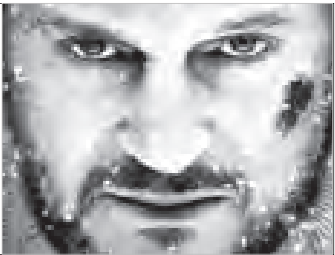




TITLE, PAGE 6
**Women’s hockey
nears NCHA title**

LAMERS, PAGE 6
**How to get rid not-so-friendly
Facebook friends**

BRUN, PAGE 7
**‘The Grey’
super charges
columnist**



STUDENT VOICE

February 10, 2012

www.uwrfvoice.com

Volume 98, Issue 14

President Obama stresses affordable college tuition

Ashley Hall

ashley.hall@my.uwrf.edu

While President Barack Obama has warned universities that they have to keep tuition down, campus officials say UW-River Falls remains affordable compared to other schools.

Blake Fry, special assistant to the chancellor, said in an email that UWRF and the UW-System are trying to be as fair as possible given the recent budget cuts they have faced.

“For 2009-2010 (the latest figures available), UW-River Falls’ net price was \$9,101 according to the National Center for Education Statistics. The national average for public four-year universities is \$10,747.”

Obama said that state governments must start doing their part working to keep the costs down for universities, which in turn will lower the tuition to attend that uni-

versity. If state governments and universities do not lower tuition, federal aid will be reduced.

What does this mean for UWRF? Obama has proposed “reforms to federal campus-based air programs to shift aid away from colleges that fail to keep net tuition down, and toward those colleges and universities that do their fair share to keep tuition affordable, provide good value, and serve needy students well.”

An institution’s net price is decided by “subtracting the average amount of federal, state/local government, or institutional grant or scholarship aid from the total cost of attendance. Total cost of attendance is the sum of published tuition and required fees (lower of in-district or in-state), books and supplies, and the weighted average for room and board and other expenses,” Fry said.

Keeping in mind that with in the UW-System, tuition has increased 5.5 percent, “I would speculate that a similar pattern will continue in the near future,” Fry said.

In regards to the state government awareness of lowering tuition from universities, the state of Wisconsin has reduced the funding by “\$6.6 million in the past 10 years and \$13.5 million when inflation is added,” Fry said. “Given these huge cuts, I would contend the UW-System has shown considerable restraint in increasing tuition.”

Fry also makes the note that “some public universities have seen tuition increases of more than 50 percent over the past two years.”

In the State of the Union Address, Obama addressed the issues of keeping enrollment up, making sure students graduate on time and have quality teachers that instruct them. Fernando Del-

gado, UWRF provost and vice chancellor of academic affairs, said “stopping tuition from going up is easier said than done, especially if one also wants to maintain access to students (and more students), timeliness to graduation, and quality experiences with faculty and staff and in a quality learning environment.”

Delgado concluded that with these policies and regulatory activities in place, this will cost the state and universities more in terms of time, people/salaries, resources, supplies, and electronic environments. He also said that UWRF might be able to produce more elite programs but that is not what public schools are about. “They are about educational attainment,” Delgado said.

Davida Alperin, a professor in the political science department at UWRF, said “we need to invest in higher

education. There is this notion of equal opportunity in this country but some can afford it [higher education] and others cannot.”

“It is penny-wise, pound-foolish to not invest in higher education. We might be able to save a few dollars if taxes are lower but they [government] will be investing in future of the state if taxes are higher,” Alperin said.

Delgado believes that if the state and federal government do not do anything about the tuition costs, it will “shift costs on students.”

Both Alperin and Delgado agreed that if the federal government can do something to make higher education more affordable for Americans, then they should try to achieve that by a reasonable means necessary.

Leah Ticknor, a sophomore elementary education student at UWRF said, “I am paying for college on my own with

no help from my parents and, if college tuition increases, I will have to drop out to raise more money because I won’t get enough financial aid.”

Student Zac Luther, a junior broad field social studies education student at UWRF, said “it would be great if Obama’s plan could pass. There would be more incentives to go to college and make it more possible to get a degree for many individuals. But if it doesn’t pass, then it won’t be too much different than the trend we’ve seen the past few years with tuition increases.”

In the months to come during the political campaigns, America will find out what will happen with Obama’s plan for affordable tuition at universities across the country. Depending on what is passed by Congress or not, the UW-System could be seeing these changes in the near future.

Enrollment drops from fall semester

Melinda Mendez

melinda.mendez@my.uwrf.edu

The halls at UW-River Falls will feel less crowded this semester with enrollment down from previous semesters. The enrollment status for spring 2012 according to Tynan Heller, provost and vice chancellor for academic affairs at the University, is 6,119 students compared to 6,900 students in fall 2010 when the University had a record-breaking enrollment.

“Our fall 2011 headcount was down less than 100 compared to fall 2010,” said Blake Fry, special assistant to the chancellor at the University. “While a lower headcount was not our enrollment goal, a slight decline is not completely unexpected.” The number of high school graduates in Wisconsin and Minnesota are entering a

trough right now that will last for the next several years.

“When the official fall 2011 enrollments are released for all of the UW-System institutions, there were several that had a decline in enrollment,” Fry said. “As tuition is now the leading source of revenue for UW-Systems, there is a negative impact on the institutions bottom line when enrollment decreases.” Even though enrollment is low, students should not be worried that it is going to have a big impact on their tuition.

“Tuition is set several months prior to the beginning of the year and any increase is consistent among all UW-System campuses,” Fry said. “So the enrollment fluctuations of any individual campus have little to no impact on the cost of tuition.” There is also an emphasis at the University on using tuition

dollars to make up for budget cuts.

“The 5 percent tuition increase was just one of several tools used to address the budget cuts to the UW-System,” Fry said. “As it turns out, the revenue from the tuition increases is almost an exact match the amount the UW-System is being asked to give back to the state to address the budget lapse.”

The low enrollment status could very well be a sign of the times. With so many people struggling financially to support themselves, college may just be out of the question right now. According to a study done by the Pew Research Center, a majority of Americans around 57 percent believe that the higher education system in the U. S. fails to provide students with good value for the money they and, in some cases there families

would spend. An even larger amount, 75 percent said that college was too expensive for most Americans to afford. However, 86 percent of college graduates did say that college has been a good investment personally in their own lives.

The survey also goes on to say that the main barrier to attending college is financial reasons. Among people ages 18-34 who are not in school and do not have a Bachelor’s degree. Two-thirds said that the major reason for not continuing their education is a need to support their a family.

“The University has developed enrollment and admission plans that include measures to mitigate the effect a lower number of high school graduates will have upon our enrollment,” Fry said.



City of River Falls website
Roundabouts are just one of the many changes that will be occurring during the Cascade Avenue project. The project is scheduled to start early April.

Cascade project set to start early April

Jessie Behrman

jessie.behrman@my.uwrf.edu

Starting in early April, Cascade Avenue will begin construction for the finalized plan of the Cascade Project for a more convenient transportation route.

The updated Cascade Avenue Project found on the UW-River Falls website, says that construction is expected to begin April 2 and will be finished by mid-November 2012. Landscape for the project should be finished in the summer of 2013.

Mike Stifter, director of facilities management, said that the street has been in need of repair for some time and the overall intent is to improve pedestrian safety and transportation on Cascade Avenue. “The roadway was not in good condition and was in need of repair. Factor in the necessity to also improve all of the utilities in the corridor from water, electrical and telecommunications and it became an almost must do,” Stifter said.

Much of the infrastructure is over 70-years-old and is inadequate and failing, said

Reid Wronski, city engineer.

During the time of construction, the parking office is considering a \$5 a week permit for the remaining portion of the semester, Stifter said.

For those who are currently parking in a lot around campus, including Q lot, should stay intact for the rest of spring semester. Roughly 43 spots will remain on the east end of Cascade for the spring semester.

Student lots will continue to be offered for free during the summer, and in the fall semester, Q lot will be open to daily commuters and permit holders. For spots lost on Cascade, there will be additional spots in Q lot.

“It’s designed to be even versus a net loss or gain,” Stifter said. “For those still wishing to park for free on city streets, you will likely park further from campus than you do now.”

“It’s going to be frustrating because there is already so much competition to park, so to do construction where a majority of the parking is, isn’t ideal. Hopefully it will

See Cascade page 3

New semester brings new chair for Faculty Senate



Marshall Toman is the acting chair for Faculty Senate this spring while Wes Chapin, former chair, is abroad.

Deanna Baisden

deanna.baisden@my.uwrf.edu

UW-River Falls Faculty Senate met for the first meeting of the spring semester on Feb. 1 in the Willow River Room at the University Center, with vice chair Professor Marshall Toman now serving the position of acting chair.

Toman is currently the

Faculty Senate acting chair, in place of Wes Chapin who is now overseas with students studying abroad in the International Traveling Classroom program.

One agenda item that was addressed, was a proposal to change the language explaining the role of the advisor and the advising process in the

Faculty and Academic Staff Handbook. Such changes include removing the word “counseling” from the definition of the responsibility of the advisor.

