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University of WisconsinRiver Falls

STUDENT VOICE

November 11, 2016

www.uwrfvoice.com

Volume 103, Issue 8

UWRF campus reacts to Election Day results

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After one of the most interesting election seasons in history, the United States has its next president in Donald Trump, and the UW-River Falls campus is divided.

In addition, members of the Republican party have been named to many other seats in the state of Wisconsin. Republican Shannon Zimmerman took State Assembly District 30, Sean Duffy kept the 7th District of Congress and Sheila Harsdorf retained her position as the state senator for District 10.

Some students, along with the rest of the country, are confused as to how Trump’s win even happened. UWRF student Bailey Pierskalla said that she shares this confusion.

“In the beginning, he started running, and it was almost like a joke,” Pierskalla said. “And then he got the nomination, and it was like, ‘Oh he’s not going to win, it’s OK,’ and then he actually won so it’s a very big shock.”

Political Science Chair Neil Kraus said that voter turnout may be one part of it. According to the Associated Press Wednesday morning, the turnout of the voting age population in Wisconsin in particular reached its lowest point since 1996, with just 66 percent.

“That clearly hurt the Democrats, there’s no question about that, because Hillary Clinton got a couple hundred thousand fewer votes than Obama did in 2012, and Trump only got a few thousand more than Romney did,” Kraus said. “Even if she could have gotten 150,000 less [than Obama did in 2012], then she could have won.”

As far as what the results will mean, it is still hard to tell. UWRF student Lucas Schmidt said that a lack of specifics during the campaigning season has left it hard to predict what a Trump presidency will mean.

“During the debates and stuff, they didn’t really talk about any of the issues, so it’s really hard to get what Trump is going to do, because they were only insulting each other. No policies were ever said, not really, and they didn’t answer any questions.”

Kraus said that the impact on the political landscape will depend on what Trump decides to push after he is inaugurated in January.

“His appeal was not based on specifics,” Kraus said. “It was based on kind of a general sentiment.”

Regardless of what Trump decides to focus on, emotions are running high. Some students are not taking Trump’s win as a positive development.

“I feel very heavy today, and a little fearful, I guess. I’ve talked to a few people and everyone’s kind of feeling on edge,” Pierskalla said. “Either way, there was going to be a lot of emotion.”

Other UWRF students are not upset about the outcome. Sierra Huser is one of them.

“I’m kind of happy, honestly. I’m feeling ready for some change,” Huser said. “I mean, obviously, there’s good and bad. I wasn’t too fond of either of them, but for me, it kind of came down to the lesser of two evils.”

That sentiment of the lesser of two evils is one that has been echoed across campus and elsewhere. Kayla Donahue, another UWRF student, said that she saw no good outcome for this Election Day.

“At the same time, do you want a racist, fascist, sexist monster, or do you want an antifeminist, almost-criminal? There is no winning in this situation.”

Ultimately, the tone of the next four years will not be seen until January, when Trump officially takes office.

“It’s too early to tell. I’m curious to find out what he does first,” Donahue said.

Rock hunting can be an educational, historical adventure

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Rock hunting is one of the more difficult forms of outdoor recreation. Good sites are challenging to find, loose rocks can pose a safety hazard and the ability to correctly identify fossils and minerals often requires expertise beyond that of a casual explorer.

Geology, however, is an important fundamental concept in understanding basic science, and rock hunting is one of the best ways to learn about it.

“There are so many things about our society that are so complex,” said UW-River Falls Geology Professor Ian Williams. “At least you’ve got to have a cornerstone to start thinking about them.”

Geology and especially paleontology are good, Williams said, at presenting the basic evidence behind concepts like evolution and climate change. Long-dead organisms trapped in rock layers form a record of the earth’s living history and can be excavated and analyzed in order to piece that history back together.

Geology is also useful on a practical level; according to the Wisconsin Geological and National History Survey, Pierce and St. Croix County are part of a large, v-shaped swath of land in the southern part of the state that is prime territory for sinkholes. This is due largely to the makeup of the bedrock—lots of soluble materials like limestone and dolomite—and anyone intending to build in an area would want to know the risks of sinkholes.

Incidentally, some of the more limestone-heavy rock layers in the River Falls area tend to be the ones with the most interesting fos-



Tori Lynn Schneider/Student Voice
While fossils can be found many places on the North American continent, the River Falls area is not a prime location for fossil hunting, due to the fact that most deposits of fossil forming rock are found on private property.

sils. One layer called the Platteville formation (found at the tops of hills and easily visible at the high points on road cuts) occasionally holds some intriguing organisms.

“The spectacular ones are trilobites,” Williams said. “Good luck finding them.”

More likely, a person searching through exposures of rock might chance upon a brachiopod. Brachiopods are a group of marine organisms that first evolved about 600 million years ago “when shells first became fashionable,” according to Williams. They closely resemble modern-day clams, but are not in

fact from the phylum Mollusca. They belong to a phylum of their own: Brachiopoda. Those found in the River Falls area are typically 470 to 500 million years old.

River Falls, as a whole, is not the best place to go hunting for fossils. Even brachiopods are few and far between, and Williams only recalls at most six instances of anyone ever finding a trilobite (extinct, primitive relatives of the horseshoe crab). A few local quarries and roadside stops hold an ample supply of agates or fossils, but the problems a person will run into there are private property and

safety.

Williams’ advice, as a whole, is to find someone who knows what they’re doing to show you where to go and how to go about your search. There are two main options on campus: taking one of the introductory geology courses or joining the Geological Society (Geo Club).

Geo Club, according to its vice president Jacob Tormoen, is largely a way for geology majors to get together, plan their professional careers and expand their experience as geologists, but it is also open for geology minors and even interested students with no academic affiliation to geology whatsoever.

“If you just want to go help and find agates,” Tormoen said, “you can go ahead and tag along for the day and we’re all a friendly bunch of people.”

The club goes on field trips to various fossil/mineral sites, sometimes as far out as the Fossil and Prairie Center in Rockford, Iowa. Issues regarding private property are taken care of ahead of time, and the expertise of people such as Williams or Allison Gale, UWRF assistant professor of plant and earth science, are on hand for learning how best to find and identify different minerals or fossils. Proper training is also provided; rock hunters are taught how to protect against the dangers of falling rocks and how to explore roadside sites without getting hit by traffic.

“If you don’t know what you’re doing,” Tormoen said, “be careful. But always, trying to get people outside and doing what they love is a good thing.”

Students have many options for reporting sexual assault

Tori Schneider
Falcon News Service

When a student is sexually assaulted on or near a college campus, he or she may feel overwhelmed and may not know where to turn. At UW-River Falls, students have a number of options.

“Taking the first step to even tell somebody is extremely difficult,” said Katie Ryan, the campus victim advocate. “There’s a lot of shame and guilt involved with being a victim of sexual assault, but it’s not their fault.”

Ryan is one option for students when they are ready to talk about a sexual assault. She is an employee of the local organization Turning Point, which provides support for victims of sexual assault and domestic violence.

“Within that role my responsibilities are to advocate for students, faculty and staff. So what that means is that I’m here to provide emotional support to help them navigate through the systems,” Ryan said.

Ryan holds office hours in the Student Health and Counseling Department. She is available from 1-4 p.m. Mondays, from 8 a.m. to noon Tuesdays, and from 1-4 p.m. Wednesdays, as well as by appointment.

“I just lay out all of the options, the information about all of the options and then support the victim in whatever they would like to do,” Ryan said.

One role of Ryan’s is to refer a victim to the Sexual Assault Response Team (SART) to get an examination from a sexual assault nurse examiner, or SANE nurse. SANE nurses are required to report sexual assaults of those under 18 years of age to law enforcement.

Once a SANE exam is done, the victim can decide to report to law enforcement within about five years, Ryan said. He or she does not have to report it right away, but the collection of evidence from the SANE exam may help to lead to a conviction when a victim does decide to report.

Ryan is available to advocate for a victim throughout the entire process and can step in at any time, even if the process has already begun, including making the initial report, getting a SANE exam, throughout the investigation and any outcomes of that on or off campus. She is also available just to talk about sexual assault experiences.

“It’s hard and it’s complicated, and that’s why I’m here. That’s why we have systems and things in place to help with that... nobody expects to go through something like that so it’s important to have support systems,” Ryan said.

Wisconsin Statute 36.11 (22) requires that any university employee — including resident assistants and hall managers who receive a report of a sexual assault from a victim or witness the sexual assault of a student — report it to the Title IX coordinator, Gregg Heinselman. Ryan is the only campus employee who is not a mandated reporter.

Heinselman’s role in sexual assault reports is “administrating grievance procedures regarding sex discrimination, sexual harassment and sexual assault,” according to the UWRF website.

Once he receives a report of sexual assault, he works with the Office of Student Conduct and Community Standards to determine if the requirement of preponderance of evidence is met before consequences can be laid out. For the requirement of preponderance of evidence to be met, Heinselman will look at all of the evidence and decide if it seems like a Title IX

violation has occurred.

One of the more immediate solutions that Heinselman has put in place in the past is a no contact order between two students.

After speaking with the victim, Heinselman can then decide if he wants to refer the crime of sexual assault to the campus or city police. He can also refer the case to Student Conduct and Community Standards.

When a sexual assault is reported, no matter if someone is charged or not, it is recorded on the UWRF Annual Security Report.

Campus Police Chief Karl Fleury said that it is not common for the campus police department to receive reports of sexual assault.

