

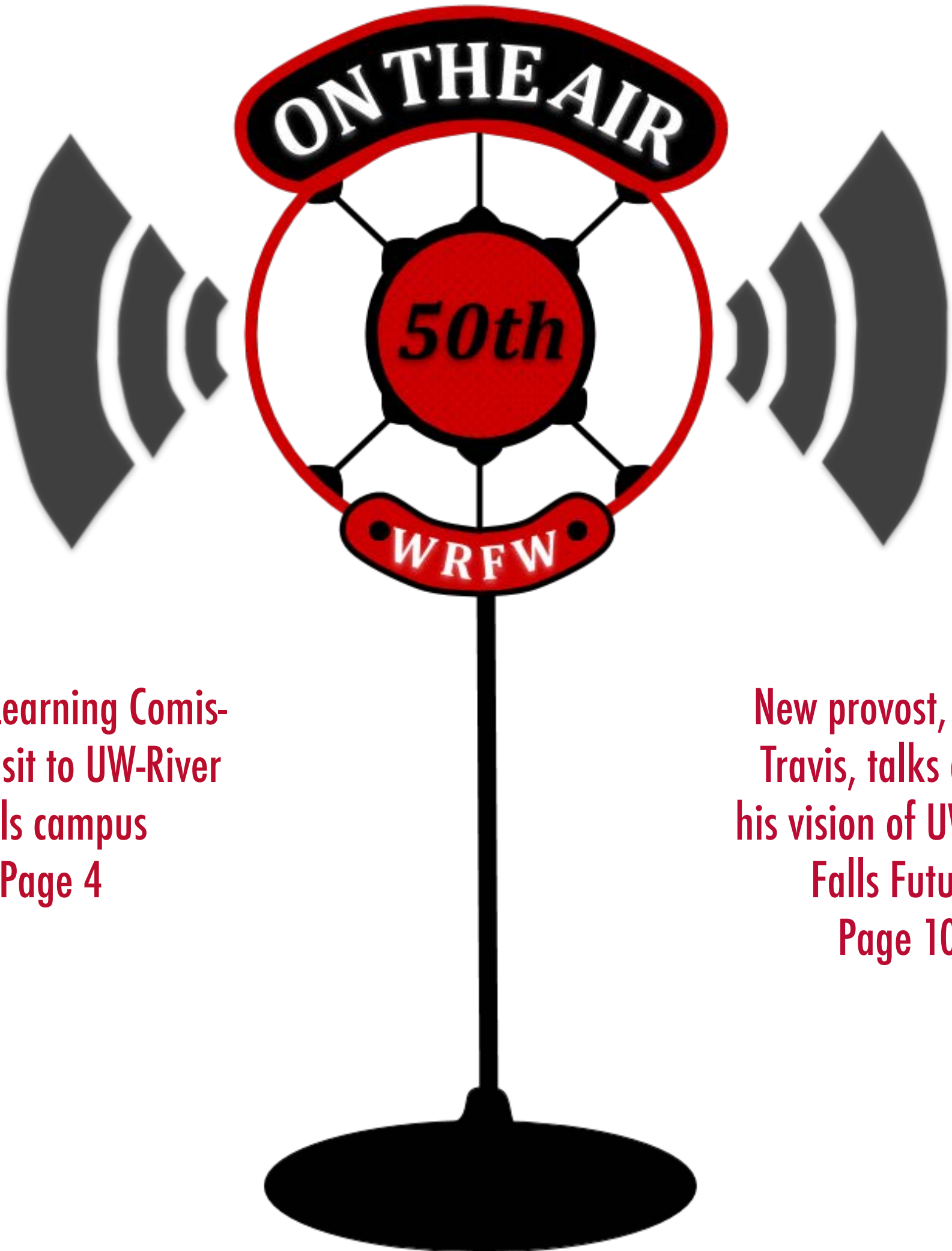
University of Wisconsin-River Falls

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WRFW celebrates 50 years!

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WRFW celebrates 50 years by going on air for the first time since May 2018

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WRFW, the University of Wisconsin-River Falls campus radio station, celebrated its 50th anniversary on Saturday, November 3. The day-long celebration consisted of numerous events, reunions between old friends, and a united love and passion for the small time campus radio station.

The festivities for the celebration began with the grand opening of the 'WRFW Five-0: 50 Years of Broadcasting at UWRF' exhibit at the River Falls Public Library. The exhibit contained a number of artifacts from WRFW's first 50 years, photographs telling individual stories of WRFW experience and unique apparel designed and worn fashionably by students of WRFW's past. For some alumni, the exhibit was their first stop on the day's trip down memory lane.

"I couldn't believe what I was seeing," said Wally Langfellow, 1983 alumni and former WRFW sports director. "The photos and memorabilia made it feel like we had just walked back into the [1982 studios]. The best part was reminiscing with others who had also been at the station during my tenure."

The station went on air for the first time since last May during an open house that showcased the new renovations to the WRFW station. This was not only a special treat for the current students who work on WRFW but allowed for 58 alum to return the airwaves between the hours of noon and 6 pm. The open house welcomed back more than 150 former UWRF students and WRFW veterans.

"It was a lot of fun being able to sit behind the same mics we sat behind almost



Photo by Theodore Tollefson

two decades ago and share our memories with current [station] staff," said Andy Hall, 2000 alumni and afternoon drive host on LAZER 103.3 in Des Moines, Iowa. "There was an element of fun to what we did back then, but the experience itself provided so much more than that, opportunities that wouldn't have been possible otherwise. I've got an incredible career in broadcasting to this day, thanks to WRFW."

In the evening, a reception was held for WRFW's 50th in the Falcon's Nest

at the University Center. The reception welcomed back more alum of the station who were not able to attend the open house. During the reception, alum were treated to more time to reconnect with old friends they had not seen for many years.

There were multiple speeches given as well, including ones from alumni such as Lorin Robinson, Cathy Wurzer, Ted Allison, and Boyd Huppert, who described WRFW as "a place where all the oddballs could gather." An auction was also

held to help fundraise money for the current students at WRFW could be able to purchase new equipment for the newly renovated station. Alumni like Matt McConico, 2000 alumni and news director at FOX43 in York, Penn., were able to bid on items such as on-air lights that hung in the previous studios.

"It was truly an honor to be able to come back and support the station that gave me opportunities to truly grow as a journalist," McConico said. "Plus, now I get to bring a piece of WRFW back to Pennsylvania with me!"

Finally, a tribute was present for the man who had spent 44 years as the chief engineer for WRFW, Al Murray. Murray had been the chief engineer for WRFW since it was founded in 1968 and retired from his position in 2012. Murray was unable to attend the events for the 50th-anniversary celebration but did send in an audio message to all of his former students he worked with at WRFW together over the years. To go along with that, there was a camera going around for alum who had worked with Murray over the years to be able to send a video message of their own to him for Murray to smile at the reunion of old friends and students.

Overall, the celebration for the 50th anniversary of WRFW was a grand success not only for the current and former students of WRFW but for the entire River Falls community. 50 years of existence is an achievement for anything, and even more so for a small town college campus radio station. The legacy of WRFW's first 50 years alone is a triumph that will stand for current students who are apart of WRFW's future who will hopefully be around in another 50 years to celebrate the centennial anniversary of WRFW.



Cathy Wurzer and Wally Langfellow with fellow alum Photo by Theodore Tollefson

Local bakery gives back to the community

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Mei Mei's Cookies and Creamery shop is a local business located in downtown Wisconsin, River Falls. It has dedicated many efforts toward giving back to the community. The small business is relatively new to town after opening just a little over a year ago, on August 15th, 2017. Mei Mei's has a variety of ice cream flavors, unique cookies, and edible cookie dough, as well as homemade soups and sandwiches. Owner Melissa Abouch is originally from Cottage Grove, Minnesota, but has brought several new and innovative ways to help members of the community give back to charitable orga-

nizations, here to River Falls.

There are several opportunities that Mei Mei's has created to help customers donate to special causes, including their "Kindness Cookies," a donation jar alongside their daily free coffee and advocating for common organizations such as "Toys for Tots." Each technique is put in place by the shop to encourage community building. Abouch said, "This community loves to give, and I am able to create opportunities for them to do so."

Each of these opportunities were made to help make the ice cream shop a fun experience and positive environment. The way the "Kindness Cookies" work, is for customers to create a category of any

sort, as broad or precise as they wish, and to buy as many cookies as they would like to for that category. The category is then put on a chalkboard for customers to see and anyone that comes in to the shop that may fit into any category previously made, receives a cookie. The whole concept is to reinforce the idea of paying it forward. For example, one category is labeled for River Falls police officers, if any officers come into the shop and there are cookies available for them, they get one for free.

Another way that Mei Mei's encourages giving back is their "Coffee for a Cause" donation jar. Abouch chooses new organizations and places a jar that encourages

donations alongside their free coffee, all donations go toward whichever organization is chosen. Abouch said, "Coffee for a Cause is donation oriented and all donations go to the chosen organization." Mei Mei's also hosts a site for the "Toys for Tots" program and encourages community members to donate toys.

Additionally, the shop dedicates themselves to being environmentally friendly by having reusable dishes and containers for customers. They also have a variety of food options that are freshly prepared every day by their chef. The shop is very accommodating to many diets, there are several gluten free, vegetarian and vegan options available to customers. Mei

US Senator for Wisconsin Tammy Baldwin campaigns for reelection at UW-River Falls

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With the 2018 Midterm elections only 10 days away from taking place on November 6. Many politicians are on their last-minute trips on the campaign trail to meet with their current or future constituents to talk to them about the issues they will fight for their people if elected. The University of Wisconsin-River Falls is a notable stop for many politicians on the campaign trail in Wisconsin, and on Thursday, October 25th, United States Senator for Wisconsin, Tammy Baldwin paid a visit to campus to speak with students and the River Falls community about her reelection campaign.

