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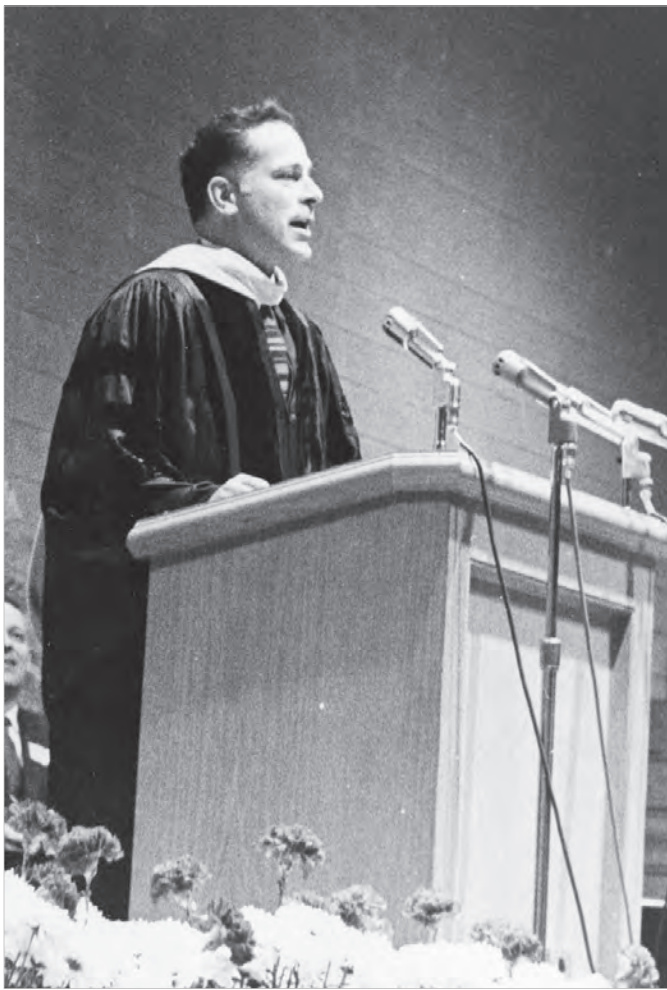


STUDENT VOICE

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Chancellor George R. Field was inaugurated as president on Oct. 8, 1968. Three years later, he became UW-River Falls' first chancellor as the University became a part of the UW System in 1971.

UWRF Archives

First River Falls chancellor dies

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Former UW-River Falls Chancellor George R. Field, who oversaw substantial growth in student enrollment, was at the helm of UWRF's transition to the UW System

and who is the namesake of the George R. Field South Fork Suites, has died.

Field, who was 82, served as president and then chancellor of UWRF from 1968-1985.

Field was born 1929 in La

Crosse, Wis. He died Feb. 10 at United Hospital in St. Paul.

"Dr. George Field led the University with great wisdom during a time of growth, challenge and change, including the transition of Wisconsin State University-River Falls in 1971 to become part of the University of Wisconsin System," said UWRF Chancellor Dean Van Galen in a University Communications press release. "During his tenure as president and chancellor, Dr. Field built extraordinarily strong and positive relationships on campus and in the community."

Field was an ardent supporter of the shared governance leadership, and helped both Faculty and Student Senate increase faculty and student input in the policy-making process.

Field was also responsible for overseeing the construction of Rodli Commons, Hunt Arena, the Kleinpell Fine Arts Building and Centennial Science Hall.

During his time, student enrollment grew from under 4,000 to nearly 5,500 in a 17 year span.

Field was inaugurated as campus president on Oct. 8, 1968.

His sentiments brought forth on that day still resonate with the campus community.

"If the battle for greatness at River Falls is to end in victory as did the battle for survival, there must be continued response to challenges, continued revolution if you will. One phase of this revolution must be an ever greater emphasis on the role of the state universities as the 'People's Universities.' As we look forward to the next century, Wisconsin State University-River Falls has a single mission. In its own way, it wants to change the world, too," Field said in a statement on UWRF's website from his inaugural speech.

During Field's tenure

See Field page 3

Witnesses in music professor's case admit to lying to officials

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The two teenagers who brought charges against UW-River Falls Music Professor Thomas W. Barnett admitted to lying to law enforcement officials according to motions filed at the final pre-trial hearing for Barnett on Feb. 13.

In the motions granted by Judge Eric Lundell, the two teenagers involved in the case admitted to lying about having sexual contact with each other the night of the alleged incident.

The witnesses had previously testified in a preliminary hearing that they did not have sexual contact. However, a Wisconsin Crime Lab report directly contradicts those statements and says that sexual contact did occur.

The two have since admitted to lying to law enforcement officials, according to the court motions.

At the hearing, DNA evidence from the Wisconsin Crime Lab also excluded Barnett as a possible contributor.

Defense attorney Timothy O'Brien said that this information from the Wisconsin Crime Lab has not yet been introduced as evidence, but certainly will be at the jury trial, which is scheduled to begin on Tuesday, Feb. 28, in the St. Croix County Circuit Court in Hudson.

The motion at the final pre-trial also states that the primary focus of the jury will be to examine why the witness would accuse Barnett of sexual assault after Barnett had originally approached the two teenagers tak-

ing part in sexual activity, according to the motion.

Jury selection will begin on Feb. 28.

Barnett is facing charges of second degree sexual assault of a child and false imprisonment following an alleged incident at the Hudson 12 Theatre on Aug. 16, according to the criminal complaint.

O'Brien also said he expects the trial to last for two day and that at least five or six witnesses in total may be called. The witnesses could include the boy involved in the incident, the complaining witness, the police, Barnett and the people involved at the Hudson Theatre.

According to the complaint, Barnett approached the girl and her then 14-year-old boyfriend after their movie was finished.

Authorities allege Barnett identified himself as part of the security for the movie theater, and said that he needed to speak to the girl alone.

According to the complaint, Barnett said he had video footage of the girl and her boyfriend at the theater, and that he would post it on the news and Internet unless she let him touch her.

After the alleged incident, Barnett left the theater, as the complaint states. After the girl reported the incident, the complaint states that an adult witness saw Barnett talking to the girl as they left the auditorium. Later, witnesses stated that students from UWRF

See Barnett page 3



Sally King/Student Voice
Tyler Halverson, right center, the student body president, and other members of Student Senate discuss ways to spend extra student funds.

Reserve account triggers spending discussions

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On Feb. 8, the Reserves Projects Ad Hoc (Super) Committee, consisting of members from Student Senate, held a town hall meeting in the Kinni Theater to allow students to share their ideas about how to spend down two reserve accounts currently totaling around \$120,000. More than a dozen ideas were put on the table and discussed amongst the nearly 20 people in attendance.

The purpose of the meeting was for the Super Com-

mittee to reach out to the student body and hopefully gain some understanding on how to spend the reserves in ways that would benefit the students.

"Rather than just unilaterally decided on behalf of the student body, we as a committee felt that it was best to provide an open forum in which people may submit proposals and pitch ideas that the committee may take and conduct further research upon in order to come up with a proposal to

See Spending page 3

New voter ID required in upcoming elections

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Students at UW-River Falls will be changing the way that they vote this year. Starting this year students will now be required to show a photo ID in order to receive a ballot and vote. The new voter ID law that was signed in by Gov. Scott Walker last spring will take effect beginning with the Feb.21 primary.

Acceptable forms of ID are a current and valid Wisconsin driver's license, a state issued ID card, a military ID card issued by the U.S. armed services, or a U.S. passport.

Students will also be required to provide enrollment verification along with their ID. The enrollment verification serves as your proof of residence, and allows students to vote in that district. Students can obtain an enrollment verification document from 7:45 a.m. to 4:30 p.m. Monday through Friday at the Registrar's Office.

"I think I would still vote," said Arianna Schultz, 20, a student at the University. "If I have to show my ID it will not stop me from voting. I vote because feel it is my duty and I feel like I can educate myself as well."

Colleges across the United States are going to be affected by this new law because it requires voter ID's to have an expiration date of two years which causes most colleges to issue special cards for students do not have other forms of identification.

Students who live in Minnesota, but commute to the University may use a voter ID compliant student ID card along with an enrollment verification issued by their UW-institution as proof of ID. Voter ID cards can be obtained at the carding office located at 131 Hagestad Hall.

Voters must provide proof of residency if they are first-time registrants in Wisconsin, and they are registering by mail, registering in the clerk's office during the closed registration period less than 20 days before the election, or registering at the polls on Election Day.

Certain students this year will also find that they are not going to be able to go to the same place to vote as they did last year.

"The city had to redraw district lines," said Bridget Hieb, a deputy clerk for the city of River Falls. "So four of the

See ID page 3

Black history month celebrated with campus club's African Night



Sally King/Student Voice
African Night was an event held by UW-River Falls' Black Student Union to celebrate black history month on Friday, Feb. 10 in the University Center's Falcon's Nest. The Tiyumba Dance Company, two of their members can be seen above, was one of the many performances that the club organized. Other parts of the evening included a belly dance performance, African drumming and dance, a fashion show, and other various performances and activities.