According to the UWRF website, the Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act (Clery Act) is a federal law that requires colleges and universities to disclose certain timely and annual information about campus crime and security policies.

According to the 2016-2017 UWRF Annual Security Report, three rapes were reported in 2015, all in residence halls.

In 2014, two rapes were reported, one in a residence hall. Six reports of fondling, all in residence halls, are also on the list, along with two indeterminate sex offenses, one of which occurred in a residence hall. An indeterminate sex offense is an offense with not enough information reported to determine what type of sex offense it was.

In 2013, no sex offense reports were placed.

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News Briefs:

Award-winning author to speak at UW-River Falls about racism in Brazilian families

UW-River Falls will welcome award-winning author Elizabeth Hordge-Freeman as part of its Year of Brazil program as she presents “Racial Purgatory? Racism and Inequality in Brazilian Families” Thursday, Nov. 17, at 4:30 p.m. in the Kinnickinnic Theater of the University Center. A public reception will begin at 4 p.m.

The event is free and open to everyone. Hordge-Freeman is an assistant professor of sociology at the University of South Florida, Tampa. Her talk is based on her award-winning book, “The Color of Love: Racial Features, Stigma and Socialization in Black Brazilian Families.” More information about Hordge-Freeman can be found at <http://www.drhordgefreeman.com/>.

The event is sponsored by the UW-River Falls “Year of” program and the Sociology, Criminology and Anthropology Department. For more information, call 715-425-4614.

UW-River Falls hosting New York visual artist Janine Antoni

The UW-River Falls Art Department is hosting New York-based artist Janine Antoni as the Fall 2016 Walker D. and Helen Bryant Wyman Visiting Professor in Art Nov. 14-16.

Free public events with Antoni include a public lecture and roundtable discussions. Antoni will hold a public lecture, “At Home in the Body,” on Monday, Nov. 14, at 5 p.m. in 222 North Hall. The first of two roundtable discussions is Tuesday, Nov. 15, from 1-3:30 p.m. in the Willow River Room, 334 University Center. A second roundtable discussion is Wednesday, Nov. 16, from 1-3:30 p.m. in the Riverview Ballroom, University Center.

Antoni is a visual artist who employs an amalgam of mediums including performance, sculpture, photography, installation and video. Her body is both her tool for making and the source from which her meaning arises. She is known for transforming materials like chocolate and soap, and uses everyday activities like bathing, eating and sleeping into sculptural processes. She carefully articulates her relationship to the world, giving rise to emotional states that are felt in and throughout the body. In each piece, no matter the medium or image, a conveyed physicality speaks directly to the viewer’s body.

Antoni was born in Freeport, Bahamas, in 1964 and received a BA from Sarah Lawrence College and an MFA from the Rhode Island School of Design. She is the recipient of several prestigious awards, including a MacArthur Fellowship, the John Simon Guggenheim Memorial Foundation Fellowship, Anonymous Was a Woman Grant, Creative Capital Artist Grant and the Pew Center for Arts and Heritage.

For more information, call the UW-River Falls Art Department at 715-425-3266 or email Rhonda Willers, faculty coordinator, at rhonda.willers@uwrf.edu or Susan Zimmer, administrative support, at susan.m.zimmer@uwrf.edu.

Events honoring veterans scheduled at UW-River Falls

UW-River Falls invites the community to attend upcoming events honoring and supporting veterans and active duty members of the military.

Friday, Nov. 11 A traditional Veterans Day ceremony will be held at 11 a.m. near the flagpoles on the west side of North Hall to honor those who have served and those who have given the ultimate sacrifice. Speakers include Chancellor Dean Van Galen, Veteran and Military Services Director Tadd Heichel and UWRF Alumnus and Military and Veteran Service Office patron Stephen Hacken. Hacken recently made a generous donation in his brother’s memory and honor to the UWRF Foundation to support the campus veteran population.

Saturday, Nov. 12 The UWRF Veterans Club and the Pre-Vets Club are hosting a 5K Ruck March/Hike at 9:30 a.m. at Ramer Field, with registration beginning at 8:30 a.m. The course winds through the campus and begins and ends at Ramer Field. There is no cost for students, but donations are encouraged. Donations will benefit Paws for Stripes, an organization that places service animals with veterans in need. The first 100 students will receive an event t-shirt, and the event is open to the public.

For more information about these events or the educational benefits available to active duty military, veterans and their family members, call the UWRF Military and Veteran Services Office at 715-425-3529.

UW-River Falls agriculture students, alumni show influence of a great teacher

UW-River Falls was front and center stage during the general session at the 89th National FFA Convention in Indianapolis, Oct. 21. Six individuals, all connected to UW-River Falls, served as a real life testament to historian Henry Adams quote, “A teacher affects eternity; one can never tell where their influence stops.”

Roger King, agriscience teacher at Holmen High School and 2016 Wisconsin Teacher of the Year, began by noting how back in high school a suggestion by his own agriculture teacher encouraged him to become one, too. King, in turn, has impacted the career paths of several other individuals, among those his own son, Nathan. Nathan King is the agriculture teacher at Cashton High School and paid tribute to his father during the general session.

“In high school, even as other careers started popping into my brain, I was reassured that I wanted to be an agriculture teacher when I watched my dad teach,” Nathan King said.

Troy Talford, agriculture teacher at Sauk Prairie High School, Prairie du Sac, took the microphone next and described how he student taught under Roger King who showed him that not all students should be assessed by multiple choice answers or from textbook questions.

“I still reach out to Roger on a regular basis to discuss new ways to reach my students, and look to him as a forever mentor in my life,” Talford said.

When Talford had the opportunity to host a student teacher, he specifically requested that Nathan King be placed with him. Talford had met him as a high school student when he was student teaching with his father. Talford noted how Nathan King reaches out to him, much like he does to King’s father.

“As agriculture teachers, we constantly are looking for ways to help each other out,” Talford added.

But the ripple effect did not stop with these three educators, all UWRF alumni. Three of their former students, Sally Albers, Carrie Urbanek and Andrew Simon, joined them on the stage. Albers described how each of them was influenced by one of these three educators and are now enrolled at UWRF, all majoring in agricultural education.

Talford was Albers’ high school agriculture teacher, Urbanek’s high school agriculture teacher was Nathan King and Simon was taught by Roger King. Albers wrapped up the session noting how one simple suggestion and a bit of encouragement given to Roger King nearly 40 years ago had impacted the lives of all six of them on stage.

Albers concluded by saying, “When I think about the ripple Carrie, Andrew and I can have as agriculture teachers, I can’t wait to get started. I hope to have half the positive influence on my students as these teachers have had on me.”

For more information, email laura.walsh@uwrf.edu.

UW-River Falls senior presents ‘Illustrating Medicine’ exhibit

UW-River Falls senior Grace Sacher will present her series of work “Illustrating Medicine” in the Harriet Barry Gallery of the Chalmer Davee Library Nov. 14-29. The exhibit is free and open to the public.

Sacher, a BFA candidate from Hudson, will display paintings, prints and drawings illustrating multiple alternative and mainstream medical treatments in conjunction with the figure. The work is meant to focus discussion of medicine and healthcare back to what is at the heart of this issue, the people lost in the statistics of the argument.

An exhibition reception will be held Thursday, Nov. 17, from 4-5:30 p.m. Regular gallery hours are Monday-Thursday from 8 a.m.-11 p.m., Friday from 8 a.m.-4:30 p.m. and Saturday from 1-5 p.m.

For more information, call the Art Department at 715-425-4771.

Alumni awards nominations encouraged

Do you know any UW-River Falls alumni who have excelled in their career, profession, community or daily life and deserves to be recognized? Please nominate your 2017

candidate who you believe that went above and beyond after graduating UWRF. The UWRF External Relations Committee and Alumni Advisory Board are seeking nominations for three alumni awards that will be presented in the spring. Further information regarding these awards and the nomination process can be found at <https://www.uwrf.edu/Alumni/AlumniAwards/Index.cfm>. We encourage you to review the eligibility requirements and nominate individuals. The submission deadline is on Wednesday, Nov. 23. If you have any questions, email daniel.e.mcginity@uwrf.edu or call 3505.

- Distinguished Alumnus Award

The Distinguished Alumnus Award recognizes the accomplishments of individuals who have excelled in personal and professional achievement and service. This award continues to be the most prestigious acknowledgment of the accomplishments of our alumni.

- Outstanding Young Alumni Award

The Outstanding Young Alumni Award recognizes the accomplishments of individuals who have provided long-time exceptional service and leadership in their profession, community, and a continuing interest and loyalty to UWRF. The UWRF Alumni Association established this award in 2014 to recognize UWRF graduates.

- Lifetime Achievement Award

The Lifetime Achievement Award recognizes the accomplishments of individuals who have excelled in professional and civic accomplishments within the last 15 years. The UWRF Alumni Association established this award in 2014 to recognize UWRF graduates.

Student Senate Update: Nov. 8

One motion was passed at the Nov. 8 Student Senate meeting:

Meeting Cancellation on Nov. 22, 2016: A motion to cancel the Tuesday, Nov. 22 Student Senate meeting so that student senators can go home early for Thanksgiving.

- Passed by unanimous consent.