The event was hosted as a meet and greet. It started with UWRF College Democrats Chair Jordan Brundidge speaking on College Democrats work throughout the past year on getting students politically active and working with

local politicians. A highlight of work that the UWRF College Democrats did in the past year was working on the campaign for Patty Schachtner to be elected as the state senator for Wisconsin's 10th Senate District. The 10th Senate District of Wisconsin includes the counties of Burnett, Dunn, Pierce, Polk, and St. Croix. Brundidge then welcomed Senator Schachtner to the speak to the audience, to give her background as a state senator to the audience.

Senator Schachtner then went into introducing the speaker of note, Senator Baldwin. Baldwin's first topic of discussion was on the importance of participating in politics by voting. "I know from personal experience that when we don't participate in large numbers, those who always vote will actually control the agenda and control the outcomes of policy decisions," said Baldwin. "Right now I think we realize that each of us can have a very powerful voice when use our votes. Not

to reflect too much on what's happened in 2016, but more on what has happened since then. Washington appears to most Wisconsinites as a total mess. From a distance and even there it's a mess, and when Washington is not working, it means it's not working for us. For our families and our communities, but I would emphasize it is looking really well for some."

Senator Baldwin took some time to talk about what her main focus to help college students would be if she were reelected. Baldwin said, "Certainly the issue of college debt is a huge issue to me. I kind of look at it across the spectrum, so you heard me talk about standing up to Wall Street to change the rules so that people already in current debt can refinance to lower interest rates. Then I also want to look at the generation that's in school so I have been throughout my career pushing to increase the Pell Grant so that it keeps up with the increase in costs for tuition and going to get a higher education."

For those unaware, the Pell Grant is a federal student loan that "is awarded only to undergraduate students who display exceptional financial need and have not earned a bachelor's, graduate, or professional degree," all according to the Federal Student Loan Office in the United States Department of Education.

Baldwin continued speaking on her plans to help college students saying, "I'd also like to have a longer range vision on all of this, so I have written a bill called America's College Promise. The idea is through a federal/state partnership that the first two years of college would be tuition free at a public technical college or at a community college. The other rule would be every credit earned at such a college would be transferable to a four year if you want to get a bachelor's degree. If you want to end there it leaves you better prepared for the economy today than if you just have a high school diploma."

UW-River Falls raises awareness for mental health

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Although Mental Illness Awareness Month isn't until May, and Mental Illness Awareness Week has already passed, the University of Wisconsin-River Falls sees the importance in supporting both alumni and current students through raising awareness and support on this topic. However, it's not just about raising awareness for the holiday, but it's a constant effort to make a difference in the mental health community at River Falls. This month, on November 8th speaker Kevin Hines visited campus to speak about his suicide attempt at the Golden Gate Bridge. May Hall's theme this month had to do with mental health, and of course, the events that happen a couple times a month including pet therapy and weekly relaxation practice which takes place every Wednesday in the Involvement Center on Campus.

May Hall's monthly theme this November is "Discover Success: Improve stress management skills." Some of the topics that they're discussing during this time include mental health awareness. Jessica Regan, Hall director for Stratton and May Hall says that, "The halls here at UWRF follow a curriculum called Residential Education Curriculum which includes three major goals; to help students, live civilly, learn effectively, and

discover success. Part of that is helping students manage their stress."

May Hall has hosted a "donut stress" event a couple times this semester where they provide donuts and coffee in the morning for students as their leaving for work or classes. In December, there will be an event called 'Paint Away Your Stress,' where counselors and other professionals from the art department help educate students on stress as they paint. Students from all halls are also welcomed to pet therapy which takes place the first Friday of every month and weekly relaxation practice which takes place every Wednesday.

On Wednesday, November 8th, students and community members gathered anxiously inside the ballroom of the University Center to see the incredible story of Kevin Hines. Although his speech started late, he did not disappoint. In the year 2000, Hines tried to take his life by jumping off the Golden Gate bridge. He explained to his audience that it was a two-hundred and twenty-foot drop, falling seventy-five miles an hour, he hit the water in a brisk four seconds where he missed shattering his spine by two millimeters. Hines then began explaining what lead up to that almost fatal moment on the Golden Gate Bridge, being very genuine when he talked about his childhood and how it contributed.

From attachment disorder at just nine months of age, bipolar disorder at the age of 17 and soon following, chronic thoughts of suicide. Hines broke the heavy seriousness of the topic with satire. When he was explaining his childhood and how he was adopted at just nine months old he said, "You can think of me as everything but Russian," and when he spoke of his birthday it was "Gluten-free cake and a cheap candle." His warmth and raw personality were well conveyed to the audience, and he came across very relatable."

From his chronic thoughts of suicide to the moment he explained he had instant regrets of letting go of the railing from the Golden Gate Bridge, Kevin Hines was a true inspiration. Many lined up after his speech to talk about their experiences with mental health, or to get a picture with Hines. His heart continued to be there for the people that spoke to him as he gave words of encouragement, showed empathy, and gave advice. Hines now travels the world sharing his story of hope, healing, and recovery while teaching people of all ages the art of wellness & the ability to survive pain with true resilience. According to Hine's website, he's in pre-production of his new Documentary Series *The Journey*, and is working on a comic book version of his life in cosmic and supernatural form Kevin Hines speaking at UWRF

called *Hope Dealers*. His fight has been long and arduous, but he is determined to remain committed to life until its natural end. His motto: *#BeHereTomorrow* and every day after that.

Before leaving, Hines had one last piece of advice for the audience about fighting their inner demons: "To anyone who is heavily considering suicide, who doesn't like life anymore, I would just say that today is not tomorrow, just because you're in a world of pain today doesn't mean you don't get to have your beautiful tomorrow but you have to get there



Photo by Elise Koop

Higher Learning Commission assesses UW- River Falls

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The Higher Learning Commission (HLC) paid a visit to the University of Wisconsin-River Falls campus on October 15th and 16th. The HLC assessed whether or not the university met its criteria, and criteria of the Department of Education in order to be reaccredited. As part of the onsite visit conducted every 10 years, the HLC examined if the university had a clear mission statement, operated with ethics and integrity, offered high-quality teaching, worked to improve and evaluate teaching strategies, and directed students to the appropriate resources.

This evaluation took place in the form of several public meetings, where the HLC staff asked questions to various faculty, staff, administrators and some students. The HLC staff is a mixture of administrators, people from student affairs and academic affairs. This HLC team met with the chancellor, the cabinet, the team who wrote the assurance argument, and the team who wrote the federal compliance argument. There were also a handful of others they met with, including some students.

Registrar Kelly Browning commented that the experience was a good chance to show what is being done on campus. "This process allows us to look at what we currently are doing on campus and shows us our opportunities to improve," said Browning. Many left the meetings with the HLC with optimism for a positive outcome.

"The team was very thorough and asked a lot of good questions," said Vice-Chancellor for Academic Affairs and Graduate Studies Wes Chapin. These questions covered things like how the university assesses its programs, its co-curricular activities and its courses. The HLC spent a large amount of time talking about online learning, the fiscal environment of the university, as well as general education assessment.

The HLC held special sessions focused on advising, and on general education assessment. These were issues the university had prepared for and expected. According to Chapin, there was a good number of people who attended and helped answer questions. "Overall I think

it went really well," Chapin comments.

"I was pleasantly surprised to see how many faculty and staff attended all of the open sessions with the representatives from HLC, and how many different faculty members and staff members from across the campus shared very specific examples of the kinds of learning activities that we engage in here to help students learn and be successful," shared the Dean of College of Arts and Sciences Dean Yohnk.

Attendance was only low for the student meeting. Two women met with the students in the University Center Ballroom and asked about student issues on campus. Student Government Association Student Body President Rosemary Pechous brought up parking, campus safety, and sustainability. Though, Pechous mentioned that the women gave no comments or input on anything the students shared. No response to what she said.

A non-traditional expressed concern about some of the lack of resources on campus to non traditional students, however, Student Senate has since addressed these issues. "Student Senate has made this our first priority," Pechous said.

The HLC had until the end of October to write a report, which is then sent to an HLC liaison who spends one to two weeks reviewing it. After this review, the university receives a confidential preliminary report, which the university can review and respond to any issues of fact within two weeks. Chapin explained that issues of fact are typically minor things. "It's likely we won't hear anything officially until early 2019," Chapin commented.

"I think it is a great time to reflect as a university on the things that we are doing well and the opportunities for growth," said Executive Director for Admissions & New Student and Family Programs Sarah Nelson.

In four years, the university has another check-in with the HLC, this time without an onsite visit. Though this visit went well, meeting these criteria is an ongoing process, and the university must continue working hard towards improvement.

UW-System tuition freeze limits opportunities for UW schools

Editorial Board

This fall began the sixth year with no change in the tuition costs of schools in the University of Wisconsin System. Scott Walker, former governor of Wisconsin, was the one to implement the tuition freeze back in 2013.

The tuition freeze was first put into place after the Wisconsin Legislature CPA identified a "slush-fund" of over one billion dollars. This finding had shown that \$414 million dollars in the "slush fund" was revenue received from tuition in the UW-System. Now the issue is, it costs a lot to run a university, and the cost goes up annually.

Walker enacted this policy after it became known that the UW- System had created a huge reserve, while still increasing its tuition annually. Though short term, tuitions freezes have their benefits, long term they are not sustainable. There is also little state aid to help universities, since those budgets have been cut along with the freeze.

Prior to the tuition freeze, the average UW-System tuition for Wisconsin residents had increased from a range of \$3,041 to \$6,723 each year, an increase that is rounded to 121.1 percent over a ten year period from the 2002-2003 academic year to the 2012-2013 academic year according to a study done by the Maciver Institute. Since the tuition freeze was put into place, students across the UW-System have not seen increases in tuition concerning costs for courses students enroll in and if they are a resident from the state of Wisconsin. The freeze has proven to be beneficial for students with payments for these categories.

