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Stopping sexual violence should be 'On Us' in this year's 'Week of Action' at UW-River Falls

Lauren Simenson

Falcon News Service

"I put my trust in the wrong guy," said Anja Gridley, the Student Government Association's director of marketing and outreach. "I woke up the next morning, and I just didn't know what to do."

Gridley, who survived a rape on campus last year, draws on that experience to advocate for other survivors. She is deeply involved in the Week of Action, an event that raises awareness for sexual violence on campus.

This semester's Week of Action will be different from

events in the past by highlighting the resources available to students, not only on campus, but also in the River Falls community, with professionals from these resources being featured throughout the week.

UW-River Falls counseling and health services and the local Turningpoint organization, which provides support and services for survivors of sexual and intimate partner violence, will be the featured campus resources.

When she was finally ready to report what had happened to her, Gridley went to the campus counseling services, who reached out to Turningpoint. Turningpoint then helped Gridley in reporting her assault to the UWRF police. Gridley cites her personal experiences with sexual violence as the main reason she is very invested in the It's On Us campaign on campus.

Her goal, she said, is to help make other students on cam-

pus aware of all the help that is out there for them and that they are not alone. When she finally told her roommates and campus counseling about what had happened, she received a tremendous amount of love and support. This response allowed her to start the process of forgiving her attacker and moving past the assault.

"Secrets make you sick," she said, "being open brings healing and creates a community of supporters."

UWRF's Week of Action aims to bring increased awareness and education to the issue of sexual violence on campus through this year's It's On Us campaign. The event aims to evolve the conversation from sexual violence survivors sharing their stories to instead teaching people what they can do about the issues of sexual violence and harassment. New to the event this year is the addition of educating people on intimate partner violence which can often happen as people begin to enter into more serious relationships during their formative college years.

SGA's student affairs director, Temi Abiodun, said that a main focus of this year's Week of Action is educating the large freshman class about sexual violence and intimate partner violence on campus. Abiodun wants to better educate these freshmen early in their college career to be aware that sexual violence happens on campus, recognize it when it does happen, to

do what they can to prevent it and know how to help the survivors.

She also wants to make sure that UWRF freshmen are able to use the It's On Us sexual violence education, which is often new information to them, for their next four or more years on campus.

Unlike previous years, the Week of Action will only be held during the fall semester, said JJ Knapp, the SGA inclusivity director. Relying more on campus and community resources, this year's Week of Action includes no outside speakers.

"I'm really big on pushing education," Knapp said. "I think that the It's On Us campaign does a really good job promoting and presenting educational materials for students that they have a chance to learn how to recognize warning signs."

Samantha Mitra, vice president of the Student Feminist Organization, is worried that too much attention is on saving money and

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Tori Schneider/Student Voice

Freshman agricultural marketing communications major Madeline Mielke gets her free It's On Us shirt from a volunteer with the It's On Us campaign in the University Center on Wednesday.

Local companyWinField United set to offer expanded internship opportunities for students

Sophia Koch

Falcon News Service

Cody Guenther from UW-River Falls landed a highly competitive internship this past summer with a local agricultural chemical testing company called WinField United. His job involved dressing in a protective suit, donning an unwieldy backpack sprayer and meticulously spraying test plots of crops and weeds with herbicides, fungicides and pesticides to determine whether the chemicals were effective.

"We would spray them," Guenther said, "and then seven days later we would rate them for damage."

Guenther is a senior crop and soils major at UWRF who will be graduating next May. He found his way into WinField United through a contact he'd made - the manager/director of the research and development facility. He was hired in part because of his extensive background in the agricultural industry, having had two other internships with agricultural cooperative businesses and having spent the past 10 or 15 years working on his neighbor's farm.

"So I grew up with the knowledge of how the ag. industry works," he said.

The internship, he said, has been invaluable. He honed his ability to be resourceful when confronted with problems, and he gained valuable product knowledge on the different chemicals he was researching. He is still working with WinField part-time this semester and has an internship in their sales department lined up for next summer. He said that he hopes to use his background in research and development to better sell the products to potential customers.

"Now I can take that research that I did and say, when I'm trying to sell product, 'Well, last summer I did this research on this product, and I saw firsthand that it worked," he said.

WinField United is a subsidiary of Land O'Lakes that has been partnering with UWRF for nearly three decades. What started out as a simple land rental agreement has since expanded into an entire internship program, and now the university plans to expand the scope of that internship program.

WinField rents a plot of farmland just south of the UWRF Mann Valley Farm. The land is used for test plots, where Guenther and other workers spray new chemical products onto plants to check the effectiveness of the products before they hit the market.

The partnership between WinField and UWRF has grown in the thirty years that they have worked together. Dale Gallenberg, dean of the College of Agriculture, Food and Environmental Sciences, said that the two institutions have been swapping resources. WinField provides seeds to the university for planting, UWRF provides WinField access to CAFES faculty, and UWRF classes occasionally make field trips to the WinField facilities to see how the operations work in person. Even more importantly, UWRF sends over students as interns.

"For WinField, interns are important not only because they provide a summer work force, but that is a major stream of

future employment," Gallenberg said. "Internships are valuable for students, and increasingly if you have a good internship, the chances of long-term employment are increased."

Katie Henk is another crops and soils senior who will be graduating in December, and she also spent last summer interning with WinField. She got a position as a crop protection intern, which involved driving around Wisconsin, talking to growers and representatives from retail locations and ensuring that they know how to use the various chemicals properly. It was a highly competitive internship to get, she said, but it was well worth the time, and she now has another internship offer from the company.

"I hope to be with WinField in the end," Henk said. "That's the goal."

In September, WinField opened a new facility on the north side of town called the WinField United Innovation Center. According to a press release from UWRF University Communications, the new building will replace an older facility called the WinField Product Development Center Spray Analysis System, and it will be used for chemical product research.

With this in mind, Gallenberg said, UWRF has tentative plans to start introducing different majors on campus to the WinField internship programs. In the past, internships have largely gone to students with majors in crop and soil science, agricultural business, agricultural technology or agricultural engineering. WinField has since expressed interest in students from the chemistry department, since the new facilities focus on chemical development work. Gallenberg said that biology, physics and computer science majors are under consideration as well.