UW-River Falls' social media policy evolves

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UWRF has a social media policy that most students do not know about unless they have violated the policy or are involved with the athletics program.

However, whatever students are posting on their own personal Twitter or Facebook accounts is not being followed by the University. Students cannot get in trouble personally for their own postings on social media sites.

If the social media pages are connected to a group that is representing the University, they will be monitored and talked to by University Communications if there is content that goes against the policy.

According to the UWRF social media policy on the University Communications page, the purpose of social media sites that represent UWRF is to support the mission, goals, programs and sanctioned efforts of news, information, content and directives of the University.

The website outlines what one can and cannot post or talk about online while representing UWRF or posting anything regarding the University. The Athletic Department also follows "the University's social media policy along with the UW System's policy," said Jim Thies, sports information director for the athletics department.

The Student-Athlete Handbook, accessible through the athletic department website, stresses that athletes should



Alicia Carlson/Student Voice
Jeff Turbett uses campus computers to access various social media websites.

familiarize their selves with terms and conditions of the websites they use and with the UW System and UWRF Acceptable Use of Technology policies.

Brittini Gullickson, a freshman, was not aware of the UWRF social media policy. Gullickson said that she would have liked to been notified of the policy, "if something big was going on I would like to know about it. I am not going to say anything bad about the University but I would like to know about it phase by phase."

Two sophomores, Mia Kuroki and Jonathan Reid, both did not know about the social media policy as well and said they too would have liked to know about it because they would not have wanted to get in trouble for posting something online and to know the consequences of violating the policy.

"We handle incidents on

a case-by-case basis and until it becomes a major issue, we are not going out of our way to introduce the policy to new students," said Blake Fry, special assistant to the chancellor.

Fry commented that the unsanctioned use of social media has not been a big issue for the university. The issues that they deal with are mainly about the use of copyrighted images and materials.

"To date the issues we have addressed deal with individuals using copyrighted UWRF images on their account and then posting material that is inconsistent with the mission of the University," Fry said in an email.

Michael Brun, a senior at UWRF, became aware of the University's social media policy last school year after he violated it. "I made the mistake of using an image of Freddy Falcon as a Twitter

avatar to promote my weekly radio show on WRFW," said Brun.

Amy Christensen with the University Communications department contacted the radio station to take down the Twitter account because it went against the policy.

Brun commented in an email, "The University has an image to uphold and a brand to protect, so it makes sense that University Communications wants to keep on eye on social media associated with it. The problem is that students are used to having complete control over their online identity, and it's easy to forget there are social media rules in the real world."

Christensen, a marketing specialist, said, "Students have freedom of speech and can say anything they want on their own personal pages but should keep in mind that whatever they say could have a bearing on them in the future."

"We have a couple accounts we are monitoring. If the accounts mention our name [UWRF] then we see it," said Christensen.

Christensen said that their main concern was about students, faculty and staff adhering to branding guides of the University such as their logo. "The policy is only one year old and students are still in a gray area when it comes to the policy."

Looking ahead, the University Communications department will continue to evolve the policy as social media continues to grow in the future.

News briefs

Dancing With the Stars performance

The UW-River Falls dance team is hosting Dancing with the Stars. UWRF stars, that is. Participants include Falcon athletes and professors. Quarterback B.J. Letourneau and College of Arts and Sciences Dean Bradley Caskey, are among the few of the many stars. The event gets underway at 7 p.m. in the Abbott Concert Hall at the Kleinpell Fine Arts building on Thursday, Feb. 16. Tickets are \$5 at the door or \$3 in advance.

Veteran's Club fundraiser

The UW-River Falls Veteran's Club on campus is holding a fundraiser with the Pierce County Veteran's Service Office and the St. Croix Valley Habitat for Humanity to help a local veteran in need of a good home. This disabled veteran has been approved to get a home in the new EcoVillage in River Falls that is scheduled to break ground before summer. In order to start the building process, however, this veteran has to come up with the closing costs on the mortgage, which will be \$1500. The Veteran's Club will be setting up a collection point at a vendor table in the University Center lobby from 10 a.m. to 2 p.m. the week of Feb. 20 - 24 to help raise funds to offset the costs for the mortgage. For more information, contact Brian Ritchie at: brian.ritchie@my.uwrf.edu.



Sally King/Student Voice
Brian Ritchie, Scott Dzimian and Derek LaPlant work the Veteran's Club booth in the University Center.

River Falls Police/ UWRF Police Department

Feb. 10

- Graffiti was reported found on the first, second, and third floor of Stratton Hall.

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

Falcon Programs offers leadership opportunities

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Whether it is an on-campus event or an international service experience, Falcon Programs is now in its third year of offering students a growing series of entertaining and educational programs while providing professional development opportunities for student programmers.

"Falcon Programs prides itself on offering a variety of educational, philanthropic, and entertainment opportunities to meet the needs of all students on campus," said Office of Student Life Events Coordinator Karyn Wells.

Falcon Programs is a programming board for students by students. Every program is planned by a student, or committee of students, to ensure that program offerings reflect the interests of all UW-River Falls students.

Since its beginning in 2009, Falcon Programs has developed consistent programming with the establishment of series such as weekend program opportunities: the Get on the Bus program,

Open Mic, Bingo programs, as well as many other successful and entertaining events. Due to the events popularity, Falcon Programs is also planning to continue the Radd Jazz Series Landmark Center event that was held in December. The event provided bus transportation to and from the Historic Landmark Center, located in downtown St. Paul.

"This was an extremely successful event, with nearly 400 participants in attendance, and was a testament to the type and caliber of program that excites UWRF students," said Wells.

Students on the programming board are responsible for planning, organizing, and implementing all aspects of an activity or event. Regardless of their position on the board, programmers have had a variety of future career plans ranging from teaching to marketing to art.

"This not only makes our programs as purposeful as possible, but also provides incredible professional career experience for the students on the Falcon Programs

team," said Wells.

Besides offering events and weekend activities, Falcon Programs has also established a series of service and social justice educational opportunities.

Previously known as the Social Justice Series, The Peer Empowerment and Community Education (PEACE) program is an educational initiative offered by Falcon Programs.

"PEACE offers the UWRF campus and community an opportunity for conversations that help build cultural competency and engaged community membership," said Office of Student Life Socio-cultural Coordinator Ashley Olson.

Three PEACE dialogue tracks will be taking place this spring with a total of 63 participants.

"The Destination Program at UWRF, started in 2006, fosters socially responsible community members through active and intentional civic engagement opportunities," said Office of Student Life Leadership Training Coordinator Amy Lloyd.



Alicia Carlson/Student Voice
Campus Traditions Programmer Maranda Mahr oversees campus events.

"The program started out as a spring break program with national trips, but has since expanded to international and local experiences and will debut a regional partnership next year. These programs are heavily student led and will continue to improve on their social justice/social issue education. You can expect to connect with a cohort of students who

care about making positive change," said Lloyd.

Campus Traditions Programmer Maranda Mahr has helped bring campus traditions such as Freeze Fest to life, and will now be introducing Free Popcorn Fridays, a weekly opportunity for students to learn more about upcoming weekend events.

"I think FP has had a lot of growth in confidence and be-

ing intentional with their programming. There have been a lot of new programs that have been built and FP has built a strong diverse set of programs. A lot of programs such as Freeze Fest, PEACE dialogues and weekend programming are being built into traditions," said Mahr.

Students interested in applying for a position with Falcon Programs can apply online with The Office of Student Life. The deadline for applications is March 2 at 12 p.m.

"As a student, you have the opportunity to be part of something bigger that impacts the whole student body. You get to work as a team with dynamic people on impactful programming. There's something for everyone," said Lloyd.

More information about Falcon Programs and upcoming events and opportunities can be found at <http://uwrf.orgsync.com/org/falconprograms> or by contacting The Office of Student Life at (715)-425-4444.



Maggie Sokoloski/Student Voice

The UW-River Falls Art Department is sponsoring a student exhibition and fashion show of wearable art in Gallery 101 of the Kleinpell Fine Arts building Feb. 8-23. The fashion show took place on Feb. 15. The wearable art exhibiton celebrates the artistic talents of UWRF students. Pictured in the center (left to right) are Sarah Murphy and Karmeryn Fraser. Pictured right is Nicholle Bethel.

Spending: Students asked for input on how to utilize funds

From page 1

spend down at least 50 percent of the reserve funds” said Super Committee Chair Ben Blanchard, in an email.

Student Senate President Tyler Halverson explained that any money that isn’t used by student organizations, single event funding, Senate, etc., goes into these reserve accounts.

This money has been piling up over the last couple years because of some over-budgeting, and it is now crucial that it is spent down to a normal reserve account amount around \$40,000.