According to the Milwaukee Journal Sentinel, the freeze resulted in layoffs, administrative merges, and fewer courses being offered at UW schools. With less classes available, students may face a longer path to graduation. The freeze also makes it hard to provide upgrades to technology and outdated buildings, competitive salary and benefits for faculty, as well as proper faculty training.

Cuts in state funding have continued, and UW universities will continue to struggle with this lack of funding. "The state is providing \$2.14 billion in general purpose revenue to the UW System in the current biennium, or about \$175 million less than it did in the 2009-11 budget, or \$624 million less in inflation-adjusted terms," according to the Wisconsin State Journal.

Now with Tony Evers in as the new governor of Wisconsin, the reality of the tuition freeze remaining in place over the next four years is likely. In an article from August 23rd in the Wisconsin State Journal, it was stated that Evers was the sole vote against the UW-system's proposed operating budget for the 2019-2021 academic years.

The reasoning behind his vote against, according to Evers himself, was "more state money is needed to make up for the budget's tuition freeze for in-state undergraduates."

Evers also stated the following in the same article with the Wisconsin State Journal on August 23rd, "(Tuition) is going to be frozen. The governor's said it. I've said it, so that's going to happen. We need to fully fund that. I think it sends the wrong message to the Legislature that it's up for debate."

As of right now, the UW-System Board of Regents are waiting to vote upon the proposed operating budget for the UW-System's 2019-2021 academic years due to waiting on the results on the midterm elections. With the elections concluded, the vote on whether the tuition freeze will or will not be kept in place.

Though the tuition freeze may sound like a dream come true to students working tirelessly to afford a semester, these feelings are not shared by the universities. Universities will be unable to excel with stagnant tuition without more state aid. With this freeze, UW schools cannot invest in updating modern technology needs for student learning experiences. Investing in the UW- System is investing in the future of the students who attend.

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Dairy Industry Hits an Utter Surplus

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Supply and demand must be in a delicate balance in order for dairy farmers to make a profit, and for consumers to feel they paid an appropriate price. In the dairy industry today, this supply and demand model has been shaken. The industry has produced a surplus, and prices have been low over the past four years, causing issues for farmers.

Milk can be made into two types of products, perishable and less perishable. The perishable category contains fluid milk, yogurt, cottage cheese and things that have a limited shelf life of only a few weeks. Less perishable items are hard cheeses, which can be stored for several years.

“The way the industry works it that the milk that’s coming from farms directs an amount to the perishable market. They do this knowing how much sells at the grocery stores, so they only use that much milk. All the excess milk goes into hard cheeses,” Says Professor of Animal Science Larry Baumann, adding, “Right now storage is just jam packed with cheeses.”

Farmers have no place to go with this excess milk. New tariffs put in place have hurt trade relationships, and also contributed to the surplus. “Mexico left to buy milk and dairy products from the European Union. Same thing with China, who is now buying their products from New Zealand and Australia.”

In an effort to mend some of these trade relationships, there has been an agreement made between the U.S., Canada and Mexico called the USMCA. U.S. dairy farmers lost a fair amount of market due to the tariffs put in place last summer. “This is a glimmer of hope to rebuild these relationships with Canada and Mexico,” said Baumann. This agreement won’t go into effect until December.

In Wisconsin, the other issue that has contributed to existing dairies is the lack of labor. According to Bauman, when stricter immigration enforcement came through, dairies lost a large amount of workers. Some farms have switched to robotic milkers, but this is a very high cost.

According to the Wisconsin Department of Agriculture, Trade and Consumer Protection, Wisconsin has lost 584 farms so far this year. Since January of 2004, more than 7,000 farms have left the dairy industry in Wisconsin alone. “Farmers nowadays aren’t doing things to maximize profits, since they can’t really do that, they’re doing things to cut the red ink,” said Baumann.

“It’s really heartbreaking, almost everytime I go on Facebook I see something about another farm selling out. Since milk prices are so low, you basically lose money every time you turn the lights on to milk,” says Sophomore Kenni Bores, a dairy science and agriculture marketing communications major who lives on a 55 cow farm in central Wisconsin.

In order to survive, dairy farmers have had to majorly cut costs. Some ways farmers have done this by doing their own breeding, or finding a deal on feed. “At home, we’re selling the less profitable cows because we just can’t afford to keep cows that don’t produce enough milk to pay for their feed. This week we actually just shipped three cows because it had to be done,” shares Bores. Even with strong management, dairy farms have struggled.

An anonymous junior at UW-River Falls majoring in Agriculture Business recently switched her farm over from dairy to beef. The farm had about 40 cows, and was located in midwest Wisconsin. “We’ve been dairy farming for several decades. With milk prices being low it makes it hard to keep the farm running. Recently we sold our cows due to the dairy market, and because it’s hard work to maintain,” she says, “We are transitioning to beef right now.”

There are things being done to help the dairy industry get back on it’s hooves. Bores said that Dairy Management Inc., an organization created to help increase sales and demand for dairy products, has partnered with food companies to increase cheese use. One of the partners, Pizza Hut, will now add 25 percent more cheese to it’s pan pizzas. Other partners include Dominos, McDonald’s and Taco Bell.

There are also creative ways to help the dairy industry. Bores also discussed the “Ten Gallon Challenge,” which is where someone buys ten gallons of milk and donates

Rodli Hall renovation seeks to unite student services under one roof

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For over a year, students living on the east side of UW River Falls’ campus have walked to class past a seemingly abandoned academic building, and more recently a construction zone. Since the Fall 2017 semester, Rodli Hall has sat vacant due to an extensive renovation project. As the work approaches completion, the specifics of the plan have nearly been made ready to implement.

Built in the 1960s, Rodli Hall has been used for multiple purposes over its lifetime. It was originally one of two dining centers on campus, the other being located Hagestad Hall. Rodli held academic classrooms and storage rooms. After the renovations are complete, Rodli will be used as a centralized location for student services.

“The plans are really to bring students together for collaboration and support,” said Sarah Nelson, Executive Director of Admissions and New Student and Family Programs. “I like the idea of bringing together all these areas that are currently spread across campus.”

Rather than force students to visit multiple locations across campus for different resources, the new location will serve as a destination for all students seeking services. Applicants and visiting students are also an area of focus with the renovation. “It will showcase the resources for prospective students,” said Nelson.

Included in the 14 departments moving to Rodli are admissions and financial aid, both of which are at the forefront of visiting students’ minds. Nelson is not the only one excited for the improved student experience. Melissa Wilson, the Director of Career Services shared her enthusiasm

as well. “It will make life so much easier for students,” said Wilson. “It may provide students with an opportunity to experience a resource they weren’t familiar with before,” she said.

Dale Braun, the Campus Planner, shared his thoughts on how the project will affect campus. “It will greatly increase the convenience factor for students seeking support services,” said Braun.

In addition to the services being moved, Braun expanded on the new collaboration spaces. While the first floor will be mainly dedicated to student services, much of the upper floor will be used for new collaboration stations.

Realizing the limited supply of study group spaces in the Chalmer Davee Library and the University Center, Braun saw it important to provide more options. “We know they’re full, so we’re giving students a second outlet,” Braun said.

There is no insight yet on what the empty space will be used for once the departments move. About 10,000 square feet will be left vacant from the move, a portion of which will be set aside for future undefined uses. Braun estimated that about 2,000 square feet will be given this classification, but the exact amount is unknown. It is known, however, that none of the vacated space from Hagestad Hall will be repurposed, as the building will be demolished in the near future.

The renovation is estimated to be complete by late fall of 2019. By January of 2020, student services are planned to gradually start moving to the new location. All services are planned to be operating in Rodli by Fall of 2020. More information and updates can be found at www.uwrf.edu/facilities/campusplanning.

it to a food pantry. “This is helping the dairy industry, as well as people that utilize food pantries,” says Bores. Another way to help is through baking, “A friend of mine brings a dessert to work made with at least three dairy products every Friday,” shared Boers.

Some organizations on campus have participated in the “Ten Gallon Challenge,” including dairy club and the fraternity alpha gamma rho. Organizations on campus have been challenging each other to make the donations in order to keep the momentum going.

“Students should be involved and aware of the forces and issues in our society,” says Baumann. There are several options to aid the dairy industry. Wisconsin has seen steady decline in licensed dairy farms, but with potential to rebuild trade relationships, and increase dairy sales in creative ways, there is hope for the future of dairy farms.

Chicago Bears visit UWRF Football, Scout Alex Herink

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The Chicago Bears visited the University of Wisconsin-River Falls Football team on Wednesday, October 24, to scout senior wide receiver Alex Herink. Multiple Bears area scouts watched Herink, 22, at his afternoon practice on Ramer Field at Smith Stadium.

“They wanted to measure him up and watch him practice”, Head Coach Matt Walker said. “Herink is getting interest from the next level and we’ve been in touch with a number of scouts from different teams.”

The 6’7”, 251-pound receiver, who is from Hudson, Wisconsin, is eligible for upcoming 2019 NFL Draft. This is Herink’s first season with the football team, as he spent the last four seasons playing collegiate basketball. The 2017 WIAC Basketball Player of the Year has been

having a stellar season through eight games, tallying 30 receptions, 555 receiving yards and eight touchdowns.

“He’s unique because of his size, it’s what the NFL teams would call a re-deeming quality”, Coach Walker said. “If you have the ability to play they will find you, they are not going to miss. You are going to get found if you belong.”

Coach Walker further emphasized this point, saying, “They don’t come over unless they do their homework watching our film. They are crazy video watchers and knew numbers of guys on our team before they even got here”.