The Chemistry Department alone has 81 students in it, according to campus 2016-2017 enrollment reports. Adding in the other three majors amounts to around 600 new students who could potentially benefit from this internship opportunity, though the university has yet to make definite plans.

"We've committed to this interaction," Gallenberg said,

"we've yet to arrange the specifics."

If the plans do go through, more students will have the same opportunities as Guenther and Henk to potentially advance their careers in the agricultural industry.



Sophie Koch/Falcon News Service

Cody Guenther poses for a photo in the Student Voice office in North Hall, Thursday, Oct. 19. Guenther is a senior crop and soils major at UW-River Falls. He spent last summer working an internship with WinField United, and has plans to return to the company once he's graduated.

News Briefs:

Trechter named Adviser of the Year at UWRF

David Trechter, professor of agricultural economics, has been named the 2017 Adviser of the Year at the University of Wisconsin-River Falls. Nominations are submitted by graduating seniors and recent alumni. The Faculty Senate Advising Committee reviews the nominations and makes a recommendation to the chancellor.

The nomination materials asked for input on the nominee's knowledge of program and university requirements and procedures. For example, if they made appropriate referrals to additional resources on campus, were accessible and timely with information and tracked advisees progress, if they represented UW-River Falls well and were they helpful and caring. In all of these areas, Trechter was rated as excellent. In their narratives, the students emphasized Trechter's caring, concern, and commitment. One student summed it up best with "He cared and that was important to me."

"Dr. Trechter is interested in his advisees' goals. He is caring, and wants to know what all is going on in their lives other than school," said another student. "He's dedicated to his advisees and will do what he can to help them succeed and continue after graduation."

Another student wrote, "He was there for full support of my ideas, but when I needed correction he was there to fix that. Supporting me 100% along the way!"

"Dr. Trechter always gave his best advice and input, encouraged involvement on campus, and helped to balance college life. I was able to complete my college career through Dr. Trechter's confidence, concern, and perseverance; I owe my success in life to him," wrote yet another student.

Trechter, of River Falls, was very moved by receiving the award and noted, "Working with students as they figure out what they want to do with their life and career and helping them navigate the requirements for their degree is an honor and a joy." He was especially pleased that the award was based on nominations from students.

In addition to providing academic advice to students in his department, Trechter has been the faculty adviser for the Delta Theta Sigma (DTS) fraternity for the past seven years and the Agriculture Business and Marketing Society (ABMS) for the past 11 years. DTS is a social-professional agricultural fraternity established on campus in 1969. ABMS is a student club focused on the professional development of students interested in agribusiness management and marketing that was established in 2006.

Trechter joined the faculty in 1990 after earning his Ph.D. from Michigan State University and completing a six-year stint in Washington D.C. working first at the USDA and then the Congressional Budget Office. In addition to his teaching responsibilities, Trechter is a statewide specialist with UW-Extension working in the areas of cooperatives and rural development. Trechter has directed the Survey Research Center (SRC) at UW-River Falls since 2002. The SRC conducts surveys to gather reliable information for townships, municipalities, non-profit groups, school districts and other organizations. The SRC usually conducts 25-30 surveys a year reaching approximately 10,000 respondents per year and employs UW-River Falls students to assist with the work.

For more information, email laura.walsh@uwrf.edu or call 715-425-4714.

Students explore options at CVTC career fair Oct. 24

Bob Juhnke of River Falls spent some of his time shopping his newly developed skills around the career fair held on October 18 at the Manufacturing Education Center at Chippewa Valley Technical College in Eau Claire.

Juhnke, 35, is expected to complete the one-year electromechanical maintenance technician program at CVTC's River Falls campus in May, and realized that it's not too soon to be considering what company he'd like to work for. Demand for maintenance technicians is so high Juhnke and other students from the program were drawing plenty of interest from potential employers at the career fair.

It continues to be a job-seeker's market at career fairs, as many businesses report shortages of good applicants in many fields. Approximately 140 employers were recruiting at the CVTC business, manufacturing, health and energy education centers. Many students anticipating a December graduation were looking for positions to start their careers. Others were taking a long-term view of the opportunities likely to be before them in the future.

"I had a good career in construction and truck driving, but I had a pretty severe surgery and I can't do that anymore," Juhnke said. Workforce Resource told him about the CVTC program and he's now preparing for his new career.

"I'm looking for maintenance work, but I'm not sure where yet," Juhnke said. "I have some friends in factories who said they thought they could help get me a job in maintenance. And Anderson Windows in Menomonie is looking for someone for an internship. They said they'd work around my schedule and pay me to learn."

Other students exploring the career fair were considering options for their future.

Joshua McIlquham of Chippewa Falls, who is in one of the STEM programs at CVTC, was gauging just how in demand his skills might be by talking with potential employers. He had both immediate and long-term goals.

"I'm looking at what companies have to offer," said Mc-Ilquham, who talked with recruiters at the Manufacturing Education Center. "Right now, I'm out of a job and would like to get a little money on the side to help pay my tuition."

After graduation, McIlquham has the option of marketing his skills immediately, or going on to obtain a bachelor's degree. "If I get a good job after graduation, I'll probably take it and get some experience before I go on," he said.

Over at the Business Education Center, human resources program students Brooke Carrigan and Shioban Smith, were looking for what's available for people in their field.

Carrigan, a 2015 Stanley-Boyd High School graduate, expects to graduate from CVTC in May. "So far, I really like the recruiting and selection part of HR," she said. "And I'd like to work in business, possibly a health care-related company."

Smith, a 2016 Bloomer High School graduate, has more time to consider options, planning her CVTC graduation for December 2018. "I'm just trying to get a feel for it," she said. "I'm thinking of working for a staffing agency after I graduate, but I haven't fully decided yet."

The employers' reason for attending the career fair were diverse as well. At the Manufacturing Education Center, industrial mechanics, machinists and welders were in high demand, as usual, with many employers having immediate openings. At the Business Education Center, employers were looking for everything from automotive mechanics and computer technicians to business managers and salespeople.

Among the companies was Festival Foods of La Crosse, which is in heavy recruitment mode to staff three former Gordy's grocery stores they recently acquired.

"We're looking for college students who are looking for part-time work while they are going to school. We have new stores opening Dec. 1," said shift manager Shane Motszko. He added, though, that the company usually hires from within for its leadership development program that can turn former college student workers into department managers.