The biggest problem is that the state is making less and less of a distinction between tuition dollars and student dollars and have been known to raid large pools of money

at institutions. Also, if the committee does not find a way to spend down the reserves by at least 50 percent, half of the reserve money will be given to either the office of student life or Falcon Programs to use in whichever ways they see fit.

“I’d rather have money go to students where it came from, than write the state a check,” Halverson said.

Blanchard explained that even though he hoped the turnout of students would have been better as that would have provided the committee with additional ideas that could have proved to be beneficial, there were still some great suggestions made.

The Sports Club opened the meeting explaining that there have been seven or eight new clubs added, but their current

budget is only configured for the 10 existing clubs. They asked for \$50,000 to alleviate the costs of these new clubs and stressed that without the funding some of the clubs will not be here next year.

A student agricultural organization called SALSA asked for \$4,000 to help with some of their start up costs as they became an organization only last semester and are currently receiving single event funding.

One big idea that this organization has is to implement a vegetable garden that would be student operated and would produce food that could be eaten right here on campus.

If awarded some of this reserve money, they would be able to turn this idea that promotes sustainability into a

reality.

“We don’t even have money to do anything right now,” stated SALSA President Bethany Gapinski. “Once we have the money we can really corral our people and get stuff going and get a plan in action to actually have a vegetable garden.”

The Rodeo Club proposed \$12,000 to put in a permanent food stand at their arena. The food stand would then be able to be used for any event held at the arena and would prove to be profitable for the Rodeo Club, helping them to stay afloat.

Other ideas brought to the attention of chair Blanchard included some money for the Math Club, a campus bar, aluminum water bottles for all new freshmen that promote the sustainability of this

campus, campus media upgrades, lighting the back path from the University Center to South Fork Suites, new volleyball poles in Knowles, an inclusivity center, and a napping area.

One idea that is strongly supported by Blanchard is to pave the gravel path between the library and the Agricultural Science building. This path is heavily used by students and with certain weather conditions becomes quite dangerous and could possibly pose liability issues.

Halverson noted that this might be something that could be matched by the University where the reserves would then pay for only half of the project as it will most likely be expensive.

All of the proposals and ideas were written down and

will be taken into consideration by the Super Committee who will discuss the proposed ideas and pick out the ones that will be most beneficial to students as well as ones that are feasible in doing.

After the committee conducts further research and approves a final proposal, it then goes on to the Allocable Fees Appropriation Board (AFAB) for an up or down vote. If it clears the AFAB, it will be presented to the Senate by mid-April and if they pass it, then it goes to the chancellor for final approval.

If you were unable to attend the meeting, and would like to make a suggestion, contact Ben Blanchard at benjamin.blanchard@my.uwrf.edu before February 21, 2012.

ID: Voting regulation enacted

From page 1

campus dorms will now have to vote at the high school instead of the University Center where students previously voted.” The dorms that are affected by this change are Johnson, May, Stratton and Prucha Hall.

“Our election in the February ballot is Alderperson District 4,” said Hieb. “I think that it is important for people to vote.”

According to a study done by The Marquette University Law School, 66 percent of 701 registered voters favor the law, and 32 percent oppose it. Those in favor of the law believe that it will help cut down on voter fraud,

Barnett: Jury selection, trial begin Feb. 28

From page 1

who worked at the theater identified the accused man as Barnett.

If convicted of the sexual assault charge, Barnett could face a maximum penalty of 40 years in prison and a fine of \$100,000.

The false imprisonment charge could result in a maximum sentence of six years in prison and a \$10,000 fine.

Barnett is on administrative leave from the University. Blake Fry, special assistant to the chancellor, said that the University is conducting its own separate report to determine the employment status of Barnett.

District Attorney Francis Collins, who is representing the state of Wisconsin in the case, was unavailable for comment.

Field: Chancellor remembered

From page 1

UWRF experienced notable changes that students are still taking in.

During his time, the new campus radio station hit the airwaves in 1968.

Two yearly commencements (fall and spring), a tradition still followed today, began in 1969.

“Dr. George Field will always be remembered as one of the most effective and personable leaders in the 137 year history of UW-River Falls,” said. Van Galen.

In lieu of flowers, the family invites donations to the UWRF Foundation George and Marcella Field Scholarship.

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EDITORIALS

Segregated fee increases largely beneficial for all

Attending various events on campus is absolutely fundamental to making the most of your time as a student here at UW-River Falls. It seems to be the consensus among far too many students that an unawareness of events occurring is the main hindrance in increasing attendance numbers. The Student Voice would like to encourage students to take an active interest in the URWF campus and all it has to offer.

According to the UWRF website, attending events and participating in campus activities is an important part of the educational experience at UWRF. Students who chose to participate and attend campus activities and events are generally more satisfied with their overall college experience. Students who participate and attend activities and events also have countless opportunities to gain new skills, experiences and perspectives.

Segregated fees are charges, in addition to instructional fees, assessed to all students for services, programs and facilities that support the mission of UWRF. Segregated fees are divided into allocable and non-allocable. Allocable fees support mainly student-organized activities, such as student government or student organizations. Non-allocable fees provide the main support for student-services operations and facilities, such as Student Health Services or the University Center.

Students have the primary responsibility for the formulation of allocable segregated fee budgets, in consultation with the Chancellor and subject to final confirmation by the UW-System Board of Regents. Final recommendations on non-allocable budgets rest with campus administration, although students have the opportunity to participate in the review process.

As such, there has been talk lately concerning segregated fee increases on campus, which would benefit the UC, Falcon athletics and the childcare facility. Student Senate is in the process of discussing the possibility of these fee increases, and is requesting student input on the matter. Students are encouraged to attend the Student Senate meeting at 7 p.m. Tuesday, Feb. 21 in the Willow River Room at the UC to voice their opinions. A list of current segregated fee prices is available on the Student Affairs website.

The Voice supports the increase of these segregated fees in order to better various programs available for students. The Voice would also like to reiterate how wonderfully beneficial involvement on campus can be for all.

Editorials represent the opinion of the Student Voice

STUDENT VOICE

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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

LETTERS TO THE EDITOR

Professor admires gender equality column	Burlington, Wis., resident voices concern regarding treatment of cows, milk quality
I just wanted to let you know that the Viewpoint article “Fighting sexism, why everyone should be a feminist” in the February 10th issue of the Student Voice by Jason Larson was excellent! Back in the 70s (when I attended UWRF) there were only a few guys that thought that way. It is a pleasure to see a different generation with different viewpoints. Gender equity is a serious issue, with people like Jason, hopefully we will continue to make progress toward equality between women and men. Thanks for the great writing, Jason!	State Senate Bill 108 For many health conscious consumers a fundamental concern has been welling up: why is the world of microbes turning against us? To those who have been looking at information put forth by pertinent professionals, it becomes apparent why our national health profile is so dismal. We as a nation have parted ways with wholesome foods of the past and chosen instead the convenience of the present. (See: www.westonaprice.org .) But let’s focus on fundamentals of the cow. For the sake of production quantity, we have opted to feed her rations comprised of high amounts of genetically modified soy and corn. This ration produces an unnatural, highly acidic condition within the rumen, and her whole physiology suffers, leading dairy cattle to barely reach a lifespan of half a dozen years, and then it’s off to slaughter. (See: www.realmilk.com/soy.html .) The current model of processing milk mixes product from any number of farms and also dictates price, leading farmers to cut every corner to stay solvent, including using high percentages of subsidized commodities like soy and corn. Consumers should have the right to purchase from a farmer who feeds the cow correctly. (See www.rawmilkinstitute.net .) Wisconsin State Senate Bill 108 is an effort to give WI citizens an option to centralized pasteurization. It provides for the sale of unpasteurized milk direct to the consumer. This offers the consumer the right to purchase from individual healthy milk sources that practice sustainable husbandry. Home pasteurization is an option for those concerned about pathogens.
Sally Fields Academic Department Associate Department of Physics	William Neu Wisconsin resident

Ron Paul garners support in Wis. primary



Benjamin Lamers

Columnist

Of course, this really only applies to those who are going to vote for a GOP candidate.

If you are an Obama person, the primary doesn’t matter to you all that much. However, if you are planning on voting then you may have reached the problem of not finding the right candidate for you. It can sometimes be a struggle finding a candidate which you want to back all the way to the presidency. Which one relates to you the most? Which one would do the best job? Which one has the best chance to win?

These are just a few questions that voters ask themselves before going to the polls and picking who they think will be the best GOP candidate for president. If you haven’t decided on a candidate, then I’m here to help match you with the candidate that fits you best.

At this stage in the primary there are four main GOP candidates: Ron Paul, Mitt Romney, Rick Santorum and Newt Gingrich. Which one is the best match for you? Well, let’s dive in.

