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# STUDENT VOICE

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## AFAB constraints limit student organization funding

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Student organizations at UW-River Falls are being limited because of budget constraints that the Allocable Fees Appropriation Board manages.

Some of the student organizations at UWRF, like the Men's Lacrosse Club, have to juggle around canceled events because of budget restrictions.

The AFAB chair, Ben Blanchard, described the situation that the board is dealing with when it comes to the funding for student organizations.

"The total proposed budget was just over \$600,000 and based on our projections for next academic year, we will have a total of around \$205,000 to give out to student orgs. So with our budget being over 300 per-

cent of available funds, the AFAB had a lot to cut," said Blanchard.

The maximum funding for an event a student organization can apply for is \$1,500 if they are not receiving an annual budget. When an organization falls below this amount, AFAB will cut them completely.

"Cut completely means they were cut from the annual budget process and their requests were denied," said Blanchard. "These orgs may still apply for up to \$1,500 in single event funding."

There were perimeters set by AFAB before their deliberations commenced. Things that AFAB decided that they could not fund anymore were things such as t-shirts, reducing travel by 50 percent, reducing student salaries by 50 percent, and cutting decorations and float supplies as

outlined in the Wisconsin F50, the policy that AFAB follows to make their decisions.

"The AFAB did their best to keep organization priorities within their allotted budgets but there were times when these priorities conflicted with state policy," Blanchard said.

The president of the School Counseling Student Association (SCSA), Josh Rutz, said that there were no budget cuts to the organization this year and he hopes that it stays that way. Otherwise, SCSA would not be able to hold as many activities as they do now.

"These activities allow our group to grow and allows all students to participate and be a part of something while being a student at UWRF. Our group also provides support to students. Cuts would have a big impact on our student

group as well as all students," Rutz said.

Kirk Ginley, the president of the Men's Lacrosse Club at UWRF says that he is unaware of any budget cuts to the club, but if there were, existing as they do would become difficult.

"We have been used to making our dollar go the longest way possible in the past," said Ginley. "In other words, our school allocated money is huge in making us be able to draw from students who have never tried before."

Ginley explained that the equipment that the lacrosse club is using is pretty old and damaged. They are, however, able to buy two new nets that cost around \$700 a piece for this year and hopefully two more next year.

Being able to purchase nets



Sally King/Student Voice  
**Ben Blanchard, AFAB chair for Student Senate, is a student who contributes to the final decision on how money will be distributed to student organizations.**

See AFAB page 3

## Spring Student Senate elections present leadership opportunities

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The nine-week cycle for Student Senate elections has begun, but in the early stages it is hard to tell just how much interest there is and who will be running.

By the end of the process, however, all 15 positions will be filled and a new group of students will represent the student body.

Senate is the official government body of students at UW-River Falls and many of the decisions they make directly affect all students.

The elections held in the spring of 2011 for this academic year's Senate proved that interest is lacking when it comes to Senate.

There were 681 students who voted in that election which was just under 10 percent of the entire student body. In the fall 2011 elections about 10.4 percent of students voted.

Derek Johnson, former



Charissa Squire/Student Voice  
**Student Senate is the governing body on campus and is known for its influence in campus decisions. Elections for all Senate positions are underway.**

Senate member, explained the difficulty of being elected as there are so few students that vote.

"You can get your required signatures, but the problem is that when it comes to elections people just don't vote and that is frustrating."

One explanation for the minimal interest is possibly because of a lack of knowledge about the Senate and who can run. Students may hear about the elections but think that it is only for certain students who are already in leadership positions else-

where or who meet the high qualifications. What students should know is that literally anyone can run.

According to Article III, Section 7 of the Senate Con-

See Leadership page 3

## Executive order bans United Council group

Deanna Baisden  
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Student Senate President Tyler Halverson recently signed an executive order banning the statewide student association United Council from student government office spaces.

United Council was established in 1960 as a statewide advocacy and organizing not-for-profit organization, according to the organization's website. Out of the 26 UW System campuses, 21 campuses are members. Along with UW-River Falls, UW-Rock County, UW-Whitewater, UW-Stout and UW-Fox Valley are not members of United Council.

Statement found in the Jan. 24 Senate minutes provide documentation of the executive order. Halverson explained why the executive order was necessary.

"I issued this order because the current United Council does not represent River



Charissa Squire/Student Voice  
**Tyler Halverson, Student Senate president, issued an executive order to ban United Council from student government offices.**

Falls. They made this clear when they strongly supported an initiative in the Board of Regents that changed how they were able to charge their fees," Halverson wrote in an email. "I was on the committee that formulated the draft

See Ban page 3

## Students give back to those in need this March

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Students are looking to give back over spring break by donating their time to help people who are in need. Students Today Leaders Forever (STLF) is one such group that will be going to Washington, D.C. over Spring Break (March 9-17). STLF is a non-profit student run organization that strives to pay it forward with service tours.