For more information visit: http://www.riverfallsjournal.com/news/education/4347722-students-explore-options-cvtc-career-fair

UW-River Falls student's family turns health struggle into song

Last January, UWRF Brittany Shermach was home in Osceola on her winter/holiday break when she came down with what she and her family thought was a bad cold. It later turned out that Brittany had a form of viral encephalitis. She was in a coma for nine days, and spent months in recovery after that.

Now, her family has taken their struggle and put it to music, in an album they're calling "The Awakening." The concept album follows the story of Brittany's illness.

Brittany went to sleep on the night of Jan. 12, feeling pretty badly. The next morning, her mother, Kate, struggled to wake her. Brittany was breathing, but "burning up." Knowing something was seriously wrong, Kate called 911.

Brittany was taken to St. Croix Regional Medical Center in St. Croix Falls and later Regions Hospital in St. Paul.She stayed in the hospital in a coma for nine days, while doctors tried to figure out what was going on.

By process of elimination, doctors determined that Brittany had a strain of viral encephalitis.

Kate stayed at the hospital with Brittany to be her advocate. Kate's husband and Brittany's dad Chris took a hiatus from work to be at the hospital during the day. Kate said Chris had trouble sleeping, he was so worried about Brittany.

The couple's other daughter, Taylor, encouraged her parents to think positively. Taylor is very musical and plays bass guitar. The family had a rudimentary studio in their home. Kate and Chris had promised Taylor they'd get a new state-of-theart studio built over the holiday season, before Brittany got sick. Kate encouraged Chris to work on the studio when he was at home.

Doctors had been encouraging Brittany's loved ones to have familiar sounds and scents around her.

So on the eighth day of the coma, Kate and Chris brought a guitar into the hospital room and played and sang to their daughter.

Staff and visitors stood outside listening and it was very touching. Brittany didn't wake that day, but she did the following day.

Four or five days later, Brittany was moved to another hospital to recover from a tracheostomy that had been done while she was in intensive care.

The encephalitis had spread to Brittany's spine, so though she had movement, she had to relearn all of her fine motor skills; like walking and talking.

Brittany has a scar now from her tracheostomy. She also has some memory loss, but Kate said Brittany doesn't let that get in the way. She takes notes, journals extensively, and is physically and mentally strong.

Throughout Brittany's struggles, Kate kept a journal and updated a Caringbridge account which she filled with details of the family's experience. Soon, she began drawing lyrics from her journal and she and Chris started writing songs.

So they created a band, which she and Chris call Tuesday Morning—because they found Brittany nonresponsive on a Tuesday morning—and began work on what is now a concept album following their story.

The album is a way to share their story, and the family also hopes to spread awareness of encephalitis. About 20,000 cases are diagnosed each year in the United States; about 10,000 do not survive. Of those survivors about 70 percent have lifelong disabilities.

Kate and the Shermach are doing whatever they can to spread awareness of encephalitis.

Their album, "The Awakening" will be released Nov. 21. For Full article visit http://www.riverfallsjournal.com/life/family/4343076-uwrf-students-family-turns-struggle-song

family/4343076-uwrf-students-family-turns-struggle-song Or visit Tuesday Morning's Facebook Page: https://www.facebook.com/tuesdaymorningmusic/.

Follow the Student Voice on Twitter

@uwrfvoice

Student Senate Update: Oct. 24

New at-large, college, international and military senators were appointed and sworn into the SGA.

Week of Action is this week, and SGA is working on outreach attempts to get the word out.

SGA did not further discuss the Board of Regent policies regarding the freedom of expression, as they have largely focused their efforts lately on Week of Action.

SGA discussed a motion from James VandenBergh to use student segregated fees for a shuttle system between the Falcon Center and University Center.

- The motion called to allocate \$5,819.60 towards the shuttle for operating costs.
- The motion was ultimately tabled indefinitely (killed) because there was no clear to fund the project.

SGA members were offered the chance to participate in a survey about "student perceptions of sexual assault and consent."

The information in this update comes from the minutes posted to the Student Government Association Falcon-Sync page every week and from the live tweet posts gathered by Student Voice staff. The Student Senate meets every Tuesday at 7 p.m. in the Willow River Room of the University Center.

Campus Events Calendar:

- University Theater: "The Skin of Our Teeth"
 Friday, Oct. 27- Saturday Oct. 28
 Thursday, Nov. 2- Saturday Nov. 4
 7:30 p.m.-9:30 p.m.
 Kleinpell Fine Arts
- Valerie Malzacher Retirement Reception Monday, Oct. 30, 3:00 p.m.-4:30 p.m. University Center
- Fellowship of Christian Faculty and Staff (FCFS)
 Wednesday, Nov. 1, 12 p.m.-1 p.m.
 Off campus- Jounrey House
- Weekly Relaxation Practice
 Wednesday, Nov. 1, 3:30 p.m.-4 p.m.
 162 Hagstad Hall
- Dan's Bandana Walk of Wellness Wednesday, Nov. 1, 6 p.m.-8 p.m. University Center Front Patio
- Mock Interview Day
 Thursday, Nov. 2, 9:30 a.m.-3:30 p.m.
 Riverside Ballroom, University Center
- Religions of South Korea
 Thursday, Nov. 2, 3 p.m.-5 p.m.
 University Center
- Science Career Forum
 Friday, Nov. 3, 12 p.m.-2 p.m.
 Kinnickinnic Theater, University Center
 St. Croix River Room, University Center

Visit uwrf.edu for a full schedule of events

Weekly UWRF Crime Report

Wenesday, October 18

Suspicious person/vehiclar activity was reported at Grimm Hall at 8:05 p.m.

Sunday, October 22

• Suspicious person/vehicular activity was reported at Parker Hall at 3:47 p.m.

Monday, October 23

An all drug complaint was reported at Mc-Millan Hall at 10:00 p.m.

Editor's Note:

Information for this section is taken from the UW-River Falls Police Department incident reports.

Diversity Center aspires to help students succeed in first year of operation

Destrey Zarfos

Falcon News Service

The Center for Diversity, Inclusion and Belonging has been awfully busy upping the ante and providing support to students by creating new programs and adding staff to the office.

