

# Learning to fight back

*Self-defense requires physical and mental preparation*

By CALEB JORDAN  
Ubiq Staff Writer

Last month, five UW-WC female students participated in a special class. They came not to crack the books but to learn how to crack some heads.

For 90 minutes, self-defense instructor Luanne Salmon taught how to punch, thrust and kick a would-be attacker.

Salmon, who holds a third-degree black belt in taekwondo, emphasized the importance of self-defense to her students.

“Taking these classes and learning these techniques will give you more confidence and if a situation presented itself...you are much less likely to freeze with fear, move past that, and get away safely,” she said.

The secret of self-defense, according to Salmon, is that everyone has six weapons on them at all times: both arms and legs, the head and the most underrated weapon, voice.

Salmon suggests shouting a loud “No!” This is not only supposed to alert others that of danger, but also to disrupt the attacker.

Under Salmon’s guidance, the women practiced an opponent’s vulnerable spots.

“The body has many weak points...They are the throat, the eyes, the groin if your attacker is a man, the knees, the solar plexus, the ears, and the nose,” she said.

Amanda Eskola, one of the UW-WC counselors who sponsored the class, said that women must learn to defend themselves because sexual assaults have become too common.

Ultimately, proper self-defense requires learning more than where to place certain strikes against an opponent.

Salmon stressed having a strong body



Self-defense instructor Luanne Salmon, left, practices with a student at last month’s self-defense class in room 101. (Caleb Jordan)

language when walking, not using electronics such as ear buds and cell phones in public and not being afraid to make eye contact with someone as they are walking past. This avoids appearing as an easy target and increases spatial awareness.

In other words, the secret is that everyone must condition themselves to not fear any situation or anyone and get to a point where they feel confident in their abilities. It could be the difference between life and death.

At least one student has firsthand experi-

ence.

“...everyone should know self-defense. It raises confidence, self-esteem, and makes a person feel safer knowing that they can take care of themselves in any situation where they may feel threatened,” said Alexandra Mathusek.

Salmon runs a business called At Home Personal Training and offers classes on self-defense for age 13 and older. For more information, go to <http://www.westbendpersonaltraining.com>.



Library Hours  
 M-W: 8 a.m. - 9 p.m.  
 Th: 8 a.m. - 6 p.m.  
 F: 8 a.m. - 4 p.m.  
 S-Su: Closed

#### Research Rescue

Are you freaking out about your paper?  
 Can't find the sources your professor  
 requires?  
 Got 5-10 minutes?  
 If you said "yes" to one of these questions,  
 drop by the campus library and Eric Harding

(Librarian) and Jennifer Chamberlain (Library  
 Director) will get you on track in no time!

Whether its database sources, finding ap-  
 propriate websites, citation, or just looking for  
 someone to bounce ideas off about the general  
 direction of your paper or project—the library  
 is an awesome one-stop-shop for answers.

## Professor's Pet Peeves

If you're going to use it, be sure you know it.

#### Use vs. Utilize

Use: The act or practice of employing something.

Utilize: To make practical use of.

#### Super vs. Supper

Super: Of high grade or quality.

Supper: An evening meal, typically a light or informal one.

#### Chose vs. Choose

Chose: Past of choose.

Choose: To select freely and after consideration.

1. After I (used, utilized) my debit card at the restaurant, I received a  
 call informing me that a hacker (utilized, used) my stolen information to  
 clear out a Best Buy.

2. Gee whiz ma, that (super, supper) was (supper, super)!

3. When asked to (chose, choose) between buying a new or used car,  
 I'm happy I (chose, choose) new.

Answers: 1. Used, used (Usage rules state that the word  
 utilize should never be substituted for the word use.) 2.  
 Supper, super 3. Choose, chose

## *The Ubiquitous*

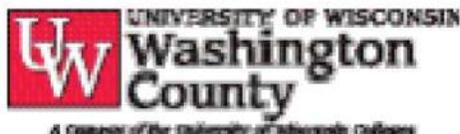
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# Enjoying engineering, each other's company

## *Club to enter its concoction in national contest*

By LOGAN GARCIA  
Ubiq Staff Writer

If you've never been to an Engineering Club meeting, you might picture a place where only the brightest students are accepted, and you must pass the most rigorous physics class to even understand the conversation.

