that extra glow. It took a while to spread

to other parts of the world, however, and reached Germany two centuries later, followed by countries in eastern Europe. People would also light candles and put them in the windowsill for travelers, along with telling Santa Claus what houses had the children. For many years, these small candles were used before the invention of electricity.

Finally, in 1895, President Grover Cleveland proudly showed off the very first electrically lit Christmas tree in the White House. This was quite the breakthrough with technology, as the tree featured hundreds of multicolored lights. It was thanks to the General Electric Co. in Harrison, N.J. who started producing Christmas tree lamps in strings of multiples of eight sockets. From that point on, people grew more and more enthusiastic about Christmas lights throughout the United States, though only indoors at first. The first locations in the United States to start using Christmas lights outdoors was San Diego in 1904, Appleton, Wis. in 1909, and New York City in 1912.

A major reason why people started lighting candles and putting up Christmas lights dates back to a Roman Emperor by the name of Invictus Sol, who declared the winter solstice as a great celebration. The lights symbolize triumph over the

dark and absence of sunlight during the winter days. It was used to acquire strength to the waning power of the light. Ultimately, they were, and still are used to liven up the atmosphere during the holiday season among the dreary winter outdoors

These lights have also started being used for other holidays in addition to Christmas. The second most popular holiday to use lights is Halloween, using orange lights. Independence Day is another popular holiday for lights, using red, white and blue. Because there are so many different colored lights now available, there are lights made especially for specific holidays, with the respectable colors of that holiday.

I hope that the holiday season is full of lights for you as they are sure to spread cheer and warmth and chase the darkness away. No matter what color you want, it is surely easy to find and to get exactly the right flavor for your decorating. Have fun!

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.

STUDENT

What is your favorite place in River Falls?

Compiled by Megan Rodriguez

Elizabeth Eimmerch, sophomore

"The River Falls library."





Kayla Pettis, freshman

"The stores along Main Street."

Christian Depaew, freshman

"The showers."





Emma Baer, sophomore

"The Copper Kettle."

Cody Pischke, junior

"Knowles or Steve's Pizza.



Properly dressing for extreme weather conditions

Happy winter everybody. River Falls now has had their first official, and potentially permanent, snowfall of the season. It's cold, windy and of course with the ice, it's definitely slippery. You may look around and see students and staff bundled up in winter jackets, hats, gloves and boots. However, that isn't always the case.

After this past weekend's snowfall, I got up Monday morning and started to

make my way towards class and noticed something rather odd. Shorts. Yes, you heard me correctly: I saw not one, but TWO students meandering around campus in shorts and a sweatshirt. Although we are Midwesterners and we are used to the cold temperatures and the fluffy white snow, I do have to say that these temperatures are certainly not appropriate for shorts and sweatshirts.

Like a pervious column of mine stated about the oh-sodreadful common cold, for those risky shorts and sweatshirt wearers, it is highly likely you will come down with some form of illness.

Although I am not deliberately poking fun at those of you who choose this form of attire, I would just like to kindly inform you of the risks that go along with your decision.

For example, frostbite. This painful thermal injury can be caused by prolonged exposure to mildly cold temperatures and brief exposure to extremely cold temperatures.

I had a friend get frostbite on her ears one winter a few years back. Although I have never experienced it, after watching her go through it, I wouldn't want to. Wearing protective layers against the cold temperatures will prevent the pain of frostbite from occurring.

Sam Mayberry

Columnist

vious column of mine; the common cold can also be quite problematic. Coughing, sneezing and difficulty breathing is never fun to deal with. Not to mention colds always seem to

Once again, to repeat myself from a pre-

creep up on you during the most inconvenient times. No one wants to be feeling under the weather right before or even during finals week. If wearing layers is not your cup of tea, the least you could

do is ditch the shorts and swap them out for a pair of pants Maybe even throw some gloves and a hat on; some protection against the cold is better than nothing.