“Specifically, the effect of adding the definition of advising to the handbook, excludes counseling of students by faculty. There have

Alicia Carlson/Student Voice

been instances where students have sought out their academic advisors to discuss personal problems. This has made some faculty uncomfortable as they are not trained to do this,” Chemistry Professor David Rainville wrote in an email. “Students

See Senate page 3

UWRF University Center proves prime location to hold third annual Knowing Autism Conference

Brittany Flatten
brittany.flatten@my.uwrf.edu

On Friday, Feb. 3, 2012, more than 200 people attended the 3rd annual Knowing Autism Conference held at the University Center. This all-day event was organized by the Western Wisconsin Autism Advocacy and Consulting Center (WWAACC) Inc. and co-sponsored by UW-River Falls Communicative Disorders, School Counseling and Psychology, and Social Work programs. Other sponsors of the event include: Andersen Corporation, New Richmond Area Community Foundation and the River Falls School District.

This year’s theme was inclusivity and featured two nationally acclaimed guests as the keynote and feature speakers. UWRF professors, alumni and other educators and service providers from the area also presented at the 10 different afternoon break-out sessions.

“The primary goal of the conference is to increase awareness and educate the public, parents, educators, and service providers about the methods and strategies for improving the lives of those with autism,” explained WWAACC President Mary Paulson.

The conference has been held in the UC every year since it first began. Holding the conference at UWRF was a decision made based on the central location of the campus in Wisconsin and its proximity to the Twin Cities.

“The University Center is a great facility that many people are unaware of,” Paulson said.

Paula Kluth, a consultant, author, advocate

and independent scholar opened the conference with her keynote address. Kluth presented on the topic of educating students with autism in inclusive schools. Her presentation titled “You’re going to love this kid,” which is also the title of one of her books, explained how educators can listen to the voices of those with autism and help to create more comfortable learning environments for those students.

Kluth gave many examples of opportunities for communication and connection. She had the audience playing games and participating in other activities to help the participants learn some different strategies.

The participants of the conference were educators, service providers, and also parents and family members of children on the spectrum. Kim Campion is a parent and member of an Autism group created in the Webster school district in Webster, Wis.

“I attend the Knowing Autism Conferences because they re-energize me, give me specific tools to help my daughter, and offer hope for her future. This year I enjoyed the information and positive perspective Paula Kluth presented and I took home practical tools that we can use right away to help our daughter and our family be more successful on our journey,” said Campion.

Kluth’s presentation was informational and was a great start to the conference. Following Kluth on the conference agenda was feature speaker, Patrick Schwarz. His presentation described universal design and how it provides access to curriculum for all learners. Schwarz’s presentation was dynamic and en-

gaging as he explained how to provide more options in the classroom with the use of differentiated education and curricular adaptations.

“You have to think big, but start small,” explained Schwarz.

Both Kluth and Schwarz mentioned how prevalent autism is today and why it is so important for people to really understand the disorder. According to the Centers for Disease Control and Prevention (CDC), it is estimated that one in 110 children in the U.S. have an Autism Spectrum Disorder.

“Bringing the community together is key at these regional conferences. When people can get together in large groups it allows them to make big changes. You can tell that people came in teams with the purpose of collaborating and that is what makes regional conferences so unique,” said Kluth.

The 10 different break-out sessions held in the afternoon part of the conference allowed the participants to choose a topic being presented that they were really interested in. Paula Zelinski, a Speech/language Pathologist, attended a session on using technology with students on the autism spectrum. The workshop focused on some of the newest applications available to improve communication skills and other academic areas.

“The handouts were very helpful. One handout in particular gave a list of free applications that teachers and parents have found useful in teaching children with autism,” said Zelinski.

Michael Harris, professor and chair of the

department of communicative disorders and associate dean of the college of education and professional studies, presented a break out session explaining intervention strategies that minimize the need to honor the function of challenging behavior.

“Many people commented that this was the best conference yet,” said Harris.

There were many different exhibitors at the conference to provide information about their organization to participants. Exhibitors included, but were not limited to, Healing Waters Health Center, Bridge for Youth and Adults with Disabilities, and Project Life-saver. The University Speech-Language and Hearing Clinic also had a booth set up to provide information about services on campus.

Paulson believes the conference was a great success. Even though numbers were down a little from last year’s conference, participants were still provided a day filled with tips, tricks, and ideas to create a more inclusive experience for children on the spectrum.

“The conference has the potential to impact the lives of an infinite number of people with autism.”

Schwarz believes that it is really about making the information available to everyone. With autism so prevalent in our world today, a greater knowledge of the disorder is beneficial to not just educators, parents, and service providers, but everyone.

“This conference has opened the door for opportunities. People can share ideas and take steps together, which is a really great thing!”

News briefs

UW-River Falls Hosts Public Astronomy Talks and Observatory Viewings

The UW-River Falls Physics Department begins its spring season of free, public observatory viewings and astronomy discussions on Feb. 15. Objects to be seen include planets, globular clusters, open clusters, nebulae, galaxies, moons, and double stars. The first stargazing (waning crescent moon) session includes Professor Eileen Korenic presenting “GRACE, GOCE, and GRAIL: Mapping Gravity” at 7 p.m. in Room 271 at Centennial Science Hall.

The discussion precedes the 7:30 p.m. telescope viewing on the third-floor observation deck. A physics department faculty member and/or student will staff each telescope and be available to answer questions at each open telescope session. Observers are encouraged to stay and look at as many elements as possible and feel free to request personal observing targets. Since the dome is unheated and the observing deck is outside open to the elements, visitors are advised to dress appropriately for the weather.

The viewings and talks are suitable for all ages. All observatory viewings are dependent on a clear sky. Please call 715-425-3560 after 6 p.m. or visit www.uwrf.edu/PHYS/Schedule.cfm and click on “observatory” to verify that the sky is clear enough for viewing. The talk will go on as scheduled. For more information about the observatory, email glenn.spiczack@uwrf.edu or about pre-observatory talks, email eileen.korenic@uwrf.edu

to all non-traditional materials, (with the exception of perishable food).

2. Artists must create their own template for their wearable art.

3. Any wearable art sewn over any other clothing made of usual materials, is not permitted.

4. Multiple non-traditional materials may be used.

There will be prizes chosen by our judges in the categories of the Most Inventive Wearable Art Garment and Most Creative use of non-traditional materials. The Best In Show prize will be chosen by popular vote. Gallery hours are Monday through Friday, 9 a.m. to 5 p.m. and 7 p.m. to 9 p.m., and Sunday 2 p.m. to 4 p.m. This event is free and open to the public. For more information, contact the UWRF Art Department at 715-425-3266.

Rush River Ramblers To Play Barn-dance in River Falls

Local favorite old-time string band the “Rush River Ramblers” will play for a barn dance from 7 p.m. to 10 p.m. on Saturday, Feb. 18 in the gym of the River Falls Academy (the former Meyer Middle School) on West Maple Street in River Falls.

This popular band features musicians from Spring Valley and Martell. Sue West, well-known on the local singer-songwriter scene, plays guitar for the Ramblers. No prior experience is required. A skilled caller will teach steps to newcomers and experienced dancers alike. Partners are optional and singles welcome. Children are especially encouraged to participate in the opening family dance segment from 7 p.m. to 8:30 p.m.

The second half of the evening moves into slightly more advanced dances. The Rush River Ramblers will return on Saturday, March 17, for a special St. Patrick’s Day edition of the barn dance.

The remaining dance in the 2011-12 season, on Saturday, April 21, features the Twin Cities group “The Barn Cats.” The barn dance series is volunteer-operated and jointly sponsored by River Falls Community Arts Base and River Falls Parks and Recreation. Admission is \$5 for adults and \$2.50 for 12 and under. Inexpensive refreshments are available. Information at <http://www.riverfallscab.org>.

River Falls Police/ UWRF Police Department

- Jan. 27**
- A hit and run resulting in damage to a vehicle was reported at the QM Lot.
- Jan. 28**
- A parked vehicle was reported damaged in the O Lot.
- Jan. 29**
- Jessie Jeanne Van Whye, 19, was cited \$263.50 for underage consumption at Parker Hall.
- Jan. 30**
- Joshua James Green, 19, was cited \$1148.50 for underage consumption, damage to University property, disorderly conduct and tampering with fire equipment at Grimm Hall.
- Feb. 3**
- A hit and run resulting in damage to a vehicle was reported at the Y Lot.
 - Vehicles were reported driving on the lawn outside of South Fork Suites, resulting in damage to the property.
- Feb. 5**
- Amanda Ann Realı Gemar was cited \$263.50 for underage consumption at Grimm Hall.
- Feb. 6**
- Graffiti was reported found in the men’s restroom at the Wyman Education Building.

Editor’s note:
Information for this section is taken from River Falls Police and UW-River Falls Police Department incident reports.

Listen to
88.7 FM WRFW
the only on campus radio station
produced and directed by
UWRF students

Do you enjoy opinion
writing?
**Be a columnist for the
Student Voice**
*Send in a 500 word minimum
sample to editor@uwrvoice.com*

Want to get the word
out?
Advertise with
the Student Voice!
email
advertising@uwrvoice.com

Senate: Toman, English department professor, takes over as faculty chair

From page 1

should go to Career/Counseling/Health Services with problems of a personal nature. Any faculty member is free to give advice if they so choose, but are not obligated to do so. I want to make it quite clear that this definition does not change the current policy, it simply clarifies what has always been the case.”

The current language of advising in the handbook defines the faculty responsibility as, “a major part of the teaching responsibility is in the advising or counseling of students the faculty has in class or those assigned as advisees.”