According to the STLF website, pay it forward tours are nine days long with service projects in six cities. Each tour consists of up to 40 students. On these trips students will learn about issues affecting other communities across the country. Students will be able to tour the country and meet new people.

This year students will be visiting Fort Wayne, Ind., Columbus, Ohio, Rockford, Ill.

Pittsburgh, Pa., Hershey, Pa. and the final stop will be to Washington, D.C.

Washington, D.C. is the celebration city where students meet up with about seven to eight buses full of college students and get a chance to meet other students who are in it for the same cause as they are.

"I am shy so this trip helped me. I was able to make new friends and break out of my comfort zone," said Lee Thao, 20, a sophomore at UWRF. This tour is about meeting new people, but it is also about helping people.

In each city students will be doing a different project. Some of the activities that students perform on these trips are cleaning up parks, visiting elderly people in nursing homes, painting, buildings, and more.

"Be prepared to be sur-

prised," said See Vang. "Every year is full of new things and you never know what you are going to be doing."

"One of our service trips we went to Mount Rushmore and helped take down infected trees and on another trip we helped save a man \$20,000 by helping him tear apart a building," said Vang.

A typical day starts out with a service project in the morning, followed by lunch with the community being served. The bus then travels in the afternoon to the next city where students have the potential for tourism and the evening is finished off by activities and reflection. The students will then spend the night.

"For me it was a life changing experience. You get to travel and see new people, and

See Break page 3

## Proposal sent to Faculty Senate to increase credit limit for freshmen

Jessie Behrman  
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Student Senate has passed a proposal to increase the cap for freshman credits from 17 to 18, according to Senate President Tyler Halverson.

Spelled out in the faculty and staff handbook, "The maximum load for freshmen students is 17 credits per semester."

According to Blake Fry, special assistant to the chancellor, Senate passed the proposal with a 13-9 vote and now the proposal goes to the Faculty Senate.

It will then be assigned to the appropriate Faculty Senate committee to be considered.

"The increase of the cap is not completely necessary, but having a cap at 17 is also unnecessary. The cap prevents

UW-River Falls freshmen from potentially completing an additional two classes their freshman year," said First-Year Representative Alcyia Hall.

"The main two reasons for removing the cap were fairness for the freshmen and helping to ensure students can graduate on time," Vice President Strand said.

At-Large Senator Hannah Carlson said that 144 freshmen are currently on academic probation after the fall 2011 semester.

Students need to get above a 2.0 grade point average to stay off probation.

She said that a cap may be in place so that freshmen don't overload themselves.

"Putting a cap on freshmen credits helps prevent freshmen from overloading and adjusting from high school

to college and putting themselves in situations like academic probation or suspension," said Carlson.

Kayla Edstrom, inclusivity and diversity issues director said that although some freshmen may not be able to handle an 18-credit load, advisors recommend 15 credits for incoming freshmen either way.

"Keep in mind this does not mean that they need to take all 18 credits. Many incoming freshmen are still recommended to take only 15 credits, however with the number of students coming into college today with "college in the school" or AP-advanced Placement credits raising, there are more and more students at that fresh-

See Increase page 3

# Greek Life community continues to expand

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UW-River Falls has seven chapters in the Greek Life community and approximately 200 students are involved with sororities and fraternities on campus said Director of Student Life Paul Shepherd.

Sigma Sigma Sigma Sorority is the oldest sorority on campus, founded on May 9, 1969, said President Vivian Chen. There is a total of five sororities at UWRF including: Alpha Omicron Pi, Alpha Sigma Alpha, Phi Mu, Sigma Alpha and Sigma Sigma.

“Every sorority is different in that we have different philanthropy and we spend our time doing different community service programs.

Our philanthropy is the Robbie Paige Memorial, and our motto is ‘Sigma serves children.’” The foundation focuses on providing money to support play therapy for hospitalized children,” Chen said.

All Greek organizations have a philanthropy, said Jayne Dalton with Phi Mu. Their sorority’s is Children’s Miracle Network Hospitals. Each Greek chapter has their own values but there is a mutual value for community service and giving back.

The two fraternities on campus are Alpha Gamma Rho and Theta Chi. Vice president of Theta Chi, Matthew Hobbs, said that the purpose of Greek Life is to promote socialization among the campus, to earn leadership skills and to create well-



Jessie Behrman/Student Voice

**UWRF students gather with fellow Greek Life members.**

rounded adults.