The further we get into winter, the colder it will get and the more snow we will have. This may seem harsh, but I personally would not have much sympathy for you if you get sick due to the lack of protective clothing against the winter elements.

I know winter can be quite enjoyable to those who feel they are radiating heat boxes, but that doesn't mean you should risk your health. Although the chances of you getting hypothermia is not very likely if you are taking a two minute walk to class, it can be very likely if you are out and about in frigid weather for an extended period of time. Do your body a favor and dress warmly for these next couple months of winter.

Sam is a junior and is majoring in journalism. She is from Rochester, Minn. and loves to read, listen to music and take pictures.

Learning how to cope with the winter season

"Oh the weather outside is frightful." That is definitely true. I took a nap the other day, and when I woke up I felt like I had slept through an entire season. I woke up to a winter wonderland.

Now is the time of year when we are all slipping and sliding while walking to class. We are also sliding all over the road. Winter can be a beautiful time of year, but it can also be a huge pain!

I know we all get the same lectures from our parents every year. Drive slow, keep your eyes on the road, and so on. Driving to work on Dec. 3, I left a few minutes earlier because I had a feeling the roads might have been a little slick. I always say that I'd rather get somewhere late and drive safely, than not get there at all.

And what about walking to class? I was slipping all over the place, almost falling down a few times. I am so worried about getting to class on time. Maybe we should all give ourselves a few extra minutes to walk to class if we know the sidewalks are going to be icy. Better safe than sorry!

Now, driving and walking in the winter is one thing. It is not too bad when it's snowing. But one of the worst parts of winter is the cold! Sure we can bundle up and whatnot, although some days it's just so hard to walk through the freezing cold and the whipping wind, by the time we get to class, we are so cold. But by the time we thaw out, we just have to go right back outside again.

Samantha Harkness

Columnist

Remember when we would sometimes have cold days or ice days back in elementary or middle school? It would be too cold or too icy for kids to stand outside waiting for the bus. I miss those

In college, we are lucky enough to get one snow day. It seems like every time it snows here, it is always on a weekend. I think that old man winter likes to tease

OK, I guess I can't be too hard on this season. Sure the weather isn't the best all of the time, and it does get really cold, but on the days where it's not so bad, winter can be a

beautiful season. On a sunny day, the rays from the sun will reflect off of the snow and make it glisten. My favorite part is the trees. They look so pretty covered in snow. And even now and then, on the not so nice winter days, it's always nice to just curl up with a blanket, a cup of hot chocolate and a movie. Those days are the best, the days when we don't have to work or do homework for a night. We can be in our pajamas and be lazy. Winter does have its ups and downs, but just remember that it

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

watching movies.

won't last forever!

Falcon winter sports enjoying early success

Jessie Behrman jessie.behrman@uwrf.edu

The Falcon basketball and hockey teams are starting the 2011-12 season strong with few losses and being ranked nationally.

As of Dec. 6, men's hockey and women's basketball are undefeated, while women's hockey has eight wins and one loss, and men's basketball has five wins and two losses.

UW-River Falls winter sports haven't started a season with such great success since the 2002-03 season, said Sports Information Director Jim Thies.

"This is a great excitement to the campus, it's a lot more fun, they feed off each other, the fans get excited and the players get excited and want to play better," Thies

As of Dec. 6, the men's basketball team has a 5-2 record and beat the defending national champions at the Falcon's home opener against St. Thomas.

Women's basketball continues to stay undefeated and play strong and is tied with UW-Stevens Point for first in the WIAC standings. They are currently ranked No. 18 in the

Thies said the rest of the winter season looks promising but there are still aspects that you can't con-

"You look at the teams, and you have to stay healthy and eligible, those are things you can't predict," Thies said.

