began to walk, wobbling slightly, but soon was off and running as quickly as she had put the shoes on. In regards to this experience, Emma said, “I think it was so touching for me because it is something that is a necessity that we take for granted in America, but it can bring so much joy to a little girl.”

Something as small as taking time to play games or giving a new pair of shoes could change a person’s life forever. Not only the receiver of the gift, but also the giver. Seeing strong reactions to simple things like conversations and schools can change the way we view the world too. In America, most people don’t worry about having a roof over their heads, shoes on their feet, and food on the table, but this is a real worry for some people across this world.

The KMAD organization strives to educate people on these startling facts and make a difference in someone’s life, maybe the traveler or maybe the Kenyan. Either way, it’s an incredible volunteer opportunity! If you are interested in traveling with fellow students to Kenya over winter break for a life changing experience, contact Megan Hess (hess.mega@uwlax.edu) for more information.

“Something as small as taking time to play games or giving a new pair of shoes could change a person’s life forever.”

-Bailey Krueger
“What Did You Say?”: The Power of Person First Language

By: Jenna Horton
Peer Advisor

Sticks and stones may break my bones, but words can hurt just as much. For many people with disabilities, as well as people of all abilities, words can hurt. This is especially true when people make rude comments towards people who have different abilities than they do, or even when they talk about people with disabilities in a negative way without even knowing it.

What some people do not realize is that people with disabilities are, first and foremost, people. People with disabilities have individual inabilities and needs that may be different from other people, but that does not make them any less of a person. The National Center on Health and Physical Disability website states, “People with disabilities are our nation’s largest minority group,” but it does not only affect one group of people. This minority group affects a wide variety of people from varying ages, genders, races, ethnicities, and socioeconomic statuses.

One way to make sure we are addressing people with disabilities with respect is by using Person First Language. Person First Language recognizes that people with disabilities are not defined by their ability or lack thereof. It does exactly as the name entails - it puts the person before their disability. It is used to show what a person has, not what a person is. For example, instead of saying, “the autistic boy,” you should rephrase it and say, “the boy with autism.” By rephrasing the sentence with Person First Language, the boy’s identity is not defined by their disability because most importantly, this boy is a human being.

Kara Miller, the Vice President of SAPA (Students Advocating Potential Abilities) on campus said, “Person First Language is important because it is inclusive of everyone no matter their ability. You wouldn’t point someone out by the color of their shirt, so why would you point someone out by their disability?” This is a great example of how hurtful our words can be and how simply changing the way we say something about someone’s abilities can make a big difference.

Person First Language is something that is very important to incorporate into our everyday language. Whether you have a disability or not, it is important to remember that everyone is human and deserves to be treated with dignity and respect through words and actions. Using Person First Language is just one step in breaking down barriers and stereotypes of people with differing abilities. In this way, we can be advocates for people with disabilities and bring forth a change in attitude and speech to be more inclusive of people with all abilities.

SAPA is a group of students, with and without disabilities who are committed to raising awareness of disability issues through fun hands-on activities, as well as providing members with opportunities to learn and to teach others. Their mission is to demonstrate the potential ability and capabilities of people with disabilities because, in all reality, everyone will have a disability at some point in their lives. Why not learn about them now? If you are interested in joining SAPA, they meet Tuesday nights at 5:30 in Centennial Room 2140.

*Person First Language Tips found below.


Person First Language Tips

<table>
<thead>
<tr>
<th>Words to Avoid</th>
<th>Words to Say</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brain damaged</td>
<td>Person with brain injury</td>
</tr>
<tr>
<td>Deaf person</td>
<td>Person who is deaf or person with a hearing impairment</td>
</tr>
<tr>
<td>Crippled; wheelchair-bound; wheelchair-confined</td>
<td>Person with a disability (or the name of the disability)</td>
</tr>
<tr>
<td>Able-bodied</td>
<td>Person without a disability</td>
</tr>
<tr>
<td>Suffers from…</td>
<td>Person who has…</td>
</tr>
<tr>
<td>Mentally retarded</td>
<td>Person with an intellectual disability</td>
</tr>
<tr>
<td>Stroke victim</td>
<td>Stroke survivor</td>
</tr>
</tbody>
</table>

*Table retrieved from:
http://www.nchpad.org/1201/5833/Person-First-Language-and-Effective-Communication
Food for Thought: Easy Apple Crisp Recipe

Ingredient Checklist:
- 6 apples - peeled, cored and sliced
- 1 cup water
- 1 (18.25 ounce) package white cake mix
- 1 cup packed brown sugar
- 1 teaspoon ground cinnamon
- 1/2 cup butter, melted

Directions:
1. Preheat oven to 350 degrees F (175 degrees C).
   Lightly grease a 9x13 inch baking dish.
2. Arrange apples in an even layer in bottom of baking dish. Pour water over apples.
3. In a medium bowl mix together cake mix, brown sugar, and cinnamon. Stir in melted butter or margarine until ingredients are thoroughly blended; mixture will be crumbly. Sprinkle mixture over apples.
4. Bake in preheated oven for 50 to 55 minutes.

