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Students at UWRF
juggle love
and education

SOFTBALL, PAGE 6

Coach wins 400th game
in Florida

ROCKIN' FOR ROBBIE, PAGE 9

Sigma Sigma Sigma
plans first annual
benefit concert



UNIVERSITY OF WISCONSIN RIVER FALLS STUDENT VOICE

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Students volunteer around the country

Destination 2007 teaches volunteers life lessons, builds friendships during spring break

Katie Velebir

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Rather than lounging around on a beach somewhere warm or engaging in some other self-pleasing activity, 5 faculty members and 62 students decided to dedicate their spring break to helping others.

Their goal was accomplished through Destination 2007, a week-long community service trip offered through the UW-River Falls. Students paid \$175 each to participate and held fundraisers to make up the difference. This year's teams raised \$3500.

These trips allow participants to satisfy community needs and make new friendships. They also broaden student's perspectives and teach them to appreciate what they have been blessed with will providing their help and services to others, trip coordinator, Amanda Moeller said.

The sites visited this year were: Chicago, Illinois; Athens,



Submitted Photo

Student Becky Eilbes pulls a cart of debris in Gulfport, Miss., where houses are still under repair from Hurricane Katrina.

See Trips, page 3

Trende announced as Public Safety director

Shalena Janis

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After taking the interim Public Safety director position when Mark Kimball announced his retirement four months ago, Dick Trende received the position as Public Safety director March 19.

"Coming from retirement, this position is what drew me out of it," he said about enjoying the retired life for only six months. "It's the people on this campus that drew me to a quantum leap out of the luxurious retirement."

Trende, former Hudson police chief, took the position as interim director in November when the then-director Mark Kimball announced his retirement date would be in the beginning of

January. He worked for about a month and a half with Kimball to train and get accustomed to working on a university campus.

It only took a few weeks, Trende said, when he knew he wanted to apply for the director position and stay permanently at U W - R i v e r Falls as the Public Safety director.

"The atmosphere here is very pleasant," he said. "I don't think I was really ready for retirement."



Dick Trende

See Trende, page 3

Cooking oil, now trans-fat free, allows for healthier food options

Chartwells uses zero trans fat oil intended to benefit students

Lee Ann Bjerstedt

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Most college students have heard of the dreaded "freshman 15," referring to pounds that students are likely to pack on their first year away from home.

Freshman weight gain is thought to take place for different reasons, from the temptation to eat whatever and whenever, to eating in response to stress, anxiety and homesickness, according to kid-shealth.org.

Some of the blame is transferred to dining halls and on-campus eateries. Chartwells, the company responsible for providing dining services to UW-River Falls students, recently made a change with the intention of helping all students avoid unnecessary weight gain.

Chartwells campuses have now fully switched to using non-hydrogenated, trans-fat free canola or olive oil for cooking and non-hydrogenated canola or soybean oils for frying, according to a February press release.

Mike Owen, the production manager for Chartwells on campus, said the company in the process they made the decision to switch to zero trans fat oil, but it was up to individual campuses to test different brands before making the choice that was best for their University.

"River Falls tested four different brands of oil. We looked at how the product worked, flavor and how well it held up frying large amounts of product," Owen said. "Once the results were in, the best product was brought in to the distributors for the school to use."

Trans fat is made by adding hydrogen to vegetable oil in a process called hydrogenation. While small amounts of trans fat are found naturally in animal-based foods such as dairy, meat and poultry, higher levels can be found in vegetable shortenings, margarines, crackers, cook-

ies, snack foods and other foods made with or fried in partially hydrogenated oil.

Trans fat can increase the shelf life of certain foods by guaranteeing lasting flavor, but scientific studies have found that it is also the most harmful contributor to heart disease through its tendency to raise levels of bad cholesterol and lower the good, according to the Food and Drug Administration's Web site.

It is best to consume less than 10 percent of calories from saturated fatty acids and less than 300 mil-

ligrams per day of cholesterol, and keep trans fatty acid consumption as low as possible, according to the U.S. Department of Agriculture 2005 Dietary Guidelines for Americans.

Nutra-Clear NT (tm), the oil chosen for the switch, contains zero grams of trans fat per serving while still keeping a low saturated fat level per serving, so it keeps in compliance with federal health guidelines.

Kevin Tloughan, marketing manag-



Kenny Yoo/Student Voice

Tom Lutz monitors fried potatoes cooking in a broiler in the kitchen of the residential dining area in the basement of the University Center (above). Chartwells is using zero-trans fat oil when broiling and deep frying foods, like chicken and french fries, in eateries on campus (left).

See Chartwells, page 3

SHS hosts Annual Health Fair

Leah Danley

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The Annual Health Fair is put on by students to raise the awareness of health to the campus community members. The event is not well-known among students and many aspects of the fair are not publicized.

Katie Crowell, a junior at UW River Falls, is just one of many students who are unaware of what goes on at the health fair of its existence.

"I wish they would advertise it a little more," she said. "I haven't even heard anything about it; if I did then I might go."

The Health Fair will mainly be advertised through the use of posters. The HHP techniques class is also doing some promotions for the Health Fair. Students will also be putting advertisements in the River Falls Journal and in the stalls of residence halls.

Keven Syverson, the health education coordinator, is helping students organize promotions for the event.

"It's up to the students how much they

advertise and how they want to run things," he said.

The students have full control over who is involved in the event, how things are going to be run and where advertisements will be placed.

"Every year is a little different depending on what students want to do," Syverson said.

Last year about 700 people attended the event.

"We are hoping that we will have just as many people come through, if not more," Syverson said.

In past years the event has been held at Karges Center, but this year it will be held in the University Center Ballroom. The Annual Health Fair has been an ongoing event for about 13 years. It has changed a little every year depending on what students want.

Senior Ainsley Hargest is another student who said she does not know much about the events being held during the health fair.

"If I knew more about it, I would want to go," Hargest said. "I want to get my

See SHS, page 3

Wisconsin Building Commission approves HHP planning funds

Nick Sortedahl

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One of the first hurdles for the new UW-River Falls health and human performance (HHP) facility was cleared on Monday. The Wisconsin Building Commission allocated more than \$1 million in general purpose revenue to UWRF, so planning can begin.

"This is a vital and historic step on the pathway to creating this facility," Chancellor Don Betz said in an e-mail to University faculty and employees involved in the project. "Applause goes out to all on this list and many more. There are many more hurdles and challenges to be sure, but the project has now been officially recognized and state money is to be made available for the initial planning."

Almost \$7 million has been devoted to this project, combining funding from the student body, UW-River Falls Foundation and money allotted by the commission.

UWRF students, employees and faculty undertook a massive campaign to gain support for the University to secure state funding. Letters were written by numerous HHP staff members and students and more than 1,700 petition signatures were hand delivered to legislators Feb. 28 in Madison, showing support for the new facilities.

"I don't want to be negative and sound like we're crying, but if you were to go to the eight WIAC institutions [the state of the facilities] speaks for itself," Athletic Director Rick Bowen said.

One of the proposed sites for the new facility would place two new HHP buildings adjacent the Knowles Center and Hunt Arena. This would be a logical

choice due to its cost effectiveness in using campus property and would also concentrate all university athletic facilities. The new buildings would include a new basketball gymnasium, pool, weight room, labs and classrooms.

According to a brochure advocating for the new buildings, 6,200 students are currently enrolled at UWRF, and about 3,000 are enrolled in HHP courses. About 10 percent of students are HHP majors and minors, who utilize many of the facilities for their everyday courses, labs and overall experience at UWRF.

The last large-scale remodeling project done on Karges Center basement was 15 years ago, Bowen said, so the importance of getting adequate funding for planning was vital.

"This is not unlike buying a house or new car; we have to determine what we want, and what we can afford," Bowen said. "This is such a breath of fresh air."



Submitted graphic/Tony Bredahl

One of the proposed sites for the new HHP facilities next to Knowles Center and Hunt Arena.

VOICE SHORTS

Organization sponsors free movie night

Students can see the movie “Pursuit of Happyness” for free at 4 p.m., 7 p.m. and 10 p.m. March 24 in the University Center Theatre. The movie stars Will Smith stara as Chris Gardner, a bright and talented man who is struggling to make ends meet. When he and his five-year-old son (played by Smith's own son, Jaden) are evicted from their apartment Gardner takes a chance with a prestigious stock brokerage firm. They endure many hardships but he follows his dream to make a better life for the two of them in this inspirational true story. The event is sponsored by the Leadership Development and Programming Board and is paid for with student fees.

UWRF professor speaks about food safety

Professor Purnendu C. Vasavada will lead a discussion for the series, Coffee with The Times, at 2:30 p.m. March 26 in the Falls Room located in the University Center.

The discussion topic will be about food safety. The event is free.

U of M professor to discuss marriage

In celebration of Women’s History Month, Dr. Elaine Tyler May will discuss “Mating, Dating and Procreating: A Hundred Years of Marriage in America” at 4:15 p.m. March 27 in the Kinnickinnic River Theater located in the University Center.

The event and reception following the event are open to students, staff and faculty and the River Falls community.

May is a professor of history and American studies at the University of Minnesota. She is also the author of many books and articles including “Great Expectations: Marriage and Divorce in Post-Victorian America” and “Homeward Bound: American Families in the Cold War Era.”

She has studied the ways in which issues normally considered part of private life, such as family, reflect, express and influence American political, cultural and social values.

The event is free.

Registration open for Spanish II classes

Students can continue to learn about the Spanish culture, vocabulary and grammar in Spanish II, which will begin March 27 and end May 1.

The classes will be held from 6-7:30 p.m. Tuesdays in Regional Development Institute building room 129.

The course is a proficiency-based non-credit class that involves creative communication-oriented activities that reflect typical situations students may encounter every day in a Spanish-speaking environment.

The cost of the course is \$85. For more information, visit www.uwrf.edu/outreach, contact the Outreach office at (715) 425-3256 or send an email to outreach@uwrf.edu.

AASA to sell egg rolls on campus

The Asian American Student Association is having an egg roll sale beginning at 8 a.m. March 28 in front of the University Center until supplies run out.

The egg rolls cost \$1 each or \$5 for six. They are available in meat and vegetarian style.

Career event geared toward students

Career Services and the University Advancement offices are hosting an event called Career Roadmap: Navigating the World of Work from 9 a.m. to 4:30 p.m. March 29 in the University Center Ballroom.

The event allows students, staff and faculty to network with area employers.

Students will have the opportunity to participate in mock interviews with area employers, attend the networking luncheon with alumni, receive dress for success consultations, listen to professional presentations featuring alumni and human resource representatives, and sign up for the Hire A Falcon online job-searching system.

The cost is free. For more information, contact Kristin Wenzel or McKenna Schumacher in Career Services at ext. 3572.

Film series features "We Are Marshall"

Students can see the movie “We Are Marshall” starring Matthew McConaughey and Matthew Fox for free at 4 p.m., 7 p.m. and 10 p.m. March 29 in the University Center Theatre.

The event is sponsored by the Leadership Development and Programming Board and is paid for by student fees.

Internationally acldaimed jazz group at RF

An acclaimed jazz group will be performing at 7:30 p.m. March 29 in the Abbott Concert Hall located in the Kleinpell Fine Arts building.

The Hornheads is a jazz group and has received international acclaim from artists and critics alike since it began in 1991.

They have performed and/or recorded with artists such as Prince and the New Power Generation, Janet Jackson, Babyface, Jimmy Jam, Aretha Franklin, Ray Charles, Sammy Davis Jr., Dizzy Gillespie and Tony Bennett.

The group combines virtuosic improvisation with ensemble work to create a musical experience. The event is \$2 for students, \$5 for adults and \$3 for seniors.

Kinders elected chair of AASCU committee

UW-River Falls Public Affairs Director Mark Kinders was recently elected to be the chair a national higher education committee of the American Association of State Colleges and Universities.

Kinders will serve as chair of the AASCU Advisory Council for Communications and Public Affairs for a one-year term. The main purpose of the council is to advise AASCU in regards to its work with Congress, the administration and the public.