The men's hockey team is also undefeated as of Dec. 6 and over-

"You look at the teams, and you have to stay healthy and eligible, those are things you can't

predict." **Sports Information Director** Jim Thies

came St. Norbert twice, which is the team that was victorious over the Falcons in the semifinals of the Peters Cup Playoffs last season and are the defending national champions. In the 2002-03 season, the last game the Falcons lost was to St. Norbert, according to the UWRF website. The Falcons are ranked No. 3 in the United States College Hockey Online (USCHO) poll behind Norwich and Oswego, as of

Dec. 5.

Women's hockey has succeeded with an 8-1 record. Their loss against UW-Superior in overtime was rebutted with a win the next night against Superior. The Falcons are ranked No. 7 in the USCHO poll as of Dec. 5, while UW-Superior is ranked No 9.

The women's hockey team has been solid for quite a while, Thies said, they're a really strong team.

Athletic Director Roger Ternes said intercollegiate athletics can stimulate the spirit on a college campus and having successful sports teams can be the catalyst to ignite that special school spirit.

"Providing students and studentathletes with a quality experience is one of the goals of a competitive athletic program," Ternes said.

Traditionally, the athletics program is a strong program, Thies said, there are a lot of young athletes to look forward to in later sea-

"It's going to be a great winter," Thies said.









Left: The women's hockey team at practice working on their defensive skills. The women's hockey team is ranked No. 7 in the USCHO poll.

Top: The men's hockey team is practicing their defensive skills and offensive skills around the net. The men's hockey team is ranked No. 3 in the USCHO poll.

Middle: The women's basketball team is working on their defense against a 3-point shot and their accuracy at shooting three-pointers. The women are ranked No. 18 in the nation.

Right: The men's basketball team working on their shots from the 3-point line. The basketball team is ranked No. 21 in the nation.

Falcon athletes of the week

Men's Hockey



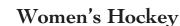
Goalie Scott Lewan helped the Falcons to a twogame sweep at UW-Superior Dec. 2 and 3. Lewan has been named both the NCHA and WIAC Player of the Week. On Dec. 2 he made 24 saves, including 10 in the third period, to help the team to a 4-1 win. On Dec. 3 he stopped 29 shots in the team's 2-1 win. He had a .963 saves percentage in the series.

Men's Basketball



Chris Palmer helped the Falcons to a 68-57 win on Dec. 3 at UW-Platteville. Palmer lead the Falcons with 12 rebounds, including nine on the defensive end. He scored a total of 12 points, finishing 5-7 from the field and 2-2 from the line.

Women's Basketball



Forward Alise Holst helped the Falcons to two more wins to keep the Falcons undefeated for the season. Holst scored 12 points in a win over St. Scholastica and nine in a WIAC win at Platteville. She finished the week shooting 9-21 from the field and 3-6 from the line for 21 points.



Forward Alyssa Jackson had two strong games as the Falcons split a two-game NCHA series against UW-Superior Dec. 2 and 3 at Hunt Arena. Jackson scored the game-winning goal in the team's 2-1 win on Dec. 3.



Information from then UWRF Athletics website

Calendar of upcoming sporting events

Friday, Dec. 9

Women's Hockey vs St. Norbert College at 7:05 p.m.

Men's Hockey at UW-Eau Claire

at 7:05 p.m.

Saturday, Dec. 10

Women's Hockey vs St. Norbert College at 2:05 p.m.

Women's Basketball at UW-Oshkosh at 4 p.m.

Men's Basketball at UW-Oshkosh at 6 p.m.

Tuesday, Dec. 13

Men's Basketball vs UW-Stout at 7 p.m.

Women's Basketball at UW-Stout at 7 p.m.

Men's Hockey vs Gustavus Adolphus College at 7:05 p.m.

'The Muppets' return with a bang

Chris

Rohling

Reviewer

The Muppets are such a curious property. They're often mistaken for something for the much younger crowd. They've appeared in all sorts of styles and genres, including baby form. They've already suffered through at least one failed revival and

it will be interesting to see if the latest try sticks.