Martin Olague, director of DIB, is relatively new to the position, having joined UW-River Falls in 2016. Besides Olague, the office is full of new faces. Nathan Riel-Elness, gender and sexuality outreach coordinator, began his work at UWRF in 2016 as well, and Jannie Gonzales rounds out the staff in her first year as the Aspire Program coordinator.

The Aspire Program is brand new this year and was created for students of color, low-income and first-generation college students to help them navigate their first year of college and ensure their continuing success. An incoming student is paired with an upperclassmen mentor who will help them along. Mentors must apply for the position and are paid.

Gio Hernandez from New Brighton, Minnesota, is a freshman majoring in exercise science. Hernandez is a first-generation college student and decided to join the program. "I joined the group for many reasons but mainly because of the support and mentoring," he said. "Being a first-generation student, college was very intimidating. I didn't know what to expect. Not knowing anyone other than a couple buddies from high school made me feel like I was alone. I worried about getting lost or not being able to meet new people. These were few of my many worries, but when I was introduced to Aspire, I knew it wasn't a mistake."

Hernandez has only positive things to say about his upperclassmen mentor, Jose Bemeo. "He's an amazing guy who is very eccentric and eager to meet new people and connect to everyone. He just brings an energy that most people don't have. He is a very cheerful and upbeat person who is constantly checking on not only my school work but as well as how I am as a person," he said. Bemeo keeps tabs on Hernandez and the two find time to meet up at university events as well as exercising

together at the Falcon Center.

The duo of Hernandez and Bemeo isn't the only success story. Director Olague is excited about where things are headed. "The response has been pretty good. I am very happily surprised! We have a number of students signed up and if we were to have this many students signed up every year we would definitely reach our goal."

In terms of the social unrest happening throughout the country, Olague believes UW-River Falls is doing a fine job of being accepting and understanding, but he recognizes the potential for issues. "In my limited time here I think we're doing well ... I don't want to say it can't happen because it could, and it could happen over anything," he said. "I don't think you could ever do enough because there is always more to be done. We don't live in a perfect society."

Focusing on education and understanding the issues at hand are what Olague believes will change things for the better. "I think people get a little bit of knowledge about what goes on and they think they know everything so then they go out there, saying things. They kind of fall on their own sword, saying things they feel passionate about. I think that is what's going on, people kind of learn a little bit about something ... but they haven't gotten enough education about that topic to truly understand what they're saying, I think just with a little more education, a little bit more awareness and taking time to truly understand something would help a lot for a lot of students."

According to the Campus Climate Survey, which was compiled in February of this year, by far the most common reason students said they felt excluded, intimidated or subjected to hostile conduct was because of their political views. Sixty-seven of the 125 students who said they had experienced bias while at UWRF said it was politically motivated.

Olague and his staff will work to correct those types of issues moving forward. The Diversity, Inclusion and Belonging offices are located in the Involvement Center within the University Center on the UWRF campus.

Stopping sexual violence is 'On Us' in this year's Week of Action at UWRF

Continued from Page 1

increasing the amount of free stuff available to students and not enough about focusing on the issues of the It's On Us event. She is concerned that this semester's Week of Action will draw less of a crowd, because she says it is a smaller and less-promoted event than previous years.

Mitra is acutely aware of how important of a topic sexual violence is, because she and almost all of her friends have experienced a form of sexual harassment or violence, she said. She and other members of the Student Feminist Organization will be helping with "The Hunting Ground" documentary showing, but noted that in the past her organization had a much bigger role in volunteering during the Week of Action. Mitra hopes that this semester's It's On Us event will help to remedy a general lack of knowledge that she says so

many people have about sexual violence.

The Week of Action is now only taking place during the fall semester because of a funding pool of only \$35,000, down from over \$50,000 last year. This has led SGA President Abby Wendt and Vice President Kaylee Kildahl to look into doing "a day in the spring to recapture the It's On Us, because this happens all the time and we have to keep it in our minds," Wendt said.

The Week of Action began on Oct. 23 with a table in the University Center displaying campus resources available to students and then a showing of "The Hunting Ground," with speakers to follow. Oct. 26 is the last day of the It's On Us event, which concludes with a round table discussion of campus and community experts, including professors who will be talking about sexual assault and intimate partner violence awareness.

DoTS recommends a learning service through DIY tutorials

Nathan Lukasavitz

Falcon News Service

Sometimes, the best way to learn a new piece of software is to revert to an older version, according to several UW-River Falls technologists who use Lynda.com for such forays.

"You can move through time with Lynda," said Brett Kallusky, assistant professor of art photography. "You can go through an entire history of a program to see how it's developed. It's kind of wild."

The website known as Lynda.com is offered to students and faculty to not only teach them how to fully utilize the latest and greatest software technology but also to enable them

"Typically, as an individual, if you were to get a subscription, you pay 30 bucks a month for a subscription to Lynda.com. We're paying well under that for an annual subscription for each individual."

If you divide the entire cost that UWRF pays for the program by the number of people on campus with access to the website, it comes out to \$1.50 per student for not just a month

The value for the website to students, however, is much more far-reaching than only gaining skills related to software programs.

but for the entire year, according to Kmiech.

"There's anything from learning how to use software like Microsoft Word, Excel, PowerPoint to business skills, job interviewing skills, learning how to build a resume, all sorts



Photo by Tori Schneider/Student Voice

Junior communication sciences and disorders major Haley Ahart, left, and sophomore biomedical sciences Christy Becthold work together on a computer in Chalmer Davee Library on Wednesday.

to see what previous editions of the software programs looked like and how drastically some of them differ from their most current versions

"I've been teaching Photoshop since Photoshop CS, before they had a 1 or a 2," Kallusky said. "You don't have to do the latest work; you can also use programs that are older."

Despite the age of the programs, students are accessing Lynda.com to help give themselves additional help in their most challenging technology-based classes.

"I used it in my computer science class per recommendation of my professor," said Rachel Anderson, a senior at UWRF. "We could just go to the online videos, watch them, and then figure it out on our own, which was convenient because then I didn't have to take time out of my day to go to office hours."

In addition to the time that students might save by not having to set up an appointment with their professor in order to learn one more step in maneuvering the given software program, students are also using the access that they have to Lynda.com to save significant amounts of money.