“My previous advisor was good in helping me in choosing the right academic route, but wasn’t the best at providing pos-

sible career opportunities. But then again, it’s not their job to tell me what to do with my career, that’s why we have Career Services,” sophomore Sarah Pronschinske said.

Despite the proposed change of the handbook language explaining the relationship between an advisor and their students, “Students will not be affected adversely. Faculty will continue to advise as they have done in the past. The tradition of good advising at UWRF is strong,” Toman said.

Other upcoming agenda items for the semester include establishing a University Tuition Differentials Oversight Committee and preliminary approval to the new campus strategic plan, Pathway to Distinction.

“I do anticipate that on Feb. 15 the faculty will discuss establishing a University Tuition Differentials Oversight Committee, an idea that has been endorsed by the Student Senate,”

Toman wrote in an email. “The Chancellor is committed to ensuring that tuition money that has been collected from students for special, designated purposes continues to serve those purposes.”

When asked about his goals as acting chair, Toman said, “To survive. Really. But more altruistically, to have all parts of the University functioning harmoniously together to achieve excellence in teaching and learning.”

More information about Faculty Senate and their meeting agendas can be found at <http://www.uwrf.edu/FacultySenate/> or by contacting Marshall Toman at marshall.toman@uwrf.edu.

Cascade: Roundabout construction begins April, ends November 2012

From page 1

be worth it in the end,” said junior Courtney Hintermeyer, who drives to campus.

Two roundabouts will be put in on Cascade, one on the west end where Cascade Avenue meets with Oak Street, which will have three outlets, and another on the east side where Cascade Avenue meets with Sixth Street with four outlets. In the mid-

dle of both roundabouts as well as dividing lanes, there will be landscaped raised medians, according to the UWRF website.

With construction, about 45 trees are being taken down but, in the end, 130 trees will be put up within the landscape, Wronski said.

More sidewalks are being added on both sides of Cascade Avenue as well as around the roundabouts.

Wronski points out that there can not be construction with-

out an inconvenience.

“We’re trying to put in a facility to balance both things, the pedestrian and the driver. A project that’s a complete balance, trying to improve it for them and balance it for everyone,” Wronski said. “Mass majority of people will stand back three years from now and look at it and say this is a positive outcome; hassles and inconveniences were worth it.”

Have something to say?
Want to voice your opinion?

LET US KNOW!

submit a
letter to an editor at
editor@uwrfvoice.com

Tune in to

WRFW

88.7

for:
news updates

to hear
campus radio shows

listen to music your
friends DJ

Valentine's Special



Dine In,
Take Out or
Delivery!

Large Heart
Shaped Pizza
\$8⁵⁰

Available
Monday, February 6th thru
Tuesday, February 14th, 2012

Toppings \$1.50 Ea.

Luigi's PIZZA

425-0111

Corner of Locust
& Main, River Falls

RT020212

Look at the
Student Voice
online!
www.uwrfvoice.com

Advertise
in the
Student Voice!

Contact the Voice Ad
Representative at:

advertising@uwrfvoice.com

EDITORIALS

Student Senate requests student input in regards to reserve account

The UW-River Falls Student Senate revealed recently at their town hall meeting that \$114,000 exists in a reserve account, and that they are unsure exactly what to do with this money. The senate is therefore requesting input from students in order to discern what would be the best course of action in regards to distributing this account. The senate also mentioned that if a course of action is not established as quickly as possible they are in danger of losing the account altogether.

We here at the Student Voice have come up with a list of potential ideas for the senate, in attempt to help foster their decision-making. Landscaping was mentioned as a possible use for the money, especially throughout the areas of campus that seem especially in need of such revamping. The updating of equipment for various departments and student organizations was also mentioned as a possibility. The senate is encouraging student organizations who feel they could use a portion of the money to submit a request, to which the senate will approve or deny said request. Assessing various building repairs around campus also seems like a viable solution. The Voice also discussed various plans that would involve giving back to the students and the River Falls community.

The senate does its best to speak on the behalf of all students, though it is always better to use your own voice. If you would like to begin speaking for yourself please consider becoming part of the senate! There are many different opportunities to voice your opinion, including sitting in on a senate meeting. Another way is to run a campaign and become a representative for senate yourself. You have a voice, use it!

If you feel you have an appropriate idea for the senate regarding the distribution of this account, please contact President Tyler Halverson at tyler.halverson@my.uwrf.edu.

Maintaining respect for campus

The Student Voice encourages all students to respect all academic buildings, residence halls, other students and their property, as well as the River Falls community. Instances of vandalism, graffiti, careless driving and theft have been far too many in number on campus and around River Falls.

Maintaining a sense of respect is absolutely vital in order to maintain a sense of community and inclusiveness, which is something that UW-River Falls holds in the highest esteem.

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

STUDENT VOICE

- Editor

Assistant Editor

Front Page Editor

News Editor

Viewpoints Editor

Etcetera Editor

Sports Editor

Chief Photographer

Staff Photographers
- Ashley Goettl

Kara Johnson

Rebecca Rudolph

Brittney Phenning-Wendt

Jessica Nash

Benjamin Lamers

Ashley Hall

Sally King

Charissa Squire

Megan Rodriguez

Maggie Sokoloski

Jessie Behrman

David Recine

Samantha Mayberry

Charles Korenchen

Charissa Squire

Andris Straumanis

Read the *Student Voice* online at www.uwrfvoice.com

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

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

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

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

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



David Recine/Student Voice

Swamped February, what to expect



Cristin Dempsey
Columnist

As I am sure all of you already know, people all across America gathered around their TVs this past Sunday to tune in to the Super Bowl.

No matter what team is playing each year, everyone is eager for this huge event and to see who gets the NFL title. Other people, like me, could probably care less about football and would rather tune in to something like the Puppy Bowl, complete with the “kitty half time.” Who doesn’t want to watch a bunch of cute, furry animals running around on a tiny field for two straight hours? But February is not only a month for football. This month every year turns out to be a very eventful month for people around the world. There is the Super Bowl, yes, but there is also Valentine’s Day, the awards season in Hollywood, and a look to see exactly when spring will be arriving this year.

Valentine’s Day, short for St. Valentine’s Day, is celebrated annually on Feb. 14. Most people around the world know that the holiday is associated with love and commercialism, but none of that would be possible without an historical background. Originally, the holiday was observed to honor one or more of the early Christian martyrs that went by the name of St. Valentine. The holiday first became associated with love and affection in the High Middle Ages within the circle of Geoffrey Chaucer. It was during this time period that the tradition of courtly love blossomed and became common. The holiday centering on love was established in 496 A.D. by Pope Gelasius I. During the English Renaissance on Valentine’s Day 1400, the law courts of England

established a language of love referred to as the “High Court of Love.” This court dealt with love contracts, betrayals, and violence against women. These days, Valentine’s Day is simply celebrated by sending greeting cards and sharing affection for a significant other by sending gifts or going on a date.

One of my fondest memories of Valentine’s Day is likely shared with many other college students, and that is the parties in elementary school. Every year I looked forward to taking a pause in my day to hand out little cards with movie characters or dinosaurs on them to my classmates. Everyone loves the free candy on holidays, and Valentine’s Day became a major holiday for a sugar rush after a stressful day of addition and reading a chapter book.

Another part of both January and February that I always look forward to are the award shows going on in Hollywood. It is fun to not only see who wins each award, but also to see what dresses each actress is wearing and the recurring style among celebrities. The next awards show coming up is the Grammy Awards this Sunday, Feb. 12. The Grammys are always a popular awards show, and this year, there are many talented artists up for an award. One band that deserves a Grammy is Coldplay. Their new album, “Mylo Xyloto” was nominated for “Album of the Year.” If you have not yet heard this album, I would strongly recommend for you to listen to it. It is phenomenal. Another one of my picks for the year is Mumford and Sons, who are up for “Record of the Year” for their album “The Cave.” I pay a lot of attention to the alternative and acoustic artists, and my pick for “Alternative Album of the Year” would definitely have to be Death Cab for Cutie for their most recent album, “Codes and Keys.” Other nominees include Adele, Bruno Mars, Taylor Swift, Rihanna, Bon Iver and Lady Gaga.

It may still be cold in February, but a lot is going on during the month. Be sure to take advantage of everything going on, followed by cookies and a nice hot cup of hot chocolate!

Fighting sexism, why everyone should be a feminist

Jason Larson
Columnist

The other day in class I overheard two female students talking: “So, professor so-and-so took off his coat the other day before lecture and he was

totally wearing a t-shirt that said ‘I’m a feminist.’” “Oh my God that is so funny!” “Yeah, totally! We asked him if it was his wife’s shirt and he said it was his. We took a picture and put it on Facebook.”

I find this particularly disturbing. Feminism is defined as “the theory of the political, economic and social equality of the sexes.” This, by the way, is posted all around campus. Look for yourself. So, why are female college students snickering at a male professor who espouses publicly his support for gender equality?

Let me answer my own question. We suck. By we, I mean our society and, yes, I am guilty of it too. I grew up thinking that feminists were some silly group of overweight lesbian man haters who went around hating men. This is not the case. Feminism, and gender quality is a serious issue.

Growing up I was lucky. All of the women in my life were hardworking and independent. I could not conceptualize the idea that women were some how less than men. I just was not exposed to that kind of thinking. So of course I thought feminism was silly and all women are treated the same.