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

Campus Events Calendar:

- **Veterans Day Ceremony**
Friday, Nov. 11, 11-11:30 a.m.
North Hall lawn
- **Frances Cohler Coffee Concert: P.S. Skaervard**
Friday, Nov. 11, noon-1 p.m.
Kleinpell Fine Arts
- **Glow Climb at the Wall**
Saturday, Nov. 12, 7-10:00 p.m.
Falcon Center
- **5K Ruck March/Hike to support Paws for Stripes**
Saturday, Nov. 12, 9:30 a.m.-1 p.m.
Ramer Field
- **Etiquette Dinner**
Tuesday, Nov. 15, 5-7:30 p.m.
University Center
- **Racism and Inequality in Brazilian Families**
Thursday, Nov. 17, 4-6 p.m.
University Center

Visit uwrf.edu for a full schedule of events



Weekly UWRF Crime Report

Friday, Nov. 4

- A welfare check was conducted at the Chalmer Davee Library at 1 p.m.

Saturday, Nov. 5

- A drug complaint was reported at Grimm Hall at 1:57 a.m.
- An underage alcohol complaint was reported at Grimm Hall at 2:27 a.m.

Sunday, Nov. 6

- Theft was reported in the University Center at 7:39 a.m.

Tuesday, Nov. 8

- A welfare check was conducted in May Hall at 3:14 p.m.
- A welfare check was conducted in Grimm Hall at 7:03 p.m.

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

UW-River Falls hosts Dylan tribute show

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The second floor of the Davee Library is usually reserved as a quiet space for students as they study. But this past Thursday, Nov. 3, a musical tribute to this year’s Nobel Prize Laureate from Minnesota broke the studious silence. UW-River Falls Professor Dennis Cooper was center stage as he honored Bob Dylan by performing some of Dylan’s best-known songs.

A professor of animal science for more than 30 years, Cooper is also a local musician who plays under the stage name the “Doq of Roq.” Along with English Department Chair Marshall Toman, he helped organize the event to celebrate the achievements made by Dylan throughout his career, as his musical legacy and local status is still relevant today.

“It’s a conjunction of two local artists,” Toman said. “So I think that it’s a good way to recognize a local artist.”

With an audience consisting of students, faculty and community members, Toman first gave a brief discussion on Bob Dylan’s significance as the first musician to be awarded the Nobel Prize in Literature. Dylan is also the first American laureate in literature since 1993, when Toni Morrison was awarded the prize. Toman also discussed the controversy of giving a musician a literature award.

In a time of uncertainty in America, UWRF students, staff and faculty came together to honor a local legend whose musical legacy still holds importance to this day.

Discussion aside, Cooper played eight of the many songs Bob Dylan wrote during the height of his career in the 1960s. For each song, Cooper discussed the song’s meaning and significance at the time the song was written. His playlist included “Blowin’ in the Wind,” one of Dylan’s first hits about social change, as well as other notable songs such as “Tambourine Man,” “The Times They Are a-Changin’” and “My Back Pages.” He also played some lesser known songs such as “Only a Pawn in Their Game,” a song written about the murder of civil rights activist Medgar Evers. As an encore, Cooper even played an original song called “Big Money.”

Having performed for over 50 years, Cooper said that, because of the simplistic yet impactful musical arrangements of Dylan’s songs, Cooper was inspired to start playing as well.

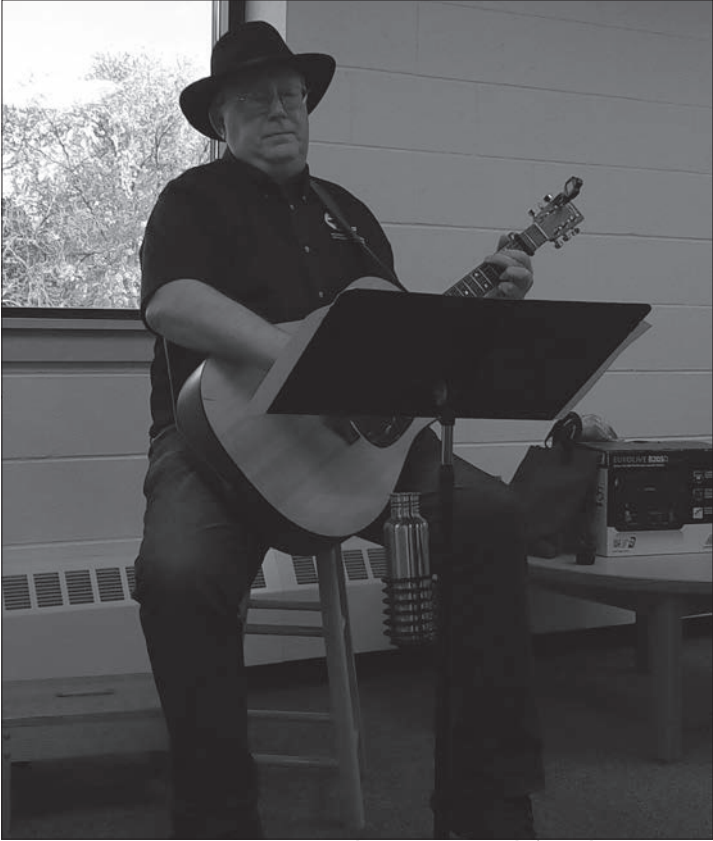
“It was all stuff I could do,” Cooper said, “and I did it. It was a

way of performing music that was popular at the time.”

He also said that he feels that the message given in Dylan’s music still has relevance in today’s society, as Dylan spoke to a generation filled with Cold War fears and generational rebellion. Combined with today’s social issues and the nostalgia of the era, many people still enjoy listening to Dylan’s music, including Geography Professor John Heppen, who also attended the event.

“Denny is a friend of mine,” said Heppen, “and I have enjoyed seeing him perform before as well, and I like Bob Dylan, so that’s what brought me here today.”

In a time of uncertainty in America, UWRF students, staff and faculty came together to honor a local legend whose musical legacy still holds importance to this day.



Chris Jurewitsch/Student Voice
UWRF hosted a tribute concert on Nov. 3 to honor Bob Dylan, one of the most famous singer-songwriters of all time, who recently won a Nobel Prize for literature. The 75-year-old is a Minnesota native.

UWRF professor, colleagues, earn grant to create high school graphic design curriculum

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Dan Paulus, UW-River Falls associate professor of art, has been awarded a \$40,000 grant from the American Institute of Graphic Arts (AIGA) for the Design Training Program for High School Teachers in June 2015.

The collaborators for this project are Paulus, UWRF Art Education Lecturer Heather Delisle, Assistant Professor Bradley Coulter of Minnesota State University-Mankato and Connie DeMillo, design, digital media and innovation instructor at Northeast Metro 916 Intermediate School District Career and Technical Center.

AIGA, the professional association for design, is the oldest and largest professional membership organization.

AIGA, the professional association for design, is the oldest and largest professional membership organization. It focuses on spreading the value and impact of design across all disciplines in society.

“Applying for the grant wasn’t difficult. It was very straightforward,” Paulus said. “AIGA started a new grant called the Inno-

vate grants.”

Paulus said a fairly large amount in grants was given to him, so he put together a team.

AIGA Innovate is a grant program that encourages chapters and funds projects across the country. It is a four-year fund with up to \$250,000 to be awarded each year.

“The grant allowed us to create a full curriculum to integrate graphic design into art classes at the high school level,” said Paulus.

The program is divided into four academic units and one resource unit. Each unit includes introducing students to graphic design, including 2-D design basics, the design thinking and design process and typography. Moreover, high school teachers can get access to handouts, rubrics and other resources after filling out a brief form available on the AIGA website.

Paulus said the proposal of the project stemmed from the need of a resource for high school art teachers to incorporate graphic design into their art classes.

“There is a lot of resources for universities, college and so forth but not so much for high school teachers,” Paulus said.

“We hold an annual high school workshop day in our department, and every year I have high school teachers asking me, ‘How can I start teaching graphic design at my high school art class?’ or ‘Where can I find resources to do that?’ There are resources but there was no one good resource

for me to send these high school teachers.”

Paulus said that a hardship regarding this project was meeting the national and state level standard.

“When it comes to standards, there are a lot of government regulations on education, both on the state level and the national level,” Paulus said. “The problem with that is every state has their own standards and even from Minnesota to western Wisconsin, which is the geographic area for the AIGA Minnesota chapter which I belong to, both states’ standards weren’t the same.”

The team ultimately decided to adhere to the national standards.

“The whole purpose of this was a useful curriculum,” Paulus said. For the curriculum to be utilized by high school teachers, they focused on meeting the governmental standards. “We had to pause, look at the standards and develop the curriculum to adhere and meet those standards.”

The curriculum has been downloaded all across the nation and different countries.

“AIGA has a very large footprint in the design world, and I anticipate that this would be a useful tool nationwide, if not abroad as well,” Paulus said. “I sent the advertisement poster for the program to high schools. We are hoping that they will actually put this up in their rooms to really educate students about graphic design.”

For more information on the grant, visit www.aiga.org.

UW-River Falls students have several options for reporting sexual assault

Continued from Page 1

“We are a full-service law enforcement agency,” Fleury said. “There’s no difference between a campus police officer and a police officer from the city or a state trooper or a sheriff’s deputy... If the case leads to the point where charges are to be filed, charges will be sent over to the district attorney’s office to be filed.”

If the process works in the opposite way and the police department receives the initial report of a sexual assault, Fleury makes the decision to alert Heinselman of a Title IX violation.

Heinselman said no sexual assaults have been reported to him so far this academic year.