Mark Kinders

SENATE

Senators pass four motions at meeting

Beth Dickman

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Student Senate took the time Monday night to bring several new motions to the table, without the presence of President Joe Eggers or Vice President Derek Brandt.

A member from the Black Student Union (BSU) addressed Student Senate during an open forum in order to have a student’s voice heard on a matter concerning a diversity conference held March 30-April 1. Due to the budget cuts occurring over the past two years, groups like BSU and the Asian American Student Association (AASA) are unable to fund the transportation and lodging costs for events like the upcoming Building Unity Conference held at UW-Parkside.

“We went last year and would like to go this year,” BSU President Anthony Anderson said. “We want to do good things, and this is a good opportunity for us.”

The motion was presented to Senate by Finance Director Adam Koski. It requested “that up to \$3,000 for lodging and transportation of the participants to the conference be allocated from the Shared Governance Account,” according to the Student Senate agenda.

The motion passed by a plurality oral vote.

Another motion brought to the table concerned winter weather temperatures and the safety of students.

Presented by Student Affairs and Academic Services Director Dan Scott, and backed by the Student Affairs and Academic Services group as a whole, the Student Senate was asked to pass a motion for classes to be canceled when the temperature or wind chill in River Falls reached minus 30 degrees or lower.

Falcons fans band together on Facebook

Rachel Ogrodnik

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Junior Steve Baisden attended 20 men’s hockey games out of the 29 this season. Baisden decided to take his love for hockey one step further when he created the Facebook group “Falcon Fans Unite Join the Flock.”

Baisden said the group was created to help spread the word involving the UW-River Falls men’s hockey team and to encourage students to attend playoff games.

“It was intended to inform others of the success of the team, for students to come support that success and to cheer the team on,” he said.

Baisden said he was thrilled at the success of the Falcons this season.

“In my opinion, their season was on the line and they pulled through,” he said. “They were the hottest team going into the playoffs.”

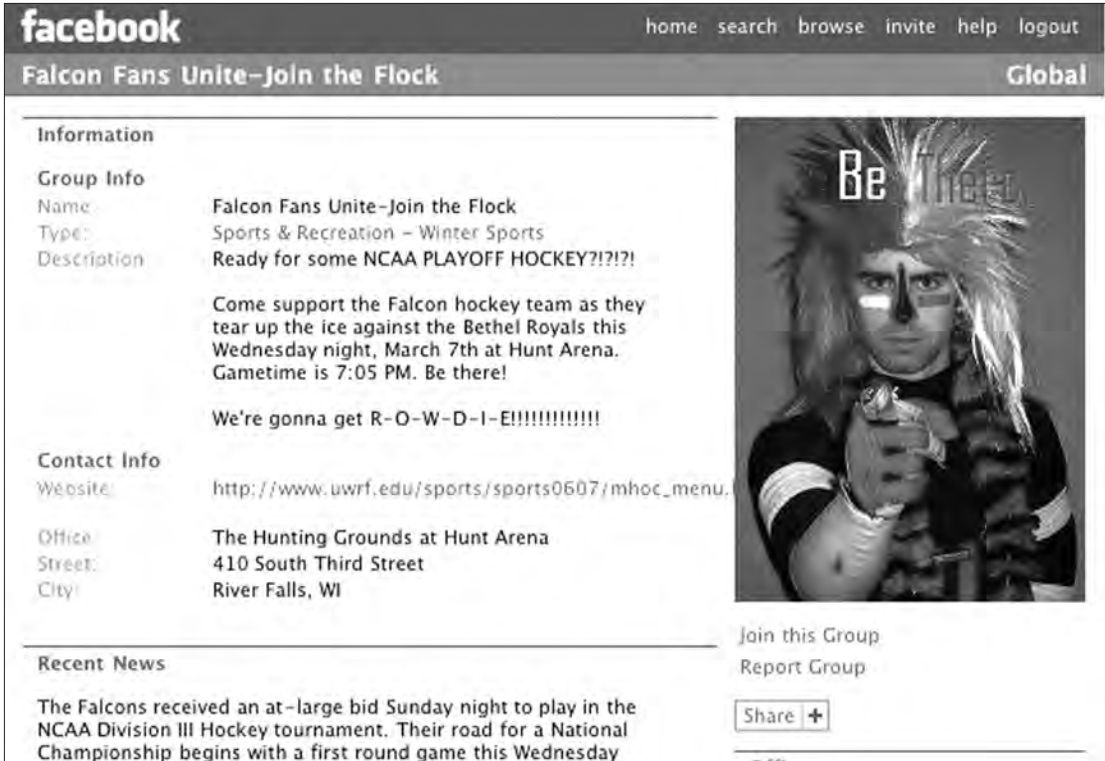
Baisden said he thinks the Facebook group allows fans to express what they have to say and show support for the team.

“Not everyone has had the experience to cheer for a team that is so closely related to them,” he said. “This group has brought those people together to cheer their team on.”

Senior Kyle Cooper works at Hunt Arena as a sound engineer and has been able to attend all of the home games.

Cooper said he thinks the Facebook group was a big help for UWRF hockey fans.

“Before, there was no way for fans to communicate ideas for games, such as chants and pre-game tailgates,” Cooper said. “Now with this group, people



Screen shot

Junior Steve Baisden started the Facebook group Falcon Fans Unite-Join the Flock for students to support the men's hockey team during the playoffs.

can plan stuff out for games and communicate freely.”

Cooper said he thinks the group is a great way to attract more people to the already growing fan base for hockey at the University.

Baisden said he heard hockey fans talking about the Facebook group at the Feb. 24 game against St. Scholastica.

Baisden said his goal was to get 300 members in the group before the playoff game had started.

“Once some students joined, many of them invited other friends to join,” he said. “Ultimately, it became a chain reaction and by game time, 322 people had joined.”

RIVER FALLS POLICE/PUBLIC SAFETY

Elizabeth Dickman

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March 9

• At approximately 2 a.m., Scott R. Hamilton, 26, was fined \$500 for driving a motor vehicle while intoxicated, possession of drug paraphernalia and possession of marijuana. A River Falls police officer stopped Hamilton’s vehicle after it was seen driving recklessly near the Pizza Hut on Main Street. A preliminary blood test, given at the scene showed his blood-alcohol level at .11. After being questioned, Hamilton admitted to the possession of the marijuana, though stated he was not under the influence of the drug at the time of his arrest. He was eventually released to his father around 5 a.m.

March 12

• Aaron S. Taylor, 19, was cited \$172 for underage consumption. His blood alcohol level was .32.

March 18

• Eric J. Bloms, 21, was picked up behind Emma’s Bar on Main Street for immediate detoxification in Chippewa Falls around 3:15 a.m., according to reports. Bloms refused to let officers call family members to pick him up instead of being brought to detox. His blood-alcohol level was .273.

• Michael R. Krause, 23, was cited \$109 for public urination on

The motion passed, and a friendly amendment was added to the agenda to have the motion sent to not only the chancellor, but all pertinent heads of academics, including department chairs and deans of colleges.

Other Senate News

• Natalie Hagberg, Leadership Development and Programming Board (LDPB) chair introduced a motion to approve the Segregated University Fee allocations. Charts listing detailed descriptions of on-campus organizations and the amounts LDPB has approved to provide them were given to every member of Student Senate for review. The motion will be voted on at next week’s meeting.

• The Vagina Monologues College Campaign has “become a tradition in River Falls that benefits the students,” according to a motion presented by Woman’s Initiatives Director Lindsay Exworthy.

She requested funding for supplies and fees to keep the tradition going this year. The cost for ticket sales and chocolate vagina pops were listed on the motion showing a total request of \$383.79.

Though the motion was only introduced Tuesday, the funding is already coming out of individual student’s pockets so it was also voted on and approved. The quick vote caused a suspension of bylaws during this motion. The bylaws were reinstated once the matter of business was completed.

• Employee salaries in the UW System are not on par with salaries at other universities, Senator Craig Witte said. He brought a motion to support state funding of an annual salary increase of 5.23 percent for UW System faculty and staff. The motion passed with a plurality oral vote.

team was going to do very well in the NCAA tournament.

“If I don’t attend the game one night, I will be sure to check the group the next morning and see if they have won,” Blank said.

The UWRF men’s hockey team ended its season with a loss of 2-1 against Bethel University on March 7.

UWRF men’s hockey coach Steve Freeman said he appreciates all the fan support during the season.

“It has been a special year,” Freeman said. “I want to thank everyone involved because we couldn’t have done it without them.”

Freeman said he had not heard of the Facebook group previously, but knows the fans are an important piece of the program.

“With more fans involved, it becomes more than a game it becomes an event,” he said.

Freeman said the support from the fans means a lot to the players and coaches of the team.

North Main Street.

March 19

• Tory M. Schaaf, 20, was cited a total of \$1014 for absolute sobriety and prohibited blood-alcohol content. His blood-alcohol level was .11

March 20

• A bicycle was stolen from the rack to the left of the south doors of Grimm Hall before 5 p.m. The bicycle was locked to the rack around noon. The owner came back to find the lock and chain around a different bicycle, according to reports. No suspect has been named. The value of the bicycle is approximately \$100.

Parking

• The Parking Department currently has permits available for sale or exchange at a prorated price in the following student lots: O lot - student overnight parking on the east end N lot - student overnight parking behind Hathorn W lot - student overnight parking at Ramer Field CM lot - commuter student daytime parking at Ramer Field Availability is limited and permits will be sold on a first come first serve basis in the office. Requests to waitlist or hold permits will not be granted. Parking Department office hours are Monday-Friday 7:45 a.m.-4:30 p.m.

Briefs compiled by Amber Jurek

THE STUDENT VOICE WANTS YOU!
APPLY NOW FOR ALL POSITIONS FOR FALL 2007.
APPLICATIONS ARE DUE APRIL 13.

Trende: New director focuses on staff, sufficient coverage

from page 1

Before retirement, Trende said he worked as an officer of the law for over 30 years, and the position at UWRF was a positive change and great opportunity for his career.

“I wanted to see if it was a fit for me and the University,” Trende said. “Luckily, it was a fit for us.”

The timing for the offer as interim director was also right with his career, he said.

“That six months was just a good time to get reenergized, regrouped and start moving,” Trende said.

The position was still open during Kimball’s stint as interim director. A search and screen committee was being formed by the administration to begin the process of receiving applications from possible candidates. The retirement of Kimball landed at an awkward time for the administration, not allowing enough adequate time to find the right person for the director position.

The committee reviewed a total of 35 applications for the director position, said Kristie Feist, east area coordinator for Residence Life.

After a review of all the candidates who fulfilled the requirements in the position description, only four were chosen for an extensive interview process including an entire day on campus interacting with faculty, staff and students, said Mary Halada, vice chancellor for administration and finance.

Out of the four candidates, Halada said any one of them easily could have been given the position.

“We really put them through the ringer,” she said. “But the fact that we’ve been able to get to know Dick over the past few months is advantageous.”

Halada said a few reasons for choosing Trende are his accomplishments since he has been in the interim position, his 30-plus years of experience in law enforcement and the wonderful relationship with the River Falls Police Department and the community.

“I can’t speak for the entire committee, but as for myself, I am very happy with the selection of Richard Trende as the new director of Public Safety. I believe he will be a great advocate for students and represent our campus and community well.”

Kristie Feist, east area coordinator for Residence Life

“He has a strong sense of customer service reputation,” Halada said. “I think it’s a very good fit for us; it really worked well for us that he started in November.”

Feist said she couldn’t comment too much about the impressions of those who evaluated the candidates due to confidentiality, but the process was very competitive and each of the candidates who were invited to campus were received quite well.

“I can’t speak for the entire committee, but as for myself, I am very happy with the selec-

tion of Richard Trende as the new director of Public Safety,” she said. “I believe he will be a great advocate for students and represent our campus and community well.”

As the newly announced director, Trende said there are many goals he has set to accomplish, like assessing and evaluating the schedule of the staffed officers on campus.

“The difficulty is the 24-hour, seven days a week,” he said about the obstacles of keeping a well-staffed campus. “We are at our minimum staffed availability with only five full-time officers.”