Unfortunately, I was wrong. I am grown up now and I have noticed that our society, the real world, is a lot different from the environment I grew up in. Let me explain. Sure, most people do not feel that women are inferior. Sure it’s only a small minority who feel that way. But think about all

the people who just stand by and let sexism happen. Those people are the problem. I am the problem.

I stood by and watched a woman lose her job because she was being sexually harassed. When she asked her boss to stop it he fired her. It was obviously her fault. There was no sexual harassment problem until she (a female) started working there.

I stood by and watched a woman be made absolutely miserable because she was attractive and had large breasts. Obviously she was sleeping around.

I stood by and watched a woman whose supervisor would not let her do her job because she was a woman. He then recommended her for termination because she was not doing her job. He later admitted to me that he did so thinking that she was incapable because of her gender. Clearly only people with penises are competent.

In all of these cases the woman had expertise essential to the jobs they were performing.

The first two were law enforcement professionals who were training and mentoring police in a less developed country. One was a former police officer in the U.S. with over 30 years of experience in a large city. The other was a military police soldier in the National Guard. The third woman was a translator who grew up in the area she was working in. She was not only an excellent translator but was also able to provide advice on cultural mores or norms.

In all of these cases the women were prevented from doing their jobs solely because of their gender.

In all of these cases everyone, including me, just stood by and let sexism happen. I let sexism happen. Is that so much different from doing it myself?

I cannot change what I did and did not do. What I can do is share their stories and assure you that feminism is not some silly thing to snicker about before class. Feminism is a serious issue and maybe we all should think twice before deciding not to do anything about it.

Lifestyle Enthusiast on the town:

Rumbling and bumbling in the national parks of the west



Christopher
Pagels

Columnist

to our left and a deep mahogany stained bar to our right, it looked like we brought a Tupperware of homemade sin as a side dish. I remember my green-eyed mother in her flip-flops displayed a jocular laugh of incredulity at this misplaced snobbery, “we’re in the middle of the forest for Pete’s sake.” I was twelve at the time, a point in my life where I didn’t have to be reasonable with my obsessions. Probably around the time when computers were going to “reset” or produce

In the Grand Tetons, my family was refused from a “jackets only” restaurant. When we approached the maître d’ in our moist swimming trunks, a rack of black dress coats

a big bubble that popped. These obsessions fit in well with how the pine trees monopolized the ditch on either side of the road. The sun was waxed crimson over the tips of those alpiners as we pulled into another parking lot with a Chuck-wagon. A stagecoach propped up on wooden wheels was lined up at the head of the long khaki colored canvas tent with park benches under its eave. There were many places to park here and along the entire road. As I recall, they tried to serve an authentic representation of cooking on the prairie, tater-tot hot dish, potatoes, greens and lukewarm water from the back of the stagecoach.

I niggardly thought the meal was expensive; I always kept things like that in account in my youth. There was a chest back home with all the change and loose bills I found on the ground wherever I went, my view always furrowed at the cracks in the pavement. In a camping excursion once, I came to the realization that one ounce equaled twenty-eight grams by reading the label of a two liter bottle of generic soda. I was saving, but I didn’t know what I was saving.

My family was on a meandering road trip out west visiting such places as Wall Drug, the Corn Palace, Mount Rushmore, Devil’s Tower, Yellowstone and the Grand Tetons. Cassette tapes were still popular; my mother bought a Jeff Foxworthy tape at a roadside truck stop. We drove many hours a day; Jeff Foxworthy isn’t funny when he tells the same joke fifteen times. Because there are no pictures from that trip the visual elements of Yellowstone have disappeared almost completely off my periphery, yet, I remember the giant sandstone doorframe that stood alone at Yellowstone’s main entrance, in the dull green sage field. It can be seen from horizon to horizon. Upon coming to the main grouping of lodges where the visitor center and hotels were located, a couple of elk grazed in an island of green grass surrounded by a sea of dull grey concrete. As they walked a thoughtful pace, the elk passed by the car unafraid. A dry sheen of cloudiness covered their brown eyes as no glance was offered toward our red car with the many horses housed under its hood. People have been here too long.

Enjoying award shows on Sunday nights, the new modern season



Amanda
White

Columnist

A season where all of our favorite actors, musicians, directors and everyone else involved in the entertainment business dresses up on Sunday nights and accepts awards from each other. Sometimes there are jokes, musical numbers, or extra-long speeches. Whatever happens, I love it all. And this Sunday night, Feb. 12, is no exception. The Grammy Awards air at 8/7c on CBS.

The Grammys are the most prestigious awards given to people in the music industry. The show is also known for its terrific performances given by the year’s hottest artists and music legends alike, which makes it unique to other award shows. Most other award shows rely on witty banter to entertain audiences. They don’t have the luxury of calling upon its nominees to perform.

The four biggest awards of the night are, in no particular order, “Record of the Year,” “Song of the Year,” “Best New

Did you know there is actually five seasons in a year? Yeah, that’s right, five. Spring, summer, fall, winter and award. You read that right. Award season is by far my favorite season of the year.

Artist” and “Album of the Year,” which I will refer to as the “big four.” When I was younger, I never understood the difference between “Record of the Year” and “Song of the Year.” If a record was another name for a song, why are there two separate categories for them? It turns out that songwriters are nominated for “Song of the Year” and the producers and mixers are nominated for “Record of the Year.” This is why most songs that are nominated for “Song of the Year” will also be nominated for “Record of the Year.” However, if the song wins both categories, different people will most likely be accepting different awards.

Anyway, on to my predictions for the 2012 Grammy Awards. The nominees for “Best New Artist,” with genre in parentheses are The Band Perry (country pop), Nicki Minaj (hip-hop/rap), J. Cole (rap), Skrillex (dubstep/electronica), and Bon Iver (folk). I believe that Nicki Minaj has this award in the bag because she definitely has the largest audience and the biggest singles to date. If I could choose the winner I would choose Bon Iver, mainly because I think they write the most haunting and beautiful music I’ve heard in a long time.

The nominees for “Song of the Year,” include “All of the Lights” by Kanye West et al., “The Cave” by Mumford and Sons, “Grenade” by Bruno Mars, “Holocene” by Bon Iver, and “Rolling in the Deep” by Adele. Even though I love Bon Iver, my favorite out of this list is “The Cave” by Mumford and Sons because the lyrics are powerful and the music is so pleasant to the ears. However, the winner will be “Rolling in

the Deep” by Adele because she is on fire this year (no pun intended) with her album “21,” and “Rolling in the Deep” was one of the most popular songs of 2011, and also beautifully written.

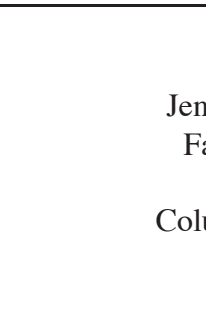
“Record of the Year” nominees include “Rolling in the Deep” by Adele, “Holocene” by Bon Iver, “Grenade” by Bruno Mars, “The Cave” by Mumford and Sons, and “Firework” by Katy Perry. My personal choice would be “Holocene” by Bon Iver because it is so good. Seriously, listen to it on YouTube. Or watch one of their live performances because they are extraordinarily talented musicians. I think the winner will be “Rolling in the Deep” by Adele. This is another song that was terrifically recorded and so popular.

The biggest award of the night is “Album of the Year.” The nominees are “21” by Adele, “Wasting Light” by Foo Fighters, “Born This Way” by Lady Gaga, “Doo-Wops and Hooligans” by Bruno Mars, and “Loud” by Rihanna. My personal choice and my predicted winner are the same: “21” by Adele. I believe that when I listen to this album I am listening to a story, which I don’t get with the other albums.

So watch the Grammys on CBS this Sunday at 8/7c to see if any of my predictions come true! I’ll be watching every last second. And in two weeks, read my predictions for the Academy Awards!

Amanda is a sophomore majoring in journalism. She enjoys film, theatre, travel, music and reading anything and everything.

Overcoming obstacles in life can be treacherous, rewarding



Jennylee
Fahey

Columnist

whether it’s at school, at my daughter’s school, at my job or when I’m out in public. I hate those words!

When I was younger my mother always told me to never say I can’t and every time I said it, I either got scolded, or she turned the sentence around on me and asked me to give her a reason why I can. Ever since then I have been determined and ambitious to prove to her and myself that I can and I will

“I don’t want too, I can’t, it’s too much work, why should I work somewhere and not get paid!” These are all the numerous things I hear every single day,

get everything I want in life.

Life is, by far, not easy at all, nor will it ever be easy. It’s up to you to take control of your life, overcome obstacles and believe in yourself because otherwise, you will be thinking you can’t do it, when you actually can. It is way better to try and fail and try again, then to try and fail and never try again. This is why you are the only person that can make things possible, so get off your seat and believe in you!

I feel like I am honestly one of the oldest students on this campus because of everything that I overcame to get here. I have a 6-year-old daughter that I stayed home with, up until last year. I currently am: working twenty hours a week, interning at KARE 11, girl scout leader, taking my daughter to dance and swimming lessons, hosting segments on “Focus on You” for UW-River Falls, columnist for the Student Voice, DJ for Jerseys nightclub and I just started my own website for Journalism and Broadcasting. I want to give up almost everyday, but I can’t and I won’t because I have someone

that looks up to me and I know that after this last year of school I will make it.