While Herink is drawing interest from NFL teams, he isn’t the first Falcon to have ties to the league. Former defensive lineman Nick Jacobsen spent some time earlier in 2018 with the Minnesota Vikings at rookie minicamp on a tryout. However, Jacobsen wasn’t signed to a

deal and now is in a police academy for the State of Wisconsin.

“It was a quick cup of coffee, but it was a shot, not too many guys get to minicamp. He was the most dominant player in the country at D-III”, Coach Walker said. “It’s more proof to people who don’t understand the caliber of this league. [There are] teams winning leagues across the country that would have no shot of beating anyone in our league”.

Currently Herink is second in the WIAC in receiving touchdowns and sixth in total receiving yards. In his most recent game, a 42-24 victory over UW-Eau Claire, he caught four passes for 76 yards and two touchdowns.

Coach Walker believes that eventually a player from UW-River Falls will make it in the NFL and thinks Herink has as good of a shot as any D-III player.

“He’s got one year of film, a tiny sample size compared to other people. In some ways it hurts him in other ways it helps him with how good he is without playing football for four years and play at this level against this competition”, Coach Walker said. “It takes a lot of variables to fit the mold and he fits them all.”

Coach Walker continued, saying that the story of a basketball player who converts to wide receiver and then to tight end in the NFL isn’t an uncommon story.

Herink, who was originally recruited by Mankato state, spent two seasons playing for the Mavericks from 2014-2016, starting 45 games. He then transferred to UW-River Falls and played two more seasons of basketball with the Falcons, leading the team to a 43-13 record under his tenure. He won the WIAC regular season title in 2016-2017 and last season averaged 15.4 points and 6.4 rebounds per game.

Falcons Women’s Hockey splits opening weekend games versus Adrian College

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The eighth-ranked UW-River Falls women’s hockey team split their first two games this weekend in their season-opening series vs number-six ranked Adrian College. The Falcons lost their first game on Saturday in overtime 3-4 before rebounding and defeating the Bulldogs 4-3 on Sunday at Hunt Arena.

Head Coach Joe Cranston has been preparing his team for the 2018-2019 season, a year in which he believes the team will end up at the top of the WIAC standings once again.

“We have good quality players, good quality kids. When you have that you are going to have success”, Cranston said.

Cranston, who is entering his 20th season as head coach of the Falcons, has won dozens of NCAA accolades and several

championships in his coaching tenure at UWRF. Despite this, he doesn’t concern himself with awards or titles, saying, “We don’t really talk about national championships or conference championships, we don’t even really talk about winning games. Our expectation is to work hard every day and push ourselves to be better. We aren’t really goal orientated, we are just more of a lunch bucket team”

The Falcons have had 18 straight winning seasons, including nine consecutive NCAA National Tournament appearances, and Coach Cranston believes his team could be even better this year compared to years past.

“We will be as good, if not better offensively, this year we have more depth and will be able to roll four lines”, Cranston said. “We have a very up-tempo style of hockey, so teams are just not able to skate with us for three periods.”

Despite some praise by Coach Cranston, he believes that some aspects of his team need to improve in 2018-2019.

“Our team defense was not very good last year, very average to below average”, Cranston said. “We need to get better in our defensive zone”.

This season comes after a 2-3 overtime loss to UW-Eau Claire in the WIAC O’Brien Cup championship game on March 3rd. Reflecting back on the defeat, Cranston said, “We were still hopeful, we didn’t think our season was over yet. When we didn’t get the bid, it was an even bigger blow”.

“Eau Claire’s a better team, we’ll be gunning for them”, Cranston continues. “It’s going to be a big motivator and we’ll be a better team because of it.”

Coach Cranston believes that while losing senior players can be tough, it’s a part

of the game. He focuses on the recruiting process to improve the team from year-to-year, adding that the process has become more difficult in the past decade due to D-I programs putting a greater emphasis on reaching players as young as eighth graders.

Despite Carly Morgan, Angie Hall, and Amy Auran graduating from the team last spring, Cranston likes what he currently has on the team, speaking glowingly of sophomore Callie Hoff. Hoff scored 20 goals and 17 assists last season in 28 appearances on her way to winning the USCHO Women’s D-III Rookie of the Year award.

“She didn’t even play like a freshman, she played like an upperclassman”, Cranston said. “She had knee surgery this summer, so she’s not quite 100%. She played kind of hurt last year, the sky’s the limit for her.”

Men’s hockey believe they have a championship caliber team

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The UW-River Falls men’s hockey team has started the 2018-2019 season with a record of 3-1-2, a much-improved start compared to the 8-17-4 overall record the team had last season. Last weekend, the Falcons completed their season series with Concordia College at Hunt Arena, defeated the Cobbers on Friday 5-4 before tying them 1-1 on Saturday.

Overall attendance for the Falcons has

increased from an average of 524 per game in 2017-2018, to 761 so far this season. As the fan base grows for UWRF hockey, both Head Coach Steve Freeman and senior captain Eddie Matsushima believe the Falcons have improved greatly.

“We want to be in the hunt to win championships again,” Coach Freeman said. “We want to compete with the top teams in the nation, and I think this year we are making the step.”

Matsushima shares the same sentiment,

saying, “I think it’s a national championship caliber team, there no question in my mind, we easily have the talent to do it”

Matsushima, through six games, has scored nine goals and tallied three assists for a WIAC leading 12 points. He believes that his success in the early parts of the season has a great deal to do with his teammates. Matsushima specifically targets the young freshman on the team, who are buying into the program.

“I happen to be lucky enough to be on the receiving end of the opportunities,” Matsushima said. “It’s the right spot and right time”.

Coach Freeman spoke glowingly of Matsushima, praising his playing style and explosiveness on the ice. “Not only is [Matsushima] a tremendous hockey player, he has great leadership skills and he leads by examples,” Freeman said. “We couldn’t ask for a better role model for the program”.

Continued on Page 15

Mauer's Retirement Marks the End of an Era for Minnesota Twins Baseball

Theodore Tollefson

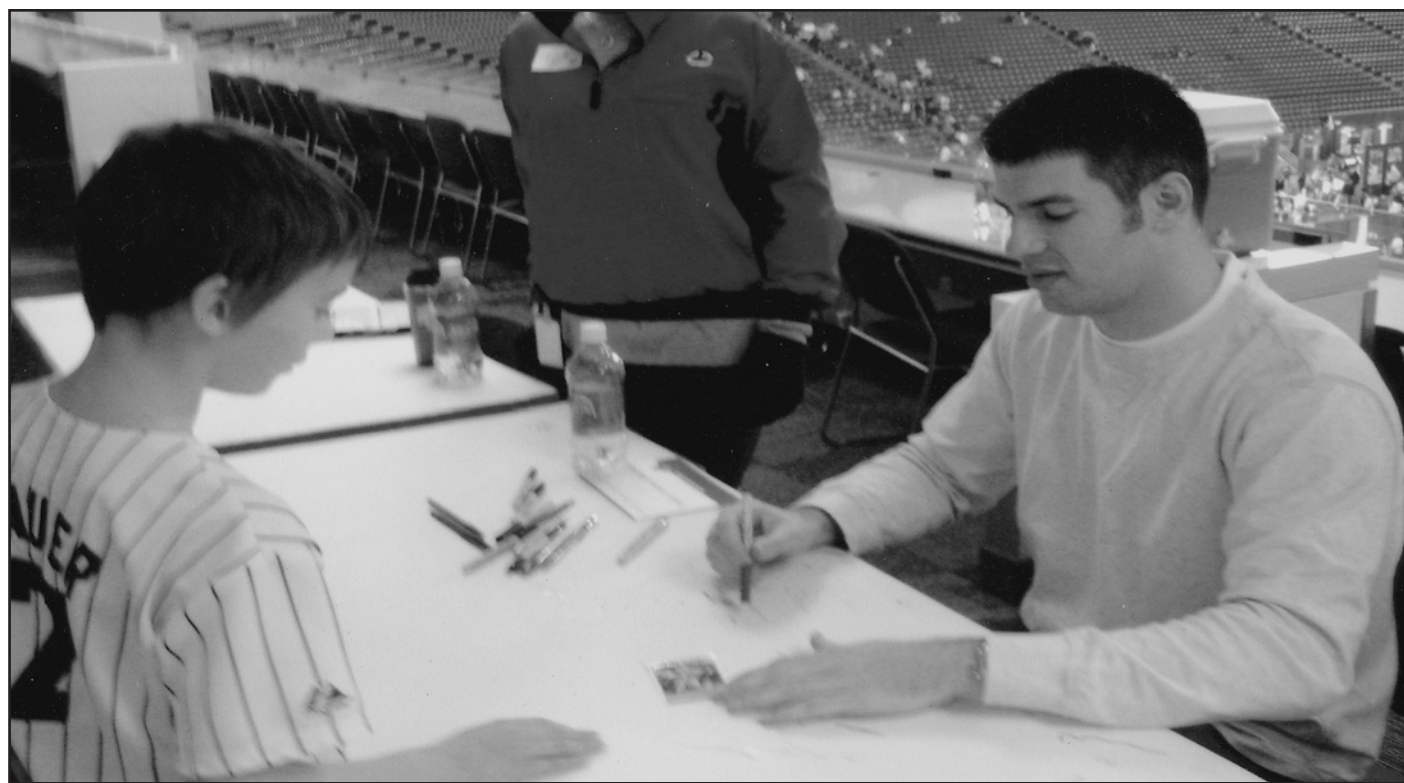
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Joe Mauer, a player many fans of the Minnesota Twins would consider as a Baseball Legend, announced his retirement from Major League Baseball during the early hours of the evening on November 9, 2018. Mauer's announcement was the final leg in a journey that began for him over 17 years ago when he was drafted number one overall by his hometown team, the Twins in the June 2001 MLB Amateur Draft. Now the hometown hero from St. Paul has made the final decision to hang up the cleats and settle down to raise his children.