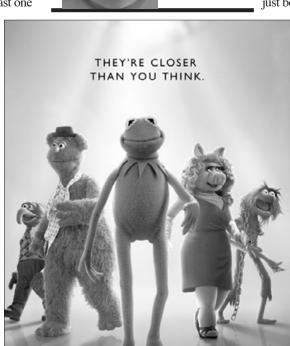
The most interesting thing about the Muppets, is that I've never been exposed to anyone that only sort of liked the Muppets. It's either full on fanboys and fangirls or complete indifference. Sometimes, disdain. I can't think of another franchise like that.

That fanboyism is readily apparent in star and co-writer Jason Segel as we see his character Gary and his brother, Walter (who for some unexplained reason is actually a Muppet), grow up together in Smalltown, USA. Walter knows there's something a bit off about himself, but finds refuge in reruns of The Muppet Show.

Segel brings the same earnestness he brings to his character on "How I Met Your Mother" to everything he does in "The Muppets," from the way he watches out for Walter to his sugar sweet relationship with Amy Adams' character Mary. Sincerity is one of this movie's biggest strengths, and obviously jibes with the rest of the franchise.

The Muppets have long since been forgotten by everyone but Gary and Walter, until a fateful day when Walter discovers that the old Muppet Theatre is going to be







Walter pulls Kermit out of his slump and they decide to get the band back together and put on a show to raise enough money to buy back the theatre. This leads to one of the best parts of the movie as the gang travels around the country collecting the members of the Muppets. The audience gets snippets of backstory and learn what all of the Muppets have been up to over the years, culminating in an amazing gag with Rowlf the Dog.

Being a fan of the Mup-

pets might be the make or break for a lot of people if they're going to see this, but there's enough going on in "The Muppets" and enough clever celebrity cameos that it should appeal to people who don't get super excited just because someone says

> "It's time to play the music. It's time to

light the lights." The music in "The Muppets" is a lot of fun. Fans of Flight of the Conchords will be happy to hear that Brett McKenzie was the music supervisor for the film. You'll almost certainly leave humming a few bars of one of the songs. From the opening, elaborately choreographed opener all the way through the performances for the telethon, they're almost all winners, except for an ill-advised rap that comes off as way more Flight of the Conchords than The Muppets.

Some might complain that there's a little too much Jason Segel and not enough Muppets, but I thought the balanc-

ing act was handled better than it could have been. While Gary and Walter get a lot of screen time, Kermit and Miss Piggy get a really unique and interesting story that sort of turns their normal dynamic on its head.

"The Muppets" is an exceptionally fun movie with a lot of heart, and that's pretty rare nowadays. It's got a unique sense of humor to offer at a time when most comedies are either full of gross-out gags or just plain dumb humor. This is a clever movie with some fun music and endearing characters. It's good to have the Muppets back.

Chris is a journalism major with a passion for storytelling in almost every me-dium. He edits the Etcetera section of the

'Hugo' visually stunning as 3D film

Legendary director Martin Scorsese not only makes his family friendly movie debut, but also his debut in using 3D, which is not used as a gimmick but to truly bring life and depth into this film. "Hugo"

is set in 1930s Paris where an orphan boy named Hugo, played by Asa Butterfield, lives inside the walls of a train station making sure the clocks all work. During his time when not working, he is trying to restore a robot that he and his father were working on until his father's death. In order

to make this work, he steals parts from the toy vendor at the train station, a grumpy old man named Georges Milias, played by Ben Kingsley.

Without getting caught by the quirky security guard of the train station, played by Sacha Baron Cohen, Hugo attempts to figure out what message this robot is going to tell

book from him that shows what Hugo is doing with this robot and that gets Georges very upset. Eventually, the story changes midway to focus on

Soon Georges catches

Hugo and takes his note-

great silent film directors. This is where "Hugo" truly comes alive as it brings the 100-year-old silent film era to

Georges being one of the first

We get to understand the



Dustyn Dubuque

Reviewer

Silent films should never be forgotten and this is a great homage to them.