Public Safety currently only has four of the five positions filled with full-time officers, Trende said, leaving one position being covered by a limited-term officer.

“My goal is to make a determination to make a change or if it’s something we can’t do,” he said.

At this time, Trende said he is working with his staff to assess any changes that might need to be done to allow sufficient and better coverage of officers on campus.

“You always have to work with the employees to get the best you can,” he said. “It’s important to accommodate them as much as you can.”

Most of all, Trende said he simply sees himself as a support mechanism for the campus as director of Public Safety.

The length of his term is unknown, he said, and he will stay at UWRF “as long as it seems good for the University and myself.”

Chartwells: New options give quality, healthy food

from page 1

er for Chartwells, said the company’s goal is to consistently keep the customer’s health and well-being in mind.

“We want to be as healthy as we can possibly be for the customer, but at the same time, change should be made only if not sacrificing quality,” Tlougan said.

And it seems they have done just that. The switch was made in time for the opening of the University Center and has been in place in all the residence hall dining areas and University Center retail locations since.

Like most students interviewed, Ashley Schorn hasn’t noticed a difference in flavor. “I think the food at the new University Center is great!” Schorn said. “It tastes wonderful and if they changed something to fat-free, you can’t even tell. The original taste is still there.”

Instead, students have commented on an increased variety of healthier dining choices.

Amanda Grey said she has eaten in the University Center only a few times, but has noticed a significant difference in dining options. “They have more selection and better choices of what you can eat,” Grey said.

Tlougan said the Balanced Choices program Chartwells offers through on-campus dining helps students make healthy nutritional decisions without compromising choice. The focus changes through a variety of categories such as vegan, vegetarian, low-carb, organic and non-dairy. For example, the program is currently offering more fish for those students who observe Lent.

There are even plates in some areas that show portions to help teach students that while nutritional value is important, portion control is part of a healthy diet as well.

Student Taryn Hartenstein said she wouldn’t have noticed the change in oil since she takes advantage of healthier choices on a fairly regular basis.

“I don’t really know [if there’s a difference],” Hartenstein said. “I have usually just eaten a salad.”

Helping students learn to make healthier choices is the ultimate goal, Tlougan said.

“We have a dedication to health — we want to provide the most healthful dining options possible,” Tlougan said. “Basically, we try to teach the opposite of the freshman 20, 15 or whatever it may be.”

“We have a dedication to health — we want to provide the most healthful dining option possible.”

Kevin Tlougan, marketing manager for Chartwells

SHS: Fair provides information, healthy opportunities

from page 1

cholesterol checked and just see what it’s all about.”

Students, faculty and community members will be allowed to get their cholesterol checked for free and learn more about their general health. In previous years the event has been about health in general and is focused on more than just one thing.

Information about vitamins, nutrition, smoking, herbs, and many more things will be available at the health fair.

UWRF sophomore Brian Wojan said he thinks the health fair is a good thing for students and

faculty. He is also another student who is uninformed about the annual health fair.

“I think in the last year they have stepped up their health concerns with balance choices in foods and other stuff around campus,” he said.

The health fair is set up to raise people’s awareness about their own health. It is designed for people to learn new things they may not have known otherwise and to make the campus community more aware of their lifestyle choices.

“Some people will not find it meaningful and others will,” Syverson said. “It depends on where people are in their lives.”

While some students attend the health fair every year, others who are not informed of the event tend to miss out.

“I have seen it from the outside but I have never been,” Hassan Ali said.

With the event being held in the University Center this year, it may attract more people to the event.

“I think it is a good thing and I don’t know why we don’t go,” Bhavita Patel said.

The event is free for all people and will be a good way to provide information that may not otherwise be readily available to students.

“Other people will not find it meaningful and others will. It depends on where people are in their lives.”

Keven Syverson, health education coordinator



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Trips: Students spend spring break helping others in need

from page 1

Alabama; Kansas City Missouri; Gulfport, Mississippi and Crossville, Tennessee.

In Chicago, UWRF students engaged in four different activities geared to help others.

Students joined forces with students from Northwestern University and participated in the Campus Kitchens Project, an anti-hunger program. Their duties consisted of preparing and delivering food.

“Working with Campus Kitchens was an amazing experience. They were so appreciative when they got their meals. It meant a lot to them that college students were giving up their free time to help,” student Jeff Parker said.

“My perception has changed, I won’t complain about being hungry, because I have the opportunity to eat,” freshman Becca Peine said.

Students also volunteered at The Children’s Place Association, an organization that serves children affected by HIV/AIDS and Chicago House, an organization that provides housing to HIV affected families and individuals.

Students did not know to what extent the children were affected by HIV. Whether they actually had HIV or a close family member had HIV was not disclosed to students, Moeller said.

“It changed my perspective,” Peine said.

Peine said working with the children and not knowing how they were affected by HIV was quite the experience.

“This trip taught me that if I am determined enough I can do what my mind is set to do,” freshman Nikki Shonoiki said.

The students agreed that the trips were educational as well as rewarding.

“I thought outside the box ... I am more aware of what HIV is,” Shonoiki said.

Parker said it was amazing to work with kids who are affected by HIV. They were really great kids.

In Athens, UWRF students participated in a Collegiate

Challenge, spending the week building a home and partnering with a Habitat for Humanity affiliate. The focus of this trip was affordable housing in a rural neighborhood. A local family provided room and board for participants for the week.

“It was nice meeting the future homeowner of our project,” junior, Hayley Hagmann said.

Hagmann said the trip makes her want to volunteer more. Social work is her major and helping others is what she enjoys.

“I learned so much about construction in the process,” Hagmann said.

Junior Jessie Gadach agreed with Hagmann.

“This trip makes me want to volunteer more by stepping out of my comfort zone and help others,” Gadach said.

Gadach said the host family was very warm and welcoming which made the group feel as though they were part of the family.

In Kansas City, UWRF students also worked with Habitat for Humanity’s Collegiate Challenge. They worked with the future homeowner, and the focus of this trip was affordable housing in an urban setting. Students resided in a homeless shelter for women and children.

Senior Katie Bollig said this was the first time she worked with Habitat, and she realized the need for more programs geared to help those with low income. It was ironic for the students to stay at a church for the homeless while they were building a home for someone else.

“There is an overwhelming need for more programs like this,” Bollig said.

In Gulfport, UWRF students returned for the third time since Hurricane Katrina destroyed the area two years ago. This project was hosted by North Carolina Baptist men. Students worked with other volunteers and locals to

help rebuild homes and spirits lost in the wake of the storm. The focus of this trip was disaster relief and recovery.

In Crossville, students spent the week working on the Cumberland Trail. This project was set up by a non-profit organization dedicated to the promotion, maintenance and construction of trails throughout Tennessee. In one week’s time UWRF student’s built over 1.5 miles of the trail. The focus of was environmental protection.

“It was rewarding to be part of something that will be enjoyed by others in the future,” senior Jordan Liethen said. “This project gave me an idea of how much hard work goes into rebuilding

“This trip makes me want to volunteer more by stepping out of my comfort zone and help others.”

Jessie Gadach, student

trails.” The students said the experience enriched their lives and given the opportunity they would do it again in a heartbeat. Many may wonder why a student would

want to spend their hard-earned spring break helping others instead of taking it easy. For these students the choice did not have to be contemplated at all. “It was not your typical spring break, but I am passionate about helping others...it was the opportunity to change people’s life,” Hagmann said.

Others enjoyed the team work aspect of the trip.

“It was nice coming together to accomplish a goal, we worked well together,” Shonoiki said. “It was a good time.”

Such trips also have the ability to shatter existing stereotypes of college students.

“So many people view college students as self-serving with no care for the community. These kinds of trips can show others that we do care,” Liethen said.

Those students interested in Destination 2008 trips can look for more information next fall regarding sites and the application process.

EDITORIAL

Classes hinder students

UW-River Falls emphasizes offering a well-rounded education by having a detailed general program as well as by requiring a major, minor and liberal education before one can graduate.

Obliging students to take many courses in general and liberal education, along with requiring a minor helps to create the well-rounded graduate. However, when it is mandatory for a student to take courses in different disciplines, sometimes we are unwillingly unprepared.

A student with an international studies minor, for example is required to take a course in agriculture economics. Even though there is no prerequisite for the course, the student is thrown into an upper-level class without knowing anything about agriculture. When this happens, it starts students at a lower vantage point and sets them up for failure and frustration.

Instances like this happen throughout the University with liberal and general education and minor requirements.

All seniors are required to take a capstone course. Advisors place their students in a capstone outside their field of study. The purpose of the class is to discuss topics that were studied throughout the previous years of general requirements at a more in-depth level.

The problem with the capstone course is that not all students take the same requirements for the general education categories. One student may take a film history class for the multidisciplinary section, whereas another could take a class about Europe. Both courses complete the requirement, yet each student learns something completely different.

How would both of these students be able to actively enjoy a class that encompasses what they learned in their general education courses? Every student’s education is different.

Classes that strongly encourage students from all disciplines to attend should also cater to the many different majors that will then be represented in the classroom. Though a professor may be a master of his/her topic, the course should be taught keeping in mind that not all students have been required to take beginning level courses in the field.

Not only is it frustrating for a student to sit through a class that sounds as though it is being taught in a foreign language, but it is also annoying for those students who is able to follow along, but is slowed down by others needing clarification. It puts every student in a difficult position.

The idea of creating a well-rounded student is a great goal to strive for, but some of the kinks in the system need to be worked out. Maybe instead of the agriculture economics course, international studies should have a similar course taught by their own department. This way, the course would cater to the students required to take it.

As for capstone, the class is history anyway; maybe enough students expressed our exact same frustrations.

Editorials represent the opinion of the Student Voice Editorial Board and are prepared by the editorial staff.

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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 or to student.voice@uwrf.edu.

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.

Single copies of the *Student Voice* are free. Printing is paid for through student fees.



LETTERS TO THE EDITOR

Representative thanks UWRF for petition

Dear University of Wisconsin-River Falls Students, Faculty and Staff:

I personally would like to thank all of you for the hard work that you put into collecting signatures in support of the proposed Health and Human Performance building. I especially would like to thank Katy Leisch, Kurt Blomberg and Stacy Dekkers, who took the time to deliver the petitions to my office in Madison. The number of petitions was astounding and I am highly impressed by the response of the campus community.

In January I toured UWRF and saw first-hand the need for the proposed construction for the outdated and highly used building, which is why I wrote a letter to the Building Commission in support of the project.

Even though UW-River Falls is not in my district, I recognize that it is a critical player in the continued economic development for our region of the state. Investing in our public universities is one of the smartest investments Wisconsin can make. Replacing our aging buildings will help ensure that students continue to receive a quality education and can remain involved in extra-curricular activities on campus.

Again, I thank you for your efforts regarding the petitions for the Health and Human Performance building. Please feel free to contact me with any questions you may have regarding this issue via phone at 1-888-529-0028 or email at rep.hraychuck@legis.wi.gov.

Wisconsin State Representative Ann Hraychuck

Student lots require more attention

Over the last week anyone who has had to move their car out of the spot they parked it in before the first snowstorm has most likely felt the same frustrations as me. We have had to dig our cars out to go to work or run errands. Sometimes this task was easy and other times it took well over a half hour to get enough snow out of the way so you could get your cat out of the parking spot. In a personal opinion, I was rather upset when I had to continually dig my car out of a spot to return and see someone else had parked in my cleared spot, and benefited from all my digging. I am wondering, with the technology we have and the knowledge of the upcoming second storm coupled with the temperatures that partially melted some of the snow, why lots were not evacuated and properly plowed. After the second snowfall there was left a pile of snow and a sheet of ice underneath. Coincidentally this can make for a real interesting time trying to move a car. I can remember when I was in my first two years here they would post a schedule for students to remove their cars and the lots where then plowed. This was a much safer and less stressful way of dealing with large snowfalls. There is a potential when someone is trying to get their car out of a parking spot that they could actually catch traction and, if the tires are in the wrong direction, they could hit a vehicle parked next to them. This could all be avoided if the lots were plowed. I am sure most students agree having to move our cars so someone can plow is much easier than digging our own cars out every time we need to go somewhere.