I hope that you in turn feel the same way, because you are your only true support system. Life is full of so many obstacles and you never know what direction you are going to take, but why not risk it and try every direction you can, then at least when you get older you will be able to say “I did that and tried it and nah, it’s not for me.” At least then you won’t live life with regret. I am a bartender and constantly talk to older people day after day and the three things they always tell me is that you should always listen to your gut, do and accomplish everything you have always wanted to in life and always say that you love someone that is close to you because you never know what will happen. Treat every day like it’s the last and believe in yourself, nothing could ever be better!

STUDENT VOICES

What is your worst memory of Valentine's Day?

Stephanie Silvers, junior

“I guess not doing anything.”



Brandon Meyer, senior

“Crying myself to sleep with my stuffed cow.”

Amanda Webster, junior

“Eating ice cream, watching chick flicks and being surrounded by my cats.”



Erin McNeil, sophomore

“My parents gave me a beanie baby and I was so mad I threw it away.”

Compiled by Sally King

How to obliterate unwanted, exasperating facebook friends without being rude or pronounced in manner



Benjamin
Lamers

Columnist

don’t know or don’t want to add. This can be a tricky situation to deal with. Fortunately, I am here to give you some tips on how to either kindly defriend someone or not even add them in the first place.

It’s always a thrill when you log into Facebook and see a new notification, message, or friend request. For the few seconds it takes for you to click away the bright red number, you are in a state of excitement wondering what great notification awaits you. Then all your hopes and dreams are crushed when you click and see you have a friend request from someone you either don’t know or don’t want to accept. Now you are at a crossroads. Do you add this person risking the fact that they will, by any means possible, try to talk to you every day and comment on all of your pictures and status updates? Or do you deny the request and risk them friending you again and again until you accept, or have them message you inquiring as to why you are not friends? Let’s face it no one wants that hassle.

Fortunately there are ways around this. If you are a nice person and add them, there can be ways to get them off of your Facebook. And even better, it can be done in one wall post. Whether you know this person or not, a simple “who are you?” post may be enough to make them think twice about wanting to be your friend. However, this subtle way

We have all had it happen to us at one point or another. Maybe you have even been the person to instigate it. We have all gotten that friend request on Facebook from a person we either

We have all gotten that friend request on facebook from a person we don’t know or don’t want to add.

of telling this person off may not work on everyone. If they try and try to explain who they are and why you should be friends, you really only have one option left: block them. Sure, it is a brutal thing to do, but if they persist on why they should be your friend, they will most certainly try to re-add you if you simply unfriend them. Blocking them completely eliminates this problem and you will never see them in Facebook world again.

Another tricky situation is when you don’t want to be someone’s friend anymore, but you don’t want to hurt their feelings by unfriending them. Your best bet here is to be sneaky. In all likely-hood you will have more than one friend who you want to unfriend on Facebook, other than the one who you really want gone. Just eliminate all of the friends you don’t want in what is called a “friend-purge.” Most of the time if someone is unfriended, they will get the hint and not try to re-friend you. However, if one of your former friends tries to re-add you, just accept it and say something along the lines of, “oh, sorry, I deleted a bunch of friends and you got caught in it.” Or something like that. They will be satisfied. Then a few weeks later just unfriend them again; they will get the hint then.

Now you are prepared if you get an unwanted friend request or have a friend who you just don’t want to be friends with anymore. Hopefully, you will never have to resort to these measures, but we all know that you will. With these tips you should be able to kindly let someone down when you don’t want to be their Facebook friend anymore.

Ben is a sophmore majoring in journalism and minoring in history. He is a huge colts and brewers fan.

Women’s hockey ready to secure NCHA title

Trevor Jones
trevor.jones@my.uwrf.edu

The UW-River Falls women’s hockey team is in a good position to win their second consecutive NCHA regular season title and their third in the last four years. Unlike last year, this edition of the team will not have had an undefeated regular season.

Going into this weekend’s away series at last-place Finlandia University, the Falcon women have a 17-3-2 record according to uwrfsports.com. Not being perfect up to this point does not worry Joe Cranston, the only head coach in the program’s 13-year history.

“I think losing a couple of games this year is to our advantage. We know that we can lose, and we have to out-work our opponents,” Cranston said.

Sophomore forward Brook Story, a key contributor this season with 13 assists, agrees with her coach.

“Losing during the season pushes us to work harder every day because we know that we are beatable, and if we want to win when it counts we have to work hard and play with heart because we know that every other team will,” the Warroad, Minn., native said.

The Falcons were one of two teams from the Northern Collegiate Hockey Association to make the NCAA tournament last year. Coach Cranston thinks that only the winner of the NCHA postseason tournament, the O’Brien Cup, will advance to the next level. The O’Brien Cup winner gets an automatic bid to the NCAA Tournament.

Last year, the team advanced to the O’Brien Cup finals but lost an overtime game to Adrian College. Then, after reaching the NCAA tournament, the team lost to Gustavus

Adolphus in the quarterfinals.

Coming up short of the ultimate goal last year will be beneficial to this year’s team, according to both coach and player.

“Winning hockey games in March is not an easy thing to do, so I’m not too concerned that we lost in the end last year. But as a coach I have made some adjustments in the way we do things that I think will be to our advantage this year,” Cranston said in reference to the post-season.

Story believes that last post-season’s losses will help this year’s team, but it will help them in a different way.

“We are reminded of what it was like to end the season last year the way we did, and how we felt the next day. We do not want to experience that again. We want to make sure that we play to the best of our ability, and thinking of last year’s outcome should allow us to do that,” Story said.

United States College Hockey Online ranked the Falcons the No. 8 team in the nation in their most recent poll. A contributing factor to that ranking, is how close the teammates are to each other.

“Our team has a special bond. We all get along great on and off the ice, and I think that allows us to achieve success,” Story said.

Cranston is confident in his team and a big part of that has been the effort they have shown in games and in practice.

“We are just starting to play like we practice. I like the way we are playing now, and I think it will be tough for someone to beat us right now,” Cranston said about his team.

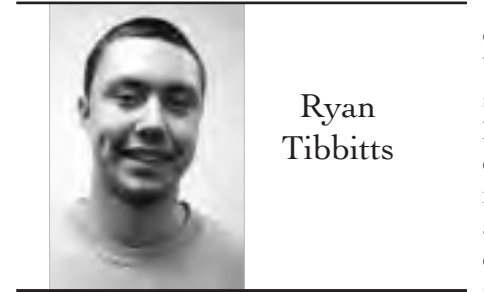
The NCHA O’Brien Cup begins Feb. 24 with the high seed in each matchup hosting the first round.

Jessie Behrman/
Student Voice
Right: The women’s hockey team is currently 17-3-2. They are hoping to win as many games as they can for the remainder of their season. Practicing their skills such as wrist shots, slap shots, and stick handeling will be some of the critical things that will help the Falcons down the stretch. The Falcons are currently ranked No. 8 in the country.



Jessie Behrman/
Student Voice
Left: Falcon goalie Melissa Deardorff has been one of the team’s top goalies. In the last game against Concordia University, Deardorff made 18 saves in just over 49 minutes of playing time. The Falcons ended up winning the game 8-3. In their second match up against Concordia, Deardorff stopped 26 shots for the 7-0 shut-out. The Falcons are hoping to do the same thing Feb. 10 and 11 away against Finlandia University.

Farewell 2011-2012 NFL football season, see you next year



compared to last year’s, and sport channels are now focusing on college hoops. This can only mean one thing: all the Super Bowl hoopla is over.

Congratulations to the New York Giants who went from being booed out of the stadium by their own fans in week 12, to catching fire at the right time and winning the big game. Now people are saying Eli might just be the best Manning, and 65-year-old Tom Coughlin went from the hot seat to possibly retiring on top. Even though I could have really cared less about either of the teams in the Super Bowl, as I was still moping over the pitiful way my beloved Packers were knocked out of the playoffs, I am still left depressed knowing another season is done.

This past Monday I woke up with the morning blues and a bad case of post-football season depression. Thank God I have last year’s Super Bowl taped so I can watch the Packers win over and over anytime I want. Now my Sundays will go from doing nothing but sitting in the dorms with all my

I am still full of wings, meatballs, chips and soda. The talk has been about commercials, most bad but a few good, a decent half time show especially

friends watching football, eating junk food and putting off homework, to just simply doing nothing. Sure there’s March Madness to look forward to, but nothing beats the feeling of waiting and talking all week about the big football game and then getting together with a bunch of friends and watching it.

Sunday during football season is by far the best day of the week. It’s especially fun for me to be friends with some Vikings and Bears fans, because it keeps things interesting and the Bears still suck and the Vikings, well, they are just atrocious. I, along with football fans all around the country, am now left dreaming about September once again. I cannot help but analyze and wonder what next year will bring. One commercial plays around this time every year that every fan can relate too. The commercial goes through showing all different team fans singing the song “Tomorrow” because the day after the Super Bowl every team will be tied for first again.

Fans everywhere are already making their predictions for next year and talking about what their team needs to do to so they can make a trip to the promise land. Vegas already has my Green Bay Packers picked to win it all! Every football fan now has the glimmer of hope that their team will turn it around the following year. They might think that a new coaching hire will turn everything around like with the San Francisco 49ers this year going from 6-10 to 13-3 with new coach Jim Harbaugh. Teams like the Houston Texans who made their first playoff appearance in franchise history this year are thinking that they might just be one big player

signing away from making a Super Bowl run. For all of you Viking fans I send out my sympathy to you because it’s going to be a long time before you will ever even smell the playoff hunt again.