Now coming back to 2011, I must say that "Hugo" can give "Avatar" a run for its money in the 3D visual race because "Hugo" is absolutely breathtaking.

> From the depth of the crowds, to the smoke of the train, to the snow falling, even to the spit Baron Cohen has flying out of his mouth, you get immersed. The 3D is not tacked on in the slightest and doesn't work too hard to overtake the film.

Just the shot of the gears working inside the clocks while two characters are in heavy dialogue make you feel like you are practically there.

The lead is played wonderfully by a newcomer in Butterfield and we get a relationship between him and Chloe Grace Moretz (better known for her work in

"Kick-Ass") that has a cute friendship but doesn't really work. A lot of time

is spent early in "Hugo" trying to build this relationship, which leads this film to be about 20 minutes too long, but that is just a

I fell absolutely in love with this movie. Kingsley is great as usual, and the story delivers in every single way. Nothing could be a better holiday gift for the family than to go see "Hugo" in 3D.

minor negative.

secrets of silent film and This is where 'Hugo' truly comes alive as it brings the 100-year-

old silent film era to

life in 3D.

backstory of this old bitter

man and learn why he was

audience in on many of the

so famous. It also lets the

how big of an impact they have had on what we see in theatres around today. What is even better about this is so many children will be able to watch this movie and understand how movies have evolved.

minor that has a love and passion for film. He watches over 100 films each year and loves Academy Awards seas

With Christmas rapidly approaching, candy canes demonstrate many uses

One of the most popular icons of Christmas is the candy cane. Hung ornamentally on a Christmas tree, in a little candy dish for guests, sprinkled over a frou frou drink from coffee shops, or tied around with a ribbon as a quick gift, they're versatile and loved. These red and white striped hard candies have undergone a lot of changes over the years. They can now be found in a variety of flavors, colorings, and shapes all over the place. For me, the traditional candy canes are the best. I look forward to one all year long and wait to purchase a pack until December hits. Candy canes have many uses and you may be surprised to find they have great health benefits as well. So go ahead and take one while you learn a thing or two about how they can help you.

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Brittney Pfenning-Wendt

Columnist

A main ingredient in some candy canes is peppermint oil. You'll need to read the label to be sure yours contains it, as some candy canes use artificial flavoring instead.

Peppermint oil has been found to be extremely beneficial, as of recently.

In a study conducted by the Cornell Center for Materials Research last year, researchers found that peppermint oil contains an extremely high level of antioxidants. They even top cereals, fruits, and vegetables. Going back to health class, antioxidants are what help your body protect its cells from harmful molecules produced as you break down food. Because of this they also ease digestion and some abdominal



pain, making them a great after dinner dessert candidate. Having a candy cane after you eat could actually decrease your chance of getting heartburn.

They are perfect for the holidays when you find yourself travelling to and from your relatives' houses for celebrations.

All of that travelling can lead to feeling queasiness so just

pack along a few candy canes. They help ease your queasy feelings caused by flying or driving.

A more common way they can help your health is in the area of bad breath, or halitosis. The minty peppermint oil not only combats the bad scent of mouth bacteria, but it actually works to destroy the bacteria, which is why peppermint is commonly found in toothpaste. So if you're in a hurry and don't have time to brush your teeth or are at a holiday party, grab a candy cane before you start to find yourself with very few people to socialize with.

Peppermint oil isn't the only beneficial ingredient in the candy cane. The scent is also a major factor. In the health section of Better Homes and Gardens December 2011 issue they note that "the fresh scent

can rev mental energy and boost athletic performance." If you're finding yourself lacking in the area of sleep and need a pick-me-up to stay on top of your studies or various activities, opt for a candy cane instead of caffeine.

It will give you a holidayfilled nudge without you having to worry about the crash you will often experience with caffeine.