“Similar to other student organizations, each chapter has a specific purpose and value it lives by. The purpose of any student group is to provide opportunities for students to get involved on campus and learn valuable skills through student involvement,” Shepherd said.

Greek life is present at colleges across the nation and some charities that chapters go to are local as well as national events, according to the UWRF website. There are conferences attended across the country to better individuals’ leadership.

“Each year Theta Chi has continued to grow across the

county and even into Canada with 129 active chapters,” Theta Chi President Evan Bickowski said.

Students can join chapters by contacting chapter presidents as well as contacting Shepard. Chapters have tables at the involvement fair and the Interfraternity Council and Panhellenic Council manage recruitment processes.

Freshman Grady Nelson who will join Theta Chi in March said he got involved with connections.

“I got involved through friends, the involvement fair, recruitment week, people who knew people,” Nelson said.

Chapters at UWRF have required standards to join, each chapter is different but collectively as a whole have common standards.

“We’re all different but we’re the same at the same time,” Dalton said. “Grade point average is the No. 1 reason why people don’t get accepted.”

Greek life on campus collectively has a rule of a 3.0 grade point average minimum to join, though individual chapters may require higher.

“There’s a chapter for everyone,” Dalton said.

Recruitment for chapters are done in the fall and spring and varies depending on the chapter, according to the UWRF website. The website shows the Four Pillars of Greek Life being: friendship, scholarship, philanthropy and service. As a whole this is what UWRF Greek life values.

# Local stars on American Idol

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American Idol season 11 is approaching its last weeks of auditions. Ellsworth, Wisc. native Reed Grimm is among the top 40 final contestants. Grimm started his American Idol journey at the Pittsburgh auditions.

Walking into the audition room, standing in front of Steven Tyler, Randy Jackson and Jennifer Lopez, Grimm had only minutes to impress the judges with his vocal talent. The dire minutes between Grimm’s rendition of the Family Matters theme song and the judge’s opinion of his voice were intense. Every single judge gave him the golden ticket to Hollywood.

This was Grimm’s fifth time trying out for American Idol.

“He went in [to the audi-

tion] to be himself,” said his mother, Colleen Raye. Previous years, Grimm would think, “what would they like?” This time he was himself and judges were impressed.

His older sister Jennifer tried out for the American Idol Experience in Disneyworld. After a daylong competition, she won the Dream Ticket, which granted her the opportunity to move to the head of the audition line for the actual show, American Idol. Since Jennifer was too old to participate, she handed the ticket to her younger brother.

“Out of all my students, Reed is the best able to be successful,” said former high school choir teacher, Peter Dulak.

Dulak also added that, “Grimm has the ability to bring together an entire group of singers and do it

well. He is not afraid of hard work and has great leadership skills, while he understands musical ideas and how to create different things.”

Once Grimm made it through to Hollywood, not only were the judges impressed with Grimm’s talent, but so were his peers.

“You can tell on TV that the other contestants like him,” Raye says.

Grimm chose his second song “I’ve Got a Golden Ticket” to sing in Hollywood from the classic movie “Willy Wonka and the Chocolate Factory.” With his adaptation to the classic song, Grimm was able to advance further into the competition.

Raye also believes that Grimm is trying to help the other contestants.

“When one kid on the show got cut, you could see Reed comforting him,” Raye

said. “That’s the type of guy he is.”

While the competition gets more intense week after week, Grimm has a large fan base rooting for him. Team Reed Grimm has more than 1,056 likes on Facebook and the creator of the Facebook page is based out of Georgia. Along with Facebook, he was treading on Twitter after last week’s American Idol show. Grimm is clearly making an impact nationally.

If Grimm wins American Idol, Raye says that “he will take that talent and art that he has and use it to make the world a better place.”

Any Reed Grimm fans in the River Falls area can join the Grimm family and friends at Junior’s Bar and Grill every Wednesday and Thursday during American Idol. It airs at 7 p.m. on your local Fox station.

# Corrections from last week’s issue:

In the story “New voter ID required in upcoming elections,” in the Feb. 17 issue of the Student Voice, the article says that colleges across the United States are going to be affected by the new voter ID law. The law actually applies to the state of Wisconsin and thus elections held in Wisconsin. There are 30 states overall that have various ID laws. The law mentioned in the article pertains to rules and regulations in Wisconsin.

Also, the article says that students who live in Minnesota, but commute to the University may use a compliant voter ID. However, the law and, thus, rules for voting state that you must be a resident in the state you are voting in. Commuters who live in Minnesota are not eligible to vote in Wisconsin.

Students from Minnesota who live on campus or in River Falls during the school year may vote in Wisconsin or Minnesota, but not both states.

Furthermore, voters only need to bring proof of residency just to register to vote. When going to vote, that is when you would need to bring proof of enrollment at the University if living in the residence halls. You do not need proof of enrollment to register.