At a recent campus climate meeting with members of the Board of Regents, JJ Knapp, an advocacy coordinator at SART and a member of UWRF Student Senate, said sexual assault isn’t being reported by students to the university and the numbers in the campus security report aren’t an accurate representation.

“The amount of students that we have coming to the SART center are more than we have reporting to the university, so when our numbers are saying, ‘We have zero or we have two per year,’ that’s not accurate,” Knapp said.

Knapp said SART has heard of more than 30 assaults, and that this number would reflect students who were assaulted over their three years at UWRF and before that.

Fleury understands that not everyone may want to report sexual assault to authorities.

“There are many reasons why they may not feel comfortable reporting a sexual assault,” he said. “We want, as a law enforcement agency, to make sure that individuals that may have experienced something of this nature know that they can report it to us, but they do have the option of not reporting to us. But we would encourage that they seek out the other avenues to make sure that they get the help and assistance that they need to deal with this.”

Alumni Spotlight: Mark Klapatch

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UW-River Falls alumni are involved as employees all over the campus. One alumnus is in charge of ensuring the facilities at UWRF are up and running and ensuring that the school is making a sustainable impact.

Mark Klapatch is currently serving as the UWRF sustainability and custodial supervisor, responsible for overseeing the Facilities Management Department. In addition to overseeing the custodial responsibilities of all of the facilities on campus, he is also in charge of coordinating sustainability efforts across campus.



Kathy Helgeson/
University Communications

Originally from Green Bay, Klapatch initially became interested in attending UWRF after his twin brother told him about the school. Looking at his options, the small town feel of the college is what convinced him to attend, and says that UWRF recruiter Allan Tuckenhagen sold him at the mention of a \$3 movie theater. “I just really like the small town feel

of it,” Klapatch said.

When Klapatch arrived at UWRF as a freshman in 2005, he originally lived in Grimm Hall. There, he was elected hall president, and got to know his fellow students through running events like Grimm Haunted Hall, one of his favorite activities he helped plan with Hall Council.

He later moved on to get involved with the National Residence Hall Honorary (NRHH), where he served as the recognition chair for one year and also served two years as president of the organization. His favorite memories include attending conferences for NRHH and meeting new friends through the organization.

During his freshman year, Klapatch took on multiple student work positions, including becoming a custodian for the Hagestad Student Center (now Hagestad Hall), and he was also responsible for planning activities in the David Rodli Commons. When the new University Center opened, Klapatch later took on the role as a student manager for the then new facility.

During the first year of operations for the University Center, there were all sorts of problems that Klapatch and his staff had to troubleshoot in order to maintain the new building on campus. After managing the building for another two years, everything fell into place. It was through this role that Klapatch found his passion for management, and he graduated with a degree in business administration with an emphasis in management and a minor in Spanish. He later went on to earn a master’s in organizational leadership at Bethel University and studied abroad in Mexico over J-term.

“That’s when I really got into management,” he said. “So doing a business administration major with the management emphasis made sense.”

After graduation, he applied for multiple positions throughout the state, including a position for custodial supervisor at UWRF. Due to a hiring freeze, he was unable to be offered the job right away, but was hired after less than two weeks. He said that he felt very fortunate to have the opportunity to work as a student worker and also feels fortunate to work for UWRF today.

“I never have the same day twice,” he said. “My job has a lot of variety. I could be moving furniture, helping with custodial [work], coming to meetings and now with the sustainability role adds another component.”

Previously, custodial positions at UWRF didn’t concentrate on sustainability aspects as much as they do now. Today, Klapatch oversees efforts by the school to help sort and eliminate waste in the school, through removing waste bins in classrooms and organizing specific waste and recycling bins in offices in order to help minimize impacts. Klapatch also oversees programs such as the Surplus Property Program in Rodli Hall, which has been expanded to online auctions and has also become a monthly event on campus. Through the program, 9,900 pounds worth of items were repurposed in 2015 alone, which has given revenue back to the school rather than having to spend the money to recycle the technology.

In addition to working toward eliminating waste, Klapatch also focuses his work in water and energy conservation. He works closely with UWRF faculty by giving presentations on sustainability to classes, and gives tours on sustainability to campus visitors. He summarizes his job as one that helps promote sustainability awareness throughout campus.

“We’re looking to build more of a culture of sustainability,” Klapatch said.

Klapatch’s advice to current students is obviously to recycle. He also advises getting more involved with campus activities.

“After college, you don’t always get those experiences,” he said. “So it’s always good to do it when you can.”

Check out the Student Voice online
at uwrfvoice.com

EDITORIAL

Frustration over election results can be used to inspire change

Election Day has finally come and gone, and January will bring the inauguration of President-Elect Donald Trump. Tensions are reasonably high as the United States lets this result sink in.

Many people have made their discomfort public, particularly those from minority populations. While the country tries to predict its fate for the next four years, it’s important to realize that this is a perfect opportunity for you to stand up for what you believe in.

UW-River Falls has a plethora of student organizations to support the causes in which you might be passionate about. If you’re a woman worried about the Trump administration trying to take away your reproductive rights, join the Student Feminist Organization and work to make your voice heard. If you’re afraid of environmental and sustainability issues being put on the White House’s back burner, consider joining the Environmental Corps of Sustainability.

Identity-based student organizations also exist at UWRF. The Black Student Union and the Asian American Student Association are just two of the various organizations here, and a new one, Indian Club, has just been approved. If, as a member of the LGBTQ+ community, you feel threatened, join the Gender and Sexuality Alliance.

You can also look to the River Falls community. If the sexual assault allegations against Trump are unsettling to you, apply to volunteer with the Sexual Assault Response Team or Turningpoint to help survivors of sexual assault.

Absolutely, vent your frustrations, but it’s important to actually do something to promote what’s important to you as well. Find your community and use that support to get you through the next four years if you’re struggling.

Although we may seem small right now, what we can do with our feelings toward the election can make a big difference. Voting is only a small part of doing our civic duty as an American. So if you see injustice, go out and make your voices heard. We may feel small right now, but if we assemble with those who feel the same, there’s no end to what we can do.

However, it’s important to remember that the results of this election are not the end of the world. Even if your politics don’t line up with the electoral votes, the United States will get through the next four years. We’re not living in a dystopian novel, just another country in this massive world. In a time of doubt, we must put our faith into the checks and balances in our government. Trump will not become a dictator.

However, if you are having a hard time coping, it’s important to talk to someone. As a UWRF student, you can utilize free counseling through the university. It’s as easy as calling or going into the office in Hagestad Hall, making an intake appointment, and getting placed with a counselor who best suits your needs. You’ll go through what you want to focus on, and soon you’ll have a support system that you can count on to listen to you and recognize your feelings as valid. Sometimes, that’s all we need.

Above all, take care of yourself. However you are feeling right now is totally valid, and there are resources here to support you.

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Read the *Student Voice* online at

www.uwrfvoice.com

Ask Colleen: The college balancing act

Colleen Brown

Advice Columnist

Dear Colleen,

I’m really stressed with balancing school and work. Every semester, I always say that I will cut back, but it never seems to work. I currently have two jobs, but I think I want to quit one of them. With classes and both of my jobs, I just always feel as if I am in a rush and I never truly get to enjoy myself. What do I do?

From,

Running out of Time

Running out of Time,

This is a great question, and I think that almost every college student could relate. What’s funny is that I was just talking to my friend about how we can’t wait until the day in which we have one job. Just one job with regular hours would be the dream, wouldn’t it? College is the ultimate juggling act and I cannot tell you how many times I have felt the exact same way you do right now.

When you think about it, as students we have the most sporadic schedules. Some days we have 8 a.m. classes and then the next we don’t have class until noon. Not to mention that our work hours are all over the place. From my own experience and observations, typically college students work nights and weekends, leaving us with no time to do anything else. No time at all. Having to manage class, work, homework, a social life, a significant other, exercising, eating three meals a day and sleep is actually impossible. It’s like we have to pick and choose what is important and what isn’t. As sad as that is, sometimes that becomes our reality.

With your busy schedule, I can imagine why you feel like you are in a constant rush and aren’t enjoying yourself. I understand what it is like to be a working college student and there are days in which I go all day long without a break. If quitting one of your jobs would hurt you financially, that could possibly be another stressor in your life that you don’t need. Before quitting, I would really look at your finances and make sure you can swing it. If everything plays out and you can leave your job, I think that would definitely make things more enjoyable for you. Instead of spending that time at work, you could use it for one of the many other things you are trying to balance.

No matter what stage of life you are in, you will need to find balance. I’m not trying to sound like a parent here, but

just hear me out. It’s really important to take care of yourself. Make sure to get enough sleep, eat as healthy as you can, go for a walk and take a mental health day if you need it. It will be impossible to manage your busy lifestyle if you are not physically and mentally healthy. Every college student knows the horror of being sick. There is no time to be sick in college. Missing a day of classes becomes a constant battle of playing catch up.

OK, I’m done being a parent now. But I’ll have to admit that no matter how annoyed I got with my dad for continually nagging me about eating right, getting enough sleep and wearing a coat, he was always right. I’ll never let him know that, though. The point is to take care of yourself so you can make this busy lifestyle work and have some fun while doing it.

If quitting your job doesn’t make sense, then you’ll have to make some adjustments in order to make all of this work. For me, I had to give up staying up until 2 a.m. watching Netflix and only reserving homework on the weekends for Sundays. Personally I think it’s inhumane to do homework on Fridays or Saturdays, but I’ve learned that sometimes that’s just what you have to do. I’m also in a very slow and reluctant processes of becoming a morning person. I just don’t think it’s in me, but I know that if I get up even just a couple hours earlier it will make time for homework or studying. Work with what you have. Take your hectic schedule and make it as routine as possible. A routine that works for you.