Now that you know how good candy canes are for your health and mental wellbeing, be sure to keep them on hand. You can often find them in dishes at offices or holiday parties, but consider keeping your own supply.

Fragile, yes, but as you've read, the benefits are worth it, so put a few in your purse or pocket next time you're heading out and keep a jar in your room.

Don't forget your car. Combine the pick-me-up fresh scent with the sugar to keep your blood sugar at good levels, as they become a necessity in your cars' winter survival kit.

If you're not the type to just have a candy cane straight up, consider putting it in some recipes. There is a bunch out there this time of year.

Recently I found a recipe for

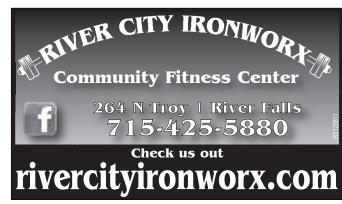
a candy cane cake in our family recipe box that turned out to be a delicious way to incorporate candy canes into your diet. I urge you to try it.

Although the rest of the in-

gredients may not be great for you, at least you can say you're getting your candy cane in for the day.

Candy Cane Cake

- 1 box white cake mix (supermoist)
- ½ tsp. peppermint extract
- 1/2 tsp. red food coloring
- Homemade icing (powdered sugar and milk until drizzling consistency) or
- 1 container of white frosting
- Coconut
- Crushed candy canes (about 3)
- 1. Preheat oven to 325°F and spray two 9-inch round cake pans with non-stick spray
- 2. Prepare cake mix as directed on box (usually with a white cake I go with the egg whites version to maintain the white color)
- 3. Put about $\frac{1}{2}$ cup of the cake batter into a small bowl, mixing in the peppermint extract and red food coloring; set aside.
- 4. Pour the rest of the cake batter evenly into the two
- 5. Dividing the red batter evenly between the two pans, pour it in a striped or drop pattern over the white batter. Drag a knife through the batter perpendicular to the red batter to create a marbled or swirled effect (have fun with it to make your own designs).
- 6. Bake for about 25 min. or until a toothpick inserted comes out dean.
- 7. After the cake has cooled, frost with one of the two above frosting choices (the latter is more simple) by frosting first one layer, then stacking the other on top and frosting it. You should have enough frosting for the sides.
- 8. Sprinkle with coconut (I put the coconut in a food processor first to make the texture and consistency appear snow-like) and crushed candy canes.



Chancellor exhibits experience, poise at UWRF

ashley.goettl@my.uwrf.edu

When Chancellor Dean Van Galen first stepped foot on the campus of UW-River Falls, he knew that if given the opportunity, this was the place where he wanted to be. Although he had not applied for a job in nearly seven years, he knew that with the environment that UWRF presented, with its strong emphasis on students, and the sincerity and commitment of the people, this was where Van Galen and his wife, Mary, who have been married for 27 years, could call home. "There is something special about the Midwest," Van Galen said. "The humor, the culture, the people, are all something special, and it is something you miss after being away for some time."

As a first-generation college student and only child of parents who completed eighth and 10th grade, the Waupun, Wis. native and UW-Whitewater graduate never underestimated the power of education. "When growing up, my mother would always tell me that education was something they could never take away from you," said Van Galen. It is through this mantra that Van Galen strives for as he confronts the rewards and challenges as UWRF's 18th chancellor.

Van Galen met his wife,

Mary, in a computer science course at Whitewater in 1982. He was studying chemistry, while she was studying nursing. "The rest they say, is history," said Chancellor Van Galen.