As someone who has spent most of their life watching Joe Mauer play baseball for the Minnesota Twins, the announcement of his retirement hits me with a little emotion. Joe Mauer was the first name that was highlighted as a superstar to my five-year-old eyes back in 2004 when Mauer broke into the big leagues. A year later, I began playing little league baseball after completing kindergarten and I jumped at the opportunity to play catcher just like my favorite big league player Joe Mauer. I kept playing that position until I had to get glasses in the 5th grade because anyone who has worn a catcher mask knows it's impossible to have glasses on underneath it.

Two years after Mauer's debut in 2006 I started collecting baseball cards. I always had anticipation to unwrap a new Mauer card into my collection and was blown away when I finally did with his first ever all-star card. As a nine-year-old kid soon to turn ten, I got the chance to meet my big league hero in 2009 at Twinsfest, (the preseason fan event held every January by the Minnesota Twins since 1991) and got that same exact card autographed right before Mauer would go onto play in his MVP season.

As my years as a ballplayer went on and I moved from catcher to the new position of second base. I knew that there would be some way I could model my way of playing the game after Mauer. A few years in a row for Christmas, my grandparents bought me the most up to date versions of MLB 2K video games, and instead of playing the game like a normal kid. I used the game as a way to model my own batting stance after those Major Leaguers had. I went from doing Ichiro's long right arm stretch before swinging to the high leg kick of Jose Bautista. I finally settled in on a stance that was very similar to Mauer, and just like him, I learned to place the ball on contact hitting it to the opposite field.



Theodore Tollefson meeting Joe Mauer for the first time. Photo by Daniel Tollefson

wouldn't be for another two years until I would encounter Mauer again at the 2011 Twinsfest where I sat in with a friend on a kids Q&A session with the MVP Mauer himself. In that session, Joe Mauer became the first person I ever interviewed when I was able to ask him a question. Unlike any of the kids asking him what his favorite food was or what he likes to go fishing for, I wanted to ask Mauer a real baseball question stating, "My name is Theo, and my question is do you think you're the next batter to hit .400?"

After asking that question, there were people in the crowd cheering, and Mauer took some time to think about his response. Once he did, Mauer said, "I don't know. I can definitely shoot for it, that would be something. I think I'm more worried about trying to win a World Series rather than hitting .400."

For an 11 year-old-kid, that was truly surreal. I certainly have to thank my mother for driving me to that Twinsfest so I could have the chance to take part in that Q&A. Then as the years went on after that, Mauer slowly became the best thing about Twins teams that were slumping in the standings. Mauer continued to pound out his batting average as one of the top ten in the major leagues, representing the Twins at all-star games and winning a couple more silver slugs along the way.

Right as the 2013 MLB season had concluded, the Twins PR announced Mauer would become the team's full-time first baseman in 2014. By that time I was in the 9th grade, I had become more worried about girls than my grades in school, but I would always have the time for baseball, even in the cold months of winter. When

word caught my ears of Mauer's move to first, I still had that optimistic boy within me believing in the chance Mauer would be the first player since Ted Williams in 1941 to have their batting average over the .400 mark for a single season.

Over Mauer's next three seasons as a first baseman, his hitting for average went into major decline going from .324 in 2013, to .277 in 2014, .265 in 2015, and finally, .261 in 2016. It was crushing to see my childhood baseball hero have his age and injuries catch up with him. Still being just a kid at the time who was ready to believe he was more grown-up than he actually was, I didn't allow myself to comprehend the hardships a concussion can bring on a human being. For the human named Joe Mauer, the hardship of his concussion was not being able to hit a baseball as well as he was used to. That showed greatly in his average, and it led fans to be harder on him. Myself included.

Then 2017 came around a strange but thrilling season for the Minnesota Twins. They made the postseason for the first time since 2010 when they won the American League Central Division title, but this time, it was the second AL Wild Card spot to go up against the dreaded New York Yankees. Mauer did surprise the fans too as he and his teammates already had. He had a .305 batting average on the season, proving he could still see the ball as he once did.

Finally, we reached 2018. The last year in Mauer's enormous 8-year, \$184,000,000 contract. The question on every fans mind was if Mauer would retire at the end of this season when this contract was up? During the final month of the season in

September, Twins fans were starting to believe this was the end of Mauer's career.

I was fortunate enough to see Mauer play twice in the final week of his career. The first game that week was on September 26 against the Detroit Tigers. I went with my grandparents as a surprise birthday present for my grandma, and the three of us saw Mauer did his usual get one hit and one walk performance that game. The second game was on September 28, the nightcap of the doubleheader the Twins played that day against the Chicago White Sox. I went with a girl I had only known for a few weeks, but the game was emotional, as I knew going in, this was going to be the last time I would ever see Joe Mauer play ball in person.

Mauer went 2 for 4 in that game as the designated hitter, and when he was replaced with a pinch runner after his final hit of that game. I stood up to join the crowd in a standing ovation and strangely enough, I could feel my eyes tearing up. This was it. This was the last at-bat my favorite baseball player as a kid would have before my very eyes, and he ended it poetically with a base hit.

Now I knew what my dad was talking about when he saw Rod Carew play for his final game for the California Angels in 1985. It was also the same feeling I had when my dad and I listened to Vin Scully call his final game for the Dodgers on October 1, 2016. I was absolutely glad and a little sad. The career of a legend was over. An era of Twins baseball was over. I was sad that this was its last stop but absolutely glad I was able to live through it all.

‘A Year with Frog and Toad’ shines at UW-River Falls

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“A Year with Frog and Toad” made its big debut on November 2nd at UW-River Falls, taking stage in the Blanche Davis Theatre which is located in the Kleinpell Fine Arts building. This musical was originally written by two brothers, Robert and Willie Reale, based on the children’s books written by Arnold Lobel.

The story follows two good friends, a happy-go-lucky frog, and a bad-tempered toad, through all four seasons. Along with Frog and Toad, there are some more eccentric friends like Snail, Turtle, the Birds, and more. Watching this quirky musical brought to light just how hard each and every character, director, and stage manager worked.

The lead role of frog is played by Mitchell Bugni, who has been acting since 2013 and is in his first returning semester at UWRF. The other lead role of toad is played by Nicklaus Churchill, who has been acting since he was only 8 years old. Bugni and Churchill look to be good friends on stage, so it is not a surprise that the friendship between the two lead roles continues off stage also. Mitchell Bugni said, “all of the actors got along great, and I have a really good relationship with toad.”

The characters are able to show this connection on stage. Frog and Toad danced together as if it was natural. Not only did the characters connect with each other on stage, they also connected with the audience. Frog and Toad, along with all of the other characters like Turtle, Snail, the Birds, the Squirrels, etc. engage with the audience through their facial expressions.

While singing and dancing, one can easily see the emotions on the actors faces. When Snail sang about his mail, the audience laughed and shared in Snail’s excitement. The audience seemed to find Toad’s moods relatable as well. None of this could have been accomplished without the hard work during the rehearsals.

“Rehearsals started mainly with the music,” Mitchell Bugni said. There was heavy emphasis on the singing and dancing portion of the music. Churchill adding that rehearsals with the director, Randal Berger, were enjoyable. Churchill went on to explain that, “What made it so great for me, was our director, Randal. He was good with just letting us play. Which is a lot of fun because that means we just go on stage and do a scene and he just says, ‘try stuff.’”

This obvious regard for keeping the play “fun” is shown on-stage. Children in the audience had smiles painted on their faces throughout the show, along with the adults. While walking into the theater on Saturday morning the energy was undeniable. The theater was packed with families and some college students, eager for the play to begin.

There were several props and scenery set up, and the live orchestra practiced in the pit moments before the play. The ener-

gy only continued to grow throughout the production. Berger talked about how the children understand the different aspects in the play, such as Toad being uncomfortable in his bathing suit, but adults are also able to relate with the separate lessons throughout the play.

“A Year with Frog and Toad” showed different conflicts throughout, such as Toad being unwilling to get out of bed in the morning, but then waking up refreshed and ready. Or friends helping each other out with raking their yards, or feeling self-conscious, and so on.

All of these conflicts discussed in the play through music and movement provide children with some understanding. Berger said, “You have kids that go, ‘oh yeah, I get that. I know what that feels like,’” and these conflicts are things that adults also struggle with.

Stage Manager Makayla Johnson was instrumental throughout the production. Johnson started stage directing in high school and continued it when she made the decision to go to UW-River Falls.

Johnson talked about how “Having real people performing in the pit changed the atmosphere.” The production provided examples of life lessons, and a fun environment to allow themselves to giggle and connect with those on stage. The overall reaction of the production was positive.



**Do you have something to say?
Write a letter to the editor.**

Email your thoughts to editor@uwrfvoice.com

Gaga and Cooper capture audiences in 'A Star is Born'

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"A Star is Born" is a classic tale of romance and two worlds flying in opposite directions. This is the fourth remake, as the movie's story first came to the screen in 1937. The story still follows two lovers, in this adaptation, Bradley Cooper plays a self-destructive country-rock singer named Jackson Maine, while Lady Gaga plays the rising to fame pop singer Ally. This film explores love and hardships as the two paths merge.

The movie opens to a Jackson Maine (Cooper) concert. Maine performs heavily under the influence, and the crowd screams for more. That night, while looking for yet another drink, Maine stumbles into a drag bar where he meets Ally Campana (Lady Gaga). Campana spikes his interest with her cartoon eyebrows and seductive performance of "La Vie en Rose."

After inviting her out for a drink, they have an adventurous night out that leads them to develop feelings. The two are clearly inspired by each other. After some persuasion, Campana begins to take on the role of Maine's girlfriend, which she finds out is a tall order to fill. As the two begin touring together, Campana's voice shines more and more, leading her to a solo career as Maine slips further into the darkness of addiction.