If you were one of those crazy individuals who was a Packers fan when Brett Favre was the quarterback, a Jets fan when Favre was the quarterback, a Vikings fan when Favre was the quarterback and a Bears fan when you thought Favre might come back to be their quarterback, then you are probably a fan of people who flip their decisions on a constant basis. This would put you as a match for none other than Romney. Romney has switched his stance on many issues, most notably abortion, in order to win votes at a certain time and place.

So if you have trouble making decisions, or sticking to one after you have made it, you should definitely go out and

The Wisconsin primary for the Grand Old Party (GOP) race may be a few weeks away still (April 3, 2012), but it is never too early to start considering who you are going to vote for.

If you have, on more than one occasion, cheated on something you shouldn’t cheat on, like a significant other for example, then Gingrich is the candidate for you.

vote for Romney.

If you have, on more than one occasion, cheated on something you shouldn’t cheat on, like a significant other for example, then Gingrich is the candidate for you. Gingrich has been married three times and has had affairs with different women during his first two marriages. One of which was occurring while he was busy impeaching Bill Clinton who, by the way, had allegedly done the exact same thing and lied about it to Congress. So he’s kind of a hypocrite too. But, if that’s what floats your boat, then Gingrich is the right candidate for you.

If you really like playing “Call of Duty” and think that we should be able to experience those things in real life, then Santorum is the right candidate for you. Santorum is on record saying that if he was elected president he would bomb Iran’s nuclear facilities. I’m pretty sure that is step one to starting another war. But, if wars are your thing, then maybe you would like Santorum starting up a whole new one.

Finally, if you think that we should actually listen to the Constitution of the U.S., which is the highest law in the land, then Paul is the candidate for you. Paul also correctly predicted the collapse of the stock market, and frankly pretty much everything that has happened since the crash. Oh by the way, he predicted that all in 2002! It’s on YouTube; go look it up.

In case you couldn’t tell, I will be casting my vote for Paul on April 3.

If you are a huge pessimist and think that it doesn’t matter who you vote for because the world is going to end on Dec. 21, 2012, then I have a solution for you as well. Write in someone who would destroy the nation, and the world, if they won anyways. You know, someone like Sarah Palin or Michelle Bachmann. If you are still undecided on who you are going to vote for I hope this article helped shed some light on your decision.

Ben is a sophomore majoring in journalism and minoring in history. He is a huge Colts and Brewers fan.

Lifestyle Enthusiast on the town:

Appalachian Trail expedition unsatisfactory, disappointing



Christopher
Pagels

Columnist

I had been on vacation so long that I had become disil-lusioned. It is one thing to be on vacation and wanting to stay on that tropical beach, but it is

quite another to forget your responsibilities and who you are. I had been on the Appalachian Trail for three months and my chief wish was to be home and to see my family.

There I was on a train full of strangers finally making my way back along the Mississippi River. The sun was waxed with dark reds and purples towards the end of dusk. The golden hour was on, but I could only take mental photos at that point. I had made many friends on this train ride in the viewing car on the Amtrak: a long car where the windows were stretched from one end to another from the floor to the ceiling open for viewing pleasure. I had bought my tickets over four months ago in the comfortable coziness of my room at home.

There was the gay gentlemen house-sitter who asked me out on a date. He was seated at a table in the dining car with his leather jacket just staring at the green that flashed outside

his window. I had two magazines, one of which I remem-bered was a MAD Magazine for which I bought in Boston, and felt that he looked bored with his head leaned against the window so I approached him and asked if he wanted any-thing to read.

He politely declined, but I would ended up visiting with him for some time in the New York phase of the trip. He had given up his well paying job for the road and to house-sit for various friends he knew. At some point at a stop outside of a New York city he asked me out, because “men could do that nowadays.” I politely declined and avoided him as much as possible by staying near my assigned seat.

Then there was a woman who had just left Maryland to live with her sister in Seattle. She and I spoke at length about organic farms and we would have polite conversa-tions throughout the remainder of the trip. After Chicago, I boarded the Empire Builder train that travels from Chicago to Portland, Oregon daily.

I met a German teacher who said she was happy that she never married because of all the hobbies she has to live for. She must have been in her late 50s by the wrinkles that were under her eyes and the conservative blouse she wore that didn’t reveal the contents beneath.

She reminded me of Athos who earlier on the trail, in the wake of a bitter divorce, gave me the worst possible advice for women, “deny, deny, deny three times, then accuse, ac-

cuse, accuse.” They both said that I should never get married. I humor them with a broad smile. I’m sure they think they’ve converted me. The conductor came on the loud speaker and gave us the five-minute warning that we were near Red Wing, Minn., where my Colony Tour began three months prior.

The darkness was almost complete outside as the last sheen of the sun escaped the river’s mirror. I began to take in every detail of the train car so I could hold onto the vacation longer. The gray trim that echoed along all the fixtures including the captain’s chairs that swiveled around for wider angles of viewing pleasure.

The German teacher had fallen asleep, drool dribbled down her red and blue striped sweater that she had put on a few hours ago. I tell the woman from Maryland that my family was waiting to pick me up at the station as tears brimmed, but fell back down to coat my eyes for better moisture. I pressed my face against the window and stared at incoming lamps on the station that coated the others that waited for loved ones or those about to board the train themselves.

Maybe their loved ones were there to send them off to whatever destination the west held for them. I knew my parents and Samuel would be waiting on a bench outside the station, yet when I hopped off the train, nobody was there.

Expand your thinking:

Journaling proves mentally, physically, spiritually beneficial



Jaime
Haines

Columnist

Journaling fosters the ability to heal, learn, grow, discover, recover, plan and explore. Through journal-ing you can realize your values, know yourself better, share secrets, de-

velop goals, reflect on lessons learned, work through prob-lems and reduce stress; essentially, journaling can take you anywhere and help you do anything if only you start.

Unfortunately, merely starting can intimidate many people. Remember that you do not need to be a good writer, jour-nal every day, follow any set of rules, or be accountable to anyone. Journaling is for you and you alone. With that in mind, start by picking a journaling medium. Try one (or all) formats: a Word document, a diary, notecards, on the back of photographs, in a notebook, on a calendar and/or any other element you imagine.

Once you establish a general plan, take a moment to gather what type of journaling you want to try. Since everyone reflects, shares and learns in different ways, no one style of journaling is correct. If you enjoy writing, a simple handwrit-

ten diary that chronicles your day and thoughts may suffice. More artsy journalists may create collages, paintings, draw-ings, or unique layouts for each page and intertwine a few words within the pictures.

Some people prefer a computer format due to its simplicity and the ability to type faster than write. Others may like jour-nals with a fill-in-the-blank style. Depending on the type of journaling, entries vary anywhere from a key word or picture to several pages. Select a style that appeals to you to make journaling more effective and enjoyable.

With your materials in hand, determine what you want from your journal. Perhaps a place to record your journey to a goal, observe the world around you, learn more about your-self, work through problems, share emotions and thoughts, allow stream of consciousness, tell stories about your life, re-lect on the past and present, or even dream about the future.

While many journals are kept private, perhaps you will want to share by transferring certain entries to a blog, or gift-ing a relationship-related journal to someone close to you. Ei-ther way, stay true to yourself and love the creation process.

If you are just beginning, a good way to get in the habit of journaling is to make a pact with yourself that you will journal a certain number of times each week for one month, then stick to it. However, even the most dedicated journalist comes across the following two problems: feeling clueless as

to what to write about or pushing journaling so far down the list of priorities that it rarely occurs. In regards to not know-ing what to write about, dedicate a location (the end of each entry, the last page of your journal) and list different topic ideas there. Then, when you do feel blocked, you can refer to your list.

An easy way to build the list is also to simply search the Internet for ideas—tons of suggestions will surface and you can choose your favorites. As for feeling like you lack the time to journal, try making it more of a habit. You can do this by journaling at the same time each day (morning, lunch, after classes, before bed) or by keeping your journal more on-hand by carrying it with you so that when inspiration or a spare ten minutes occur, you can write immediately.

No matter what your medium, your intent, or your content, journaling offers wonderful benefits of all kinds: physical, mental, spiritual and emotional health, clearer goals, better communication or problem-solving skills and most impor-tantly, a place to reveal who you truly are as a person without any sort of censorship or worry. So take the time to do what no one else can: tell your story.

Jaime is an exuberant puppy lover and "House" addict. She plans to use her psychology degree to encourage activism and well-being through counseling workshops, speeches and the written word.

Dirty, undignified first jobs proliferate life lessons, capability

Ryan
Tibbitts

Columnist

A wise teacher once told me that every teen-ager needs to experience a “bottom of the totem pole” first job. From working at a grocery store, to the fast food in-dustry, golf ball retriever, lifeguard, or possibly a

waitress or waiter, most of us have experienced a not-so-fun first job.

For some people that is the actual job that they need to make their living off of especially with the economy now, but kids who finally need to experience the work world mostly occupy these kinds of jobs. You all know the feeling of turning 16 and wanting to go out on your own, but that costs money. Mom and dad might just finally cut the strings.