"The price that we got for this service was unbeatable," said Joe Kmiech, executive director of the Division of Technology Services.

of things," Kmiech said.

When it comes to things like job-seeking skills and putting together their first resume, students at UWRF commonly enlist the help that the campus' Career Services provides. However, Lynda.com provides students with many of the same skills that students obtain through traditional campus services.

"Theirs is going to be more tailored to our students here at River Falls," Kmiech said. "It should be the first stop. The services through Lynda.com would be a supplement, something you could do on your own during winter break."

No matter what the use is for, DoTS is more than willing to refer students and faculty for that matter to Lynda.com whenever the demands exceed the level of support that DoTS is able or obligated to provide.

"If it's a training need, how to use a piece of software, definitely we would be recommending Lynda.com," Kmiech stated. "We don't have staffing within DoTS for a trainer to be on campus to offer weekly classes. When you have a service like this, you can have hundreds of different topics available instead of just one or two. I encourage people to use it for a lot of things."



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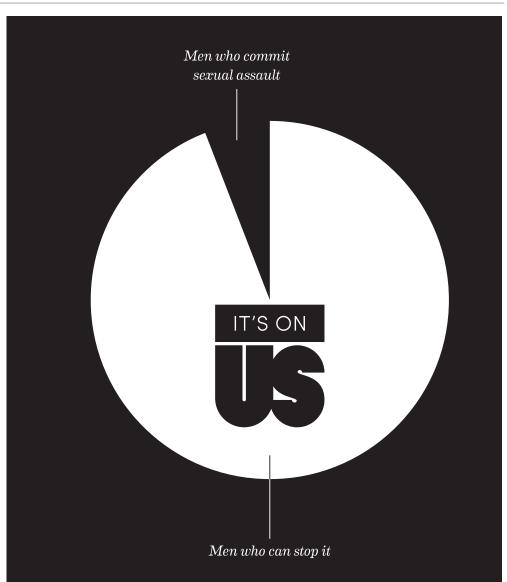
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EDITORIAL

Engaging with campus events will ensure they remain available at UWRF

This week is the Student Government Association's "It's on Us" event, which is a part of the "Week of Action." The idea of the event is to bring in speakers, movies and presentations to highlight the ongoing issue of sexual assault and violence on college campuses. The event attempts to overcome stigmas about sexual assault that prevent people from reporting incidents. It also provides outlets for victims to receive counseling and support, and it offers opportunities to learn about signs and prevention methods.

In the past, the It's on Us events have been a big deal at UW-River Falls. There are always lots of speakers and free giveaways involving t-shirts and food. There is also an extensive outreach campaign put on by SGA that draws a massive turnout of students to attend the event.

This year, funding for the event has been cut back significantly. In order to keep under budget, more focus has been put on the outlets available through campus. The speakers scheduled to talk are volunteers from the university, rather than paid presenters from outside of campus.

The effect has been that the It's on Us campaign hasn't been as apparent on campus. With fewer free giveaways and fewer big events to draw in crowds, It's on Us risks being overlooked in this busy time of the semester.

The danger here is that It's on Us could potentially fade into nonexistence if attendance numbers begin trending downward. Fewer attendees would prompt future SGAs to allocate fewer funds to the event, which would lead to a cycle of further dropping attendance and budget cuts as time wears on.

Students need to take it upon themselves to support this cause and to be as involved as they can be in this year's schedule. Free food and t-shirts should not be the defining factors for attendance. The presenters, though fewer, still have important messages for students on recognizing sexual assault and how to prevent it. Resources for victims will also be highlighted throughout the week.

This issue is not limited to the It's on Us campaign. There are countless opportunities on campus for students to listen to lectures or attend plays and concerts. These events offer a chance to expand one's horizons and to step outside of comfort zones. These are events that many people outside of campus pay money to attend, and we should be taking advantage of them while they are being offered to us for free.

If no one attends them, however, there's a chance that these opportunities will go away. If the university sees a decline in interest, it may be inclined to cut these events when funds get tight. There will be less of a variety of speakers to listen to, and many new chances to learn and gain perspective will be lost.

It is in the best interest of students to pay attention to the events that are almost constantly going on around campus. It's a chance to learn something new and perceive issues in a way we might never have considered before. This is one of the reasons people attend universities, and it should not be something that falls by the wayside.

Editorials represent the opinions of the Student voice Editorial Board and are prepared by the editorial staff.

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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.

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Instagram and reading can help stave off the senior slide when life gets stressful

Lauren A. Simenson

Columnist

Senior year has made me regret ever using the word "busy" before in my life. Up until this year, I do not think I had any idea what this word actually meant, as I have genuinely never felt this intense feeling of being so "busy" before.

In a message to one of my best friends who is also feeling a similar sentiment, I said my school work load this semester feels like I'm running on a treadmill that's going too fast, while blindfolded, while wearing heels, with no sports bra on. This comparison might be extreme, but I have a group project in every class. This is combined with the fact that I have a really bad habit of saying yes to more project roles and responsibilities. Additionally, I have a <u>full</u> credit load, a part-time job and volunteer work – to name just some of the things on my plate.

Adding to the stress of assignments and deadlines, I have recently come down with an aggressive case of senior slide, my dentist reports that I am grinding my teeth, I have developed allergies to my cats and my millennial thumb is getting worse. It is not even Thanksgiving break yet.

To counteract this immense amount of tension and anxiety that builds up from staring at to-do lists that seem ridiculously long, I have come up with two solutions to help alleviate this stress.

One solution is to keep a book in my car or in my backpack at all times. This book cannot be a textbook. My rule is that whenever I am waiting somewhere or have some time to kill, I have to read it. I have found that just by taking out a few minutes here and there to fully focus on reading a book really helps me to de-stress.

There is something really calming about feeling smooth paper between your fingers and hearing that comforting rasp

of a page turning that soothes any tension I might have. Not to mention that it is so relaxing to not have any stimuli from notifications and apps overwhelming me like they would be if I were on my phone instead.