The talk is already starting up about the draft and what rookie might step up and make an instant impact. It looks like the story of the year is going to be the Indianapolis Colts and what they decide to do with Peyton Manning this year. They “sucked for Luck.” Andrew Luck that is, who they will draft with their No. 1 pick, but no one seems to know what they are going to do with Manning, the face of their franchise, who was just cleared by doctors to resume his career. Tim Tebow will surely storm the headlines again, but I am not sure I can handle much more “Tebow-Mania.” I think the guy definitely showed he can win and deserves to be starting in Denver next year, but he is really just an average guy. For some reason it seems people have to either hate or love this guy and everyone wants to talk about him. I would rather hear about how good the Denver defense was or how brilliant they were to bring the option back to the NFL.

I am not sure what next football season will bring but there is no doubt it will not disappoint. If you guys out there are feeling blue and sad about the season being over, do not worry, you’re not alone. On the bright side we are all tied for first right now, so enjoy this moment while you can, especially you Viking fans.

Ryan is a freshman majoring in journalism. He loves all sports but obsesses over the Packers.

Don't let pain keep you from the things you love!

**better treatment
less pain...**

Injuries are an unfortunate part of life, especially if you are an active adult. However, whether you’ve tweaked and ankle on the basketball court or developed and overuse injury at work, you know what a negative impact an injury can have on your quality of life.

The worst thing that can happen is to allow pain to keep you from the things you love to do. St. Croix Spinal Care & Sports Re-habilitation Center specializes in the treatment of chronic, acute overuse or repetitive motion injuries to the muscles, tendons or ligaments. Chronic pain and acute injuries typically takes two different forms. In the first, patients have pain at all times although the intensity may vary. In the second, patients have frequent exacerbations (which are often severe) but remain relatively free of pain between episodes.

Many injuries that cause subtle pain are overuse injuries. They often occur at the start of a new exercise routine (too much, too soon), or in long-time activities including golfing and gardening or day today task that don't allow for enough rest and recovery.

There are specialty services for the treatment of these types of injuries:

- Headache
- Back Pain
- Carpal Tunnel
- Shin Splint

- Shoulder Pain
- Running Injuries
- Knee Injuries

- Sciatica
- IT Band Syndrome
- Plantar Fasciitis
- Golfers/

- Tennis Elbow
- And Many More

“You don’t need to be a professional athlete to be treated like one.”

\$20 Full Exam & Evaluation
(with this ad, does not include treatment & is to be used on initial visit)

The only health care professional in the area licensed to practice ART.

2424 Monetary Blvd., Suite 105
Hudson, WI
www.stcroixspinalcare.com
Please call 715-386-4075
to make your appointment.

~Stephen Flikke, DC, ART

Men and women’s basketball hosts Play4Kay

The Falcon basketball teams are hosting the Play4Kay Event on Feb. 11 when they host UW-Oshkosh at the Karges Center. The Kay Yow Cancer Fund is a 501 charitable organization committed to being a part of finding an answer in the fight against women’s cancers. Donations will be accepted at the game, or you can donate by going to: www.play4kay.org/uwrf. Fans are encouraged to wear pink to the games. Play4Kay event t-shirts will be on sale at the games. The women’s game starts at 3 p.m., followed by the men’s game at 5 p.m.

Weekly Sports Schedule

Friday, Feb. 10
Men’s track and field hosts the Brooks Classic at 3 p.m.

Women’s track and field hosts the Brooks Classic at 3 p.m.

Women’s hockey at Finlandia University at 7 p.m.

Men’s hockey vs College of St. Scholastica at 7:05 p.m.

Saturday, Feb. 11
Men’s track and field hosts the Brooks Classic at 10 a.m.

Women’s track and field hosts the Brooks Classic at 10 a.m.

Women’s hockey at Finlandia University at 2 p.m.

Women’s basketball vs UW-Oshkosh at 3 p.m.

Men’s basketball vs UW-Oshkosh at 5 p.m.

Men’s hockey vs UW-La Crosse at 7 p.m.

Wednesday, Feb. 15
Men’s basketball at UW-La Crosse at 7 p.m.

Women’s basketball vs UW-La Crosse at 7 p.m.

Women’s hockey vs University of St. Thomas at 7:05 p.m.

Thursday, Feb. 16
Men’s and women’s swimming and diving at WIAC Championships at 10 p.m.

Neeson stars in emotionally complex thriller

I am all about watching movie previews and trailers, which means that I generally go into a movie with at least an idea of what to expect. Most of the time

my expectations are met, but every so often, a movie will be drastically different than how it looks in the previews. “The Grey” is one of those movies. But instead of feeling tricked by false advertising, I was pleasantly surprised at every turn. What looked like a gimmicky survival tale about a man punching wolves turned out to be one of the most visceral and emotionally complex thrillers in years.

I will be honest, the prospect of Liam Neeson going hand-to-hand against a giant wolf had me sold from the outset. But on this level, “The Grey” is actually disappointing. What the previews fail to show is how deep and philosophical the plot can get. Man against wolf is certainly a major part of it, but it is just as much a movie about faith in the divine—specifically holding on to that faith in the face of certain doom.

The movie stars Neeson as Ottway, a grizzled hunter



Michael Brun
Reviewer

paid to shoot wild beasts at a remote oil drilling facility in Alaska. As a wolf bounds across the frozen landscape toward two unsuspecting oil workers in the opening sequence, it is Ottway’s keen shot that fells the animal before it can do any harm. He approaches the wolf, holding a hand to its chest until it draws its last breath with a haunting sigh. There is clearly more to Ottway than is revealed by his stoic demeanor.

Ottway and nearly a dozen oil workers are soon boarding a plane that will take them home to their wives and children. They have to hurry, of course, because a dangerous blizzard is barreling down on them. You can probably guess where this is going—and you would be right. The plane crashes somewhere in the Alaskan wilderness. With the temperature dropping quick, a



handful of survivors band together to endure the brutal elements. But snow and wind are not the only danger they face. The unlucky group has crashed in the middle of the hunting ground for a pack of

vicious wolves.

The thing I like most about “The Grey” is how well it works with an understated, less-is-more presentation. With its small cast, minimal effects shots and barren

backdrop, the production feels restrained—and is a better movie for it. At a time when computer effects are opening up the limits to a writer’s imagination, it is refreshing to see a movie holding back visually and leaving something to the imagination.

Case in point, the plane crash in the first act.

Plane crashes are nothing new—there have been at least a dozen movies and television shows featuring them in the past decade alone. That said, the plane crash in “The Grey,” despite showing very little of the actual descent, is the most intense and downright frightening crash sequence I have ever seen. All the more amazing, that intensity was achieved entirely through careful editing, phenomenal sound effects and implying shots rather than showing them.

It cannot be overstated how powerful the sound effects are in this movie. Cracking bones, howling wolves, crunching snow, oozing blood and snarling maws are just a taste of the audio perfection that is “The Grey.”

There are few faults to find in this near-perfect

thriller, save perhaps for the final act—which seems to drag on 15 minutes too long. With a run-time of nearly two hours, I think it could have used a couple more passes through the editing room.

Near the end of the movie, the remaining characters find themselves pushed against the edge of a cliff with nowhere to go but down. Appropriately the scene reflects the overall tone of the movie at that point. But instead of wrapping things up, it hobbles along for another 30 minutes. These scenes are filled mostly with philosophical musings on life, fate and faith—and it is mostly good stuff; it just lacks the drive and focus so prominent in the rest of the movie.

Thankfully “The Grey” turns it around in the last scene. The ending will likely divide audiences, but I cannot think of a better way for this story to end. It brings the movie to a close on such a high note that I left the theater with a supercharged rush of adrenaline. See this movie.

Michael is a journalism major with a minor in film studies. He is the host of Falcon 411, heard Thursdays from 5 to 6 p.m. on WRFW 88.7 FM.

‘Red Tails’ highlights underappreciated Tuskegee Airmen

Last week I wrote about the movie “My Week with Marilyn,” so this week I decided to stick with the movie theme and talk about another film that I saw called “Red Tails.” The

movie profiles the Tuskegee Airmen of World War II. The Tuskegee Airmen were the first African Americans that were ever allowed to fly planes for the U.S. military. In 1941, the U.S. Congress forced the Army Air Corps to form an all black unit, much to their chagrin.

The squadron was based in Tuskegee, Ala., hence the name, the Tuskegee Airmen, (www.nps.gov).George Lucas, the director of the film



Samantha Harkness
Reviewer

was able to meet with surviving members of the Tuskegee squadron and get his hands on original log books and documents from the war. The movie begins in Italy in 1944. The primary mission of the pilots is to do ground patrol. This means they must be on the lookout for any sort of enemy transportation. The men assume that they are given this task because of their race.

Some of the men form a tight knit group while in Italy,

a bond that lasts through out the whole movie. There’s Martin “Easy” Julian, an alcoholic, Joe “Lightning” Little, the hot shot, Ray “Ray Gun” Gannon, the young buck, and Samuel “Joker” George. Handsome rapper Ne-Yo also has a small part in the film. These men are lead by Cuba Gooding Jr. and Terrence Howard. Throughout

However, even when losing a friend, the men never lost hope.