As crazy and stressful as college can be, it is important to make sure you are enjoying it. Not every class will be your favorite, and if you become too stressed or busy no class will ever be fun. It may take some time and it might not work the first try, but do your best to balance everything.

Remember, it’s okay to ask for help or to reach out to your professors when you feel swamped, although sometimes I get the feeling that my professors get together and make all their assignments due in the same week just to see their students squirm. I will note that I know this isn’t true just in case any of my professors are reading this. Please don’t fail me.

Anyway, do the best you can and don’t be ashamed if you need to cut back. There is nothing wrong with that, and being a student is a full time job in itself. Also, don’t let the stress of managing everything overtake you. Because once you graduate, none of this will matter anyway and this stressful time will be a distant memory.

Best of luck,

Colleen

Colleen Brown is a senior at UWRF going for an English Literature degree. One thing that makes her qualified for this advice column is that she is a college student trying to make it through, just like everyone else.

Campaign season has turned ugly, is no longer about being informed

Lauren A. Simenson

Columnist

There have been no shortage of words and opinions written, screamed, turned into memes or sprayed menacingly onto burned buildings about the 2016 presidential election. In fact, the overwhelming amount of coverage the election has received has made me not want to add my thoughts to the topic – until now.

As I am sitting here and writing this week’s column, it is the Monday night before Election Day, the final hours of a grueling campaign season. What I have to say will not be read until after the entire world learns of the new president of the United States.

It occurs to me that many people will probably think it is too late and pointless that I am writing about the election now, in its final hour. They might think there is nothing left to say, there’s no one’s mind that I could possibly change or that what I have to say is of no matter at this late stage. I firmly believe that if someone has something to say they should not be impeded in getting their message out.

This campaign season has blown the lid off of a festering sense of anger and disgust, and we all should be angry! We should all be horrified that there is a candidate who has been feeding and fueling this intense anger that has manifesting itself in an intense discord. We should be angry, but we also need to blame ourselves for the situation we are all in.

By being complacent, uninformed and unwilling to get involved to change the status quo, we have created the opportunity which allows politicians do our thinking for us. The election has been a terrible burden, but a burden that we must bear as penance for our lack of involvement in our own democracy.

This paves the way for those with ulterior motives to move throughout the system unchecked and without opposition,

enabling them to promote their self-serving beliefs. These people operate as through they are not part of a democracy but instead part of a plutocracy (a government run by the beliefs of a wealthy minority).

Members of this way of thinking want to eliminate many, if not all, government services, many of the services that we have come to depend on and need, and you should know what those are. This way of thinking will suppress and eliminate not only our middle class but the growth of the United States as a strong nation.

This campaign has been ugly and often unbearable, but has been a perfect example of why, now more than ever, a country’s people need to be educated, well informed and active participants in their democracy.

It has seemed to me that, over the duration of the campaign season, there are still people who are totally uneducated on how their government works, clueless about the values and beliefs and missions of their candidates, or in some cases do not even know who is even running for the election! How can this be? It is this sort of hands-off attitude that has allowed politicians wishing to do more harm than good get elected into office and create laws, legislation and bills that negatively impact our lives.

Four years from now, in the next presidential election, we have to ask ourselves an important question: Do we want to repeat this? For now, we need to stop and figure out how we got to this point before we get to the future.

Going forward, we cannot let this type of behavior become the norm. We must get back civility and a public who understands what is at stake and is willing to fight against complacency and embrace the fact that a woman can successfully lead our nation.

Lauren Simenson is a junior majoring in journalism and communication studies. Her interests include eating dark chocolate, online window shopping and reading anything she can get her hands on. While not at work, at school, taking naps, or doing homework, she likes to cook, canoe, fish and write.

College is like a marathon, but the finish line always remains in sight

Reo Ford

Columnist

The other day when I came home from class, I thought about the to-do list that I have stored in my brain and I began to prioritize what needed to be done first.

A chapter that I needed to have read for class the next day was the lucky contender, and so I pulled out my book and started to read. While I was trying to make sense of the information that I was reading, I heard a faint, but heavy breathing

sound.

I turned to see that it was just my cat sleeping ever so soundly in her bed across the room. Most people would immediately think, “How cute,” and she definitely was, all curled up and comfy. I, however, immediately became overwhelmed with jealousy. That’s right, I was jealous of my cat.

As the semester pushes on, the amount of coursework I must complete multiplies, and the amount of sleep that I bask in decreases. I would love to say that each night I get a restful eight hours of sleep and wake up feeling like I just hit the lottery, but instead I get about six and a half and wake up feeling like I just got hit by a bus.

Continued on Page 5

College is like a marathon, but the finish line is in sight

Continued from Page 4

I think it’s unfortunate, but I feel like lack of sleep has become such a big part of “college culture.” I mean, oftentimes you’ll see the portrayal of the “typical college students” and they are studying all night and crawling into class the next morning with a cup of coffee the size of their head.

I say this as sarcastically as possible, but it’s quite reassuring to know that an article

published by the University of Michigan states that college students are the most sleep-deprived population. It’s good to know that, because I oftentimes feel when I am sitting in my beloved classes that I am the only one who is ready to push two chairs together, lie down and call it a day.

My exhaustion has become so predominant that I think I am going to start needing my commute to class to be like that of a marathon. You know how they have people standing on the sidelines cheering the runners

on and giving them cups of water to stay hydrated? Well, by the end of the semester, I feel like I am going to need a system of supporters lining the hallways, cheering me on as I sluggishly make my way to class, except I am going to need something a little stronger than water to keep me energized.

Now that I have ranted, I will say that when I complete my four years and finally receive that piece of paper I have busted my butt to earn, the sleepless nights and sore back from the amount of stress that I have

lugged around will be worth it.

Until then, I will continue to give my cat the side eye from across the room and wish that I, for once, could curl up in a ball and lie in the warmth of the sun and sleep the day away.

Reo Ford is a journalism student. She loves hiking with her dog, but when the weather doesn’t permit it she enjoys binging on Netflix, writing, and taking naps with her cats.

Epilepsy Awareness Month a good time to learn seizure safety

Natalie Howell

Columnist

I’ll never forget my first seizure. Well, I’ll never forget the little that I remember.

My family and I were on our way home from vacation and had stopped on the side of the road because the car in front of us hit a deer. I was asleep at the time, so I don’t remember this at all.

The next thing I knew I was being pulled out of the car by paramedics. I threw up on one of their shoes. My head was throbbing, my jaw was tight and my whole body was sore. In a state of panic, I asked my mother what happened. She looked down at me with tears in her eyes and said, “You had a seizure, honey.”

I had my first seizure six years ago, right before my 16th birthday, and was diagnosed with epilepsy shortly after. What came next was being weaned on and off different medications, my family tiptoeing around me (rightfully so) and the loss of my independence.

During these past six years, a lot has happened in my life.

I graduated high school and I am about to graduate from college in the spring. People have walked in and out of my life. I grew up a little and figured out a career. I also had two more seizures.

I had a seizure two years after my first one. Two years after that, I took myself off my medication without telling anybody. I couldn’t take the foggy mess anymore, I couldn’t take not being myself and not being able to remember anything. I couldn’t handle the depression. Two years after that, this last spring, I dropped to the floor of the bathroom in my parents’ house and had a seizure, hitting my eye on the corner of the counter as I fell. I am now back on my medicine.

Having seizures is scary, terrifying. It feels like your brain is attacking your body. What is more terrifying, however, is what I realized after my first seizure. Having to tell my friends, teammates, teachers and coaches, I quickly learned that not a lot of people know what to do if someone has a seizure, or really what epilepsy is.

This has continued into college. The scariest thing that I heard is that people think that if they see someone having a seizure that they should try to hold the body down or put things in their mouth. Please don’t do that.

I am extremely lucky that I have only had three seizures in my life and that now I am currently stable. I am also

lucky that when I had my seizures I was either surrounded by or discovered by my family. But even though I am on my medication and things are going well, sometimes when I’m in class or in the library studying I feel a hint of a seizure creeping up, and I am terrified. Not because having a seizure means that I can’t drive for six months, or that it feels like my brain just ran a marathon, but because I can never be sure if someone in the room will know what to do if I have one.

In the United States, one in 26 people will develop epilepsy in their lifetime. Each year, 150,000 Americans develop epilepsy. So it’s safe to say that epilepsy and seizures are pretty common. So why do most people know nothing about it? That’s something that we can change.

November is Epilepsy Awareness Month, a perfect time to educate yourself and others about what a seizure is, the different types of seizures and most importantly, what to do if you witness someone having a seizure. So this November, hug someone with epilepsy, wear purple and please visit this website: <http://www.epilepsy.com/>.

Natalie Howell is a senior journalism major minoring in political science. She is the editor-in-chief of the Student Voice and hopes to work for a newspaper after graduation.

STUDENT voices

“What is your favorite thing about UW-River Falls or the community of River Falls?”

Compiled by Samantha Decker



Amanda Bergmann
Super Senior
“UW-River Falls has a good Animal Science program.”



Katie Gralish
Senior
“Small and inclusive, it feels like a safe environment and River Falls is beautiful historically and naturally.”



John McQuade
Sophomore
“Small school and you get a good sense of value of the campus and community.”