This is not the case in UW-WC's Engineering Club.

"We should throw magnesium blocks under the front nose so if it comes down, it will throw sparks everywhere," said member Jon Barker, joking about using unintentional skidding as a "backup" brake in design of a prototype vehicle.

In all seriousness, the founding members of the Engineering Club know their stuff. One served as an Army aviation technician for 12 years, while another has been working as a quality technician in stone fabrication. Another is building two airplanes in his spare time while working and going to school.

The club got its start two years ago when engineering student Chris Kleman approached Prof. Guy Campbell with an issue at the school.

"(Kleman) said, 'We've got (engineering) students, but we don't have an identity, no place to get together and do things,'" Campbell said, recalling the day. "'I'd like to have a club where we can use making something as an excuse to get together.' I thought it was worth spending the few hours a week if anyone else was interested."

The third founding member was Jesse Wulf, who knew Barker and met Kleman in physics at UW-WC. All three are pursuing their bachelor's degree in mechanical engineering using UW-WC's collaborative degree program with UW-Platteville.

"Chris and I were some of the only students intending on engineering majors via the

collaborative program with UW-Platteville," said Wulf. "We wanted to find like-minded individuals that wanted an avenue outside of class to share and explore our understanding of the material in our curriculum."

The members also wanted to help introduce students in the Platteville degree program to the exclusively online advanced classes and discuss professors they should take classes with. By evaluating professors' instruction methods, the club wished to give students the knowledge of who would best match their learning style.

The club is first and foremost a place for people to hang out, as there's no real registration or mandatory attendance of any kind. Barker stressed the fact the club is a laid-back endeavor and wants people to "make it when you can make it just to have some fun building things."

The club's current project is a vehicle to compete in the American Society of Mechanical Engineers (ASME) Human Powered Vehicle Competition in May. The group made an effort to choose a design that was realistic to build but also challenging, which led to the "trike" design which balances handling and speed better than a bi-wheel vehicle.

Unsure of its resources, the club took to reaching out to businesses for donations of training, parts, and labor. Partners in the project include Hayes Brake, which donated brake parts, and ICE Trike, a United Kingdom-based recumbent bicycle company. ICE didn't have the resources to train or provide labor for the club, so it sent wheel hub blueprints for the club to use.

Locally, Mountain Outfitters joined the cause. Wulf asked the shop to train him on making wheels for the vehicle. He was not only shown how to properly lace, string, and balance the wheel, but also practiced on various wheels

in the shop until he mastered the skill.

While parts and labor are a great help to the project, instructing students on how to use the equipment allows them to take the skill outside of school and into the workplace. Campbell is a proponent of hands-on training whenever possible.

"We'd rather it be an opportunity for students to learn. That's much more important than the product that comes out of it," said Campbell.

Progress on the vehicle is going well, considering the busy work and school schedules of the club members. The basic framework of the vehicle is done, and the drive train is almost complete. The next step in the project is construction of a custom fiberglass canopy which will help the vehicle become more aerodynamic.

Campbell makes it clear that the club is not exclusively for engineers. A theater major approached the club asking to be taught how to build stage sets instead of just painting them, so the members walked her through the process of constructing a stud wall.

"We have a pretty substantial amount of students going for their engineering degree here," said Barker. "As far as something like this, there aren't a lot of students willing to put their hands on a project, and I'd like to see that change. We aren't just catering to upperclassmen who are into designing. We're trying to show people, 'This is why we do something this way.' We want to help people learn."

Club members anticipate bigger and more complex projects as membership grows. One project available is the Society for American Engineers (SAE) Aero Design competition to build a remote-controlled flying craft, which will require rigorous electronics work.

The club meets at 2 p.m. Fridays in Lab 334 and welcomes guests.

## Sports teams bring home some hardware

UW-WC's soccer team won the Wisconsin Collegiate Conference (WCC) title and took runner-up in the WCC state title against UW-Fox Valley, 3-0.

The volleyball team won the WCC Eastern Division Title. The team played in the WCC

State tournament this past weekend and advanced to the finals before losing to UW-Marathon, 24-26, 21-25.