The main stress outlet I employ however, is Instagram. I love the creative process of thinking about how to take a photo to capture the best light pattern that is shining onto the floor. Even the mundane, and probably boring to other people, outfit photos are something I look forward to because they motivate me to dress in something I feel good in and then take a picture to preserve that look and feeling. The creative outlet of Instagram has probably been the most instrumental tool for holding off senior slide this long. This social media platform has become a big part of my life as a way to connect with friends who live far away from me, "influencers" and journalists who I deeply admire, and has even connected me to a brand that sent me a free replacement phone case.

Instagram is a strange and wonderful place because it is essentially a bunch of people creating online scrapbooks of memories and feelings. For me, this platform offers a chance to express myself and also reminds me that there are so many more people out there in this online world who are going through similar things. Instagram can look like a selfish endeavor at the surface, but it is a powerful tool that connects people through beautiful visuals and an expansive support system that creates an online culture of inclusivity and understanding.

I unapologetically love this particular corner of the internet and I will be taking full advantage of it to get me through this semester until the most wonderful time of the year (winter break) gets here.

Lauren Simenson is a senior 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.

'Calvin and Hobbes' reveals the good and the ugly sides of the 'child within'

Sophia Koch

Columnist

I love "Calvin and Hobbes." I think I got my first book compilation of the comic sometime in the early 2000's, when I was still in grade school. My parents ordered me four books from a Scholastic magazine, and I was almost immediately hooked. I still have photos of the "snowman house of horrors" that I made in my back yard after being inspired by the strip.

I've since been trying to figure out what makes "Calvin and Hobbes" so good, and I think I've hit on one answer that stands out above the others: it uses the perspective of a child to comment on the adult world.

Calvin is a six-year-old kid who lives with "Mom" and "Dad" in an average suburban home, goes to elementary school, picks on his neighbor, Susie Derkins, and loves dinosaurs. He also has a best friend who is a stuffed tiger named Hobbes, and the two of them fight, go on adventures, pick on Susie together and discuss the problems of the world.

Child characters like Calvin are often mishandled in comic strips. I especially notice this in the strip "Adam @Home." The two kid characters are given child-like interests and live in a world of childish concerns, but their characters don't ring true. The author, I think, tries to focus on the aspects of childhood that everyone remembers as "idyllic" and presents the kids as sweet, innocent beings whose worlds are more or less perfect.

Childhood, however, is always a lot messier than that. We fight with siblings, whine about what displeases us and generally behave like humans that have not yet had a chance to figure out civil human interaction.

Watterson does this differently with Calvin by tapping into the weird child mentality that we all have faint memories of but have largely replaced with the more mature mind of the "adult." He doesn't sugarcoat the psychology, either. Children often have a clear vision of the world born of simplicity and innocence, but we can also be stupid, shortsighted little monsters. As we age, we collect biases that muddle our thinking, but we also gain perspective that allows us to see

multiple angles.

Calvin exemplifies the child psyche in a multitude of ways. On his high-speed wagon/taboggan trips down the hill in his backyard, he often has deep, philosophical conversations with Hobbes about societal problems. He usually begins by laying out the problem in a way that clearly shows the reader a common sense, logical way of addressing it. Hobbes, being a cat, clearly agrees with this perspective. Calvin often then inserts an opinion of his own that is arrogant, selfish and clearly not based on logic, which Hobbes responds to with a sarcastic comment or roll of the eyes.

The scary thing about this is, Calvin's opinion often lines up with how things usually play out in the real world. In other words: Watterson is comparing the decisions of world leaders and politicians to those of an arrogant, selfish, sixvear-old boy

It's a brilliant way to comment on the issues of society. Children, in general, have an unfiltered view of the world; our parents have no names aside from "Mom" and "Dad," the opposite gender is gross because it's different, and problems should be resolved with fistfights, snowballs and water balloons.

It's somewhat scary to realize how many of these childlike impulses carry with us into adulthood. It's even scarier to watch world leaders and realize that many of them are basing their actions on the same impulses that would prompt a sixyear-old boy to throw mud at a girl who called him a pig.

The trick, I think, is to recognize that we all have these remnants of childhood within us. It's also good to recognize that not all of these impulses are bad. Calvin's character has an innate appreciation for the beauty of nature, the thrill of scientific discovery and the endless possibilities of the imagination. He's callous but also honest, reckless but also enthusiastic.

There's a balance that we need to find when we "embrace the child within," one that recognizes the truth of childhood for what it truly is and uses the wisdom of age in deciding how to act on our childish impulses.

Sophia Koch is a journalism major and biology minor at UWRF. She spends way too much money on books, gets lost a lot in the woods and periodically drops her phone in the river.

J.K. Rowling should just let Harry die

Bethany Lovejoy

Columnist

For years of my life I have been a Harry Potter fan. I have obsessed over the movies, books, and events associated with those things. I own "Harry Potter, A History" and display it prominently on my shelf. When Pottermore came out, I weaseled my way into the Beta and rejoiced at the website's many quirks.

But I have to draw a line, and that line begins at Wizards

J.K. Rowling tweeted in January of this year about what wizards did before plumbing was invented.

Before the Chamber of Secrets, what was the secret?

No one fully asked for this, no one really wanted this, by

No one fully asked for this, no one really wanted this, but low and behold; Rowling thought it fit to inform us. Wizards simply pooped themselves standing up, then vanished away the excrement.

Draco Malfoy is a magical racist who thinks the guys who pooped themselves were the absolute height of magical evolution. Meanwhile, the rest of the world was using chamber

I thought I could ignore it for a bit, could continue living my life with the horrifying fact that the founders of Hogwarts were simply wishing away their waste.

Then she spoke about what wizards do since there is no sexual health classes (Hint: It's bad) and declared that Ron Weasley, who she had decided to ruin the lives of many children with, did not deserve Hermione Granger and that it is a mistake they were married.

Hermione Granger should have married really anyone but Ron, said Rowling, years after her final book has been released and the canon is set in stone.

And then the Cursed Child came out, which was largely not written by Rowling.

It's not even a spoiler because it's not a large part of the plot: Scorpius (Malfoy's nonracist son) and Albus Severus Potter (WHO HARRY NAMED AFTER THE WORST PEOPLE) basically get owned by the Trolley witch in that play. Out of nowhere, for no reason, the sweet witch who provides the students with candy basically goes mad monster on them and turns into a beast.