Destinie Vhaa
Sophomore
“Small and I like the easy access to get to place to place by foot.”



Maddi Hayes
Sophomore
“I like that the Agriculture and Animal Science programs are very hands on.”

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

UWRF Women’s Hockey launches into promising season

Zach Dwyer
zachary.dwyer@my.uwrf.edu

The number two ranked UW-River Falls Women’s Hockey proved they belong in the national championship discussion as they dominated Bethel 7-1 and took down eighth ranked St. Thomas 2-1 in their opening home stand this past weekend.

The Falcons opened up their first game at the newly renovated Hunt Arena with a rematch against Bethel, who they beat 4-0 the previous weekend. The Bethel Royals weren’t intimidated from the start though, scoring a goal only four minutes into the first period on a goal by Sarah Moy.

“That was a mistake on our part and we had a defensive breakdown,” Head Coach Joe Cranston said. “That happens a lot before you can establish momentum. If they do score it’s going to be an early one while they still think they can beat you.”

That confidence from Bethel was steadily worn down as the first period went on. UW-River Falls outshot the Royals 17-6 in the first period but couldn’t cash in on their first power play after the goal was taken off the board. But at the 17 minute mark Dani Sibley set up Bella Wagner on the power play for her first goal of her Falcon career to even up the game at 1-1.

UWRF came out controlling the pace in the second period and looked like the more confident team on the ice. Only three minutes into the period, Jessie Anderson scored off of an Ashley Effertz assist that gave the Falcons a lead they wouldn’t let slip the rest of the game.

The Falcons outshot the Royals 19-4 in the second period and ended up shooting 53 times compared to Bethel’s 13. Another goal on the power play, this time by Hailey Herdine, pushed the lead

to 3-1 as the game began to get out of hand.

“We just wore Bethel down. Halfway throughout that second period they kind of ran out of gas and we definitely dominated that game,” Cranston said.

Goals by Carly Moran, Dani Sibley, Amy Auren and Bella Wagner led a complete Falcon effort in the third period against a tired Bethel team. The final score of 7-1 was definitely a statement for the Falcons as they prepared to play a top 10 opponent the following night.

The defense was a big part of the UWRF win, with the Falcons allowing less than one goal per game so far on the season. Freshman forward Bella Wagner, who had two goals on Friday, was quick to credit her defense for their performance.

“Our defense has a lot of upperclassman, and they’ve been really strong leaders for us this year. Honestly they don’t give up anything and are really good at both ends of the ice,” Wagner said.

The Falcons are also on pace to score more goals shorthanded than they’ve allowed when their opponent is on the power play. Their plus two goal differential is a telling sign for the success of the team.

UWRF came back the following night for a tight top 10 matchup against the Tommies of St. Thomas. The first period was full of opportunities for the Falcons, but they couldn’t manage to find the back of the net. Letting the Tommies hang around would be dangerous for UWRF as the game progressed.

“If we would’ve buried our chances early on we could’ve been up three or four goals in the first, but instead we kept putting them into the goalie’s chest,” Cranston said.

Wagner continued her big weekend with a goal in the second period to finally

open up a lead against the Tommies.

“It took us a while to score that first goal, but once we scored that goal we were more relaxed and started getting more shots on net and finding each other in open space,” Wagner said.

The Tommies fought back as they scored their only goal of the night less than a minute into the third period. They wouldn’t hold the lead for long, as UWRF continued to take advantage of the power play as Carly Moran scored her fourth goal of the year to give the Falcons a 2-1 lead with 17 minutes remaining in the game.

The game was tense down to the wire, but UWRF controlled the puck by outshooting the Tommies 16-3 in the closing period. The Falcons managed to come away with a big 2-1 win in a solid learning experience for the team.

“We just kept working hard and didn’t make a lot of mistakes. We played a pretty smart game, which is pretty good for having a lot of young kids in the lineup,” Cranston said.

With the win, UWRF improves to 3-0 on the season as they travel to UW-Stevens Point for their first WIAC game of the season on Friday, Nov. 11. Falcons players and coaches know that the season really starts with their WIAC matchups.

“It’s a whole different ballgame when you get into conference play, and Stevens Point is a really tough team to beat in their barn. We’ll have to play better than we have to get road wins in our conference,” Cranston said.

UWRF has started slow in past seasons, but seems to have the kind of energy and momentum to keep its winning streak rolling early in the year. A strong performance against its WIAC foes will only breed confidence as the season progresses towards the ultimate goal of another championship opportunity.

Falcon Athlete of the Week: Joey Leonard



Kathy Helgeson/University Communications

Zach Dwyer
zachary.dwyer@my.uwrf.edu

Joey Leonard, a sophomore linebacker from Medford, Wisconsin, gave a huge performance for the UWRF defense as UWRF fell in overtime to UW-Whitewater 27-20 on Saturday. Leonard recorded eight total tackles, two tackles for loss, a sack and a pass break up in the back and forth game against the second ranked team in all of Div. III. The pass he broke up was also big because it came on a third and long play that ended up forcing a missed Whitewater field goal, which kept the game tied at 20-20 and led to overtime.

The Student Voice sat down with Leonard to talk about his major impact on Saturday and to take a look back at an up and down season for the Falcons.

Q: What has been the strongest point of the defense this season?

A: The whole mentality of playing team defense. We really pride ourselves in everyone doing their job, and because of that we’ve had some success.

Q: What led to an increased role for you against Whitewater?

A: Whitewater really likes to run the ball and they do a lot of two tight end formations, so Coach Larson wanted to put some bigger bodies out on the field and told me I would see the field.

Q: What was the biggest challenge the UW-Whitewater offense posed for the defense?

A: We knew going into the game they were gonna try to run the ball. We knew some of their top receivers were out so we thought they may even run some more, so we were ready for it.

Q: What led to you being in position to make big plays on Saturday?

A: In order for me to make plays, the ten other guys out there had to do their job, too. As a defense, we like to say it wasn’t the individual that made the play; it was all eleven guys.

Q: Does this loss give the team confidence that they can play with anyone on a given Saturday?

A: It was kind of bittersweet because we obviously would have liked the game to come out differently. But, at the same time, if that game didn’t show us that we can play with anybody in the entire country, we shouldn’t have been there.

Q: What has the coaching staff done to keep the team motivated to come and fight every week after some tough losses?

A: I think they’ve done a really good job of getting us to buy into what we want to do. Coach Larson with this new defense has done a great job helping us realize it’s about the team and not the individual, and that just makes it that much more fun.

Q: Does it give even more incentive to close out the season with an important win against Stevens Point on Saturday?

A: I hope so, because sometimes after a game when you pour so much emotion and physicality into it, there can sometimes be a little bit of a letdown the next week. But we’re gonna do everything we can to go out the right way this season.

Q: Has this team still made major strides this season even if the record may not reflect it?

A: I think we’re more talented than we have been in years past, but for some reason things haven’t come together the way we’ve wanted them to this season.

Q: How would you describe this season after coming in with higher expectations than usual?

A: I think it has motivated us a little bit. We knew coming into the season we were going to be a pretty decent team and we’ve played really well in some of the games we’ve lost. For some reason we can’t put it together for 60 minutes straight and that’s definitely something we have to work on moving forward. If we do that, we have the talent to be very competitive.



Tori Lynn Schneider/Student Voice
Bella Wagner scored three goals through the weekend, two against Bethel and one against St. Thomas.

Sports Recap

Football

The Falcons almost pulled off a huge upset in their final road game of the season as they fell to number two ranked UW-Whitewater 27-20 in overtime on Saturday. The Falcons came out very strong in the first half, only allowing two first downs for the Warhawks and holding them to only a field goal to lead 12-3 at the break. Trenton Monson had two huge first half touchdown catches to add to his 130 receiving yards to give the Falcons a two score lead. UW-Whitewater responded well in the second half as the Falcons’ offense couldn’t gain any traction as the game was sent to overtime tied at 20. A rushing touchdown by Warhawk quarterback Chris Nelson in overtime proved to be too much, as UW-River Falls fumbled the ball away at the five-yard line for what would be their seventh turnover of the day. With the nail-biting loss, the Falcons fall to 3-6 on the season and 2-4 in the WIAC. They host UW-Stevens Point to close out their season on Saturday.

Basketball

The Falcons upset the Div. II University of Minnesota-Duluth Bulldogs 97-93 in Duluth on Saturday night. Garret Pearson led the way for UW-River Falls, scoring 25 points on 10-20 shooting and grabbing 11 rebounds. Devin Buckley also had a productive game, shooting 5-9 from the field and 4-4 from the free throw line to add 16 points. The Falcons prevailed in double overtime over the Bulldogs mainly due to free throw shooting from their guards. Grant Erickson and Alex Herink combined to shoot 16-18 from the line as the Falcons stole a big exhibition game on the road. UWRF opens their season against defed-ing national champion St. Thomas on Nov. 15.

Sports Schedule

Nov. 11: Women’s Hockey at UW-Stevens Point 7 p.m.

Nov. 11: Men’s Hockey vs. Hamline 7:05 p.m.

Nov. 12: Men’s Cross Country at Oshkosh NCAA Midwest Regionals 11 a.m.

Nov. 12: Women’s Cross Country at Oshkosh NCAA Midwest Regionals noon.

Nov. 12: Football vs. UW-Stevens Point 2:05 p.m.

Nov. 12: Men’s Hockey vs. Augsburg 7:05 p.m.