Mikkin Abfall and Marisa Moser were selected by the coaches to the WCC volleyball All Tournament team. They are among the top

six players in the Tournament of 13 teams.

The golf team won three golf invites this season. The team played in the WCC state Golf Invite and lost to UW-Waukesha by nine strokes. The team took the runner-up trophy in the WCC State Tournament.

# Horrorscopes

By CALEB JORDAN  
Ubiq Staff Writer

**The Water Carrier: Aquarius (January 20 to February 18):** Aquarius, you didn't do so well on that last project. Just know, even vomit on a canvas looks good with enough time put into it. So give yourself more time to complete the next project.

**The Fishes: Pisces (February 19 to March 20):** Something fishy is going on, and you can smell it. This is your moment to shine. For "cod's" sake, don't let this "oppor-tuna-ty" pass!

**The Ram: Aries (March 21 to April 19):** You may think you are better than everyone right now. You must learn to tolerate other people, even if they irritate you. But hey, at least you aren't the Westboro Baptists, which is nice.

**The Bull: Taurus (April 20 to May 20):** You are beginning to pull back those layers, and people are seeing the true

person you are. You are a wonderful plate of lasagna. But that guy over there. Yeah, that guy. He makes people cry. Ugh, those onions.

**The Twins: Gemini (May 21 to June 20):** You made a mistake. That is ok. If all pork chops were perfect, we wouldn't have hot dogs.

**The Crab: Cancer (June 21 to July 22):** Hey, next time that cute girl/boy comes around, don't break eye contact, smile, and hand them a box full of kittens. Works every time. Go get 'em.

**The Lion: Leo (July 23 to August 22):** Einstein once said, "If you judge a fish by its ability to climb a tree, it will go thinking its entire life it is stupid." Yeah, but can a tree climb a fish? The joke's on them!

**The Virgin: Virgo (August 23 to September 22):** You know what looks good on your car? Fresh wax. You know what doesn't? A snow bank. Take the extra

time to get to school this winter.

**The Scales: Libra (September 23 to October 22):** You studied hard this semester, but midterms were still overwhelming. Just don't be like Capricorn. Ever.

**The Scorpion: Scorpio (October 23 to November 21):** Be nicer to your boyfriend or girlfriend. Spending a few more minutes of your day with him or her is better than a "it's complicated" relationship status on Facebook.

**The Archer: Sagittarius (November 22 to December 21):** Be careful with holiday shopping coming up. You may want to go out and spend a bunch on your family, friends and even yourself, but you won't break the bank. The bank will break you.

**The Goat: Capricorn (December 22 to January 19):** Those midterms were tough, eh? There's still hope. Spend a little more time studying rather than looking up cat pictures on the Internet.

## Still time to enter photo contest

UW-WC announces the fourth annual GIVE US YOUR BEST SHOT Photography Contest. Amateur photographers who are at least 15 years of age and live in Wisconsin are welcome to enter. Entries must be sent between Oct. 1, 2014 and Jan. 4, 2015 – with one digital entry per person allowed.

Photos can be emailed to sue.bausch@uwc.edu or dropped off on a CD or jump drive at the campus main office. The Washington County Campus Foundation awards cash prizes, with the top three winning entries receiving \$100, \$75 and \$50 respectively, along with a brass name plate. Implemented four years ago, the contest has slowly added visual interest to the campus with a unique collection of photography displayed in the lobbies and hallways.

Striking digital images in color or black and white - featuring gritty as well as pretty - are welcome.

Photographers are encouraged to have fun with it – experimenting with lighting, angles, subjects and composition. Resolution must be print quality (300 dpi) with winning photos displayed in 11x14 inch size.

Winning photos become the property of UW-WC which may edit, publish, distribute and republish in any form. Photographers retain the rights to their images. Winners will be determined by a panel of art professionals. Professional photographers (anyone earning 50 percent or more of their annual income from photography) are not eligible to apply.

All entries will be displayed in the campus library during the Festival of Arts on Saturday, April 18, 2015. The top 15 photos are framed and put display in the Art Gallery during the Festival and then moved to the main lobby until the 2016 Festival. For complete rules, go to [www.washington.uwc.edu](http://www.washington.uwc.edu).