*recipe found at http://allrecipes.com/recipe/15404/easy-apple-crisp/
Peer Spotlight: Bailey Krueger

- Hello everyone! My name is Bailey Krueger, and I am a junior from New Richland, MN. I am currently majoring in Business Management with a minor in Accounting.

- One dream I have would be to go skiing somewhere outside of Minnesota, like Canada, Switzerland, Alaska, or Italy, somewhere crazy! I would also love to meet Carrie Underwood, Mike Fischer, and their baby!

- I currently work in the Academic Advising Center as a Peer Adviser.

- My favorite part of being a Peer Adviser is helping the students and making the connections with them. Every once in a while I will get an appointment that ends up being more of friends chatting while I help them instead of an appointment feel. I love those days!

- I am also involved in the Vanguard organization, Golden Key, and Society of Human Resource Management. They keep me busy, but in a good way! I have also made little "families," if you will, with each of these different groups.

- As a junior I should probably have my goals figured out for after graduation, but the truth is, I have no idea. I can barely decide what to have for supper tonight let alone what the rest of my life looks like. With that being said, I know I love the major I am in and have faith it will lead me to a job I am passionate about. I know I want to work with people and have everyday challenge in one way or another.

Active Minds: Promoting a Happier, Healthier Campus

By: Madeline Marquardt
Peer Advisor

Did you know that suicide is the second leading cause of death amongst college age students? Did you also know that there is a student organization at UWL that aims to prevent suicide and encourage college students to seek help?

According to Active Minds president, Haley Ingersoll, “Active Minds aims to create a happier, healthier campus by starting the conversation about mental health. We do so by hosting events that cover topics ranging from mental health and wellness, suicide prevention, test anxiety and more.”

Added Ingersoll, “The goal is to change campus climate to be more acceptant and informed about mental health, seeing as one in every four adults lives with a diagnosable mental health disorder.”

Active Minds is a national non-profit organization that has been around for over fifteen years, and is active at college campuses across the United States.

According to the organization’s website, “By developing and supporting chapters of a student-run mental health awareness, education, and advocacy group on campuses nationwide, the nonprofit organization works to increase students’ awareness of mental health issues, provide information and resources regarding mental health and mental illness, encourage students to seek help as soon as it is needed, and serve as liaison between students and the mental health community.”

Ingersoll stumbled upon the organization at Involvement Fest during her freshman year at UWL, and quickly became involved. “From the start, I liked their approach to making UWL a place that is not only physically healthy but also mentally healthy. You go through a lot of changes in your college years, so it’s nice to know there is a support system pushing the cause forward and working to let students that are suffering know that there are resources on campus to help,” said Ingersoll.

According to the organization, one in four college students have experienced a mental health issue, or have known someone who has been affected. Active Minds wants students to know that they are not alone.

Ingersoll explains, “Many times, people who experience stigma feel voiceless or delegitimized, but it doesn’t have to be that way. That’s why we speak up. It is incredibly rewarding to have students, staff, and any other outsiders approach us and tell us they’re glad an organization like this exists. It goes to show that talking about mental health and combating stigma truly can make a difference.”

The organization hosts a number of events on campus, including bake-sales or handing out hot chocolate during finals or mid-terms while providing tips for beating test anxiety, stress relief techniques, and so on. Active Minds will also be helping with Distress Fest on December 16th in Port O’Call. Distress Fest encourages students to “engage in active recovery from stressful things in their lives, including studying for finals.”

According to Ingersoll, “Our biggest event of the year is usually “Light Up a Life,” which is a suicide awareness/prevention vigil that takes place by the clock tower. Passersby are able to make a luminary bag in memory of those who are gone too soon. We also have the La Crosse Area Suicide Prevention Initiative there to provide support. It is really powerful to see it up front like that.”

She added, “We ultimately want to boost mental health awareness in as many ways as possible, and I’d say we are growing in leaps and bounds this year. Our social media outreach has grown considerably and we are networking with more people than ever. We have some exciting things in the works and I can’t wait to see where our effort takes us in the next few years.”