Melissa Leiterman Student

Class on African issues offered

To columnist Kris Evans: I’d like to invite you to take my International Economic Issues class Economics 150 (no prerequisites) or upper level Economic Development class such as Economics 328. We spend a lot of time on informed and enlightened discussions of Africa.

Jackie Brux Professor of Economics

Student responds to Africa column

Why should we help? Africa is continents away. Not one minute of our busy lives is affected by their troubles. Or is it? Bono has made a point. Our generation will be remembered for three things: the Internet, terrorism and how we deal - or don’t deal - with Africa. By confronting the continent’s crisis, we will be helping ourselves as well as others. I’m sorry, but I don’t want to be part of a generation that just decides to sit back and watch.

Guerilla militias and genocide are very big issues that come up when the continent of Africa is mentioned today. Many people, one being myself, do believe something needs to be done. It is not an easy task, but again, if we sit back and watch, we can pretty much guarantee that nothing will change. In the article, “There is no hope for Africa,” Kris Evans mentioned that many people believe we should step in and stop the killing, but says our intervention would only be a temporary fix.

Evans said, “...so we would be stuck there, holding the hands of a people who aren’t willing

to help themselves.”

Mr. Evans, have you ever thought maybe these people can’t help themselves?

These guerilla militias aren’t this continent’s only problem. It struggles with a devastating AIDS pandemic, extreme poverty, unpayable national debt and an ineffective trade industry. More than 300 million people in Sub-Saharan Africa - nearly half the population - live on less than \$1 a day. This number is expected to rise to 400 million by 2015 (World Bank).

“What really shows that the continent is screwed up is some countries DO have abundant natural resources and are still Third World nations,” says Evans.

You’re right, much of Africa has abundant natural resources, but much of Africa also has an unfair trading system.

Many farmers struggle to bring in any profits because the rich countries heavily protect their own markets against exports from the poorest countries through import duties and quotas. How is this continent supposed to overcome its debt when this is happening? It’s not that they aren’t educated or are unwilling to make a change. They just don’t have the opportunity. Africans have shown they can reduce the spread of HIV/AIDS. Debt relief and development assistance have shown they can be effective. Africa can be a prosperous continent, with our help.

To say that there is no hope for Africa and that as a continent it is a lost cause, is insulting to those who do volunteer and simply untrue. This issue isn’t about whether or not it is possible to put an end to it all. It is about a moral crisis and a test of our humanity.

Kasey Barrett Student

Spring break trip memorable

Finally went somewhere for spring break this year, my first spring break away from home. It was also my first break not in the same chair all day watching college basketball and pouring over my brackets. But instead of heading south like most normal, albeit usually less skin cancer prone, college students, I headed west to Washington.

I did a variety of activities in Washington. I got to see Mount St. Helens, the Space Needle, Safeco Park, and Puget Sound. I got to embarrass myself in front of the locals, which is a vacation tradition, for me anyways. The worst was when I felt bad about turning down a guy offering me fish, so I softened the no-sale blow by saying I was allergic to mercury. That was some quick thinking there.

I almost hate to say it, but I was glad when people said I didn’t have the Minnesota accent. You should be glad too,



Cassie Rodgers

because I sometimes am not the greatest representative. Like I said before, I tend to embarrass myself a lot. Unfortunately, I am blonde, so I apologize to all other blondes. Whenever I screw up, especially driving, I wish I had a hood to pull over my head. At least it’s a physical attribute they don’t arrest you for.

But back to Washington. Hiking is a great activity. My guide, aka my brother, and I chose an easy trail so he could scout it out for other more elderly visitors. It was a four-mile hike that would take a few hours. But when you’re walking in a forest and every tree looks the same, those four miles double really quickly. And when you decide to carve out your own trail, the status is no longer easy. And when you reach for a log to use has a handrail on a vertical slope of mud, make sure there isn’t a three inch slug having a siesta right where you’re

going to put your hand because it’s not fun climbing back up a path you slid down. And, if you think you might be lost, start figuring out how to get back right away. Waiting until you’re tired of hiking means you’re going to be hiking for quite some time yet. I guess that applies to all hiking, but I had to go to Washington to fully appreciate those lessons.

Really, a lot of the stories I came back with could have happened anywhere, though I don’t think we have three inch slugs, but something about being away from home makes an experience a memory. They are what help us remember our trips. And because having little stories like those to tell to the grandkids is so important, make sure you travel a lot. And when you’re young is the time to do it, so take advantage of every opportunity, because a story that starts out with “When I was lost in the Rocky Mountains ...” sounds way better than one that starts with “When I was lost in that forest where Wal-Mart is now ...”

Lesson learned in skating accident

I know how I would always react when people would tell me ‘You never know what you had until it’s gone.’ I would think about it for the nanosecond it took to process the thought in my brain and then it’d be out.

Don’t worry, this isn’t a sappy column about my broken love life or a tragic situation close to me, it’s more an explanation to the sling I’m sporting.

Now, as I’m typing this one-handed, I know they were telling me the truth.

As vogue a fashion choice it may appear to be in all its burgundy splendor, it’s not something I’m too thrilled about.

I was literally skating along my final semester as a student at my second-to-last day of my half-credit Fundamentals of Ice Skating (Physical Education 128) course, when I was handed my reality check.

I fell, hard.

While most of my classmates adequately mastered the forward skating transitioning to backward skating maneuver, I failed to execute the technique without hurting myself.

I fell on the ice landing on my elbow, which in turn popped my left shoulder up and out. With some assistance, I was off the rink sitting on the bench, where I was told I needed to go see a doctor by a man I have come to learn is affectionately called “Stump” who works as an athletic trainer.

A friend drove me to the River Falls clinic and sat through this experience with

me.

This is where I realize how silly people can sometimes be.

Upon our arrival at the clinic, we were greeted by long lines at the reception area. Once it was finally my turn to be helped, the receptionist asked me if I had an appointment; I informed

her I did not. She then told me they are an appointment-only clinic, as if I were thinking crazy for having come to the clinic without first notifying them I would be needing an appointment.

Trust me, had I known I was going to trip over my own feet on the ice, my meeting you, Mrs. Receptionist, would have been avoided.

She finally sets me up with a doctor who is apparently in what they like to call “a long appointment” and will break it in half to squeeze me in.

It had been about 45 minutes since I had first fallen, I was in some hard core pain and I really wanted to get some ice on my shoulder, so I asked the receptionist at the station my uber-busy doctor would be seeing me at.

She tells me she can’t give me any ice and will have to ask a nurse to get some.

Her co-worker next to her overhears this and says to me, “Honey, you’re not going to overdose on ice,” and grabs an ice pack for me.

After more and more waiting, which I’m just commenting on, not complaining about, the doctor comes in. He takes my arm and moves it all around in every direction possible. At this point, tears are streaming down my face, I’m in pain and about three seconds from making him unable to have children. He tells me I separated my AC joint in my shoulder and could have fractured my collarbone.

I’m thinking, good thing you moved my arm all around then.

He offers me a sling, and tells me to wear it for three weeks. He says it will help, and tells me to take some painkillers and sends me home.

From that moment on, I realized how easy life is with two hands.

Aside from the major and obvious incapacities, such as driving, typing or shoveling the sidewalks, there are so many little things I never thought twice about. Putting my hair in

a pony tail, serving buttered popcorn at my movie theatre job and holding a plate and cup at the

same time are all tasks that require two hands that I have been unable to do for the past few weeks.

There are some that I have

had to ask others to do for me, my cooperative date has tied my shoes and turned his face when I was trying to eat a taco with one hand. A number of friends have driven me around and done many errands I just couldn’t do. My co-workers have tied my apron and put my bowtie on for me; and just as he has since we were little, my little brother (who is so lucky as to live with me this year) has made me meals and put ice on my shoulder. I even got a visit from my three other siblings and my mother who drove an hour and a half to bring me some pre-made meals and do my household chores for me.

There have been some perks though. My baby sister heard I had hurt my arm so she brought the Fisher Price doctor kit I had given her for Christmas and tried to make me feel better. A co-worker at the Student Voice asked me how the “Viagra” the doctor prescribed to me was working since my arm doesn’t have impotence problems, we’re pretty sure he really meant to ask about “Vicodin,” but it was a good laugh. I have gotten the chance to build up some good muscles in my right arm by having it work harder.

If I’m being honest though, I can’t wait until I can do the dishes again and sleep unrestricted without the sling. I’m sure I just sound like a wimp, but it’s strange being used to my ability to be independent to transitioning to relying on people for so many things. I’ll be more thankful when I can get back to doing things alone. And while I appreciate the use of two arms, I think I appreciate all the people who have helped me even more.

Suicide misfortune disrupts spring break

Over spring break, I experienced a tragedy.

A woman who I have worked with for five years suffered the agony of her only child committing suicide.

At the age of 24, this young woman left behind a 2-year-old daughter, grieving parents and endless questions.

After I was told that she had taken her own life, I was flooded with emotions.

The strongest of these was that of sadness for her parents and her daughter. These parents supported and loved their only child so much so that I always thought she was lucky to have such unconditional love.

When I saw her mother and father the day after she died, my initial shock wore off immediately.

I will never forget the looks of utter despair and loss on their faces or the feeling of her inconsolable mother unable to let me go as I hugged her because she was crying so hard.

The reason I am telling this story is to raise awareness about depression and suicide.

According to the National Alliance on Mental Illness (NAMI), major depression affects 15 million or five to eight percent of American adults.

For anyone who is depressed, you are not alone

- no matter what. Talk to someone about your feelings.

With the support of friends and family, do whatever it takes to get the help you need.

Regardless of the stereotype saying depression is something people should just deal with and get over; it is a real

mental illness and one that requires actual help.

Just as one cannot recover from a severe injury without rehabilitation and therapy, one cannot simply beat severe depression. It takes time and help in whatever form one may be comfortable with, whether it be medication, counseling or homeopathic methods.

At UW-River Falls, counseling is offered through student health services. If one is unsure about whether or not they need counseling, student health services also provides online surveys where one can check to see if they qualify for help with problems such as bipolar disorder or alcoholism.

As someone who is witnessing firsthand how suicide affects those family members left behind, I urge anyone who suffers from depression to get the help they need.

Nothing is worth taking your own life. If my co-worker’s daughter was still alive, I am sure her parents would tell her this same thing.

Relevance of historic quote questioned

On this very day in 1775, colonist Patrick Henry spoke the words that would come to represent the spirit of the impending American Revolution: “Give me liberty, or give me death!”

To those who listened, these words represented a harsh critique of a tyrannical monarchy, a defiant declaration of deeply held beliefs about basic human rights and, most of all, a call to action.

But what significance do they hold now, to us, Midwestern college students of the 21st century? We, who were raised under the pacifiers of television and individualism, have been trained not to concern ourselves with the implications of our Constitution or the actions of those in power - who were either elected by our parents’ votes or sponsored by our parents’ dollars. We’ve been led to believe that cynicism is fashionable, and apathy the final solution. We were told that past movements for change were just that: movements of the past, providing little more than context to the pres-

ent. Sparse political participation among American youths is not a new phenomenon. However, with few exceptions, the number of young people willing to take an active stand has been steadily declining for decades.

In the 2006 midterm elections, with our country in the midst of an expensive, unpopular war that a large majority (62 percent) of eligible voters, ages 18-29, disapproved of, less than one out of every four young people actually showed up at the polls to elect senators and congressmen who would represent their voices in Washington.

Instead, we argue endlessly in isolated living rooms about a war in the Middle East, genocide in Africa or nuclear weapons in North Korea. Drunk and complacent, we trade declarative statements during commercial breaks, taking sides defined by colors (red or blue) rather than personal opinions backed by credible facts. We assume by simply say-

ing the words - in private, among agreeable friends - that we alleviate the need to act on them.