UNIVERSITY OF WISCONSIN  
Washington County  
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## WINTERIM

### Schedule

January 5 - 23, 2015

COURSE	CREDITS	DAYS	TIME	INSTRUCTOR
<b>ANT 350</b> <small>Intro to Medical Anthropology</small>	3	MTWRF	9:00am-11:50am	C. Hays
<b>CHE 112</b> <small>Foundations of Chemistry</small>	2	MTWR	4:30pm-6:50pm	M. Ayoub
<b>CTA 103</b> <small>Intro to Public Speaking</small>	3	MTWRF	1:00pm-3:50pm	C. Yogerst
<b>CTA 218</b> <small>Popular Culture in the Media</small>	3	MTWRF	9:00am-11:50am	C. Yogerst
<b>HIS 105</b> <small>History of Western Civilization from Ancient Times to Era of Renaissance</small>	3	MTWRF	1:00pm-3:50pm	J. Degritz
<b>MUS 278</b> <small>History of Rock &amp; Roll</small>	3	MTWRF	1:00pm-3:50pm	R. Walzer

No Classes on Monday, Jan. 19 - MLKing Holiday

Earn 3 credits in 3 weeks!

Advance toward your goals!

Lighten your course load for spring!

Graduate sooner!

Winter  
is coming!

# THE **FUTURE** IS OURS...



# THE **CALLING** IS YOURS



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*of Christian Charity*

<http://fsc-calledtobe.org>

# Student Question

By JENNY MAGRUDER, Ubiq Editor

## Do you Netflix binge? What do watch?



**Steve Shallock**

“Yeah, TED Talks, usually. I like to watch ones about writing, poetry and art because it gives me ideas for my projects. I also like to watch ones about obscure topics, like how Reggie Watts infuses philosophical ideas with beat-boxing techniques.”



**Patrick Leonard**

“Yeah, definitely. I’m currently watching ‘Orange is the New Black’ because I like to get my daily dose of drama.”



**Julia Weiss**

“Sometimes. I like to watch ‘Ink Master,’ which is a competition for tattoo artists.”



**Katie Knepler**

“I’m not much of a TV show watcher, but I watch a lot of independent movies like ‘The Giant Mechanical Man.’”



**Clay Holst**

“On Netflix, I watch ‘Arrested Development,’ but I also stream animes on Crunchyroll, which is like Netflix but for Japanese shows.”

## Sans fedora, UW-WC prof delves into the past

By RICKY KLAS  
Ubiq Staff Writer

Residing deep within the academic jungle of UW-WC is a professor who has traveled the world in search of the truth. This history detective laughs in the face of bat-infested caves, considers thick jungles crawling with snakes cute, and thinks tangling with ancient Native American burial mounds is a walk in the park.

No, the professor in question isn’t Indiana Jones. In fact, he thinks that fedora-wearing hack is a sissy. The man described above is none other than UW-WC professor Christopher Hays, and his Oct 8, Scholar Sip presentation titled “How to Think Like an Archeologist” covered some of the ways Hays performs his work as an archeologist.

Hays said he believes archeology helps us to understand ourselves.

“Understanding the past is something that not only enriches our sense of what it is to be human, but also gives us some depth of perspective of how humans have changed over

time and also how they have stayed the same,” he said.

Hays highlighted the investigation tactics and research strategies employed by the modern archeologist. The informal setting allowed for banter between Hays and the audience, and the who, what, when, where style of investigation made the presentation accessible.

Hays said he is fascinated by ancient mysteries.

“I took an interest in archeology, because it’s the only way we are able to know anything about human existence prior to the European’s arrival in the 15th century,” he said. “I get to be a detective that pieces together parts of the past.”

Hays passed around several 4,000-year-old clay artifacts. They helped demonstrate the what and where of Hays’ research strategy for exploring ancient mysteries. He said the artifacts had been transported from another site several hundred miles in a time when only movement by foot or water was available.

Hays also highlighted his examination of

the burial mounds of the Adena people in what is now Ohio. Hays said the Adena people were the first to use “stacked cemeteries” or burial mounds. Hays said he was able to determine that the Adena people’s burial rituals remained unchanged for hundreds of years due to their isolation from other cultures.