Finally, the men get their chance to shine.

The Tuskegee Airmen are involved in Operation Shin-

gle. Their objective was to provide support for the allied forces as they landed on the beaches of Italy. They even manage to destroy a German airfield. The airmen also aided the allies in their attempt to bomb Berlin. Though these victories do not come without a price. “Lightning” ended up losing his life after a heroic effort to save the life of

another member. However, even when losing a friend, the men never lost hope.

In the end, the Tuskegee Airmen were able to earn the respect of their white brethren. This movie had quite a happy ending. It was a very good movie, I highly recommend it

but there are some things that I wish Lucas had changed. I enjoyed the fact that the filmmakers tried keeping the movie as historically accurate as possible though I disliked the fact that the film only seemed to focus on a few select members of the Tuskegee Airmen. If those focused on were based off of real people that had been in the squadron, perhaps it would have been more compelling. If the characters in the movie had been based off of the real Tuskegee Airmen, the audience might have been able to have a better feel of what being a minority in the military was all about. I was once told that the test of a great movie was whether or not the audience was aware of the fact that they were still in a movie



theatre. I was drawn into the story, but I would not give it five stars.

Samantha is a journalism major at UW-River Falls. She loves reading, writing and watching movies.

Organizing your schedule to complete your daily tasks

While many students came back to school with New Year’s resolutions and a resolve to make this the best semester, three weeks of classes already prove difficult for most. With commitments and personal life to balance, many find it hard to resist falling back into old habits. However, armed with a planner and a little discipline, you can seize control of the semester by establishing a schedule.



Jaimie Haines
Columnist

To begin, find a planner that works for you. This often takes trial and error, but consider what you need: one that starts early in the morning and/or goes until late at night, one with a lot of room to write details in the time slots,

or one with an area to make a to do list. Whether you buy one, print a template from online, design your own via Publisher/Excel, or just use a notebook, make sure you like it. But remember, if you despise schedules, a simple daily to-do list may suffice to remind you of meetings and homework assignments. Do what works for you.

Depending on your comfort level with planners and your purpose of using one, perform one or all of the following steps: first write in the non-negotiable commitments

such as classes, meetings and work. Next, include the necessities like meals, exercising, showers, and sleeping. Once you know how much

free time you have to work with, you can write in how you plan to use your time, such as hours for homework, socializing, relaxing and miscellaneous tasks. Be sure to give yourself a little extra time for each task so if an item takes longer than anticipated, you do not need to re-assess your whole schedule.

Once you have the week

If looking at your planner is confusing or intimidating, you will not follow it, so make it work for you.

outline done, check that your priorities and goals are well-represented. Make sure that your schedule looks realistic and enjoyable. If you despise

reading textbooks, blocking off a three hour time slot is unreasonable; do half hour segments with

short breaks of browsing the internet or talking to a friend. But most importantly, remember to keep it simple; try color-coding, abbreviations, or more flexible time slots (“homework/video game” instead of specifying which task is every fifteen minutes). If looking at your planner is confusing or intimidating, you will not follow it, so make it work for you.

While it can be hard to follow a schedule (and inevitably you will miss some items), staying on and getting back on track mainly involves a little self-discipline and possibly a re-evaluation of your schedule. To start with, be firm with yourself and follow it—you put thought into your schedule, so you clearly had your best interests in mind when blocking off time for certain activities. If you feel tempted

to deviate from your plans, consider the importance and urgency of the distracting task and question whether you will regret ignoring your schedule. Oftentimes, you will find merit in your schedule and follow it.

If you find yourself constantly disregarding your plans, re-evaluate and modify your schedule so you can enjoy it while being productive. This can involve anything from adding a half hour time to relax each time to changing your major so you (relatively) enjoy going to class and doing homework. Finally, refuse to resent your schedule; you form it, not bow to it. You choose how to spend your time; the schedule is merely a reminder of what you want to do.

By properly outlining each week and creating a personally effective schedule, you can become more organized and better with time management. Furthermore, with the completion of your tasks will come a feeling of accomplishment and satisfaction. As long as your schedule fits your needs and you love it overall, you will succeed. You can make this your best semester.

Jaimie is an exuberant puppy-lover and “House” addict. She plans to use her psychology degree to encourage activism and

13TH ANNUAL - 2012 RIVER VALLEY

Bridal Fair

SUNDAY, FEBRUARY 19, 2012

River Falls High School • 818 Cemetery Road • River Falls, WI 54022

NEW LOCATION - 9 miles south of Hudson, off 94 & Exit 3

Grand Prize

Great door prizes including \$500 TRAVEL DOLLARS & more to the ROMANTIC DESTINATION of your choice!

Presented by

RiverTown Printing Group

Barb's BRIDAL & FORMAL WEAR

TRAVEL LEADERS Suntime Travel, LLC

Always Forever BRIDAL BOUTIQUE

Doors open at Noon

Fashion Show starts at 3pm

Tickets - \$6 in advance \$8 at the door

SWAG BAGS NEW for the 1st 100 BRIDES at the door!

visit www.RiverValleyBrides.com

HUDSON CEC Theatres 12 THEATRE

520 STAGELINE ROAD • HUDSON, WISCONSIN

NEW RELEASES THIS WEEK

PLAY DATES 2/10 THRU 2/16

Safe House (R)

The Vow (PG-13)

3D Star Wars Episode 1 (PG)

2D & 3D Journey 2: Mysterious Island (PG)

Opening Tuesday, Feb. 14 This Means War

Movie Hotline 715-386-9697 www.cectheatres.com

GENERAL ADMISSION \$8.50

CHILDREN (5-12) \$6.50

MATINEES ALL SHOWS PRIOR TO 6PM \$6.50

3D UPGRADE... \$2.50

ET020912

Rachel Responds:

Student asks advice to cope with snoring friend

Britney asks:
What do I do
about my snor-
ing roommate?

Rachel
Woodman

Columnist

and warmth. You’ve found that perfect comfy. That perfect snuggle between your blankets, pillows and maybe even a Mr. or Mrs. (or someone that is applying for that job) when SNNNNNNNNNNNNNNNAAAAAAAAARRRRRR-KAH-KAH-KAH, the snoring begins. But this isn’t your snoring! It is somebody else’s and that is no good, sleep stealing, energy zapping, connoisseur of loud isn’t going to let you partake in that same amazing slumber they seem to be having right now. So what do you do? Before turning to violence, read this:

The frustration of losing sleep due to another person’s snoring is one shared by many. According to the American Academy of Otolaryngology-Head and Neck Surgery (AAO-HNSF) nearly 45 percent of people snore and 25 percent have a snoring problem. However, snoring is not an indication of someone sleeping deeply.

According to AAO-HNSF, snores are caused by “an obstruction to the free flow of air through the passages at the back of the mouth and nose.” The National Sleep Foundation explained the phenomenon best, stating, “while you sleep, the muscles of your throat relax, your tongue falls backward,

and your throat becomes narrow and ‘floppy.’” If you’re a light sleeper you may be frustrated by Snoracle Jones seemingly taking sleep from you but the act of snoring is disruptive to Jones also. Both parties suffer.

Knowing what happens during a heavy snore session is helpful information (especially if you have begun to grow animosity towards your roommate, partner or habitat companion) but knowing is only half the battle. So how do you affect change?

First, research the type of snoring they are doing. According to helpguide.org, how a person snores can indicate what is causing it. Closed-mouth snoring may be a sign of a problem with the tongue whereas open-mouth snoring may be associated with the tissues in the throat. Snoring when sleeping on the back is likely mild, easily resolved, however, snoring in all sleep positions can suggest a more severe form that requires medical treatment. Obstructive Sleep Apnea (OSA) is caused when someone stops breathing for ten seconds at a time, multiple times throughout the night, causing poor air circulation in the blood making the heart work harder. OSA can cause a barrage of health risks beyond poor sleep alone.

Second, you need to talk to the snorer so they can work towards a solution. Nothing you do will stop their snoring. Nudging them in their sleep will only awaken their throat muscles long enough for a few non-snore breaths. Once those muscles relax you’ll be back to square one. Yes, it can be a bit uncomfortable talking to them because it isn’t their fault and there’s a chance they may feel offended. However, avoiding this conversation isn’t benefiting anyone. Their sleep is suffering also and your friendship could also suffer

if you begin to misdirect your anger towards them. To avoid sounding hostile don’t have the conversation in the morning, while you’re frustrated, wait until you both have some free time and are not stressed.

Third, encourage them to go to the doctor if you both are concerned it could be serious. If they are a student at the UW-River Falls they can visit the River Falls Clinic without a co-pay to talk about their concerns. Otherwise, point them to this article and encourage them to try some or all of the following basic remedies:

Tips to Stop Snoring:

1. Switch up your plan of sleep attack: don’t sleep on your back. This position causes snoring more often than any other does.
2. Get over-hydrated and out of control: drink plenty of fluids before you sleep to prevent your throat from drying.
3. Don’t drink and doze: avoid alcohol, sleeping pills or heavy meals four to five hours before bedtime.
4. Have some pillow talk: this is where you say, “it’s not you, it’s me” and ditch that pillow around your six month anniversary. Tossing it in the air fluff cycle of your dryer will also help. Dust mites collect in your pillows and allergens can contribute to snoring.