Today, revolution is a lucrative product. Patrick Henry’s words are a marketable slogan, printed on a T-shirt, sold at a mall and worn by your favorite rock band. Though we may be slow to admit it, many of us even affiliate with causes whose central element is a style of dress or a genre of music instead of a social statement.

It seems to me in the past, there was a deeper meaning behind rebellion. We can see this in some of history’s most iconic images: A Buddhist monk setting himself on fire in protest or a student standing defiantly in front of a line of massive tanks in Tiananmen Square. It is in these events that the choice between liberty and death, defined centuries earlier by another brave dissenting soul, becomes truly apparent.

I don’t deny the importance of open discussion in stimulating change, but only when it is genuine, honest and with purpose. I also do not intend to selfishly speak for my entire generation. I can only attest to what I have seen, confident that I am not alone in seeing it.

Theft prevents music review

I want to take a moment to discuss something a little more serious than a compact disk. It’s not just to inform you about the newest band or crappy album so you can talk about it with your friends the next day in class.

The music you listen to builds personal character. As much as people hate to admit it because it sounds shallow, we are defined by our interests. As John Cusack says in the movie “High Fidelity,” “It’s not what you’re like, it’s what you like.”

Music can help us define how we’re feeling when we can’t find our own words or bring meaning to something that happens to us in our daily lives. As I write this column, I hope you take the information and apply it to your own lives to grow and change.

I can’t help expand your personalities and minds this week because the album I was planning to inform you about was on my iPod. My iPod was stolen out of my dorm room. I take full responsibility for the fact that I left my room unlocked to run to the bathroom, but I am personally offended that in place of the stolen

property the assailants left payment: four quarters and a nickel. Apparently to them, a music collection is only worth a dollar and five cents. How sad.

Without my music collection at my continuous disposal, I feel a bit lost. There has been a little less color in my life without its soundtrack. Even if you don’t own an iPod, I hope you can appreciate how important someone’s passion and property means to them. That \$300 piece of plastic with two red stickered jewels on it (in case you see it) can be replaced, but the weeks without music cannot. Although it may seem at first that I am the only one affected by this petty theft, this week you all have suffered. An entire week’s worth of (hopefully) comical and insightful musical information was robbed from you.

I hope that we can all learn something from this. I will make sure to lock my door even to walk the 20 feet to the drinking fountain. And you should all start reinforcing yours. Keep backup CDs or files of every mp3 or wav file you have! We never realize how important something is until it’s gone, especially the intangibles. Music can be held in your hand, but how music makes us feel cannot be touched.



Tyler Liedman



Allison May, freshman

“I miss eating doughnuts everyday.”



Becky Osterdyk, freshman

“All my friends and family back home.”



Chris Plummer, junior

“The 40-hour work week. Money!”

STUDENT voices

What do you miss most about spring break?



Jenna Lee

Isaac J. Ramberg, sophomore

“Free time.”



Jared Acker, sophomore

“Seeing friends I haven’t seen in a while.”



Ryan Olsen, senior

“Just lounging around and waking up at 1 p.m.”



Returning MVPs lead softball team

Howlett and Rathbun overcome obstacles to help Falcons this season

Nick Sortedahl
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The Falcons softball team has gotten off to a 11-3 record in 2007 thanks in large part to the teams returning co-MVPs from last year, pitcher Brittany Rathbun and third baseman Emily Howlett.

Rathbun had to overcome a lot just to be able to pitch this season having surgery to correct a condition known as Thoracic Outlet Syndrome (TOS) in July. TOS is condition caused by overusing specific arm movements, which cause a pinching off of nerves and blood vessels in the neck and shoulder region.

“She had a hard time finishing last year,” Falcons head coach Faye Perkins said.

Rathbun led NCAA Division III last season with nine saves.

After having surgery to correct that problem, Rathbun was then injured in an ATV accident.

“It was really hard for me to focus on the future [following the accident],” Rathbun said. “I couldn’t even eat by myself.”

Rathbun worked hard with the UW-River Falls training staff to rehab just to be able to play this spring. She credited head trainer Gary Eloranta, commonly known as Stump, for her recovery.

“It’s close to a miracle that she’s pitching,” Perkins said.

Rathbun’s record this season stands at 6-2, with a 1.37 ERA through 30 and two-thirds innings pitched.

One of the reasons for her success is that her and fellow pitcher Ashley Bertrand, who has a 0.59 ERA in almost 50 innings, complement each other’s styles so well.

Rathbun is a “junk-ball pitcher” Perkins said. And her specialty is the drop-ball, while Bertrand is a power pitcher who likes to stay up in the zone and overpower hitters.

“It’s two completely different looks for the batter,” Rathbun said. “It’s difficult for batters to overcome.”

Because of Rathbun’s reliance on the drop-ball, which, much like an effective sinker in baseball, induces a lot of groundballs; she also counts on another teammate, third baseman Emily Howlett.

“She’s amazing,” Rathbun said. “Her D is awesome and her offense is better.”

Howlett was a newcomer to UWRF in 2006. She started her collegiate playing career at Northern State in South Dakota, where she led the Wolves with a .357 average in 41 starts and played catcher.

“Very fortunately for us she transferred [due to a change in her major],” Perkins said.

Howlett said she was “very nervous” transferring last year. Besides transferring and having to adjust to a new school, she had to find her niche on a new team, and go through a position change.

“It was amazing how the team just accepted me,” she said. “They made it a really easy transition.”

The position change came about because of injuries to her back.

“Faye [Perkins] tried me at third base and it kind of stuck,” Howlett said. “Being a catcher, I got to see what everyone else was doing so I kind of had an idea going into it.”

Howlett was not only co-MVP in 2006, but was also named the team’s best defensive player.

Howlett is more than just a defensive standout though. Through 14 games she led the Falcons in multiple batting categories including a .523 batting average, eight doubles and 18 runs scored; she is also tied for the team lead with 14 RBI.



Jens Gunelson

Falcons pitcher Brittany Rathbun prepares to deliver a pitch to a batter during an April, 22 game against UW-Platteville, while third baseman Emily Howlett gets into position. Rathbun and Howlett were named co-MVPs last season. Howlett has started all 14 games this season and is batting .523. Rathbun has appeared in nine games, compiling a 6-2 record and a 1.37 ERA. The Falcons record stands at 11-3 this season.

Both Howlett and Perkins attribute her hot start to feeling more settled in.

“I think it’s mostly that I’m finally comfortable,” Howlett said. “When I step into the box I know my team’s behind me ... “

There’s no added pressure being viewed as a team leader this season, Howlett said. She said she also relishes in-game pressure situations.

“I think I put more pressure on myself than anyone,” she said. “I like to be the person in the box when there’s two outs.”

Both Rathbun and Howlett are considered on-the-field leaders for the Falcons, but Rathbun’s leadership skills transcend beyond the diamond.

“She’s kind of taken over as one of our main leaders,” Howlett said of Rathbun. “Anybody can go to her for support, encouragement, just about anything.”

Softball coach gets 400th career victory in Florida

Nick Sortedahl
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Every spring break during head coach Faye Perkins’ tenure, the Falcons softball team has been involved in an out-of-state conference tournament, but this year the team accomplishments were special in more ways than one. The Falcons not only had one of its best finishes, completing the 10-game round-robin tournament in Florida with a 7-3 record, but also secured head coach Faye Perkins 400th career win in the process.

The milestone came in a 4-3 victory over the Coast Guard Academy on March 11 in the Falcons second game of the annual Rebel Spring Games in Kissimmee, Fla.

The win came in a closely-contested game the Falcons won in the bottom of the seventh inning when third baseman Emily Howlett doubled to lead off the inning and scored on outfielder Amanda Peters sacrifice fly after taking third on a wild pitch.

Howlett was unaware the win was Perkins 400th until after the game, but said the dramatic fashion in which it occurred was, “pretty amazing.”

Perkins was first made aware of her accomplishment when she talked to her husband on the phone after the game.

Junior captain Brittany Rathbun was credited with the win in that game after coming on in relief of Ashley Bertrand to pitch a scoreless top half of the seventh.

Faye’s husband, Joe, told Rathbun and Bertrand before they left for Florida that Perkins was one win away from 400, Rathbun said.

“Any milestone like that is a great achievement,” Rathbun said. “She’s a great coach.”

Perkins credited others for her milestone.

“Looking back on that, it makes me think of all the players that I’ve coached,” she said. “It’s about the accomplishments of my athletes. I’d like to go back and thank all the players I’ve coached.”

Perkins has coached the UW-River Falls softball team for 19 seasons beginning in 1989, compiling a career record of 363-319-2 with the Falcons. She said her most memorable victories came in the 1993 and 1994 seasons when her teams earned back-to-back

WIAC championships and berths to the Division III NCAA tournament, she said.

Perkins also coached two seasons at Tarkio College in Missouri before coming to UWRF. Her overall record stands at 406-341-2.

Perkins is not one to focus on individual accomplishments and said one of the primary goals of the team this season is to break the single-season school wins record.

“I definitely feel we have the ability to accomplish that goal,” she said.

Perkins wasn’t quite sure what to expect from her team this season.

“Practicing indoors [at Knowles], it’s hard to judge how a team will do once they get out on the field,” she said.

Once they finally did get the chance to take the field, the team started the season 4-0, sweeping both Carlton and St. Cathrine, outscoring them 32-6. That streak carried over into the team’s trip to Florida, outscoring opponents 39-19 during the tournament.

Perkins credits a solid core of returning players with her team’s early success, lost no graduating seniors and only losing one starter, outfielder Amanda Wojnowiak, who led the team with a .359 batting average last season.

“We are just continuing to build on the team from last year,” Perkins said. “An 11-3 start is great, but it’s just the tip of the iceberg.”

Another reason for the Falcons’ great start is pitching, Perkins said. The team’s ERA is 1.00 through 14 games. One of main reasons is the performance of Bertrand, whose ERA is currently 0.59 through 47 and two-thirds innings pitched.

“Bertrand is much more relaxed out there and in control of her game,” Perkins said.

As a whole the team’s confidence is very high right now.

“This is probably the best start we’ve had in a few years,” Rathbun said. “Hopefully we can keep it up and do well.”

Perkins is still cautiously optimistic and has forewarned her team that this is the easiest part of the season. The real test will be conference play, she said.

The Falcons have one more four-game round-robin tournament on Saturday and Sunday before beginning conference play at home against UW-Stout on April 3.



Jens Gunelson

Head coach Faye Perkins (center) goes over in-game strategy with Angie Quance during an April 22, game against UW-Platteville, while assistant coach Jody (Porter) Gabriel looks on.

Columnist gets fans prepped for ‘07 Twins



Ben Brewster

Spring training ends in just a week and the look of the 2007 Minnesota Twins is beginning to take shape.

The American League Central is a much-improved division since the Twins won three straight division titles in 2002-04. After an off year in 2005 Minnesota won the division again in 2006 on the last day of the season. The team will have their work cut out for them to repeat this year with the Cleveland Indians, 2005 World Champion Chicago White Sox and last year’s American League champion Detroit Tigers all being legitimate threats within the division.

In Major League Baseball’s unbalanced schedule, the Twins will play each of those teams 18 times, while only playing teams outside the division for six to nine games over the course of the season.

The good news is that the majority of last year’s core players will be back.

Joe Mauer will start at catcher, backed up by naked batting practice specialist Mike Redmond. Redmond is also one of only three Twins with a World Series ring (Luis Castillo and Ramon Ortiz are the other two).

First base is also set with Justin Morneau. He started 157 games last year and will likely not need a backup, although right fielder Michael Cuddyer can play there in an emergency.

Second base will be manned by Castillo with rookie Alexi Casilla ready to take his place in case of injury.

Jason Bartlett will likely be back at shortstop. Bartlett got the starting job in the middle of last season and rescued the Twins from out-machine Juan Castro. In 99 games he batted .309 and became one of the “piranhas,” as named by White Sox manager Ozzie Guillen.

Third base will look a little different this year. Nick Punto, who also won a job in the middle of last season, will be back, but could return to his former role of utility player or platoon with free agent acquisition Jeff Cirillo.