Van Galen's professional career in academics began in 1987 as a chemistry professor at Truman State University in Missouri. Although he would describe himself as a "hard" professor, he still misses the interaction with students. In 1991 he was named Missouri's Professor of the Year. It was at Truman State

where he would meet Jack Magruder, who would later become one of Van Galen's mentors in helping him pursue higher education. Magruder had been a part of the chemistry department at Truman where he served for 22 years as the head of science. It was through Magruder's guidance that Van Galen became the vice president for advancement at Truman and then at the University of West Florida from 2003-2009. Magruder credited Van Galen for helping secure \$22 million in state funds for a science building at Truman. As vice president of advancement, Van Galen was left to raise an additional \$2 million to complete the project. Magruder said that as vice president for advancement, Van Galen did things extremely well. "In a book called 'From Good to Great,' the author talks about how the reason why CEOs, educators, and leaders fail, and that reason is because of insensitivity. Dean Van Galen will never fail," said Magruder.

But how does someone who earned a Ph.D in analytical chemistry go from being a chemistry professor to being chancellor? "Sometimes other people believe in you, more than you believe in yourself," Van Galen said.

"You will never meet someone who is more humble, intelligent, with more competence or who shows more sincerity than Dean Van Galen," said Magruder. "When I first met Dean when he came to apply as a chemistry professor at Truman in 1987 I wanted to hire him on the spot."

Prior to receiving a phone call about the opening of the chancellor's position at UWRF, Van Galen had never set foot on the campus of UWRF. Van Galen officially became chancellor on June 1, 2009. In the winter 2010 edition of Falcon Features, physics Professor James Madsen, who chaired the 19-member search and screen committee, said Van Galen, "stood out because of his tremendous commitment to the values this campus is known for, including our shared focus on the student." As over half of UWRF's student population

are first-generation college students, Van Galen himself could immediately connect to the River Falls community. "UWRF has a strong commitment to students, teaching, and learning. That is what makes us unique and defines us," said Van Galen. "The relationships that we build with students are a part of who we are. It is very rewarding to teach first-generation college students."

With the many challenges that are facing higher education today, Van Galen believes that the upcoming months will test what the future has in store for UWRF. "Who we are as an institution, and what we can do with the limited resources, challenges us to become more focused. As a result, we are going to have to do fewer things, but we are going to have to do them well," Van Galen said when discussing a main focus of the UWRF administration and staff, the Strategic Plan. The Strategic Plan will help dictate the future of UWRF.

"Despite the many challenges, I have a wonderful job. UWRF is a great place to be," Van Galen said.

The road ahead may bring forth many challenges, but with Van Galen at the helm, UWRF can begin to move forward and upward, as the path is being paved for future generations.

Charissa Squire/Student Voice Chancellor Dean Van Galen, a first-generation college student and only child of parents who completed eighth and 10th grade, never underestimated the power of education. His journey in academics began as a chemistry professor at Truman State University in Missouri. He then became vice president for advancement at Truman, before moving for the same position at the University of West Florida. A Wisconsin native, Van Galen earned his undergraduate degree from UW-Whitewater.



Charissa Squire/Student Voice

Student Voice Editor Ashlev Goettl sits at Chancellor Dean Van Galen's desk. Goettl shadowed Van Galen over a span of five days to see what the iob of Chancellor entails. This included attending meetings with UWRF administration.



Charissa Squire/Student Voice

Chancellor Dean Van Galen sits at his desk inside his North Hall office. Van Galen spends about three days a week on campus, the other two, are spent traveling the state to represent UWRF. Van Galen officially became Chancellor on June 1, 2009.

Student Voice editor spends day in life of UWRF chancellor

Ashley Goettl ashley.goettl@my.uwrf.edu

Growing up and going through the school system, the greatest fear of every young child was being sent to the principal's office. As we moved on to pursue our college education, we no longer have recess or a principal; instead, we at UW-River Falls have a chancellor, Dean Van Galen. We all know he exists, but what exactly does a chancellor do? A chancellor is known as the "face" of the university, and ensures that the educational and professional goals of UWRF are met. Recently, he let me shadow him for a few days so we could find out what happens among the catacombs of the first floor of North Hall. And I can tell you confidentially: being sent to his office is not nearly

Chancellor's Schedule (These were the events that I accompanied Chancellor Van Galen):

as frightening as being sent to the principal's

Tuesday, November 29 7:00-8:00 a.m.

our time on Earth.

office.