Bradley Cooper, who also directed the movie, plays a great drunk. The audience can practically smell him through the screen as he stumbles around in several scenes. Cooper clearly portrays Maine's admiration and envy, as Campana gains stardom.

Cooper doesn't leave much mystery as to why Maine's addictions are present. Throughout the movie, Maine speaks about his issues with his father, drinking, and depression. I found this to be a bit overdone in the film, since Cooper included many specific scenes to show the darkness of Maine's past, and I felt some of it could've been left a mystery.

Lady Gaga fits the role of Campana perfectly since she herself went from a waitress to a superstar. Though Maine gives Campana the final nudge of courage to follow her dreams, Gaga ensures that the audience doesn't see Campana as someone who needed Maine to be successful.

Her talent is overwhelmingly strong, and she comes across very genuine and somewhat vulnerable. One might feel that this is due to the fact that Lady Gaga is such an icon for outrageous outfits and makeup, and Campana is plainer and allows the audience to see Gaga through Campana, in a new way.

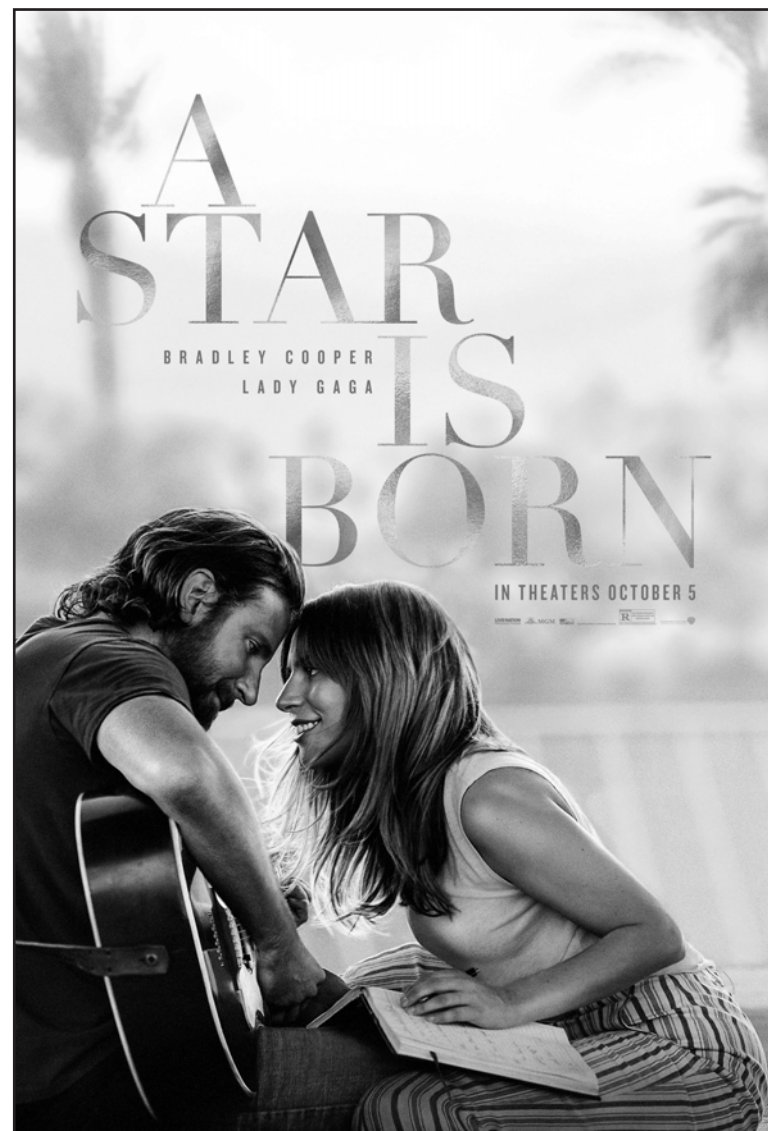
The relationship between Maine and his brother, Bobby Maine, is very complex. In a way, Bobby Maine is his brother's caretaker, making sure he makes it to bed safe each night. In an early scene, the two get into a heated fight after Maine punches Bobby Maine in the face in a fit of rage. However, the hostility between the brothers gives way to an unexpected empathy, as shown in the later scene where Maine admits he admires Bobby Maine more than his father. Bobby Maine pulls away silently, fighting back tears.

This movie explores themes of female empowerment, as well as male arrogance. In an early scene, Campana explains to Maine

that she couldn't be a star because of her nose. Later in the movie, the two joke about her nose as they gaze out to a billboard of Campana's face. The audience sees Campana push past obstacles in order to stay true to herself and her beliefs, even refusing to use backup dancers during her show and not dying her hair blonde.

Male arrogance and toxic masculinity come into play in a much different way. Maine is clearly disturbed by Campana's rise to fame, as his fan base seems to shrink. In one scene, Maine drunkenly smashes frosting on Campana's face, as a way to express his emotions. Throughout the movie it is clear he is envious of her career, though he only fully vocalizes this to her once, going about it in a cruel and drunken way.

Though the two are so clearly in love, the pressure and fame end up leading to havoc.



This movie is for those who can handle an emotional rollercoaster. Though this story has been told many times, this version is certainly unique. Lady Gaga and Cooper play a convincing couple, and Cooper is sure to include multiple scenes where the two lock eyes. Through the romance and pain, the movie stays true to the message that becoming a star is not a path for the faint of heart.

Daredevil season three returns to the show's roots, plays to its strengths

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Out of all of Netflix's Marvel shows, Daredevil has consistently outdone its peers. In the realms of storytelling, fight choreography, and a dedicated following, it has matched or beat out the other Marvel series. While the second season faltered during its latter half, it still brought enough to the table to maintain interest for the character through the Defenders series. However, with Daredevil's fellow Defenders' shows Luke Cage and Iron Fist both being canceled last month, the pressure was on for the third season to deliver.

The season returns to what made the show great in the first place: Matthew Murdock balancing his conviction to fight corruption and protect the people close to him. Following the tumultuous events of the Defenders, Murdock feels broken on more than one level. On the one hand, he's lost his hearing in one ear, the sense our blind hero relies on most for his crime fighting. On the other hand, he decides he can't allow himself to put his friends in harm's way anymore, even if it means distancing himself. All that coupled with a season-long struggle with his faith, and the show

delivers its best character arc for Murdock yet.

Speaking of Matt's friends, Foggy Nelson and Karen Page receive some of their best character development this season. Without the benefit of Murdock by his side, Nelson works alone against the villains using his legal skills. Page is given some much-needed backstory in a late-season episode, which makes her even more compelling of a character.

In addition to increasing their roles, the show gives us a few new protagonists to root for. The best example is agent Rahul Nadeem, an up and coming FBI agent played by Jay Ali who provides a captivating foil to Murdock and his vigilante escapades. Sticking to the FBI rulebook, Nadeem serves as a different sort of hero fighting to keep the residents of Hell's Kitchen safe. While his methods and Daredevils don't often align and even clash at points, he adds a great new perspective to the show.

Perhaps the most obvious and best example of how this season returns to the show's roots are in the villain. Wilson Fisk makes his return as the primary antagonist. Vincent D'Onofrio once again steals every scene that he's in. Just like in season one, he's both a monster and

one of the most sympathetic villains ever put on screen. He may begin the season in a jail cell, but the brilliance of the character is that he doesn't seem like less of a threat regardless of what setting he's in.

Another of the show's defining qualities, the action scenes, are better than ever this season. It's worth noting that they are far fewer than before, but in this case, quality is far preferable to quantity. One prominent recurring character makes a throwable weapon out of any inanimate object he can find, ranging from a pistol's empty clip to assorted office supplies.

Daredevil himself is taken through the wringer in a variety of creative and nail-biting ways. While one action scene sees him exhibiting restraint as he stealthily exits a parking garage full of FBI agents, another sees chaos break loose as he fights through a prison riot in an 11-minute-long unbroken camera take. Murdock has no shortage of opportunities to let the devil out.

Daredevil season three had a lot to live up to. Even with season two's drop-in quality, it was still better than most streaming options. Add to that the pressure of redeeming the downward spiral of Netflix's Marvel shows. One of the main themes this season addresses

whether something can be redeemed after it's lost its way. When looking at the season's quality in the context of Netflix's Marvel shows, the answer is a definitive yes.



Faculty free time

Kacey Joslin

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The *Student Voice* is excited to revive a ‘Staff Hobby’ column, where we showcase UW-River Falls staff and faculty members with interesting hobbies or pastimes. It’s an attempt to make staff more approachable to students, as well as a place for them to show off their accomplishments.

If you’re interested in having your hobbies showcased, contact reporter Kacey Joslin at kassandra.joslin@my.uwrf.edu

This month’s note-worthy staff members include Brett Kallusky and Samuel Alvarado.

Brett Kallusky is an Assistant Professor of Art, with an emphasis in photography. Kallusky is currently teaching two photography courses and a design foundation course. He is also a student advisor and serves on numerous committees for the art department and for the University.

Although Kallusky claims to have little free time during the school year, when he has the opportunity, he goes fly fishing. “Fly fishing is important to me as a way of decompressing and clearing my head. I don’t know if I’m that good at it, I think I’m still learning, but I’ve been doing it for five years now. A good friend of mine taught me how to do it on the Kinni here, and I was *hooked* after that.”

Puns aside, Kallusky had some experience casting lines. “A guy I worked for – I used to do construction, and he was a photographer as well – taught me how to cast from the third story of the house that he lived in. The next door building had a satellite dish, and he said ‘*As soon as you can hear the ‘ding’ of the line on the satellite dish, then you know you’re aiming for the right target.*’ So, that was in Wrigleyville, Chicago, on the north side. The first time I learned to cast wasn’t even on water, but three stories up in Chicago.”