Cirillo was once one of the best third basemen in the game and a two-time all star, but at age 37 he’s probably not much more than a solid bench player. With Milwaukee last year, he batted .319 in limited playing time.

Cuddyer and his cannon arm will be back in right field and Torii Hunter will return to center in what could be his last year in a Twins uniform. With Shannon Stewart’s departure to the Oakland Athletics, the left field job will fall to some combination of Jason Kubel, Jason Tyner, and Rondell White.

The Twins have a group of position players most teams in baseball would be envious of, but the problem lies in the starting rotation. After ace Johan Santana nothing is certain.

Boof Bonser, who was the favorite for the number two spot, will likely be replaced by free agent Ramon Ortiz. Another free agent, Sidney Ponson is in the mix, as is Carlos Silva.

The Twins are taking a big risk starting the year with three members of the rotation who last year went a combined 26-36 with a 5.92 ERA. If any of those three should falter, the Twins have an excellent group of pitching prospects close to the Majors, including Matt Garza, Glen Perkins, Kevin Slowey, and Scott Baker.

The Twins success this year will depend on the young stars like Mauer and Morneau continuing where they left off last season and whether or not pitching coach Rick Anderson can return Ortiz, Ponson and Silva to respectability.

My prediction: second place in the division because of the pitching question marks, but making the playoffs through a Wild Card berth.

SPORTS WRAP

Falcons goaltender named All-American

Falcons goalie Amber Lindner has been named to the 2007 RBK Hockey Division III first West All-America team. Lindner played the bulk of the minutes in goal for the 2007 Falcons, playing in and starting 24 games and finishing the regular season with a 1.87 goals against average and a .928 save percentage. Lindner had an 11-8-4 record with three shutouts. She recorded shutouts against Augsburg (3-0), Eau Claire (1-0) and Finlandia (6-0), leading all NCHA goalies with 516 saves and finishing second in goals against average. In the NCAA Div. III, she was eighth in goals against average and ninth in save percentage after the regular season. Lindner is only the fifth Falcon to earn All-American honors defender Jenny Wallace (2005, 2006), defender Lindsay Carlson (2003, 2004), goalie Marlene Yaeger (2003) and forward Ali Slinden (2003) also earned the award.

Women’s cross country coach appointed

Scott Sekelsky has been named women’s cross country co-head coach at UW-River Falls, Athletic Director Rick Bowen said. Sekelsky joins Keven Syverson, the newly-appointed men’s and women’s head coach. Both replace Don Glover, who resigned in January after six seasons of coaching. “I am very grateful to Coach Syverson for giving me the opportunity to lead the women’s team. I learned a lot as an assistant to Don Glover the past two seasons and look forward to utilizing that knowledge to advance the women’s program,” Sekelsky said. Sekelsky has spent the last two seasons as an assistant coach for the Falcons cross country program. He ran cross country for UWRF from 1996-98 and was the team’s captain in his senior season. Sekelsky graduated from UWRF in 1999 with an undergraduate degree in health and human performance and will receive his master’s in management from UWRF in the summer of 2007. He is currently the fitness and wellness director for the Baldwin Area Medical Center.

Robertson makes Div. III All-Freshman team

Falcons basketball player Nate Robertson has been named to the 2007 Division III News All-Freshmen team. Robertson, a 6-foot-7-inch forward, led the Falcons in scoring (14.6), rebounding (6.8), blocked shots (43) and steals (28). He also had 23 assists. He was 142-248 (.573) from the field and 80-139 (.576) from the line. Robertson was named the team’s Player of the Week on Feb. 12, Jan. 29 and Nov. 27. He finished seventh in scoring, sixth in rebounding, second in field goal shooting percentage and third in blocks in the WIAC. He started 25 games and scored in double-digits in 20 contests. He led the team in rebounding 14 times and had double-digit rebounds six times. Robertson scored a career-high 26 points twice in a game against Macalester on Nov. 25 and in a game against Whitewater on Feb. 10. He had a career-high 15 rebounds in the game against Macalester. Earlier this year Robertson earned honorable mention to the 2007 All-WIAC team.

Sports Wrap courtesy of UW-River Falls Sports Information

Men’s hockey team reflects on season

Paul Winkels paul.winkels@uwrf.edu

The Falcons men’s hockey team had their season end as most teams do - with a loss. Hosting the Bethel Royals in the first round of the NCAA tournament, the Falcons lost 2-1 in front of a packed house in Hunt Arena.

The Falcons failed to reach the championship game in the NCHA and didn’t win a game in the NCAA tournament. Both losses to end each of the team’s playoff runs occurred at home.

“Obviously we were a little bit disappointed to get beat in the tournament right away, but stepping back right now, there were all kinds of positives,” head coach Steve Freeman said. “Any time at this level when you win 20 or more games, it’s really a successful season.”

One of the positive aspects for the Falcons is that the team was able to hang a banner with a late season run to earn a co-championship in the NCHA. For the Falcons to earn the co-championship, they needed a sweep of the then-division leading Stout Blue Devils in a home and home series on the final weekend of the regular season. The Falcons took care of business at home, winning 4-1. The real came when the team went on the road in an attempt to beat the top team in the league on consecutive nights, this time in Stout’s building.

The Falcons jumped out to a 2-0 lead before Stout battled back to tie it in the third period. The Falcons struck next, but the Blue Devils tied it 22 seconds later. Then, in overtime, Dustin Norman lined up a slap shot and ripped it past Mike Stone. Norman dove around the blue line, sliding past the Stout bench and in front of his own before being mobbed by his teammates.

“Our back was really against the wall that weekend,” said Freeman. “We needed to win

both games. We were able to play well and get them both, one at home and one on the road. Those were big, monster games for us.”

That series capped off the late-season run for the Falcons, and had them riding an incredible amount of momentum, earning the number one seed the week before the start of the NCHA playoffs.

“I think we peaked in that Stout series, when we beat Stout,” junior forward TJ Dahl said. “There was so much on the line and I think we played two unbelievable games. I really think that’s when our hockey team was at its best all year.

The Falcons handled the Lake Forest Foresters in the first round, outscoring them 11-2. The team’s NCHA playoff run ended when it met St. Scholastica in the semi-finals, losing 2-1 in Hunt Arena.

The Falcons earned their first NCAA tournament berth since the 2003-04 season. Falcons players also earned multiple accolades throughout the season. Dahl was named NCHA Player of the Year and was also named to the All-NCHA and All-WIAC first team with lineman Derek Hanserry, defenseman Jim Henkemeyer, and goaltender A.J. Bucchino.

“We got banner performances from the top guys,” Freeman said. “Obviously, the usual guys with Bucchino, and Dahl, and Hansberry and Henkemeyer. I think that they’ll continue to improve as hockey players, too.”

After being stuck with 199 wins for four games, Coach Freeman won his 200th game this season on Oct. 28, when River Falls beat Lawrence 6-4 at Hunt Arena. Freeman was also named WIAC Coach of the Year for the fifth straight year.

A few negatives still hang over



Kenny Yoo/Student Voice

Senior Tyler Kostiuks looks for an opening behind the net during the Falcons NCAA tournament game against Bethel College March 7.

the hockey program. The Falcons haven’t won the NCHA playoffs since 1996. The team also hasn’t won an NCAA game since the 2003-04 season, and its last national championship came when most of the current Falcons were in grade school.

The Falcons have not won on the road against St. Norbert since the 1997-98 season and have never won a game at the Cornerstone Community Center in DePere, Wis. This season, the team was up 2-1 over St. Norbert before giving up two late goals, losing 3-2.

But beyond those few negatives, Dahl said he considers this last season to be a positive one.

“We achieved almost every goal we set at the beginning of the year except for winning the national championship,” Dahl said. “We had a great regular season, we got to hang a banner, and we made the national tournament.”

The Falcons had two seniors this season in Tyler Kostiuks and Jared Sailer. Both of them were key players both on and off the ice for the Falcons. UWRF is only losing two seniors, so the core of this year’s team will remain in tact.

“A lot of teams in our league

are graduating six, seven guys, and that’s a loss compared to two,” Bucchino said. “I think we’re right there. It should be fun. I think we have a chance just like anyone else.”

With the added experience, and through the progression of the younger players, Dahl said he believes next year is lining up to be an even more successful one.

“We should come into next season thinking nothing but national championship, and I think it’s a realistic goal,” Dahl said. “Especially now that we’ve got the experience in the national tournament and we’ve got our younger guys with experience. I think that all-in-all we’re going to be the team to beat next year, and I think we’re going to back it up as well.”

Freeman said the Falcons will head into next season with high expectations but he knows the team has to accomplish one goal at a time.

“Just like this year, we set our goal as getting into the NCAA national tournament,” Freeman said. “You have to get yourself in the tournament first. But I think we’re a legitimate threat, and we’ll be in the hunt.”

March Madness not living up to hype for college hoops fan this season



Mark Haley

We waited for this? Every year college basketball fans, and sports fans in general, wait for March Madness to begin. This year, March 11 was the circled date on everyone’s calendars. Selection Sunday for the NCAA Division I Men’s Basketball Tournament marks the end of another winter and the beginning of sacrificing quality schoolwork in favor of watching fellow students duel it out on the basketball court. So how are your brackets looking? Let me guess, surprisingly good for once? That’s probably because this year

there has been something missing from the tournament. This missing piece also happens to be the ingredient that normally makes the tournament good in the first place: upsets. Before I go any further, let me address the grumbling I hear from some of you out there right now the grumbling from those who have already crumpled up their brackets and thrown them into the trash. I’m talking of course about the people who travel west on move-in day. The Wisconsin Badgers fans who couldn’t help but follow their hearts instead of their brains while filling out their brackets. I’m sorry, but no, a UNLV team that has now won nine straight, beating a Badgers team missing its only legitimate inside presence, is not an upset. That’s enough talk about a team that all logical thinkers had out of the tournament long before the Final Four. Unfortunately, this isn’t the only Big Ten team that needs to be addressed. Had Ohio State not had a number one

seed next to the team name, and a probable number one draft pick on their roster, the Buckeyes would no longer be in this tournament. Greg Oden’s foul with nine seconds left against Xavier was the definition of an intentional foul. Of course, it wasn’t called, because this year the referees have decided to protect the top seeds and give them every call to go along with their favorable matchups and regional considerations. That’s why none of those top seed scares led to any actual upsets. Don’t get me wrong, I’ve enjoyed the tournament so far, and many of the games have been close enough to provide ample amounts of fingernail biting and hair pulling. In addition, this year’s tournament is going to teach us something: clutch players win tournament games. And there aren’t many clutch players. Before the tournament, I had a conversation with a friend about the top clutch performers in college basketball. Without having to think that hard, we quickly concluded that Acie Law IV of

Texas A&M and Aaron Afflalo of UCLA had to be the top two. It didn’t surprise me one bit that by the end of the tournament’s first weekend, both of them had sealed close victories by hitting free throws in the final minute of their respective games, pushing both of their teams into the Sweet Sixteen. In a tournament that has had virtually no buzzer beaters, which are supposed to be as much of a staple of March Madness as Coach K commercials, clutch players have been hard to come by. Not to mention a player who actually makes his free throws. This year is supposed to have the best talent college basketball has seen since Kevin Garnett made it cool to make the jump straight from high school to the NBA. That said, I dare you to name three more clutch players in this entire field of 65 teams. I’ll give you Kevin Durant, but unfortunately fellow freshman D.J. Augustin is the biggest ball hog in the country

during crunch time, and with his absolute lack of anything resembling clutch, he completely cancels out Durant. That’s why Texas won’t even get the chance to take on UNC to try to make the most overly-picked upset of the year come true. I would also accept VCU’s Eric Maynor as being clutch. He not only single-handedly beat Duke with six points in the last 86 seconds of the game, but also got the team into the tournament in the first place with two straight steals down the stretch to take down last year’s George Mason, George Mason. As we all now know, and deep down knew all year long despite asking the question every day during the season, no team will be this year’s George Mason. Instead, this year is the first year since 1995 that no double-digit seed even made it to the Sweet Sixteen. This isn’t the March Madness I have been hoping for all winter.