Hays also discussed his time spent at the “Poverty Point” mound site in what is now Northeast Louisiana. This site features the Bird Mound, which, at more than 125-foot tall covering several acres, is the second-largest burial mound in the U.S. The mound was built in a time when baskets were the only tool available to transport dirt, and Hays said he estimates that the entire project took 50 years to complete.

The third Scholar Sip presentation will be held in the library on Wednesday, Nov. 12. Prof. Anne Widmayer will be discussing Harlequin Cherokee, an early 18th century precursor to the modern comic book. Her presentation is titled “Spectatorship and the Portrayal of Native Americans in English Pantomime.”

# Student Worker Profiles

By JENNY MAGRUDER and LOGAN GARCIA, Ubiq Staff Writers

**Name:** Lydia Campbell  
**Age:** 19  
**Campus Job:** Math tutor and Learning Center assistant  
**Anticipated major:** Natural Resources, probably Water Resources  
**Semester at UW-WC:** 3rd semester  
**Post UW-WC plans:** Finish my undergrad at UW-Stevens Point and save the world



**Favorite food:** Cheesy potatoes and green bean casserole  
**Favorite activities/hobbies:** Hiking, watching movies and Netflix, playing the upright bass, and hanging with family and friends

**Favorite TV shows:** Parks and Recreation, 30 Rock, The Office, Arrested Development

**Favorite movies:** Lars and the Real Girl, The Secret Life of Walter Mitty and the Princess Bride

**Favorite music genre:** Indie and soft rock

**Favorite music artist:** Asgeir, Gungor, The Strokes and Sufjan Stevens

**One goal on your bucket list:** Befriend a fox

**Zombie plan:** Hole up in the middle of nowhere with some guns, practice subsistence farming and steer clear of any big cities until the whole “zombie thing” blows over

**Name:** Rebecca Rynes  
**Age:** 22  
**Campus Job:** Bistro cashier, stocking soda machines  
**Anticipated major:** Dual Elementary Education/Special Education  
**Semester at UW-WC:** 1st semester freshman  
**Post UW-WC plans:**



Teach English as a Second Language in foreign countries

**Favorite food:** Sushi

**Favorite activities/hobbies:** Reading, playing games, doing logic puzzles and brain teasers, spending time with family and friends

**Favorite TV shows:** Crime shows (Criminal Minds, CSI), Amazing Race, Survivor

**Favorite movies:** Lord of the Rings, Star Wars

**Favorite music genre:** Country and pop

**Favorite music artist:** Kenny G (classical)

**One goal on your bucket list:** Attend the Olympics

**Zombie plan:** Napalm and flamethrower

## Veterans Day ceremony set for Nov. 11

The Student Veterans Club at UW-WC is commemorating Veterans Day on Tuesday, Nov. 11, with a ceremony that begins at noon in the campus theatre. All area veterans and their families, and the general public are welcome to attend.

According to Jon Barker, President of the Student Veterans Club, the presentation will include colors, provided local VFW. The keynote speaker is John Kleinmaus. He served in the U.S. Army from 1966 to 1969.

In May 1967, Kleinmaus was stationed in the Central Highlands of Vietnam where he was assigned to the 704th Maintenance Battalion of the 4th Infantry Division. In February 1968 during the TET Offensive, he was slightly wounded having sustained shrapnel wounds in the face and chest.

Returning home in May 1968, he was assigned to the Combat Development Command at Fort Ord, California, where he spent the next 18 months. It was there that he met Donna Johnson, who is also an Army veteran. They were married in September 1969. After the service, they settled in Wisconsin and started their family. Today, their family includes two children, eight grandchildren and one great-grandson. John joined the VFW in 2002 and in 2009 he was elected Commander of VFW Post 1393 in West Bend.

The club plans to serve snacks and refreshments while supplies last, following the ceremony.

## SGA Update

Greetings, fellow students! In case you haven't heard, there's been a lot of recent success in UW-WC athletics. The UW-WC soccer team finished the season with an undefeated record, making it conference champions, and it took second in the state tournament. The UW-WC volleyball team also completed their season as conference champs. It went to the state tournament and took second place as well. Congratulations to both teams on great seasons!