Nov. 15: Women’s Basketball at Carleton 6 p.m.

Nov. 15: Men’s Basketball at St. Thomas 7 p.m.

Nov. 15: Women’s Hockey vs Hamline 7:05 p.m.

Home games in **BOLD**



uwrfvoice.com

Land trust works to preserve Kinni as natural resource

Molly Kinney
Falcon News Service

The Kinnickinnic River Land Trust celebrates 23 years of service to the community this season, and its executive director says it won't be slowing down anytime soon.

Headquartered in River Falls, the land trust is a membership-based organization founded in 1993 as a reaction to the development boom that happened in the region in the 1980s and 1990s.

Community members wanted to protect the Kinnickinnic River watershed, so the land trust was incorporated and modeled after thousands of land trusts that already existed in the United States, said Dave Fodroczi, executive director of the land trust.

This is his "encore career," as he called it, after a long career in the public sector working with land use issues. Fodroczi has been the executive director for five years.

"Folks were very concerned about the impact development might have on the Kinni and weren't confident that public regulations would do the whole job," Fodroczi said, "so they got the idea as it'd been done in many, many other places, and worked with landowners and conservationists to preserve the land and watershed."

The Kinnickinnic is a spring-fed, cold water ecosystem 22 miles in length. The headwaters are near Roberts, Wisconsin, and it flows into the St. Croix River. It is a Class 1 trout stream due to the very cold water, and there are many different geographies of the river. The beauty of the stream is what drives the land trust to keep working to protect it, Fodroczi said.

The main work of the land trust is partnering with landowners and conservationists to protect as much of the shore and watershed

of the Kinnickinnic as possible. The land trust does this through acquiring land mostly through grants and some donations. Since 1993, the land trust has preserved more than 3,000 acres in the Kinnickinnic watershed. That's over 10 miles of the Kinni river bank itself, about one quarter of the entire river bank.

"Our main work is working with property owners," Fodroczi said. "We're always looking for willing landowners who are interested in conserving their land one way or another. We can help. We've done a lot of technical assistance getting them plugged into funding and contractors for conservation. Everything from the shoreline to invasive species — we can refer them to organizations that can help them do what they want."

Right now, Fodroczi and the land trust are focused on acquiring funds to buy up land surrounding a great wetland in the watershed, as well as continuing to communicate with landowners.

The land trust has also done significant work with the River Falls City Council around the issue of removing the hydroelectric dams that were first built in the mid-1800s. Fodroczi recently was appointed a member of the Kinni Corridor Planning Committee, which is working on a plan for the land surrounding the river if the dams are taken out.

"We would like to see the river restored through the removal of these dams," Fodroczi said. "We're engaging in the process, submit-



Kathy Helgeson/UWRF Communications
The Kinnickinnic River runs through the middle of the UWRF campus.

ting comments all along the way. We're excited how things have progressed. We're pleased that the process has evolved the way it has, and that there will be an opportunity to study the issues carefully."

He added, "I think the restoration of the river holds tremendous opportunity for the city environmentally, culturally and economically. It would be a real renaissance for the river."

Fodroczi said the land trust has also gotten much more involved with the community in recent years. He's spoken at the middle school and the land trust hosts students at some of the sites to see what this "conservation" stuff is all about.

"There's been a buzz among land trusts the past couple years about getting the greater

community more engaged," he said. "So I've worked with the middle school to do a service learning day with 50, 60, 70 kids at our preserve properties to work on invasive species, install bird houses, a lot of environmental education and some real work."

The land trust also has partnered with the Leadership River Falls program to teach about environmental stewardship, as well as with many other environmental organization throughout the region.

Fodroczi said that while he's worked with land trusts all over the country, something feels particularly special about River Falls and its connection to this piece of nature.

"It's been my experience that this river is at the heart of the community," Fodroczi said. "When I ask the kids on service learning day if they've been in, on or by the Kinni, each of them raise their hand. Everybody has been down there."

"As you get older, so many people have very strong, personal connections with the river," Fodroczi said. "Whether it's paddling, birding or just peaceful reflection, being by the river is an enriching and healing experience. Most people you'd talk to would say they're better, some days much better, for the time they've spent on this river. There's a deep connection and romance between people and this river."

Record high school graduation rates doesn't necessarily mean higher university enrollment, according to officials

Matthew Clark
Falcon News Service

Record high school graduation rates across the U.S. don't necessarily mean higher university enrollment, according to officials at UW-River Falls.

New statistics from the White House released in October show U.S. high school students in 2015 graduated at an all-time high of 83.2 percent, rising more than four percentage points since the 2010-2011 school year. In a ranking of the states, Wisconsin had a rate of 88.4 percent, while Minnesota graduated students at a rate of 81.2 percent.

However, officials at UWRF said the rates do not mean university enrollment within the region will increase, because the total number of students graduating is still down.

"Birth rate that equates to those in public or private schools and the population growth is not there in Wisconsin or Minnesota, really," said Associate Vice Chancellor for Student Affairs Gregg Heinselman.

According to Heinselman, during the 2016-2017 school year, 64,639 Wisconsin high

school students are expected to graduate along with 59,932 students from Minnesota. Over the next 10 years, the projected number of students graduating is only expected to grow by 2,000 in Minnesota while slightly declining in Wisconsin.

Heinselman said having fewer prospective students creates more challenges for small universities like UWRF.

"There are fewer students to recruit to a college degree," said Heinselman. "We're competing with multiple institutions for students to come to River Falls."

Besides competition from other universities in the region, UWRF also works to convince high school students to attend a four-year university instead of entering the workforce or enrolling in a technical school.

Kit Luedtke, principal of the River Falls High School, said 70 to 80 percent of graduating students will attend some form of secondary education. However, the school also promotes other options for students. Luedtke said high schools are becoming more of a way to educate students on ethical citizenship than a way of preparing students for higher educa-

tion.

"I really think what we do as a high school now has changed and morphed a little bit where we need to have students be good human beings and great people first," said Luedtke. "If you think about when you're hiring a candidate or hiring anybody, whether they have a college degree or a high school degree — whatever it might be — they're looking at the whole first."

The new graduation statistics also revealed a major problem in the Wisconsin education system as the state ranked first in the gap between white and black high school student graduation. In 2015, only 66.1 percent of black high school students graduated, while 92.9 percent of white students received a diploma.

Luedtke said the racial divide comes from several factors inside and outside of the state and national education system. He said schools need to work to allow every student the chance to a successful education.

"When some of the basic needs are not being met, whether it's racial disparities or poverty disparities or whatever it might be, we

need to take care of those things first," Luedtke said. "When your kids are homeless or they're worried about where their next meal is coming from or where they're staying that night, it's tough to focus on education."

Officials at UWRF said racial challenges that the Wisconsin education system faces affect the campus environment. UWRF has worked to encourage students from underrepresented communities to apply to the university. Data for the 2015-2016 academic year show that just less than 10 percent of the 5,928 undergraduates enrolled at UWRF were students of color or multiracial.

UWRF Admissions Counselor Pedro Renta specializes in multicultural outreach and said universities need to strive to hire educators from a variety of cultural backgrounds.

"I think it's an important piece because I think students can associate themselves with professors and really see them as mentors," said Renta.

To maintain enrollment and increase diversity on campus, Heinselman said UWRF must maintain its affordability and provide relevant degree options for prospective students.

River Falls area Republicans celebrate political victories



Tori Lynn Schneider/Student Voice
Angel Zimmerman, Nick Zimmerman, Shannon Zimmerman and Lori Bechtel, Zimmerman's treasurer, converse during the River Falls area Republican party candidate election night party at Kilkarney Hills Golf Course Tuesday, Nov. 8.



Tori Lynn Schneider/Student Voice
Joani Bond, a Trump and Harsdorf supporter from Troy, poses in her Trump/Pence hat with her half-eaten Trump cookie at Kilkarney Golf Course during the River Falls area Republican candidate election night party.



Tori Lynn Schneider/Student Voice
Scott Nordstrand, St. Croix County Republican chair, and Sheila Harsdorf, District 30 senator, and other party affiliates look at initial election results.



Tori Lynn Schneider/Student Voice
Melanie Meyers, UWRF sophomore, knocks on doors in Hudson on Nov. 6 while campaigning for Ron Johnson.

'Doctor Strange' a visually Marvel-ous film worth seeing

Nicholas Weninger

Reviewer

Doctor Stephen Strange (Benedict Cumberbatch) is a world-famous surgeon with a bit of an ego. His life is drastically and suddenly changed after a car accident robs him of the use of his hands. When traditional medicine fails him, he looks for healing elsewhere.

He discovers mystical ways to heal along with unknown power and knowledge beyond this known world. He quickly learns that there is a battle against unseen dark forces bent on destroying reality. Before long, Strange is forced to choose between his life of fortune and status or leaving it all behind to defend the world as the most powerful sorcerer in existence.

Nothing is strange about this film; this is a must see! Marvel once again proves just how far it is ahead of DC when it comes to making superhero films. “Doctor Strange” really is one of the best Marvel movies to date when it comes to quality and is the very best when it comes to one category, which I will get into later.

To kick things off, let’s address the all-star cast and acting in this film. Benedict Cumberbatch is phenomenal as Stephen Strange. The biggest selling point of his role is the character progression throughout the film.

Stephen Strange is this cocky, egotistical, self-centered doctor that has everything in life going his way until the accident. This movie being separated from all the action and the superhero origin story stuff is more so about the story of Stephen and his transformation as a person. He goes from having everything to having nothing.