TOP PERFORMERS



Ashley Bertrand Softball



Krista Hasselquist Track and Field

The junior pitcher was named the WIAC pitcher of the week for her performance in the Rebel Spring Games. Bertrand struck out 50 in 36.2 innings compiling a 3-1 record and one save, while pitching in eight of the Falcons 10 tournament games.

Hasselquist finished fifth in the shot put at the division III championships on March 10 in Terra Haute, Ind. with a throw of 44-8, earning All-American honors in the process. She also participated in the weight throw but did not qualify for the finals.

Apply now for fall sports positions. Applications can be picked up at 304 North Hall.

CAREER ROADMAP

Your Ultimate Career Guide

9:30-10:25 AM
Succeeding in Your First Job
St. Croix River Room

10:00-3:00 PM
Mock Interviews
University Ballroom

10:30-11:25 AM
Alumni Panel
Kinnickinnic River Room

11:30-12:30 PM
Networking Lunch
University Ballroom

1:00-2:00 PM
HR Panel of Experts
Kinnickinnic River Room

2:30-3:30 PM
Deal or No Deal: Money Matters
St. Croix River Room

Thursday, March 29
9:00 AM - 4:30 PM
University Center

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Ag. Technology Contest draws high school students to UWRF

Nichole Porter
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The 2007 Agricultural Technology Contest brings around 1,000 high school students to the University to participate in various events. The contest rules and regulations are set by the Future Farmers of America (FFA). The event is going to be held Saturday, March 31.

The Contest is a “great recruiting tool for the University,” Contest Coordinator Steve Boe said. He said the University brings in an average of 65 Minnesota and Wisconsin high schools, with 800 to over 1,000 participating students. He said this contest is a great way for students to see the campus and find a specific niche for a potential career choice.

The contest consists of 17 individual competitions ranging from horticulture to dairy science and food science. Boe said there is a contest for every department in the College of Agricultural Foods and Sciences. These contests typically start with an individual written exam, an identification portion and a lab exercise.

“I learned a lot about food science and leadership skills,” freshman Michelle Jensen said. “[The University] has a great Agricultural program.”

Jensen participated in the contest all four years of her high school career. She said the contest was a lot of fun and a great learning experience. She also said the contest gives students “fun, real life, applicable experiences.”

Assistant contest coordinator and past participant Jessica Pries said the contest is a “great opportunity for job opportunities.” Pries said the competition is a good way for students to meet professors and begin networking within the agricultural field. She said that because there are so many cat-

egories of contests to choose from, students are able to get a wide range of experience, which will help deciding majors or career paths.

Professors who volunteered within their expertise judge the events. There are also 125 to 150 University students that volunteer to make the contest run smoothly. Boe said there is no way this contest would function without the help of these volunteers. Faculty advisor for the contest Tim Buttles said that it “gives those that volunteer leadership skills, learn the ‘behind the scenes’ of contests and help prepare their own students” for future contests.

One of the big events of the contest is the Power Tool Drag Race. Students obtain a power tool of some kind and attach materials to it to make it into a car. This event has very strict vehicle specifications. According to the Agricultural Education Web site, a few of the restrictions include “110 volt power tools, power tool must be grounded or double insulated and 35 pound max weight.” The department of Agricultural Technology has a raceway where they race the cars. This event will be held in the Falcon’s Nest in the University Center.

Each event has its own set of specific rules and regulations. Students can find this information on the Agricultural Education Web site. The contest costs \$4 per student with up to four students maximum per school.

The University of Wisconsin- River Falls is one of three regional hosts for the contest, with the state competition held at UW-Madison. Buttles said that travel cost is an issue for high school students, which is why there is more than one location for regionals. The other hosts include UW-Platteville, Fox Valley and Janesville High School.

“I learned a lot about food science and leadership skills.”
Michelle Jensen, student

Students actively participated in success of University Center

Josh Dahlke
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The completion and grand opening of the University Center this semester brought a sigh of relief and a feeling of excitement to many people in the UW-River Falls campus community.

Contractors and professionals labored long hours to meet the goal of a spring grand opening, but Director of Student Life Facilities Mike Stifter said without the help of students the goal would not have become a reality.

Stifter said there was no shortage of student involvement and hard work throughout the duration of the project, and they dedicated upwards of 5,000 hours of time from October 2006 to February 2007.

“The building wouldn’t have been [finished] without their help,” Stifter said.

Anyone who remembers Hagestad Hall as being the main hub of social activity on campus may be amazed as they take a step into the University Center.

The \$34 million building is bursting with technology, including numerous computers with Internet access, the Kinnickinnic River Theatre, a video game room, a high-tech security system, a state of the art stage and sound system and flat screen televisions.

Stifter said the Student

Services and Programs IT staff were key student players in the process of making the technology come to life.

“... all that sophistication happened because of student involvement,” he said.

Stifter said approximately 75 students contributed physical labor, doing things such as pulling wires through the building, setting up computers and installing \$700,000 in AV equipment.

“This was some hands-on, real-world experience that they got,” Stifter said.

One of these people, Paul Bladl, is a recent graduate from UWRF. He is currently network administrator at FredNet Services on campus.

“As the network administrator, I was charged with ensuring all aspects of the network were setup for the building,” Bladl said, “This included extra wiring in the building as well as all of the network switches.”

Stifter said Bladl was a team



Kenny Yoo/ Student Voice
Todd Bauer uses one of the computers in the University Center's Cyber Café.

leader, with many students assisting him in his duties.

“The University Center project was a great opportunity for the student techs at FredNet to gain more experience above what they normally would have been able to learn and do,” Bladl said.

Senior and FredNet employee Mike Bell is one student who worked with Bladl.

“It’s just amazing to be a part of a project of that scale,” Bell said. “Just being able to work with technology to make the building better for students is a really good job experience.”

Stifter said another student and employee of FredNet, senior Mike Hovestol, was asked to take a semester off from his education at UWRF to contribute to some essential finishing touches to the building.

Hovestol said he talked it over with his family and decided that the experience would be well worth the break from school, and in the end he felt much like Bell.

“It all came together really fast and we got everything together like we wanted to,” Hovestol said. “It’s kind of rewarding to see the different things students can use that I helped put in.”

Beyond the technological achievements, the University Center is prided as being an environmentally sustainable building, which also came with student involvement.

According to a Jan. 15 UWRF Public Affairs news release, “Several years ago Rusty Callier and Phyllis Jaworski, both ECO club members and 2001 graduates, tracked energy use, water consumption and waste generation in campus buildings for an academic project. Their project culminated in an outline of how sustainable and green design principles could be utilized in campus buildings starting with a student union.”

During preliminary planning for the University Center, students voted to put an extra \$1 million into the building for sustainable development.

This includes passive solar heating through large windows, a white roof to reflect sunlight during the summer, much of the furniture is from recycled materials and, among other things, rainwater is collected from the roof and recycled for use in the building.

In an e-mail, former president of the UWRF ECO club Matthew Meyer shared his feelings about the environmental features of the building.

“The new building is a symbol of what is important a way to move our campus (and society) down a more sustainable path,” he said. “It also demonstrates our commitment to sustainability by ‘walking the walk.’”

Despite the stresses and complications that came along with opening the University Center, Stifter said students always brought with them a positive “can do” attitude.

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Epic battle movie ‘300’ draws in fans everywhere



A.J. Hakari

By the time you read this review, it will be approximately two weeks after I first saw “300.” By then, I’ll still be trying to determine exactly how many varieties of ass this film kicked. I’m up to about fifteen so far.

Based on the graphic novel by Frank “Sin City” Miller and Lynn Varley, “300” is an extremely stylized take on a real-life battle. The time is 480 B.C., and the place is Sparta, where the warrior king Leonidas (Gerard Butler) leads his people with the equally proud Queen Gorgo (Lena Headey) at his side. One fateful day, messengers arrive, informing Leonidas that Persian conqueror Xerxes (Rodrigo Santoro) is on the warpath and has his eyes set on taking over Sparta next. Not one to lay down for any man, Leonidas promptly assembles 300 of his finest warriors to meet the massive armies of Xerxes at a narrow mountain pass known as the Hot Gates.

Though highly outnumbered and confronted by an assortment of skilled combatants and ghastly creatures, Leonidas and his 300 Spartans are nevertheless fueled by enough courage to protect their homeland at all costs.

“300” is a vibrant force of primal badassery the likes of which the cinema has rarely seen. Just like 2005’s “Sin City,” “300” isn’t so much a movie based off a graphic novel

as it is a hybrid of the two. Every moment of this film is living, breathing, uber-violent art in motion, a wholly intense and much more memorable action experience than you’ll ever get watching Steven Seagal’s latest straight-to-DVD cow pie.

By way of a gold color scheme and blue/green screen technique, director Zack Snyder (who last surprised movie buffs by actually making the “Dawn of the Dead” remake pretty damn good) plunges the viewer into a world that’s best described as Ancient Greece on a blend of crack and Red Bull.

The film’s visual beauty, from great shots of Sparta to the numerous slow-motion battle sequences, contrasts perfectly against its over-the-top, highly-exaggerated sense of violence, which provides consistently rousing thrills throughout the picture.

For all its nasty kills and dismemberments, the entire “Friday the 13th” series has nothing on “300” (and it looks a hell of a lot better, to boot). Sure, the movie does boil down to essentially being two hours of guys screaming and killing each other, and after a while, the yelling and bloodletting does seem a bit much. But “300” contains enough adventurous spirit to always propel itself forward, to keep kicking ass, taking names and looking absolutely gorgeous while doing it. And the acting’s not too shabby either, with Gerard Butler commanding the screen with authority and ferocity as Leonidas.

“300” isn’t my favorite film of the year (so far, that honor has to go to “Zodiac”), but as of right now, it’s definitely in the top five. Not only did I dine in Hell, I was hungry for seconds.



Ratings for movies are based on a scale from one to five.
A film that scores five stars is worth seeing at least once.
A film that scores one star is horribly acted or directed with no substance.



Teresa Aviles

Another Frank Miller graphic novel wows the pop culture-infested youth again with “300”. Like its trendy, violent predecessor “Sin City,” “300” wins the attention of America with blood and gore in the best form: war.

In 480 B.C., Greeks fought the Persians under the rule of king Xerxes in the Battle of Thermopylae for their freedom. With only 300 Spartans in battle, the Persians outnumbered them at an incredible number over 100,000. Winning battle after battle of monstrous villains, it becomes difficult to have hope for any change in plot until the very end.

The beginning scene of a young Spartan attacking a wolf sets the tone for a primal mood that makes one blood thirsty and want to kill something larger than their own. Perhaps it’s a testosterone thing that I cannot understand, but the violence is gruesome and almost too much to handle.

This violence factor, however, is what sets this movie at number one in the box office. For some reason people love watching other people massacre each other. This fact verifies my thoughts that people love war. It isn’t the lack of character development or the laughable, overdramatic “freedom isn’t free” scenes that make the movie popular but the visuals and intense battle scenes.

I recommend this film for the

visuals alone. Aside from the landscapes of battle fields and protective barriers of corpses, costume design won me over. King Xerxes (Rodrigo Santoro) of the Persians is decked out in a disgusting amount of gold piercings. Delighted that every single one of the 300 Spartans shows off rock-hard six packs, I soon became crushed when they all perished and became only a pile of defeated warriors.

The few females in the film are portrayed only as sex goddesses or slaves to Persians. Even when Queen Gorgo (Lena Headey) attempts to sway a council of men she is accused of adultery. Female costumes are generally all the same but differ slightly with another Princess Leia-like gold bar wrapped around whatever limb. The movie did a great job at making burlap sacks beautiful.

They also did a great job at marketing the movie. After many MySpace advertisements it became apparent to me who the audience would be. I did not expect, although I should have, that Hollywood would throw propaganda into a film with a target market. One-liners about the strongest defend the country and how they need to band together against other humans to destroy them makes for a pathetic attempt to represent the politics of the story. Considering the movie is widely shown in a country that is currently in a war (the one “on terror”) it is interesting to witness the connection between video game-like graphics, youth oriented action scenes, and a hidden recruitment message.