Since then, Kallusky claims to have caught some trout and bass while fishing in the lower Kinni. For students that may be inspired by his hobby, he has some advice:

“Take your time. I think it’s easy to get frustrated with fly fishing in particular because it’s a very technically-oriented, detail-oriented hobby. But I think the more time you spend with it and the more time you pay attention to your surroundings – like the water, and being out in nature – the more relaxing it gets.”

Kallusky’s favorite place to fish is on the Rush River near Martell, WI. He recently went fishing in Blackrock Creek outside of Moran, WY.



Photo by Kacey Joslin

Sam Alvarado is an Assistant Professor of Inorganic Chemistry. Inorganic chemistry is “the chemistry of the whole periodic table, basically,” Alvarado explained.

But his life doesn’t just revolve around science; “I’ve known how to play the cello since I was ten. It’s kind of a hobbyist thing,” Alvarado said.

According to Alvarado, the most difficult aspect of learning an instrument at a young age is puberty. “Your arms one day are really long, and one day your torso decides to finally catch up on it. The hardest part when you’re a kid is just trying to get the instrument to comply with how you’re growing.”

Alvarado continued stating, “They start you on these little ones. They give you a half-size, three-quarters size to start on and then you’re stuck, right around middle school or so, playing an instrument that’s way too big for you or too small for you. Nobody has the right size cello when they’re in middle school. It’s kind of funny.”

Although he’s played the instrument since childhood, Alvarado doesn’t claim to be very accomplished. “I don’t play in real orchestras or anything like that,” Alvarado said. “But I did play all the way through college. I liked making music and having a distraction from all the science I was doing in school. I liked being able to go be creative outside of that area. The other instrument I can play is the electric bass. I taught myself that in college.”

“I had enough transferable skills from the cello to learn electric bass,” Alvarado continues. “That one wasn’t so much learning with a teacher in a studio, that was just *me* – at that point, I had a good enough ear that I could listen to something on the radio and pick it apart.”

Alvarado had a piece of advice for college students interested in picking up an instrument or two. “I hate telling people to ‘practice’, as crazy as it sounds, but there is a time commitment to pursuing something like that. You have to set aside time to do it, and it depends greatly on how you make the *most* of your time.”

He advises, “Sometimes when you’re in orchestra, you have to just really *practice* something; and I put that in scary capital letters when I say that. What that means is, if there’s a part I just can’t play, you take it into the practice room and just *go* on it, using whatever practice techniques you know until you can finally get that thing right,” Alvarado adds, “Sometimes you can just jam, too. That’s more fun.”

Alvarado states that students shouldn’t be afraid to make mistakes. They’re allowed to be curious and ask questions to anyone who’s willing to answer them; a philosophy that can be applied to most pursuits, both scientific and musical.



Photo by Kacey Joslin

Chiung Lien, UW-River Falls New Dietitian Nutritionist

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At the University of Wisconsin-River Falls, there are many students who need professional assistance when it comes to dieting and nutrition. Chiung Lien, the new campus Dietitian Nutritionist, provides that. Lien has been helping students to make certain students can safely and happily enjoy their dining experience at UWRF.

Chiung Lien was born and grew up in Taiwan, until her teen years she moved to the U.S. to live with her mother. Lien attended college in Massachusetts and now has two associates degrees, one in computer science and another in culinary arts. She went on to obtain a bachelor's degree in culinary nutrition.

Chiung Lien may be new to the River Falls area, but she is ready to get involved with the community. "Back in Massachusetts, we started a food drive, backpack for kids, and also local food banks." Even though she is still settling

in and getting used to the Wisconsin life, she already has plans to start helping people. When talking about community service Chiung Lien told a bit about her experience.

She spoke about her hopes for the future of community service here in River Falls. "I'm working with my boss, the Fair for All program, and also we are working with the Journey House. We are also trying to reach out to more community outreach programs."

Outside of work Chiung Lien likes to keep up to date with current diet and nutrition trends. Chung Lien also enjoys cooking and trying new foods from around the world. She spends some of her free time going to different restaurants, bakeries, and coffee shops so she can try the selections. Chiung Lien mentioned that she once actually owned her own coffee shop.

"I did own my own coffee shop when I was younger, in North Carolina, it was called Cafe Euro." Unfortunately, her

coffee shop had to be closed. Chiung Lien especially enjoys traveling; as mentioned, she was born in Taiwan before moving to the U.S. but has visited Japan, the West, the East Caribbean, Haiti, Mexico, Puerto Rico, the U.S. Virgin Islands, and Paris. She did also add that she really would enjoy visiting Korea.

Throughout Chiung Lien's life she has worked with food in many ways, starting when she was a teen in fast food, then in a restaurant washing dishes, waitressing, bartending, and eventually managing. She opened her own coffee shop at one point but ended up closing it. She decided to go back to school and wanted to do something with food. Lien said she has always been one to watch what she eats.

"I love nutrition. I've always watched what I eat and cooked to get the best nutrition out of the food. So I said ok, I'll go to culinary school, started culinary school, learned it, now I want to know about nutrition. So, I transferred into culinary nutrition, then I decided I wanted to be a dietitian.

Chiung Lien advises, "don't always believe what they say online." She thinks that the hardest issue those in her field of work face every day is misinformation. Whether it is something that someone saw on the internet or in a book they think that just doing what it says will work. She says for some people, these plans can work; however, it is more effective if students talk to a dietitian that can cater meals according to their body's genetics.

Chiung Lien concludes with some advice pertaining to all students, about food allergies. "We are, as a team, trying, in the front of the house and back of the house, to prevent cross-contact, but I need students to help us as well. I've been trying to put signs out to tell the people to grab a new plate or bowl when they come to the GA station-GA station meaning top allergen-free station-but I don't know if people don't read the signs or just don't care. For people who have bad allergy issues, cross contamination could be a real issue."

New Provost shares ideas on UWRF's future potential

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The 2018-2019 academic year has welcomed many new faces to the University of Wisconsin-River Falls campus. One of these new faces is the Provost, David Travis. Travis previously worked at the University of Wisconsin-Whitewater for 24 years before deciding to move north to River Falls.

Travis' experience in post-secondary academics began about 25 years ago as a professor for the department of geography and environmental science. During his time at UW-Whitewater, Travis started as an assistant professor, then moved into the role of professor, associate dean, and finally the dean of the college of arts and sciences. Following these rolls, Travis took a position at UW-River Falls this past June, becoming the new provost of the university.

As provost, Travis's role entails being the chief academic officer on campus. Travis supervises the deans, the academic directors, works with the budget officer to assure faculty and staff have the resources they need, works with the IT department to assure infrastructure are best suited for faculty.

Travis also spoke on his role with students saying, "I try my best to work with students. I'd say the one thing I don't do as much of as I would like is to interact directly with students. It's something I really enjoyed as a dean and a professor, but the role does not allow for a lot of

interactions with students. I typically rely on the deans and other people that have more direct contact with the students to keep that information flow going."

Travis then went onto share how he has adjusted to his time at UWRF as the new provost stating, "It's a challenging job with obstacles that range from budgetary constraints to personnel that have a high workload that are asked to do a lot. I think whenever I start feeling that this is a difficult job, I just look around and see how hard everyone is work and it reinforces the work that I do."

Travis mentioned how he and his family have adjusted to living in a new town sharing, "The town itself is a great place! We got here during the summer immediately welcomed by our neighborhood and people around town and living right across from campus has really helped."

Travis had gone on to share his vision of what he wants to do for the future of UWRF saying, "What I hope to do is to tap into more resource opportunities for this campus through new program development, ways that our programs could connect with nearby business industry, other entities that would allow more revenue to come into campus to allow us to have more opportunities here to continue our programs. I'd like to see the university get more committed to studying abroad. Right now we have about 30 percent of our students studying abroad which is a good number, but I would like that number to go up. It's certainly a

transformative, life-altering experience."

Continuing on, Travis said, "The University doesn't have quite the amount of professional development support for the faculty or staff. I would love to develop a teaching and learning center that our faculty, and maybe our students can also use, but also our faculty as they possible can learn new teaching techniques and technology. The honest truth is I need to be here a good year before I can figure out what are the priorities and what can we do based on the resources available to go after those priorities."

Although Travis has not had much time to work with students on campus as the new provost, he hopes to find more ways to do in the near future. "One thought I've had is to develop a Provost Student Advisory Committee just like the dean and chancellor have. Another one that I have already been doing is the provost open office hours. I have once a week typically over at the University Center, the time varies and in the Falls Room. It is a way that students can see me, learn about what my role is here at the university and how I can help them. Students tend to have an understanding of what a dean is, what a chancellor is, but a provost is in this in-between world. They may not realize that I am the chief academic officer on campus so it's

an important conversation that I should be having. I would encourage students to come to provost open office hours, share whatever experiences they're having good, bad, ugly, and advice on ways that I can help them."

If any student would like to meet with David Travis, he is located on the first floor of North Hall, room 116. Appointments can be set up to meet with him here. Travis also has open office hours once a week at the University Center in the Falls Room, with dates and times posted outside the room for the meeting of the week.



Provost David Travis

Veteran Voices 11.16.2018

Compiled by Kacey Joslin and Brooke Shepherd

What does Veteran's Day mean to you?



Brandy Colthart

Grade: Sophomore

Major: Math Education

Branch: Marine Corps, Corporal



Zeb Hayes

Grade: Non-Traditional Sophomore

Major: Social Work

Branch: Army, Intelligence



Aaron Strebe

Major: Agricultural Education

Branch: Army Cadet

Grade: Junior

"A celebration of everyone that's come before us in the military that's allowed us to do what we can do inside and outside of the military."

"Celebrating all of the contributions of the men women and families who have served in the military and have gone to combat. Just honoring that service and thinking about that on that day specifically."