In order to gain everything back, he needs to forget what he knew and accept what life has thrown at him. This is one of the biggest things that I like, because this is something a lot of people can relate to (granted not all of us become superheroes, but still).

Adding to “Doctor Strange” was a fantastic surrounding cast of Chiwetel Ejiofor, Rachel McAdams, Tilda Swinton and Mads Mikkelsen.

Now when I say that “Doctor Strange” is the best Marvel movie to date when it comes to a certain category, I truly mean it. This category is the special effects and the visual aspects of this film. It is mind blowing! You will be completely mesmerized while you are watching everything unfold. Huge shout out to the special effects companies and individuals behind this project, because you truly are the unsung heroes of this movie.

I think that the animation and the special effects shown are now the new standard of what companies will strive for. Seriously people, it is that good. Even if you aren’t a fan of superhero films, I would still recommend you see this film for the visual stimulus of everything. It feels like “Inception” was amped up a million times when it comes to the worlds within worlds.

“Doctor Strange” provides an excellent origin story that holds a lot more to it than just action. Comic book and Marvel fan enthusiasts should be very pleased with this film along with people who are now just hearing about “Doctor Strange” and want to check it out. “Doctor Strange” is for sure worth both your time and your money.

P.S.: There are two credit scenes, one after about 30 seconds and one at the very end of the credits!

Nicholas Weninger is a fifth year broad field social studies major and has hopes to be a high school history teacher. He has a passion for movies, video games, sports, and being outdoors. If you enjoy his reviews, check out his movie review website on Facebook called The Average Man Review.



Student Health: Protect yourself from cold and flu season

Keven Syverson

UWRF Student Health & Counseling Services

The October 2016 issue of Tufts Health and Nutrition Letter lists 10 easy steps to protect yourself against colds and the flu.

1. Get vaccinated

If you haven’t already done so, please consider getting vaccinated. It is not too late! Your body should build antibodies within 10-14 days after receiving the vaccine. Vibrant Health Clinic in River Falls has a supply of the vaccines and Student Health Services will be billed if students do not have means to pay for the immunization. Call 715-425-6701 to schedule to get the vaccine.

2. Eat more fruits and vegetables

4.1 percent of UW-River Falls students are eating the “at least five servings of fruits and vegetables” recommended. Although availability of fresh local produce decreases during the winter, frozen fruits and vegetables surprisingly have similar nutritional value as the fresh ones!

3. Walk

Making at least a 20 minute walk five times per week part

of your routine may reduce your sick days, and if you do get sick it may be less severe and last for a shorter period. Just make sure you protect yourself from the elements, and on those really blustery days, choose an indoor activity.

4. Get plenty of vitamin E

An immune system builder, this antioxidant has been shown to reduce the risks of upper respiratory infections. Vitamin E is found in most nuts and seeds as well as leafy greens and olives.

5. Consider foods rich in zinc

Although zinc is great for your immune system, over 40 milligrams a day can be harmful. Like vitamin E, zinc is also found in nuts and seeds. Other dietary sources are fortified cereal and animal proteins such as the dark meat of chicken or turkey, lamb and pork.

6. Cut down on your weight

Obviously only those who are overweight should do this, and they need to make sure they are doing so in such a way that they are not creating other nutritional deficiencies. That being said, studies have shown that reducing weight gradually over six months does strengthen immunity.

7. Drink plenty of fluids

Water, green tea and turmeric tea are ideal but liquid from soups, fruits and vegetables also count. You can even count coffee and milk, but try to limit the sugary juices and carbonated beverages. 6-10 cups a day seems to be what most

sources recommend.

8. Wash long and often

Frequent handwashing can often get rid of the germs that you might pick up from contaminated surfaces and from touching others. Avoid placing your hands near your eyes, nose and mouth, since these are entrance places for germs. Wash with warm water and soap, creating friction by rubbing your hands together for at least 20 seconds. Make sure you take care to wash under your jewelry and fingernails. You can use hand sanitizer if no water is available, but it is not recommended as a regular substitute for handwashing.

9. Get a good night’s sleep

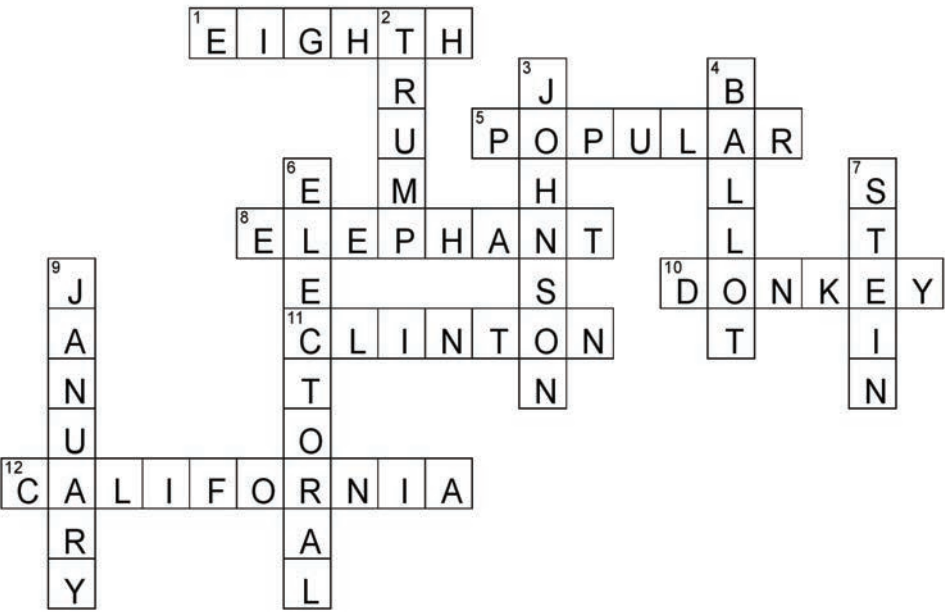
It has been shown in mice that a specific brain protein (AcPb) linked with sleep affects the ability to fight off symptoms of the flu. Shoot for the elusive eight hours of sleep each and every night.

10. Understand your body

Be intentionally mindful of your body and the stressors in your life. If you are starting to feel run down, focus on wellness practices. If you are unfamiliar with these practices you can seek advice with one of the UWRF counseling staff (715-425-3884). If you need medical treatment, you can use Vibrant Health Family Clinics in River Falls where Student Health contracts some basic services for UWRF students (715-425-6701).

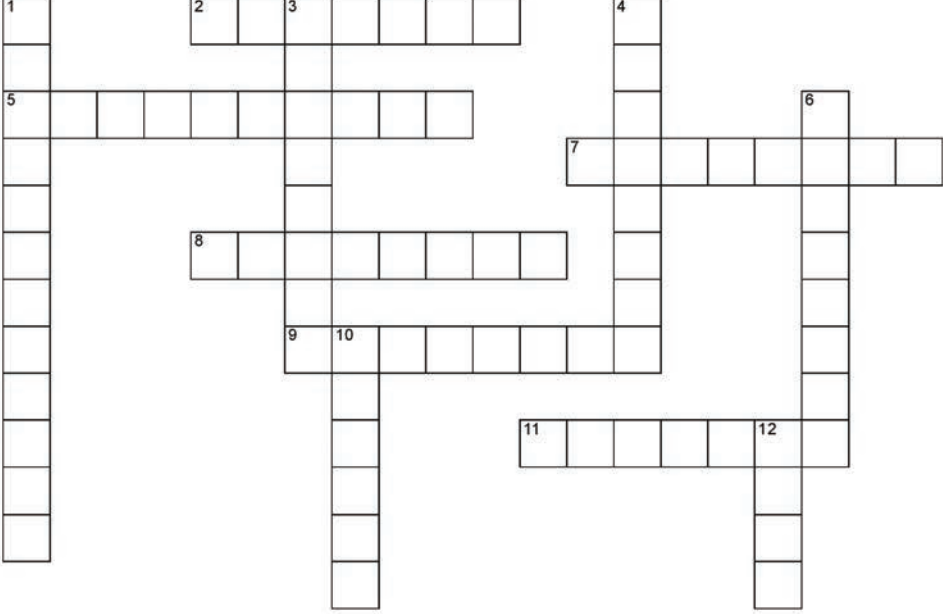
Last Week’s Answers

Election Day



Puzzle of the Week

Snack Attack



- ACROSS
- 2 Orville Redenbacher is famous for this
 - 5 Not the chicken leg, but the Nestle product
 - 7 You're not you when you're hungry. Grab a _____
 - 8 The snack the smiles back
 - 9 Taste the rainbow
 - 11 You can also get these in taco shell form at Taco Bell
- DOWN
- 1 The Chex Mix version of puppy chow
 - 3 These chips come in a can too narrow for your hand
 - 4 Hostess cream-filled sponge cakes
 - 6 Available in cookies and cream, with almonds, as Kisses, etc.
 - 10 Break me off a piece of that _____ bar (2 words)
 - 12 Milk's favorite cookie

Find Freddy’s lost feather in this issue of the Voice and win two free movie passes to the Falls Theatre!

The first person to report the find to
natalie.howell@my.uwrf.edu. AFTER 10 a.m. Friday wins!

Now Playing: Trolls

The winner will be announced on the Voice’s Twitter and Facebook accounts:
@uwrfvoice and facebook.com/Uwrfstudentvoice