“300” delivered well-choreographed action scenes and hot bods, but is repetitive and borderline annoying.

A.J. is a junior-year transfer student studying journalism and film studies. He mostly digs horror movies and documentaries.



Teresa is a junior-year transfer student studying journalism and geography. She enjoys dark comedies and documentaries.



Submitted Photo

Sigma Sigma Sigma is planning the first annual Rockin’ for Robbie concert. The concert is set to begin at 7 p.m. Thursday in the Entertainment Complex in the University Center.

Tri Sigma sorority preps for first annual benefit concert

Sarah Packingham
sarah.packingham@uwrf.edu

Every year the women of the River Falls chapter of the Sigma Sigma Sigma (Tri Sigma) sorority work to donate money to the Robbie Page Memorial and this year, they’re putting on a new event to raise money.

The first annual Rockin’ for Robbie benefit concert will take place on Thursday night at the Entertainment Complex in the University Center.

According to a press release written by junior Brooke Bergseng, the Public Relations Chair for Tri Sigma, the memorial supports play therapy for children in hospitals.

“Play therapy allows children to get out of their sterile hospital rooms, have some fun and helps them to cope with their situation,” Bergseng said.

While the main event will be the music, the evening will also have a deeper meaning and an educational aspect.

Bergseng also said there will be a family in attendance who will share the story of their son Ellis Bergstrom, who was born with a heart defect. Play therapy helped the young boy become

strong enough for a heart transplant in 2006, before he passed away around Christmas.

This will be the first time the River Falls chapter has done something of this magnitude to raise money for the memorial.

“Other chapters have done it,” sophomore Heather Pearson said. “It’s a cool thing to bring in and have a good time for such a good cause.”

Pearson is the Rockin’ for Robbie Chair for Tri Sigma and said it was hard to get started on the event at first, because they didn’t know where to begin.

While the members of Tri Sigma are expecting a good turnout from other organizations involved in the Greek community, they are also planning on bringing in a number of students who are in it just for the music. They also said the bands will bring in a number of their own fans.

Sophomore Kirsten Farrar plans on attending the show.

“I am a fan and have been a fan of Small Towns Burn A Little Slower for a while and when I saw that they were coming to River Falls, I got excited,” Farrar said. “I sent the info out to some friends in the cities that really

like them also; I think there are a couple making the trip out here just for the show to see them”

Pearson said the event will also include an opportunity for people to become organ donors. The night of the event, there will be a booth where Wisconsin residents can sign up to become organ donors and place the stickers on their driver’s licenses; Minnesota residents can sign up to do the same and Tri Sigma will mail in the forms for them.

Also at the event, a number of door prizes will be given out. Pearson said altogether, the cash value of all the prizes is over \$1,000. The top door prize is Timberwolves tickets.

Tri Sigma is excited to host the concert in the University Center.

“It’s the best timing in the world,” Pearson said. “We’re so lucky that we have this great facility. It’s just going to be awesome.”

Tickets for Rockin’ for Robbie will be sold at the University Center until the day of the event. The tickets cost \$5 and will be available at the event.

Bands scheduled to perform include Small Towns Burn A Little Slower, The Spirit of ‘76, The Better Life and Gloria.

LETTERDOKU

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Difficulty: Easy
Rules for Letterdoku: Fill all of the empty squares so that the letters A to I appear once in each row, column and 3 x 3 box.

Solution for Letterdoku is available at www.uwrfvoice.com

Upcoming Entertainment Events

March 24: “The Pursuit of Happiness,”
Showtimes: 4, 7 & 10 p.m.,
University Center Theatre

March 28: Dress for Success Fashion Show,
8:30 p.m., Entertainment Complex,
University Center

April 5: Guitar Competition, 7:30 p.m.,
Falcons Nest, University Center

April 25: The Unity Drum Circle

Making love, education coincide

UWRF students juggle the stresses of school, work and commitment

Jennie Oemig
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In addition to writing term papers, studying for exams and preparing for a career, some students are adding another element to their rigorous college life: planning a wedding.

This year, July 7 (07/07/07), which is being considered the luckiest day of the millennium, just happens to fall on a Saturday.

Many couples, including actress Eva Longoria and her fiancé, professional basketball player Tony Parker, are preparing to walk down the aisle that day. UW-River Falls seniors Justine Benzen and Bryan Ryba have also secured the date for their wedding.

Planning a wedding and careers

Engaged since March 10, 2006, seniors , who met at UWRF in 2005, will tie the knot July 7, less than two months after receiving their diplomas.

This means the couple has been planning the wedding while attending classes and they will also begin searching and applying for jobs soon, which can be a lot to handle all at once.

“I think the overall planning hasn’t been super stressful,” Benzen said.

The future bride also said that future employment and living arrangements have garnered the most stress for the couple.

“[The] most conflicting part of getting married after graduation is trying to find jobs relatively close in location to each other and trying to find a place to live that we can afford.”

This semester, Ryba is student-teaching in preparation for his career.

“Because Bryan is a math education major, he will be certified to teach in Wisconsin, which is what he wants to do. It would only take him a test to be certified in Minnesota, but because he’s from Wisconsin, he would like to stay in Wisconsin.”

Benzen is from Minnesota and said she would prefer to live near the Twin Cities after she graduates.

“[I] feel my job will be located in the metro area, which if I live in Wisconsin, don’t want to be driving 40 minutes to work every day,” she said.

Seniors Leianna Rude and Jon Hellinga will also be getting married this summer.

The couple, who have selected June 16 for their nuptials, will be graduating from UWRF on May 12.

Unlike Benzen, Rude said her experience planning a wedding while attending college has been very stressful.

“It’s very hard,” Rude said, adding that having her friends as bridesmaids and roommates makes some things easier on her.

Rude also said she goes home every weekend to plan wedding-related matters with her mother.



Submitted Photos

Seniors Justine Benzen and Bryan Ryba (top) are getting married on July 7, 2007. Leianna Rude and Jon Hellinga (bottom) also plan on marrying this summer. Kelly and Andy Hartvig were married in June 2006.

Participation in Planning

Most future brides tend to take a more active role in wedding plans than their significant others. Rude is no exception.

“I let her take control,” Hellinga said, commenting on his involvement in the wedding planning. Rude said her fiancé is only responsible for getting his groomsmen fitted for tuxes and she does the rest with help from family and her bridesmaids.

Benzen and Ryba have taken a different approach.

“Justine and I have split the wedding plans 50/50,” Ryba said.

Benzen said Ryba has taken an active role in getting the ball rolling on several aspects of their upcoming marriage.

“He did all of the calling around for the DJ, contacted the pastor to start our pre-marital counseling, asked all his attendants to be in the wedding and paid for the [Hawaiian] honeymoon,” she said.

Benzen said she and Ryba collaborate before making any final decisions about their impending wedding.

“We do everything together - except bridesmaids’ dresses and color,” she said. “We also ask for the other’s opinion before we make a decision.”

“It was stressful. But when is planning a wedding not stressful?”
Kelly Hartvig, newlywed

Scheduling around school

Benzen said she has tried to coordinate planning her wedding so that it doesn’t interfere with her academic studies.

“We planned a lot of our wedding over the summer and finished most of it during winter break,” Benzen said. “If we need to plan more, we usually do it on the weekends, so it doesn’t cut into our school schedule.”

Rude, on the other hand, has been planning throughout the 2006-07 academic year and has also had to deal with two bridesmaids living outside the United States this semester.

She said the most stressful time for her was during finals week in December.

Tests, planning and the departure of two of her bridesmaids to Australia combined to add extra stress.

Rude said it has been a trying task to keep up with all of her studies while preparing for her walk down the aisle.

“It’s hard to give up schoolwork because it’s really important,” Rude said.

While in the midst of earning his teaching degree, Ryba said it has been difficult to find time for everything.

“... It has added extra stress and pressure, especially trying to manage time for wedding planning and write lesson plans for my student-teaching.”

Ryba is also a member of the Army, which adds another level of pressure to planning a wedding.

“With being in the military, I never know what might happen and it can be a lot of work sometimes,” he said. “It is like Justine and I are planning two weddings sometimes because of trying to plan possible backup plans.”

Ryba shares an apartment in River Falls with Benzen, which he said is advantageous when it comes to planning their upcoming nuptials.

“... We can talk about and work on the wedding plans whenever we want,” he said.

Managing marriage and college

Senior Kelly Hartvig knows exactly what Ryba and Benzen and Rude and Hellinga are going through. In June, she married her high school sweetheart, Andy.

“It was stressful,” Hartvig said. “But when is planning a wedding not stressful?”

Hartvig said she relied a great deal on family to get all the wedding plans completed.

Taking on the role as a wife, Hartvig said her life has changed considerably.

“There’s a lot more responsibility,” she said, adding that dinner plans don’t always go as planned with the couple’s busy schedules.

Hartvig also said marriage has an impact on her social life, though it isn’t necessarily negative.

“I don’t go out a ton,” she said. “I’d prefer to be at home with [my husband].”

Hartvig said her husband recently started a new job, so he’s gone five or six days a week. Being a 2006 graduate of UWRF, Hartvig said Andy can relate to his

wife’s hectic schedule.

“He doesn’t have to do it anymore,” she said. “But he knows what it’s like.”

Hartvig said certain aspects of college classes make it more difficult to live the life of a normal married couple.

“Anytime I have a project or test, it’s harder and more stressful,” she said.

Allotting enough time for schoolwork to get done is also something Hartvig strives to accomplish in order to spend time with her husband.

“I plan to have stuff done so I don’t have to choose between [my homework and my husband],” she said.

Hartvig said having a serious commitment such as marriage, along with the added responsibility, has had an impact on her studies.

“I think it made me a more serious student,” Hartvig said.

Last-minute preparations

With her wedding date quickly approaching, Rude said last minute preparations are taking a toll on her nerves.

“Invitations are crazy,” Rude said. “Getting addresses from people is hell.”

Rude said one of the most stressful wedding issues she is facing is the reception hall, which her and Hellinga have yet to see. The hall is undergoing remodeling and the couple was told the construction would be completed by the first of February, but has yet to be completed.

Rude said one reason she worries about the hall is because family members and friends attending the wedding were given contact information for the locale and no one is around to answer the calls due to the remodeling project.

“We have a lot of people that need places to stay,” she said, acknowledging that she is nervous about whether the venue will be done on time.

Rude said she worries whether everything will turn out as planned, while Hellinga maintains his composure.

“He stays calm,” Rude said of her fiancé’s lack of qualms during the wedding planning process. “I worry for the both of us.”

Sign-Up for 2007-08 FALL HOUSING

2007-08 Fall Housing Online Sign-Up Process
Go to: <http://www.uwrf.edu/ssp/>

You will need your Falcon Account username (example: W2500000) and password.

Projected Fall Semester 2007-08:

- Double room rates: \$1487
- Suite room rates: \$1980
- Medical/disability single room rates: \$1980

PHASE ONE:
March 26 - 27 • After 8:00 a.m.
Current UWRF hall resident may reserve a space in his/her present room online.
(Exception: Where rooms are no longer available due to wing/floor use changes).

PHASE TWO:
March 29 - 30 • After 8:00 a.m.
A current UWRF hall resident may reserve a different space in his/her present residence hall online.

PHASE THREE:
April 2 - 6 • After 8:00 a.m.
A current UWRF hall resident may reserve a space in any residence hall online.

PHASE FOUR:
April 16 - May 1 • After 8:00 a.m.
(All UWRF students)
A current UWRF student living off-campus who has completed a housing contract and paid the \$125 housing deposit/processing fee at the Residence Life Office may reserve any available residence hall space online.

Note: After May 1, 2007, off-campus students applying for University housing will receive assignment consideration in contract/deposit date order with all new and transfer students.

Residence Life will continue to enforce the Two-Year Residency Requirement at UW-River Falls.

Please review the 2007-2008 Housing Contract and Information Booklet at:
<http://www.uwrf.edu/ssp/documents/contract.pdf>