These are often the grunt jobs that no one else wants. These jobs often come with cleaning toilets, dealing with angry customers and grumpy bosses.

I still remember my first day at McDonald’s over three years ago now. I wanted to save up money and buy my own car and so that summer I applied everywhere I could. McDonald’s called me right away and I thought to myself, this is going to be easy. Within four hours of my first shift, I had angry customers that did not like how slow I was. I watched in fear as a kid spilled his soda everywhere and I heard the words that no 16-year-old kid or anyone for that matter wants to hear: “Ryan there’s a problem in the men’s bathroom you might want gloves for this one.”

I realized right away that working at McDonalds was not going to be a picnic. The managers expected fast service with a friendly smile all while keeping the restaurant run-ning smoothly and staying clean. During a rush I started to feel like my head was spinning in 100 different directions, but it is always an awesome feeling after a rush because it goes from complete to madness to suddenly nothing.

Over three years later I still work at McDonalds when-ever I go home and sometimes I start to worry that I will be working there forever! I love my co-workers and all the

customers know who I am. Every morning the same senior citizens come in and get their morning coffees. They chitchat with us workers and joke around. Our smiles have just as much to do with them making us a part of their everyday lives as the coffee does. It has been a great experience.

Now that I look back on what my teacher told me, I agree that everyone needs to experience a first job that they necessarily do not like. It gives a good life lesson and it sure made me thankful for everything I have. It showed me that I definitely wanted to go to college so I did not end up staying there forever and it prepared me for when I go out into the work field someday.

I learned teamwork, dedication and staying positive no matter how rough things seem to get. I will forever carry the experience that I gained at McDonald’s with me as I go forward in life.

Eating healthy difficult in during college, though necessary for salubrious lifestyle

Rachel
Woodman

Columnist

Baffled at the Buffet asks: “How is it possible to lose weight and stay in shape while living in the dorms on cam-pus? When I lived in the dorms my freshman and sophomore year, I gained a lot of weight

just because I was surrounded by junk food and ate at a buffet every day. I also felt like while living in the dorms, I didn’t have enough time or room to get a good workout in. It wasn’t until I moved out of the dorm and stopped eating at the Uni-versity Center every day that I was able to finally lose weight and start working out. How can students that live in the dorms and eat in the cafeteria every day maintain their body image?”

Up at the crack of dawn and asleep at the crack of dawn, this is the life of the typical college student. Dedicating time to classes, studying, organizations, part-time jobs and extra-curricular activities is enough to consume anyone’s day. With little time left over for personal use, it’s no wonder students find it difficult finding time to work out and eat healthy.

Unfortunately, becoming an upperclassman is not the cure for the freshman 15. Meeting weight-loss goals requires diet and exercise. If you haven’t seen the Garfield comic strip you may have heard the joke that says, “diet is just die with a ‘t.’” However, changing your eating patterns doesn’t have to end life as you know it.

Most of us know that sugar is bad and vegetables are good, but eating a salad does not counteract the seven cookies you ate at lunch. Most of us know that we’re supposed to eat around 2,000 calories a day but not all of us know what kind of calories they should be. So how do you ensure you are eat-ing healthy?

Eating healthy is to fill your meals with mostly essentials

and limit your treats. Everyone should divide their plate in fours and include protein, vegetables, fruit and grains along with some dairy at every meal, according to chosemyplate.gov. Plant foods, lean proteins and low portion sizes are the key.

The trouble with buffets, like the commons on campus, is that our eyes are bigger than our stomachs and we like to eat large portions. So it’s best to consult the menu and nutritional information before you’ve even entered the UC. Even though there are nutritional facts available next to food choices in the commons, it’s still better to look online beforehand. If you know that the mayo will cost you a 100 calories when the mus-tard will hardly cost you any or that the French fries will cost you 600 when the carrot sticks are negligible before you get there, you will be less likely to choose those options. If you walk in knowing exactly what you want to eat, you may be less apt to hem and haw over your options and falter to tempta-tions or impatience.

Meals are important but snacks are important, too. Keep sliced apples, baby carrots, celery, string cheese, or pistachios in your backpack. When you start to feel hungry munch on something good for you. This will make you less likely to feel like you’re “starving” and over-indulge during meals.

Finding time to hang out with friends is difficult and so is finding time to work out. Sometimes you might contemplate going to Mariachi Loco with friends over going to the gym alone and choose el taco. However, eating a 2,000 calorie Mexican plate might not do your jeans any favors. To keep the deep fried from hitting your thighs find ways to incorporate friend-time into work out-time. Having a fitness partner will help keep you both on your goals.

If you don’t have a gym membership, you can still get cre-ative. Take a walk, even if it’s just around your dorm. It will keep you active, help you clear your mind and you might meet a few new people. Make sure to hit all the staircases during

your walk to up the cardio intensity.

Students can get free use of the track and cardio room dur-ing certain hours of the day. Check the UWRF website for more information and squeeze in an extra sweat session. Open skate is also a fun friend activity that can be done from 1 p.m. to 2:30 p.m. on Sundays, 12 p.m. to 1 p.m. on Mondays and Wednesdays and from 9:30 p.m. to 10:30 p.m. on Tuesdays at Hunt Arena. Get some hot cocoa and get skating.

Or if you’re looking for outdoor adventure, such as roller blading, camping, hiking, golfing or rock climbing you can rent supplies from the Kinni Outdoor Adventure Rental Center at Knowles. Rentals are free to students.

And if intramurals interest you, then take part in some. Fall intramurals include: flag football, soccer, broomball, sand vol-leyball, volleyball and dodgeball. Spring intramurals include: softball, basketball and ultimate frisbee. Time flies when you’re having fun, and so do those Frisbees.

With a calendar full of activities already, it might seem a daunting task to add more to your already overflowing list. Yet, it’s adding activity to your calendar that will ensure that you get the time to do it in. If you know that 3 p.m. on Tues-days is your day to run the track, then you’ll plan to look over those notecards a little later in the day. Making time for you is just as important as making time for your other obligations. Getting in just a little cardio will improve your mood, confi-dence and energy. Running, dancing, skating, stair-walking, broomballing and whatever else you can come up with will be one of the best decisions you make for your mind and body.

Thanks for the question, Baffled at the Buffet. Anyone may submit questions, concerns or quandaries to questionsfora-rachel@live.com. Please send them right away if you’d like to see them in the next issue of the Student Voice. Don’t forget to like “Rachel Responds” on Facebook and follow “RachelRe-sponds” on Twitter.

WIAC schools to leave NCHA conference

Ashley Goettl
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The UW-River Falls men’s and women’s hockey teams will join with the other Wisconsin Intercollegiate Athletic Conference (WIAC) schools to leave the Northern Collegiate Hockey Association (NCHA) effective as of the 2014-15 academic year.

The move was announced on Feb. 15 as part of the WIAC’s cost reduction plan. Now, the five men’s teams (UWRF, UW-Stout, UW-Eau Claire, UW-Stevens Point and UW-Superior) and four women’s teams (UWRF, Eau Claire, Stevens Point and Superior) will compete solely under the WIAC.

“UW-River Falls has enjoyed a long and successful association with the NCHA,” said Falcon Athletic Director Roger Ternes. “However, ongoing budget constraints have forced UWRF, and every institution within the University System, to review their financial mode of operation. We are confident UWRF will continue to maximize our competitive opportunities and provide a quality experience for everyone associated with our programs. This resolution also enables us to move forward with like institutions that share and value the WIAC mission.”

WIAC Commissioner Gary Karner stated on the WIAC website that the decision to leave the NCHA is a difficult one given the history and success of the league and the relationships and rivalries that have been fostered over the years. River Falls, Eau Claire and Superior are charter members of the men’s NCHA, which was formed in 1980. These same three institutions along with UW-Stevens Point formed the women’s NCHA in 2000.

However, both Ternes and Karner believe that the overall quality of hockey, competitiveness of the games, and sustainability of the WIAC’s hockey programs will remain.

“Our intention to engage in a dialogue over the next two years that will ensure the viability of Division III men’s and women’s ice hockey in the upper Midwest for many years to come,” added Karner.

Ternes added that while this decision may have come to a surprise to many hockey fans and followers, it was a plan that serves the needs of UWRF and of the student athletes. He also notes that given the current economic situation, this solution was one that could have been foreseen. “WIAC coaches, athletic directors and chancellors have been engaged in ongoing budget dialogue for a number of years. This decision parallels the WIAC cost reduction plan implemented four years ago and did not come as a surprise. We believe this decision is in the best interest of UWRF and our student athletes,” said Ternes.

By keeping the conference play limited to schools within Wisconsin, member schools will save in travel costs. The NCHA comprised of teams as far away as Michigan to schools such as Marian and Finlandia University.