On top of that, a formerly dead character is saved from the brink of death and decides that, while the whole nearly killed by Voldemort thing wasn't great, I'm gonna become a Death Eater now.

Continued on Page 5

J.K. Rowling makes the wizarding world worse with every single tweet. The only thing that is good coming out of the continuation of the Harry Potter series is the "Fantastic Beasts and Where to Find them" series. Every time we journey outside of that realm, we are introduced to even stranger concepts.

The past is filled with magical pooping racists who just wish away the poops where they stand. The future is filled with despair for Hermione, who likely needs marriage counseling. And Harry? Harry is probably magically balding to the extent where he can no longer magically spell the hair back on his head.

Harry has already died once, so why couldn't she let the series die with him? This constant degradation of the wizarding world is really starting to weird me out and ruin my childhood.

Bethany Lovejoy is a Creative Writing major who enjoys the finer things in life such as Bdubs and butter. She writes reviews for the Student Voice, assignments for her classes, and DnD campaigns occasionally for her guild.

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STUDENT voices

"What is your favorite Halloween tradition?"

Compiled by Tori Schneider



Amanda Busswitz - Senior "Carving pumpkins."



Emma Gehring - Junior "Everything pumpkin flavored."



Kaylyn Birchmeier - Junior "Eating candy, duh."



"Is there anything besides trick or treating?"



Lexus King - Junior "Eating caramel apples."



Jake Backes - Junior
"Taking neighbor kids out trick or treating."

Harry Potter and the Sorcerer's Stone' is a perfect beginning to the childhood series

Bethany Lovejoy

Reviewer

Here is a fact that I have memorized: Oct. 31, 1981 is when Lily and James Potter were slain by Voldemort.

Since this newspaper will be in stands on the day of their death, I have dedicated my existence to cramming as much Harry Potter in it as Zach Dwyer (our editor) will allow. This is my sole duty in life.

'Harry Potter and the Sorcerer's Stone' came out when I was five years old and began a fever that has not gone down.

Here is what you know at the beginning of the story: Harry is a Precious Child™ who lives with his horrible aunt and uncle due to his parents being all murdered when he was a oneyear-old. He has one exceptionally horrible cousin who enjoys stomping on the roof of his under-stair room.

Anyway, one day Harry gets his first-ever piece of mail and probably hopes it's child protective services. Mr. Dursley basically says, "No one is ever allowed to talk to you ever and no one is ever allowed to know that you exist. This is law and I am your supreme court."

But post does get to Harry, and Mr.Dursley decides that child abuse is the only solution, taking Harry and his Horrible Cousin to a stormy house in the middle of nowhere. He literally makes Harry go to a dusty fish shack in the middle of nowhere on his birthday, and I am not about that.

Child Protection Services shows up in the form of the MVP of the series, Rubeus Hagrid.

Hagrid is all like, "It's pretty screwed up that you've been straight up lying to and neglecting this poor precious cute

"Also, here's a cake."

So the Dursleys have to explain to Harry that his parents were magic and that Harry is also magic, therefore making the Advanced Restriction Christians go into the red zone about this movie series.

Just Harry, as he likes to be called, is now a magical god and has to go off to Magic School to be a magic magic man and make magic magic man friends.

Also he gets to leave the Dursleys if he wants.

Hagrid takes Harry shopping and Harry discovers that Harry is incredibly rich and a god amongst men. All of the wizards in the streets are like, "Et's 'Arry Pottah." Except this one really creepy turban man who's like, "H-h-h-h-harry P-pp-p-potter." Harry doesn't tend to dwell on this too much, deciding to go to the magic wizard Mall and get his supplies for Magic school.

There's cute bats, cute owls, and shiny brooms.

Hagrid spends some time being dad of the year, explaining the circumstances around Harry's parents' death very gently and buys him a present (an owl). Eventually, though, he's gotta roll and ditches Harry at the train station.

Harry, being a trustful baby who looks for parents wherever he goes, sees a group of traveling red heads and decides that they can be close enough to family. He uses these people to find the entrance to platform nine and three quarters and also score some sweet friendships.

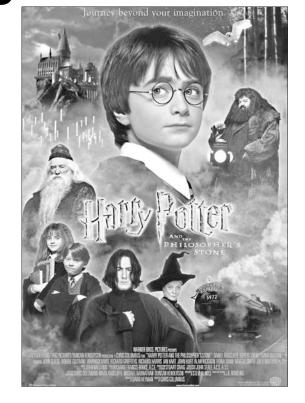
One of the people he scores a sweet friendship with is their son, Ron.

Ron, who is not yet the scum of the earth in this movie, is both poor and a precious baby. Ron needs someone to sit by on the train and goes to Harry's cabin. He's unaware that he's among Wizarding Royalty but quickly shapes up to be as insensitive as we know he is.

Ron basically says, "Ay mate show me ya scar." Takes a closer look and is like, "It's a bit gnarly mate, damn cool."

"Yeah, 'e was a bit cheeky, that bugger, killed my parents and all," says Harry.

Then this bushy girl pops in and is all, "Oi, 'ave you seen this toad? Me mate's been lookin' for 'im. Also I noticed you did a spell but you did it wrong and I'm real good at spells and book reading." She's Hermione, she's great.



She points out Ron's dirty, which sucks for Ron because his house probably has like two bathrooms and he's got six siblings. He likely has like a monthly shower if he's lucky.

They get to Hogwarts, and Harry meets the equivalent of a magic racist, a magicist. His name is Draco Malfoy, his defining traits are that he's loud and can afford hair gel.

Also he's super mean. He suggests that Ron is worthless because Ron is poor, but Harry has been close to poor his whole life and doesn't care.

McGonagall, who is also able to turn into a cat, takes them to be sorted. Before they can be sorted though, Professor Dumbledore has to low-key remind them that people die here, but they go here now so there's no choice left but to leave.

Everyone gets into Gryffindor, because it's like the only house you can really be in if you are important. Draco gets into Slytherin because Gryffindor doesn't take horrible people.

We then are introduced to Snape, who is a huge jerk and also enjoys staring at children. Snape remains a jerk throughout the series and is probably the closest to Satan that both the books and the movies got. He's probably worse than Voldie to be

We go to Snape's class, which is basically an excuse for him to abuse students and be dramatic.