Rotary at Ezekiel Lutheran Church- The Rotary Club of River Falls meets every Tuesday morning and is committed to humanitarian service. The group featured members from both the campus and River Falls community. Even though the Chancellor "had" to introduce me as a Vikings' fan (and gently reminded me that his Green Bay Packers are 12-0), the meeting was a kind reminder of what we can do with

8:30-9:30 a.m.

External Relations Staff Meeting in the North Hall Conference Room (114 North Hall)

The Chancellor met with Blake Fry (special assistant to the Chancellor), Chris Mueller (executive director of University Advancement), and Amy Christensen (marketing specialist) to discuss, among other things, the Strategic Plan. The Strategic Plan will help shape the future of UWRF for the next five years.

10:00-11:00 a.m.

Chancellor met with Student Senate President Tyler Halverson in the Chancellor's office. They discussed issues pertaining to the Senate reserve account and student funding, along with updates on the budget lapse.

12:00-1:00 p.m.

Lunch in University Center (This was where we switched roles as the Chancellor had lunch with me at Riverside Commons- he got to enjoy the food that UWRF students have everyday.

3:00 - 3:30 p.m.

Paperwork and interview-This was where I got to ask the Chancellor about his journey to becoming UWRF's 18th Chancellor. His office is nestled on the first floor of North Hall. After becoming Chancellor, he chose the yellow painting with white-shuddered windows to don his office. His office depicted memories (including an autographed Bart Starr display) and the key to the city of River Falls.

Wednesday, November 30 8-9:00 a.m.

Chemistry 100 Lecture - 211 Centennial Science Hall- The Chancellor went back in time to give a guest lecture to a chemistry class. Van Galen was a professor of chemistry at Truman State University in Missouri starting in 1987. Van Galen described himself as a "hard professor, but loved the interaction with students."

Thursday, December 1 3:00-4:30 p.m.

Chancellor's advisory council-This group meets twice a year with UWRF administration. At the meeting, around 15 different business leaders and University staff gathered to discuss future plans for UWRF. This included discussion on the mission, vision, core values and strategic goals for the next five years. Projects discussed included advanced enumeration for the health and human performance building and the Cascade project.

Friday, December 2 9:00-9:25 a.m.

Welcome perspective students - Riverview Ballroom, University Center. The Chancellor highlighted what makes UWRF unique: the location and the commitment to students through faculty interaction, undergraduate research and study abroad options. UWRF is second in the UW-System in percentage of students who study abroad.

Monday, December 5

9-9:45 a.m.

Chancellor's Cabinet (Chancellor, Provost Delgado, Vice Chancellor Joseph Harbouk, Associate Vice Chancellor Gregg Heinselman, Chief Diversity Officer Andriel Dees, Special Assistant Blake Fry and University Advancement Executive Director Chris Mueller)

Throughout these meetings I learned that the Chancellor's job requires sound leadership and collaboration with University leaders.

Van Galen posses the qualities we would look for in a leader. He is firm, yet personable. He brings a realm of knowledge into each aspect of his job. He believes in the University's mission of academic excellence, global engagement, innovation, inclusiveness and a commitment to students.

Each decision he and the people he has surrounded himself with have a direct impact on the current and future sustainability of UWRF. He spends about three days a week on the campus of UWRF. The other two days he usually spends representing the University and its needs across the state, usually at Madison.

I do not envy the Chancellor's job. It is one that would require a great deal of patience, and a thorough understanding of the financial and academic realms. But most importantly, it requires a vision; a vision to leave this campus a little better than how we found it. "All of us here today are stewards of UWRF. The decisions we make impact generations. UWRF was built by the good works of many people, dating back to 1874. Now is the time for us to take responsibility as we seek to move forward," Van Galen said.