Rob Silvers, a sports broadcaster for the campus radio station, WRFW, stated that the move has potential playoff implications. “I think its a very interesting move and will be fun to watch as it develops. Right now the UW schools would be left without an automatic qualifier for the NCAA tournament, as you need seven teams and there is currently just plans for five teams in men’s and four in women’s,”

said Silvers. Previously, the winner of the NCHA playoffs would receive an automatic berth to the NCAA tournament, making it one of the most prestigious conferences in the United States.

UWRF Sports Information Director Jim Thies said that all the chancellors of the competing schools have signed and agreed to the decision.

Karner added that the WIAC elected to make the announcement at this time in order to provide all current NCHA members ample opportunity to determine future conference alignments and to address scheduling concerns, according to statements released on the WIAC website.

NCHA Commissioner Bill Kronschnabel said in a statement put forth on the NCHA website that the changes leave the door wide open for what the remaining seven NCHA schools have left for options.

“The NCHA has a long history of being a strong and formidable college hockey conference. The withdrawal of the WIAC teams from the NCHA in 2014 will definitely alter the landscape for DIII Men’s hockey in the West. I would expect the remaining members to fully explore all options during the next two years and proceed in a manner consistent with their own institutional best interests and the best interests of DIII hockey (Men’s and Women’s) in the West.”

Both Joe Cranston, the UWRF women’s head coach and Steve Freeman, the men’s coach, offered no comments.

Men’s hockey poised for hosting first round of playoffs



Jessie Behrman/Student Voice
Center Adam Cardwell fights to win the puck drop against his UW Superior opponent. The Falcons have their first playoff game on Feb. 17 against UW Eau Claire.

Trevor Jones
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In order to carry the team’s regular season success into the playoffs this year, the UW-River Falls men’s hockey team will have to work hard and play well defensively.

The Falcons won the WIAC regular season championship for the 16th time in the program’s history with an overtime win over UW-Stout on Feb. 4, according to UWRF Sports Information. It is their third consecutive conference title and their seventh in the past nine years.

Head Coach Steve Freeman says that this year’s success is due to a variety of factors.

“We move the puck pretty well and we have a few more playmakers than in years past. Some of our players are having some big years and some of our new players have really contributed too. Our vets taking another step and upping their skill level,” said Freeman, the winningest coach in the program’s history.

Unfortunately, the team fell short of winning the Northern Collegiate Hockey Association (NCHA) regular season title by four points to St. Nor-

bert College. The team finished tied for second place in the NCHA but lost the tiebreaker to St. Scholastica College by losing all three of their games to the Saints this season.

Finishing in the top three in the NCHA earned the Falcons the right to host the first round series in the NCHA Peters Cup against UW-Eau Claire. Freeman explained how important home playoff games are to the team.

“It’s huge. You want to play at home as much as you possibly can. We get great fan support from the students at the University,” said Freeman. If they win the UW-Eau Claire series, they will play the next round on the road unless St. Scholastica is upset by a UW-Stout team that finished in last place in the NCHA.

Playoff games can ramp up in intensity as the stakes get higher. Senior captain Jason Yuel, who has been a crucial part of this year’s team with a team-leading 19 assists, said that playoff success will come if the team is driven.

“It comes down to how much energy we bring to the rink, if we’re working hard and playing to our structure, no one in the country can beat us,” said the Winnipeg, Manitoba native.

Sophomore goalie Scott Lewan, the Feb. 1 WIAC and NCHA player of the week, said that discipline defensively is important come playoff time.

“We just have to be tight defensively, and structured. We can’t get caught running around,” Lewan said.

The winner of the Peters Cup receives an automatic bid into the NCAA tournament. There are a few at-large bids available, but Freeman believes the Falcons will have to play themselves into one of those bids if they fail to win the Peters Cup.

“We have a chance but we need wins. We have to have a strong finish,” Freeman said.

Both Lewan and Yuel agreed that anything is possible if the team plays their game and does not give up until the end.

“Anything is possible, anything can happen. If we get through the first round, we have a good enough team to be successful,” Lewan said.

“It’s never really over in hockey, it came down to the last 20 seconds of our season last year, we get that late goal, force a mini game, and then win the mini game,” Yuel said referring to last year’s 4-3 overtime victory over UW-Stout in the first round of the Peters Cup. “You have to play a complete 60 minutes if you expect to win.”

The Falcons will be hosting the first round of the NCHA Peters Cup tournament at 7:05 p.m. at Hunt Arena on February 10 and 11.

‘Linsanity’ provokes jealous comment from Mayweather



Ashley Hall

Floyd Mayweather Jr. Tweeted: “Jeremy Lin is a good player but all the hype is because he’s Asian. Black players do what he does every night and don’t get the same praise.”

After Mayweather Tweeted that, pretty much everyone who had something to say about it Tweeted Mayweather and called him a racist. ESPN has been talking about it on pretty much every show on the network.

Now, in regards to Mayweather’s

Tweet, I think that he is totally uneducated and maybe he wanted to say something like that just to get a rise out of everyone who follows him on Twitter. Maybe he feels like he has to say something outrageous so people remember him while he is in jail starting in June of this year. Who knows? But the fact that he is a “celebrity” and watched by the public, means that he should know he was going to get backlash for that comment.

Alright so first off, Jeremy Lin is balling! He has gotten 109 points in his first four starts in the NBA, 20 points and seven assists a game. No one has done that before in NBA history. Lin has taken the New York Knicks to the next level and is going to put a huge factor on where the

Knicks place for the playoffs.

Lin is an Asian American who is an amazing basketball player. I always root for the underdog and this dude just popped up out of nowhere.

Regarding Mayweather’s comment on how all the hype is because he is Asian, no Lin is just a great player. Like I said before, Lin sprung up out of nowhere when the two superstars, Carmelo Anthony and Amare Stoudemire were out due to health and personal reasons.

Part of the extra hype is probably because he is Asian, but he is not the first Asian player to play in the NBA.

Yes, Mayweather has free speech just like everyone else in this country, including myself. However, when you go and post something as ignorant as saying the hype is be-

cause of his race, no, that’s not cool and I do not agree with that.

I was a fan of Mayweather, pre domestic violence conviction against his girlfriend and before his comment against Lin, just because he was a good boxer. However, he is the only one who is bringing himself down with his comments and actions.

Lin is a great basketball player and now a huge asset for the Knicks, Mayweather is obviously jealous of “Linsanity.” One more unintelligent comment out of him, I think we should gather enough signatures to ban him from being a celebrity. So sit down Mayweather and keeps your comments to a minimum, thanks!

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

'Star Wars' doesn't live up to lofty expectations



Michael
Brun

Reviewer

When “The Phantom Menace” was first released in 1999, I was a bright-eyed teenager absolutely obsessed with the “Star Wars” universe. I spent the months leading up to the premiere buying as many Darth Maul actions figures as I could find, and putting in dozens of hours on the “Racer” video game tie-in. I was pumped.

Then I saw the movie. Maybe it was the insane level of hype surrounding its release, or my unreasonably high expectations, but “The Phantom Menace” was one of the biggest disappointments of my formative years.

When it was announced that the “Star Wars” movies would be released in 3D, I was excited. Even when it was announced that they would start with the prequels, I knew I would still be seeing them in the theater. After all, it is not often one has the chance to see “Star Wars” on the big screen.

Going into the 3D “Phantom Menace” was reminis-

cent of seeing it the first time in 1999. Time had dulled my original disappointment, and my prequel hype had returned. When the Lucasfilm logo appeared on the screen, my heart began to race.

Then I saw the movie.

All the disappointment I experienced in 1999 came rushing back. Minus the added dimension and a few minor tweaks, this is the same movie that alienated audiences and left this hardcore fan soured to the “Star Wars” saga.

I will save you a detailed plot summary, as I’m sure anyone who wanted to see this movie already has. But in brief, “The Phantom Menace” tells the origin story of Obi-Wan Kenobi and Anakin “Darth Vader” Skywalker. Together with Liam Neeson and an unbearable computer animated platypus man, the team tries to uncover a hidden conspiracy that threatens the stability of the galaxy.

The fundamental failings of “The Phantom Menace” have been discussed to death elsewhere, so I will refrain from any further complaining about the story. But be warned that the 3D re-release is not a fresh experience.

Although writer/director George Lucas is renowned for periodically updating his movies with new scenes and special effects, nothing of any consequence has been changed here.

The most noticeable change from the original would be the removal of the Yoda puppet, replaced instead with a computer generated version that puts his appearance in line with “Attack of the Clones” and “Revenge of the Sith.” It is a pleasing edit, as the original puppet was nothing great. However, with Yoda only appearing in the movie for a handful of minutes, this is hardly reason to rush out and see this in the theater. Also, the remastered Yoda can also be seen in the latest “Phantom Menace” Blu-ray release.

Of course the biggest draw for the re-release is the 3D. Unfortunately I would have to file this one under “pointless.”

The 3D effects were added through post-processing software, a technique that turns traditional films into eye-popping spectacles. At least in theory. Previous attempts at 3D conversion yielded dark visuals and subdued 3D effects. “The Phantom Menace” in 3D is no different.