Thanks for the question, Britney! Anyone may submit questions, concerns or quandaries to questionsforrachel@live.com. Please send them right away if you’d like to see them in the next Student Voice. Don’t forget to like “Rachel Responds” on Facebook and follow “RachelResponds” on Twitter.

Delicious Valentine’s Day cookies rekindle childhood memories

We all remember making those little white bags decorated with red, pink and way too much glitter. They’d line the shelf in our elementary classes throughout the week leading up to Valentine’s Day waiting to be filled. Meanwhile we’d put plenty of time and thought into what Valentine kits to buy for our classmates. It was always fun to go to the store and pick out your favorite character, trying to find the perfect one, whether it be Disney princesses, Sponge Bob, Scooby-Doo, or cute puppies and kittens. Carefully following along the class list you’d write everyone’s names, sealing



Brittney
Pfenning-
Wendt

them with those little red heart stickers. Each morning and afternoon you’d casually walk by, peeking inside to see if any new Valentines caught your eye. The anticipation growing each day and the thrill of finally opening your bag to unveil all the corny little sayings, Valentine’s treats, stickers and tattoos, all of them addressed in squiggly elementary handwriting just for you. It’s no surprise that Valentine’s Day is “the

second-most popular card-sending occasion in the U.S.” according to the Greeting Card Association. The History Channel puts the number at “an estimated one billion Valentine’s Day cards sent each year.”

Valentine’s Day is a day to express your feelings by a romantic evening for two, or a night of fun with your closest friends. Revert back to simple elementary school days and make little mail-boxes with friends, filling them with little candies and notes throughout the week. Greeting cards and the boxed Valentine kits can be found at almost any grocery store, including the dollar store, or you could even make your own. Use a template from a craft site or get creative

with some cardstock, ribbon, and stickers. It’s a sure way to give your friends a little boost of self-confidence and take some stress off. So make the day extra special and plan a Valentine’s Day party with friends. Pass out those last few Valentines, pick up a movie and pizza, pop some popcorn, and don’t forget to make something sweet for your super sweet valentines!

Pink Sugared Heart Cookies
2 c. flour
3/4 c. unsalted sweet butter (chilled, diced)
2/3 c. sugar
1 egg yolk

Decoration:
1/4 granulated sugar
Red food coloring

2 c. icing (powdered sugar, 2-3 Tbs. vanilla extract)

1. Put the flour and butter into a food processor, and mix until they look like bread crumbs. Add the sugar, egg yolk and mix until it starts to form a ball. (This may take a while, but it will form.)
2. Divide the batter into two balls, wrap with clear plastic wrap and chill for at least 30 minutes.
3. Preheat oven to 350°F, grease 2 baking sheets.
4. Roll out the chilled dough onto a floured surface (or onto wax paper taped to the counter for easier clean-up) to desired thickness. Use a heart shaped cookie cutter to cut-out the cookies.
5. Place the hearts on the

cookie sheets and bake for 10 min (they stay very light colored).

6. In a small dish with the sugar in it, place a few drops of red food coloring and use the back of a spoon to mix it around. The sugar should turn pink. Next prepare the icing by mixing powdered sugar with a few Tbs. of vanilla extract. You don’t want it super thick, but thick enough so it doesn’t drip all over the place.
7. Ice the cookies then dip the edges into the pink sugar and place on a plate to dry.

Brittney is a business administration major with an emphasis in management. She also has a love of cooking and baking for people.

Traveler learning life lessons while seeing landmarks in London

The International Traveling Classroom has wrapped up its second country already. It’s a bit odd. It feels like we’ve been here for at least a month and a half at this point, but we’ve really only been here for two weeks. It’s kind of crazy how much we’ve learned in that short time, both academically and personally. I’ve already started to feel more comfortable as a traveller.



Chris
Rohling

Our first night in London was kind of a mess. We all came in at different times, mostly in small groups, since we had some free time to travel on our own over the weekend. A few of us booked a train out of Edinburgh to London that arrived the night before we needed to be in London. When we got to the hostel, we were put in a room that didn’t have enough beds left for our group. It took us about 45 minutes to get things sorted and then we headed out to grab some food. Since this hostel didn’t have a kitchen or fridges, we were forced to get takeaway which cost us more than most of us would have liked. By the time we hit the sack, no one in our small group was all that enthused about anything.

We rose fairly early and a few of us decided we needed to cheer ourselves up, so we

threw ourselves into a pretty intimidating challenge. We headed to the nearest Underground station and bought day passes. It took us a few minutes to suss out where we were headed and what line we needed to be on. We were all in agreement that we just had to see Big Ben, the London Eye and the River Thames.

The London Underground is such an amazing experience. It was a bit scary at first since I’ve never really had the opportunity to use anything quite like it before. It takes a bit of effort the first few times you step in the Tube to figure out what you need to do and which train you need to get on, but after a few trips, I felt completely comfortable and instantly started to wish we had something like this back at home. It’s all sort of zen,

if you ask me. You figure out your line, get on a train, chill out, then you come out in this super stark Underground station only to emerge up into a completely different part of the city. There’s a certain magic to it. Nothing made me feel right at home in London quite like riding the Tube.

Being on the Underground, or any public transport for that matter, is also the best people watching anyone could ever dream up. You get to see almost every facet of the local culture represented. Every age, ethnicity and socioeconomic background is represented on the Tube. You can hear teenagers gossiping about their school mates and the old-timers bobbing along with the undulating rhythm of the railway while reading their books or just doing some deep thinking. On my way out of London,

I was crammed up next to a musclebound dude in his twenties that had no idea how loud the Ke\$ha song he was listening to on his iPod was. He was totally rocking out to it and everyone kept shooting him glances. It was incredibly hard not to laugh.

Once we got off our first train, we ended up in Piccadilly Circus and wandered all over central London seeing the greatest hits. As a first time traveler, being able to conquer a foreign public transport system, get around in the city and see almost all of the sites I had on my list in one day, was a huge confidence booster. The best tip I can give new travelers is when you get to your destination, go out into the city and accomplish one of your goals. Being out in the city and taking control of your experience will wash away

any of the grossness and frustration that comes along with long travel days, and it will help improve the rest of your stay there. A bad first day or two can really color the rest of your experience. Take control.

The ITC has already afforded me a myriad of experiences I never would have had otherwise. The biggest thing I’ve learned from it so far is to throw yourself wholeheartedly into what you’re doing, even if it’s unfamiliar, challenging or intimidating. I’ll just have to remember to apply that to my life once I’m back stateside. Next week, you’ll get a glimpse at our life in Paris, which has been a whole different kind of experience.

Chris is a journalism major at UWRF who is currently traveling through Europe. When not scrambling to get all of his schoolwork done, he can usually be found reading comics, drinking coffee and listening to a whole lot of music.

Avid sports fan greatly disappointed in performance of favorite teams

The feeling of sadness or displeasure caused by the non-fulfillment of one’s hopes or expectations or a person, event or thing that causes such a feeling.



Ashley
Hall

These two statements are the definitions of disappointment. Disappointment is all I have been feeling since this year has started when it comes to sports.

Kevin Love of the Minnesota Timberwolves stomping on Luis Scola’s face of the Houston Rockets: disappointment.

The New England Patriots losing the Super Bowl against the New York Giants: disappointment.

If most of you do not know or watch the NBA, Kevin Love is, in my opinion, one of the greatest players the Timberwolves drafted since Kevin Garnett, now a Boston Celtic. The quality that I

admire the most about Love is not his impressive shooting average of 25 points per game, but his passion for his team out on the court.

His passion however, went way too far during the Houston Rockets game on Feb. 4. If you did not see what he did, I suggest you Google it or YouTube search it. After I saw it, I definitely pulled the Blake Griffin of expressions with my hands over my mouth for a couple minutes.

The play-by-play was Scola driving in for a layup and Love ends up swiping the ball away from Scola and Scola goes down. As Love runs past Scola, Love stomps

on Scola’s face while he runs to the other side of the court. Hello Love! What are you doing?

What really got me is what Love said in response to what he did. “It has been a chippy year,” Love told reporters after it was announced that he will get a two-game unpaid holiday for stomping on Scola.

However, I think the stomping on Scola was all retaliation to what Scola did to Love during the game on Mon. Jan 30. Scola was going out of bounds with the ball and threw it at Love’s groin. Love did say that is why he stomped Scola, and

also that his suspension was warranted, so he obviously knows what he did was not OK.

Lastly, the most disappointing moment of the NFL this year was the Patriots losing to the Giants for the Super Bowl title. With 52 seconds left in the fourth quarter, the Patriots had the ball on their 20-yard line. Tom Brady then leads the Patriots up to the 49-yard line with five seconds remaining.

The end result- a final Hail Mary in the end zone, Giants players swing at the ball and Rob Gronkowski just barely misses the rebound by about a foot. Disappointment is the

only word that can describe my feeling post-Super Bowl.

My only conclusion is that the wide receivers must have been so nervous that all those incomplete passes were not caught because their hands were all sweaty. In conclusion, this is the last time I am talking about this year’s Super Bowl (except for maybe the commercials, that weird performance by Madonna and M.I.A.’s hilarious unplanned middle finger; if you didn’t see it, Google it) until the football season starts up again later this year.

Ashley Hall is a senior majoring in journalism. She is a huge Boston sports fan; the Celtics are her favorite.