"I can teach you how to bewitch the mind, ensnare the senses. I can tell you how to bottle fame, brew glory, and even how to stopper death," Snape announces. "Also there's Harry Potter and I hate him, just so you all know."

After this, Harry goes to his flying lessons, where Draco Malfoy decides to be the worst person and bully the best character. Neville Longbottom, who looks like he might very well faint if you touch him, begins his seven-year-long career of being harassed by others. Harry won't stand for bullying and decides to get back the ball Draco stole from Neville and score some awesome points.

McGonagall sees Harry flying on a broom and is like, "He would be really good at murder ball's death seeker position." Harry is honored.

Also, there's something going on with a door they can't go in? It's guarded by a sad man and his cat.

Ron is talking trash about Hermione in a public area, which is a relatively weak thing to do. Hermione hears him talking trash and decides to go off and cry in a public restroom stall. This is cool and all, until there is a troll right outside that bathroom who is hungry for little girls and adventure.

Harry doesn't stand for bullying and forces Ron to go save Hermione from troll-related death.

They save her.

Hermione becomes their friend solely because they saved her life, which is a pretty legit reason to be someone's friend.

Harry has his first quidditch movie and gets shaking baby syndrome from a cursed broom. He still wins however, because Harry is very good at catching moving objects with his

Harry believes that Snape caused the shaking baby syndrome and tells Hagrid just as much.

Hagrid seems to respond with, "Hm, no? Check yourself?" Christmas happens. Harry gets a sweater from his Red Headed Wonder Mama and an invisibility cloak from god. He promptly uses this cloak to get up in some messed up stuff. He goes into the restricted section of the library, then in a room that is Dumbledore's personal mirror chamber. In the mirror in this chamber, Harry sees his awesome parents holding him. He tries to show Ron, but Ron only sees himself, because Ron

Dumbledore comes while Harry is depressingly looking at his dead parents in the mirror, explaining that is shows your heart's greatest desire. Poor Harry is sad.

We learn about the Sorcerer's Stone through Hermione, who is the only useful character in this series. She points out that the reason people would want this is to live forever or come back to life. This goes in one ear and out the other for Harry, and Harry concludes that Snape wants it to be an evil Snapey.

He tells Hagrid this much and Hagrid informs him that Snape merely wishes to protect the stone.

Also, that he got a dragon.

Hagrid lives in a wooden hut.

"God bless 'im, look! 'E knows 'is mummy," Hargrid says about a fire-breathing dragon. Hagrid is a precious human being and should be protected.

Harry gets detention, gets nearly killed in the woods, and spends some time thinking about Voldemort. He meets a few centaurs, sees a unicorn get slaughtered, and chills.

Harry and the gang decide to go to the scary room behind the door that must never be opened. They use intelligence gathered from Hagrid to work their way through the many traps of the dungeon. There's dogs, plants, board games, and many, many keys - all of which are things I enjoy.

Ron gets knocked out, and Harry says they can't leave this poor, dumb, dirty boy on his own. Hermione agrees and decides to hang with Ron for a bit.

Harry goes off into the room of certain death, where he sees who is evil and who is naw.

The evil man is the man with the turban, though he's not stuttering anymore. Professor Quirrel, the man with the turban, reveals that he has a parasite on the back of his head.

Only the parasite is Voldemort, and Voldemort is super freaking gross.

Voldemort says to take the magic rock of all life out of the magic mirror so I can touch you with my magic magic man hands and murder you for murdering me. Voldie-Quirrel tries to straight up choke Harry for the magic

rock and ends up burning his hands. This is revealed to have happened because of the power of love. Love is strong as heck, but can also burn. Harry passes out from stress and wakes up in the hospital

tell him how popular he is now that he has defeated the Dark But the adventure is not over, because Voldemort has multiple routes he can take on the road to life. (But Harry will be

ward. Dumbledore is waiting for him to feed him sweets and

Voldemort is about anything it's timeliness.) They announce who wins their school tournament of good behavior, and Dumbledore basically says, "Slytherin wins, but I hate Slytherin. So I'm just gonna give a bunch of points to

okay, because he's already defeated him once this year and if

the house that DEFEATED THE DARK LORD TWICE." Which makes sense, to be honest.

Harry wins the school tournament and has to go back to his aunt and uncle's. But don't worry because Harry knows that, "I'm not going home, not really."

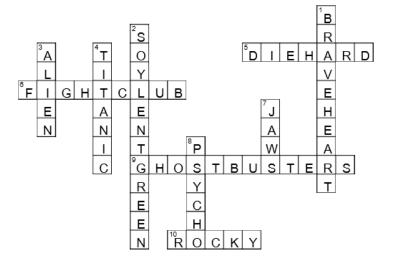
Harry Potter movies can only really be rated against other Harry Potter movies, in which case this is five lightning bolts out of five lightning bolts.

Good plot, good effects, good character development and just perfect all around.

Bethany Lovejoy enjoys chicken tenders, trips to Aldi with her mom, and pasta.

Last Week's Answers

Famous Movies



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

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

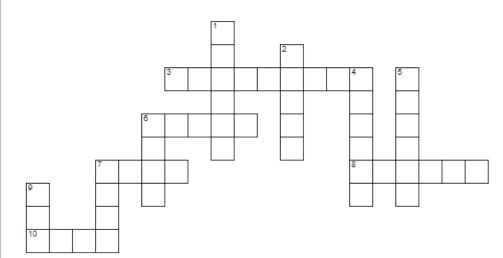
Now Playing: "My Little Pony"

The winner will be announced on the Voice's Twitter and Facebook accounts:

@uwrfvoice and facebook.com/Uwrfstudentvoice

Puzzle of the Week

Star Wars Characters



ACROSS

Famous quote: "Graaaagggghhh!"
Old friend of Han Solo who leads the characters into and out of a trap.

Brother of Leia. He dislikes sand.

10 He never tries. He either does or does not.

He didn't shoot first.

Overweight, two-limbed gangster who throws Luke to the Rancor. Famous quote: "It's a trap!"

Wise hermit who rescues Luke from the Tuscan Raiders. Son of Anakin.

Her home planet of Alderaan is destroyed by the Death Star. New female protagonist. Her background is unknown but she's strong in the Force.

Check out the Student Voice online: uwrfvoice.com