"Veteran's day means to me an appreciation to all those who served before, in the past, who serves today in the United States Military and the Force."



Tom Caflisch

Branch: Navy Fire-Control Technician
Graduated from UWRF in 1965.

"[It means] everything. Veteran's day is so special. It's so phenomenal. People need to know what the dedication is that people give. Would we have this country today if we didn't have veterans?"



Sandra Best

Branch: Brigadier General, Air National Guard, First Female General in Minnesota National Guard

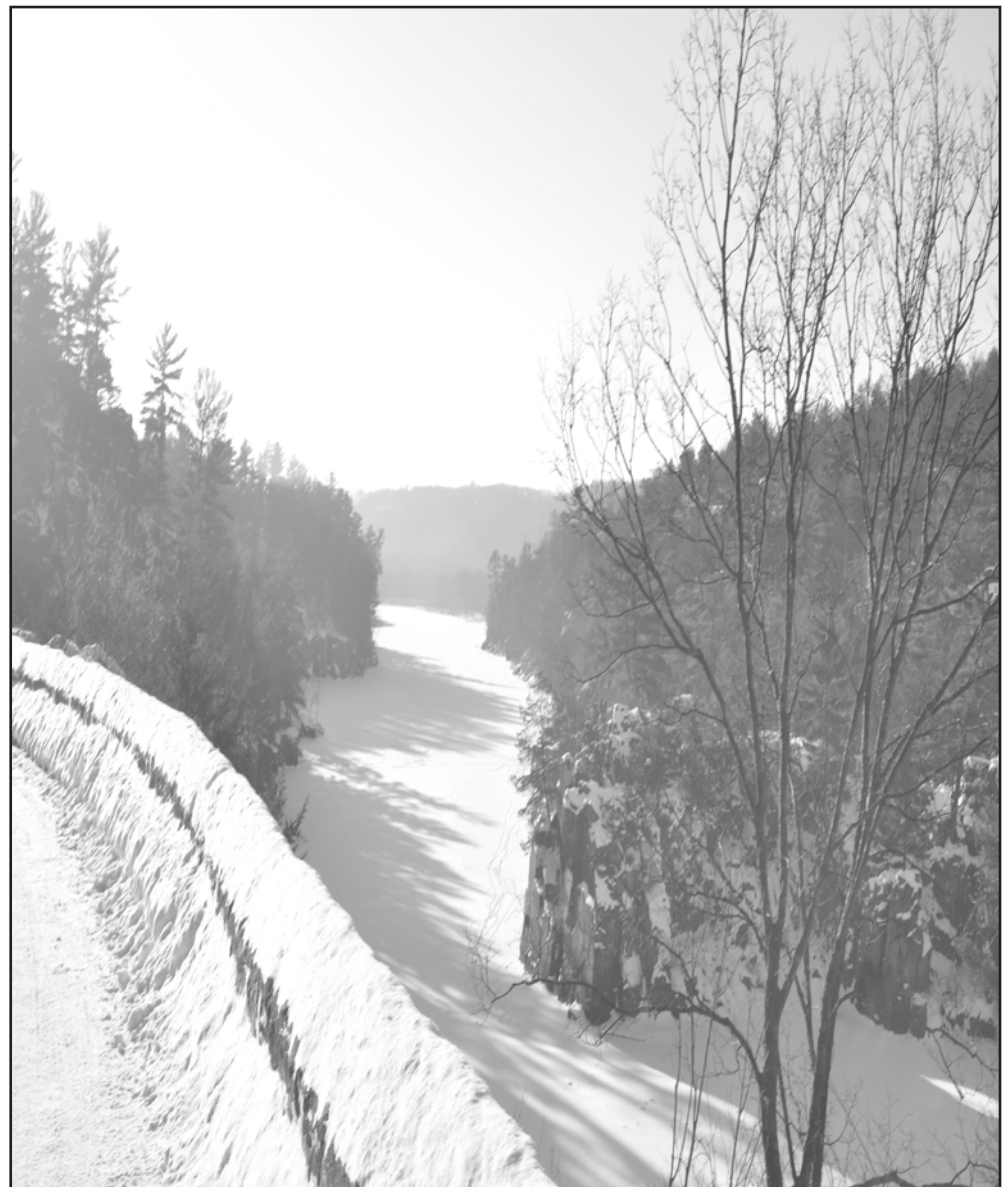
"It just really means remembering the people who are willing to step up to be the 1 percent who defend our nation's values."

Michelle Drost

Branch: Lieutenant Corporal, Air National Guard

"It's about service and sacrifice and honoring those who went before us."

All photos taken by Theodore Tollefson in Taylor's Falls, MN





Pam Jahnke (aka Fabulous Farm Babe), P.J. Augsutyn and Cathy Werzer in studio

Photo by Theodore Tollefson



Photo by Melissa Thorud



Photo by Melissa Thorud



Photo by Theodore Tollefson



Photo by Melissa Thorud



Photo by Theodore Tollefson

Men's hockey believe they have a championship caliber team

Continued from page 6

Matsushima, who is a two-time team captain, said, "Make sure you set a good example, make sure [teammates] are on the right track with not only athletics and in the weight room, but school as well."

Matsushima, who double majoring in exercise science and business management, like many student-athletes must balance the sport he loves with school work. In the offseason, he spends time back home near Madison, Wisconsin training in the rink with professional hockey athletes.

However, when the school year starts back up in the fall, he must balance his priorities.

"You have to be on top of your stuff as far as time management goes, it gets kind of tricky sometimes. A lot of times you'll have to say no to playing Fortnite with the guys," Matsushima said.

Assistant coach Bob Ritzer has remained busy in the offseason trying to recruit more players from Minnesota, Wisconsin, Texas, Florida, New Jersey and California. Over a

third of the players on the current roster are freshman, including Roseville, Minnesota-native Josh Arnold, who through six games has tallied six points playing on the first line with Matsushima.

When discussing Arnold, Coach Freeman said, "He's a very explosive player with a great deal of speed, he's contributing right out of the gate for us and I think he's going to be a real high-end player for us."

Coach Freeman, who is entering his 23rd season as the head coach of the Falcons, con-

tends that because D-I hockey hasn't expanded in some time, that the D-III quality has benefited and increased over time, allowing for more talented players at this level.

"College hockey is so competitive that any team could beat you on any given night," Coach Freeman said. "You've got to play at a high level to give yourself a chance to win."

The Falcons look to extend their unbeaten streak to four games as they travel to Hancock, Michigan to take on the Finlandia Lions on Friday, November 16th at 7 p.m.

Local bakery gives back to the community

Continued from page 2

Mei's also has countless board games for customers to engage in while visiting the shop. According to Abouch, she refers to Mei Mei's as being "Part of the community, and a space for anyone to come and enjoy."

Despite being in the heart of downtown River Falls, the shop does not receive many customers from the university. When Mei Mei's first opened, Abouch had anticipated that UWRF students would be her main customer base. However, there has been a large amount of community members that have been that main customer base which gives her a

great opportunity to help them give back. Nonetheless, Abouch would love to reach more members of the UWRF campus. Mei Mei's delivers to the River Falls campus and is open late to accommodate to students and their schedules.

The local business has high aspirations for the future of the shop. Mei Mei's hopes to maintain their importance within the River Falls community. By giving the opportunity to community members to donate while also enjoying the atmosphere of Mei Mei's, Melissa Abouch hopes to continue to give customers an entertaining and enjoyable place to be. Mei Mei's is located at 113 Elm Street River Falls, WI and is available at 715-629-2100.

Grimm Haunted Hall 2018

Dawson Flaherty

dawson.flaherty@my.uwrf.edu

On Saturday, Oct. 27, Grimm Hall hosted its annual haunted hall from 8-10pm. The theme for this year was "Fright Fair," and it could be seen in the makeup on people's faces and decorations throughout the hall.

Grimm hall has been hosting an annual haunted hall for nearly 40 years, starting in the early 80s, and continuing to the present day. Nick Lauer, hall director of Grimm and McMillan, gave a little background on the haunted hall tradition. "Back in the day, each hall had its own theme, season, or holiday. Because of the name, Grimm was matched with Halloween. Even now, all these years later, when the rest of the halls have lost their themes, Grimm still has one," said Lauer.

This year the Haunted Hall was a joint operation between the Grimm and McMillan hall councils as well as the residence and friends of both halls. The Haunted Hall didn't charge for entry but offered fearmongers an option of donating two dollars or one non-perishable food item to charity.

Volunteers are what keep Grimm's Haunted Hall alive, without them it would be impossible for the hall councils to put on this event every year. Abigail Wick-Lambert, McMillan's program coordinator, spoke on

the help received from volunteers, "I think we have a good group of volunteers that really want to work hard to make it great. I think that the energy they are putting into this will really show tonight. If people come in with an open mind and want to experience it, they are going to have fun."

It can be hard to find volunteers, especially at a college campus, where students have a million things going on. With papers to write, presentations to create and group projects to collaborate on, it's difficult for students to take on more work. "We went through friends, we had an email with a sign-up volunteer link, and then when we had our meet and greet for our hall, we had a bonfire, we kind of talked to people about it from there," said Emily Ekholm, McMillan's vice president.

After the Haunted Hall's volunteers began the job of spooking and scaring those looking for the experience, some UWRF students were asked about their experience.

"That was good," said one student, he continued and said, "that was a decent quality haunted house for a college dorm."

Another student said, "It was a very good haunted house considering that it was all volunteer work, and I would recommend going next year to anyone."

The Student Voice is Seeking

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Graphic Designers
Cartoonists
Columnists
Photographers
Reviewers

STUDENT VOICE

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Brooke Shepherd

Owen Elle

Dawson Flaherty

Melissa Thorud

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Chelsie Rosa

Maddie Markulics

Andris Straumanis

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

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

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

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

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

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