In 2D this is a very vibrant

looking movie. From the lush plains and cities on the planet Naboo to the overexposed desert wastes on Tatooine, “The Phantom Menace” is full of colorful and rich imagery. In 3D that brightness has been noticeably reduced. If given a choice between brighter, more vibrant visuals and 3D effects, I would choose the brightness 100 percent of the time.

This trade off is even less enticing considering how subdued the 3D effects appear. Largely the third dimension means a greater sense of depth in certain scenes. When characters occupy the foreground and background, you can get a greater understanding of their spatial relation. There are also a couple deep focus shots that will draw you in, but it is a shame how sparse they are.

The most thrilling 3D sequences are the pod race and final battle. It is only natural that these are the most memorable 3D scenes, as they are the most memorable in 2D as well. Are they worth seeing in 3D? I say yes. But just as they failed to redeem the movie in the first place, they are not worth the price of admission alone.

Even to “Star Wars” fans I would not recommend seeing “The Phantom Menace” in



3D. The added dimension simply does not change the experience enough to justify the inflated ticket price.

Your money would be better spent on the Blu-ray set and its remarkable collection of behind-the-scenes and making-of featurettes.

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.

'The Vow' brings incredible love story to silver screen



Samantha
Harkness

Reviewer

his wife, trying to get her back by any means possible.

Now Tatum is already a hunky Hollywood star, but seeing him as a dedicated man, hoping his wife will fall in love with him all over again is

so endearing. By the first few seconds of the movie, I was instantly drawn in. The film was not like any other tragic accident, having to fall in love all over again type of films. I think it was better because of the fact that it is inspired by actual events.

I am always a sucker for those sorts of films.

“The Vow” goes on to show the struggles that Leo, played by Tatum, must go through to help his wife Paige, played by McAdams, regain her memory. He uses pictures, videos and the events from their first date in

hopes that she will remember any slight memory of their life together. The story unfolded so nicely. There were happy moments, tense moments and moments in which I thought all hope was lost. It sort of wrapped all of the great love stories up into one.

I guess I would say it was like “The Notebook,” only the couple was still in their younger years.

I have read the true story online and there were parts of the film that really captured what happened.

Like Leo with Paige in the movie, Kim had to make Krickitt fall in love with him for the second time. Overall, I enjoyed the movie. It represents what true love is all about. True love is not only about the good times, but the bad times as well.

Marriage isn’t easy. When people take those vows

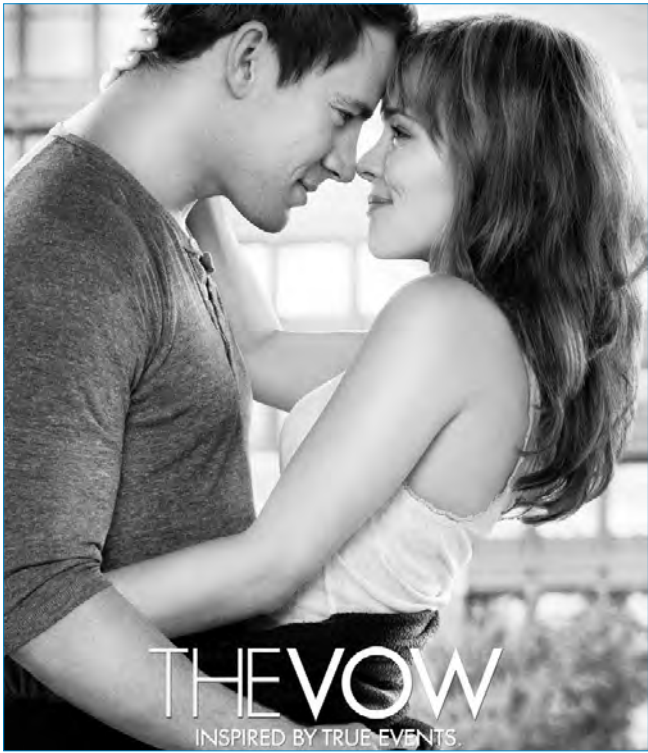
and say “in sickness and in health,” it means a lot. Leo took those vows to heart and tried his best to make his wife happy.

However, I wish the movie had ended a bit differently than it did. I wish there had been a scene that showed what happened to Paige and Leo after everything they had gone through.

There was a photo of the real like couple, though. Kim and Krickitt were happily married with two children, even though she never got her memory back.

It was a wonderful heart wrenching film that many girls will drag their boyfriends to. Even if you don’t have anyone special to see it with, I would still go, because everybody should believe in love.


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



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Procrastination causes unintended pitfalls



Sam
Mayberry

Columnist

Imagine this scene: you are sitting in your room with a pile of homework that needs to be completed. You have writer’s block and have absolutely no idea how to start this paper that is due tomorrow morning and also not to mention, a test to study for. You’re about to rip your hair out when you open a new webpage on your computer to do a simple Facebook check and the next thing you know, it’s been an hour since you last looked at the document that is supposed to be your paper.

It’s a well-known scenario:

procrastination gets the better of you. No thanks to social networking, we have Facebook, MySpace, YouTube, Tumblr, StumbleUpon, Pinterest and many other sites to distract us from our studies. The TV can also be a problem when it comes to being distracted. I always chuckle when professors say that the assignment the class is given will be impossible to finish the night before it’s due because too much work is involved. I know I’m not the only student that has the thought “challenge accepted” running through my head. Although, I will proudly say that I have now gotten into the habit not to wait until the last minute to start things because I need sleep

and pulling all nighters doing homework are just not something I like to do anymore. But that doesn’t mean I don’t get distracted. I seem to often find myself wandering around the Internet and the different social networking sites no matter how hard I try to stay away from them. One second I’m typing this column, the next

The TV can also be a problem when it comes to being distracted.

I’m finding fun craft ideas on Pinterest. Yes, that is exactly what I was just doing. I’m a pro at procrastinating, if I do say so myself. A few things that can help you from getting distracted are going to the library or even just relocating yourself

out of your room and going to a study lounge. It helps some times too when you see other people doing homework and it can help you change your mindset from Facebook to your textbook. Sometimes a change in atmosphere such as isolating yourself from your friends can re-motivate you to finish your homework. I often see people with their friends and they have their notebooks and textbooks spread out across the table but they seem to be doing anything but their work. It is important to have fun but buckling down and finishing what you need to will make hanging out with your friends more enjoyable because you won’t have that gray cloud labeled “home-work” over your head. Another way to keep yourself from being distracted is if your assignment doesn’t

require using your computer, simply don’t use it. It is possible to write a rough draft of a paper in a notebook instead of typing it. As dreadful of an idea that may be, it will eliminate the computer from distracting you. A lot of professors upload documents onto D2L too and you are able print those off. Then you won’t have to look at your computer. Finding yourself in an area where a TV is not present can help tremendously as well. It’s one thing to have background noise by having the TV on, but then there are times where you have it set to a channel and then a little while later you look up and realize that you actually like the show that is on and start to watch it. I am guilty of being distracted by the TV at times and I’ve learned that I won’t get anything done if it’s on.

If you are one of those people that don’t get distracted by the TV, props to you because I know first hand that it can be difficult. Having your TV off or even just removing yourself from an area with a TV will eliminate the temptation, just like having your computer off, you can get your homework done a lot faster. We all have our own ways to study and do homework but procrastination and distraction can hit us at any time. With technology these days, it’s easier than ever to put off homework in order to snoop around social networking sites or YouTube. But with determination, it is possible to be successful with completing assignments in a timely manner.

Samantha Mayberry is a junior majoring in journalism. She is from Rochester, Minn., and loves to read, listen to music and take pictures.