We have a few things coming up on our school calendar. Intramural volleyball starts soon, so get your team together (I'll see you on the court.). We also have a co-ed pool league starting in November. Be sure to sign up and put your skills to the test.

The Dueling Pianos will be back this month! Be sure to stop by the Bistro on the Hill on Wednesday, Nov. 11 and enjoy a free lunch, courtesy of SGA.

I hope everyone's mid-terms went well. Good luck the rest of the semester.

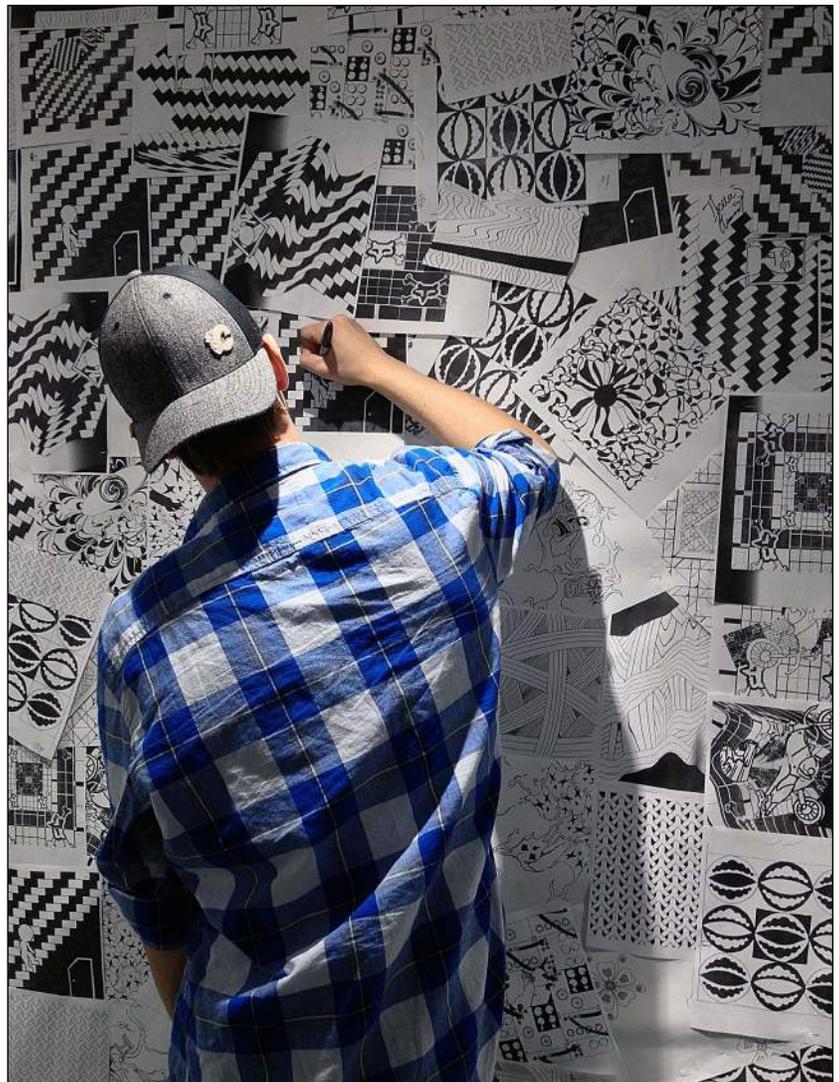
Mitchell Bury  
 SGA Public Relations Officer

# Here's looking at you, UW-WC

Left (from left), Prof. Guy Campbell, Jon Barker and Jesse Wulf pose with their human-powered vehicle the Engineering Club will enter in an American Society of Mechanical Eninegers competition. See article on page 3.



Right, UW-WC student Thomas Newman draws on the new student art collaboration called Super Taranta! in the gallery by the theatre. The gallery is open daily in November.



From left, UW-WC students Becca Rynes, Michael Arts, Emily Gryga and Lydia Campbell pose at UW-WC's election night event on Nov. 4. Political science associate lecturer Winn Wasson organized the event, featuring healthy political debate while watching election returns in Wisconsin and across the country.