Celebrate Mardi Gras with cake

Multilingual talk aides experience



Brittney
Pfenning-
Wendt

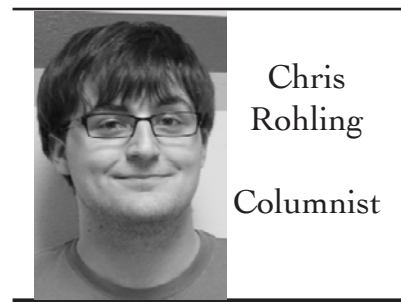
Columnist

Who doesn’t love an excuse for one big party? Well your chance is coming up. Celebrated in Italy, Germany, Denmark, England, Brazil, Canada, the United States and many other Catholic Eastern European countries is Mardi Gras. Celebrated this year on February 21, it is an important holiday for many Christians. Marking the last day of the season that started January 6 on Epiphany, it signifies one last chance to splurge on favorites before Lenten season begins with Ash Wednesday the following day. In French the words Mardi Gras are translated to Fat Tuesday, one of its monikers. Other names include Shrove Tuesday, Carnival, Pancake Day, and Packzi Day. Here in the United States it is simply referred to as Mardi Gras, with the largest celebrations found in New Orleans, Louisiana. Marking the 175-year celebration for them, it’s a big deal and draws in a huge crowd. With an estimated number of attendees between 700,000 and 800,000 in 2005 alone according to Nola.com, there’s sure to be lots to do. Hosting your own celebration gives you an excuse for a weekday party and for some good treats. New Orleans is known for their Creole and Cajun cooking styles, both

spicy and flavorful, but with significant differences that are often confused. In an article on Mardi Gras, Paul Prudhomme (father of the blackening technique, restaurateur, author and chef) offers a differentiation between the two describing “Cajun food as country cooking, whereas Creole food is more elegant and sophisticated, city cooking so to speak.” Common dishes to be seen are Jambalaya, Gumbo, and those featuring Crawfish. However, any Fat Tuesday celebrant would tell that the party is not complete without the famous King Cake, also known as the 12th night cake. The ring shaped traditional King Cake is actually more of a sweet bread, and is frosted with purple, green, and gold icing, signifying justice, faith, and power, colors that date back to 1872. Inside the cake the host will have put a figurine of a baby, for Jesus, or a token such as a dried red bean. Whoever bites into the piece holding the token is said to have luck in the coming year, which is a great way to end your celebration. King Cakes can be bought or made. This recipe is a quick and easy version of King Cake and works well for filled coffee cakes making use of items you can easily find at the grocery store. Enjoy! Ingredients: Filling: • 4 ounces (half of a large block) cream cheese • 1/2 cup brown sugar, packed

- 1/2 teaspoon ground cinnamon
 - 1/4 cup raisins, soaked in hot water for 15 minutes, drained, and patted dry on paper towels
 - 1/2 cup pecan halves
- Cake:
- 2 rolls (total of 12 individual crescent rolls) refrigerated crescent rolls in the can
- Icing:
- Purple, Green, and Yellow (Gold) canned frosting.
- Directions:
1. Preheat oven to 350° F and grease a pizza pan.
 2. Mix together the filling ingredients in a food processor until the pecan halves are chopped to about 1/4 inch pieces. Set this aside.
 3. Unroll the crescent roll dough and place the triangles, point towards the center, side by side on the pizza pan to form a large ring. Overlap the long sides a little bit pressing only the center of the overlapping seams together.
 4. Spread the filling over the pressed seams of the triangles. Place the token somewhere in the filling.
 5. Carefully fold the outer edge of the dough ring over the filling then pull the points of the triangles back over the folded edge tucking it under the whole ring and gently pressing the seams together.
 6. Bake for 20-25 minutes or until golden brown.
 7. After the cake has cooled to room temperature frost alternating among colors.

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



Chris
Rohling

Columnist

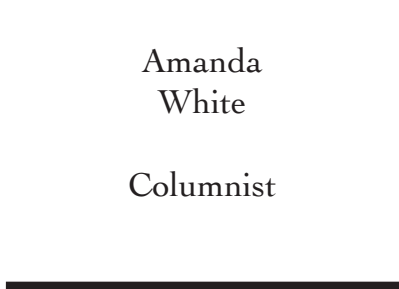
The language barrier has finally reared its ugly head for the International Traveling Classroom. We’ve spent the last 10 days on the outskirts of Paris, darting in to the inner city on the infamously noxious Paris Metro. While I wasn’t expecting to enjoy our stay in France all that much, I’ve been pleasantly surprised to find a ton of friendly people, some locals and other fellow travelers, as well as plenty of fantastic food. I know I’m not the only one on the trip who was kind of terrified of showing up in a country being completely unable to speak the native language, but I’ve managed to function better than I would have imagined. This is thanks to some advice that I feel is vital to pass on to others who are going to be traveling. The best thing you can do is get yourself a little phrasebook. I was lucky enough to find one that covered almost all of the languages we’ll need on our trip. Even if you don’t use it all that often, it’s essential to have on your person as a sort of security blanket. You’ll be more confident in dealing with locals just knowing you have something to fall back on, even if you’re not constantly pulling it out of your pocket for reference. Learn the basics before you get to the country. At least have a basic

grasp on greetings, asking for things, and thanking people. “Excuse me” is also pretty handy. Don’t forget to learn “do you speak English?” It’s a life-saver. What some people forget is that knowing the local language isn’t so much about being able to converse in it, it is a simple sign of respect and shows the person you’re talking to that you understand and then asking if the person speaks any English is a lot better than just blurting out, “do you speak English?” in any tongue. Note: speaking louder and slower doesn’t really help, no matter what the movies have taught you. Knowing a few key phrases and remembering to use words like “please” and “thank you” will get you through pretty much anything you’ll encounter. I barely speak a lick of French and have only had some minor troubles being understood. You just have to remember to be patient, keep calm and work through things at your own pace. Language barriers actually made for an incredibly fun night at our hostel. A few of us were hanging out in the dining room having a little bit of wine and another traveler came over and started talking with us. His name was Marcus and he hailed from Germany. His English was actually pretty stellar, so we

spent part of the night talking about our hometowns and what we were doing while traveling. Then the French girls showed up. Marcus got excited for obvious reasons, but he was also eager to try out his meagre French. Myriam and Ariane spoke almost no English, and their German was non-existent. This didn’t stop us from talking until almost three in the morning. It was crazy to be a part of a conversation where everyone was pretty much speaking their own language. There was a lot of hand symbols, a lot of laughing and a lot of confusion. There were times where it felt like I was at the Tower of Babel. It was the experience that everyone told me I was going to have in a hostel but I never expected it to actually happen. I would have never guessed that I’d be playing wingman to a German kid while sipping wine in France. It’s easily one of the most fun and most memorable nights I’ve had on this trip. Yes, the museums and the sights are awesome, but, just like Burns’ Night in Edinburgh, it’s the stuff you could never plan that’s going to stick with you for the rest of your life. I’m writing this on our last day in Paris as a group, and all I can think about is how much I’ll miss this place. And the crepes. Those are good too.

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.

Despite recent struggles, Minnesota Wild receive continual support



Amanda
White

Columnist

I am not an avid sports fan by any means. Football, baseball, and basketball are just not appealing to me. I know how each sport works so I can follow along, but I have so many other interests that I can never stay still long enough to watch any games. However, I am a die-hard Minnesota Wild fan. The Wild is the professional hockey league based in St. Paul. The team had its inaugural season in 2001 and has

been a hit ever since. I am lucky enough to have the privilege to go to many home games, so I have grown up with the Wild for the last 11 years. Last Saturday was the latest game I attended, and even though nothing will shake my love for Koivu and company, the team’s loss hit a nerve that I need to address. The Wild haven’t been doing too hot this season. Sure, they were the No. 1 team in the league back in December, but that lead has been lost due to a horrific bout of losing. In fact, the Wild are now solidly in fourth place out of five in the Central Division of the Western Conference. And it appears to be that they will

stay there. At the game on Saturday, where they played against the Columbus Blue Jackets, the Wild had an early lead when Devin Setoguchi, a young right wing with a snappy slap shot, flipped the puck in. However, with one minute left in the first period, the Blue Jackets got a goal by a puck that trickled into the net. After that disappointing goal, the Wild lost their focus for a while and the game was all over the place for much of the second period. Also, center Darroll Powe couldn’t stay out of the penalty box, so the team had to kill penalties instead of focusing on scoring goals. After the Blue Jackets scored again and a goal for the Wild was reviewed and declared

no goal, it was all over. The Wild played the whole third period with all their might but ultimately, that will to win wasn’t enough. After pulling their goalie in the last minute of play, a Blue Jacket player lobbed the puck from the opposite end and scored with 30 seconds to go, ending the battle for the game. I am determined to not be a fair-weather fan, so the disappointing season may be a setback, but certainly not the end of the my love for the team. My adoration for the Wild extends way past just the roster. The Excel Energy Center, home to Wild games, is a terrific venue for any event. Also, I have been sitting in the same seats since the

end of the NHL lockout in 2005, and the usher who faithfully guards section 104 has stayed the same since. Her name is Laura, and she is a dear friend. She has seen me grow up from being an awkward teenager to the college student I am today. She has met my entire family, including my grandma, who goes to one game a year and looks forward to seeing Laura each time. However, the Wild team itself holds a special place in my heart. My first favorite was Derek Boogaard, who tragically passed away from an accidental overdose last spring. He was the enforcer, a euphemism for the guy who beats up players on the other team. Brent Burns, now playing

for the San Jose Sharks, and Mikko Koivu, the Wild team captain, have also always been favorites. I was devastated when the Sharks picked Burns up last summer. He had been on the team since he was 18, and Minnesota Wild fans have watched him mature, get married, and have a daughter. Koivu is a hotheaded Finn who has led the team for a couple seasons as captain. He is a solid center who is truly a team player. My dad always says that if Koivu fights for the puck, he will come out of it with the puck. And it’s true. Just as I believe that the Wild will come out of this year’s slump and triumph in seasons to come. What can I say? I’m just another Minnesota sports fan.