For more information on voting rules and regulations, the Government Accountability Board has established a website with information. It is: [bringit.wi.gov](http://bringit.wi.gov).

## River Falls Police/ UWRF Police Department

- Feb. 15**
- A parking permit was reported stolen in the E lot.
- Feb. 18**
- Brady James Noreen was cited \$263.50 for Underage Consumption at 330 E. Cascade Ave.
- Feb. 19**
- Katelyn Townsend was cited \$295.00 for disorderly conduct in May Hall

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

# News briefs

**UW-River Falls presents the RADD Jazz Series**

The RADD Jazz Series features the UWRF Jazz Ensemble, directed by Professor of Music David Milne, as well as national and regional touring jazz artists. The RADD Jazz Series is dedicated to the memory of John Radd, Professor of Music and Jazz Ensemble Director at UWRF. The RADD Jazz Series is a collaboration between the UWRF Music Department and the UWRF Office of Student Life. All events are free and open to the public. The first event in the series is set for 7:30 p.m. on Friday, Feb. 24 in the Falcon’s Nest in the University Center. For more information or accommodations, call 715-425-4444.

**UW-River Falls Jazz Club Cabaret Concert**

Featuring RADD Jazz Series Guest Artist Leonard Foy on trumpet, with the UWRF Faculty Jazz Group. Also featuring Stolen Moments, UWRF Student Jazz Group. The concert is at 7:30 p.m. on Friday, Feb. 24 in the Falcon’s Nest at the University Center. Admission is free.

**UW-River Falls Jazz Ensemble Concert, directed by David Milne**

Featuring RADD Jazz Series Guest Artist Leonard Foy on trumpet and also featuring the music of jazz trumpet legends Louis

Armstrong, Dizzy Gillespie, Miles Davis, Clifford Brown, Nat Adderley, Lee Morgan, and Freddie Hubbard is the UWRF Jazz Ensemble. The performance takes place at 7:30 p.m. on Saturday, Feb. 25 in the William Abbott Concert Hall, Kleinpell Fine Arts Building free admission.

**UW-River Falls students compete at Midwest Regional Dairy Challenge Competition**

Four UWRF students participated in the Midwest regional competition for the North American Intercollegiate Dairy Challenge (NAIDC) Program Jan. 31 to Feb. 2 in St. Joseph, Mo. One of the UWRF students, Carl Lippert of Pittsville, Wis. finished on the first place team. Other students from UWRF included Steffani Koch of Mayville, Wis. Todd Speltz of Eyota, Minn., and Lauren Wendt of Marshall, Wis.

Each student was assigned to one of 16 separate teams composed of five students from different schools in the Midwest and Canada.

Two dairy farms in eastern Kansas, one Holstein and one Jersey operation, served as the host farms this year.

The NAIDC was established in 2002 as a management competition incorporating all aspects of a specific dairy business. The event receives financial support from dairy industry companies, foundations, and dairy producers to help cover the cost of lodging and meals for the participating students.

**Michelle Alexander to speak at UW-River Falls**

Longtime civil rights advocate and litigator Michelle Alexander is coming to UW-River Falls on Feb. 29 to speak about her book, “The New Jim Crow: Mass Incarceration in the Age of Colorblindness.” The lecture and discussion event is set for 7:30 p.m. in the Riverview Ballroom at the University Center. It is free and open to the public.

Alexander has served as director of the Racial Justice Project at the ACLU of Northern California, director of the Civil Rights Clinics at Stanford Law School and is a former law clerk for Justice Harry Blackmun on the U.S. Supreme Court. She holds a joint appointment at the Kirwan Institute for the Study of Race and Ethnicity and a position as an associate professor of law at the Mortiz College of Law at Ohio State University.

Alexander’s book is available for purchase in the Falcon Shop in the UC and will be available at the lecture. The event is hosted by Falcon Programs in the Office of Student Life at UWRF.

For more information or accommodations, contact Karyn Wells at [karyn.wells@uwrf.edu](mailto:karyn.wells@uwrf.edu) or call 715-425-4444.

**Tickets Available for third annual Bowls for Hope event**

In recognition of the strong partnership between the University and the St. Croix Valley, UW-River Falls is hosting the third annual Bowls for Hope event on the UWRF campus on Tuesday, March 27. Each year, UWRF works

with the community to raise funds through Bowls for Hope for a worthy organization that makes a difference in the St. Croix Valley. Proceeds this year will benefit the River Falls Community Food Pantry.

For an entrance fee of \$20 per adult and \$5 per child age 12 and under, participants will select and keep a bowl that was created in ceramic/pottery classes at UWRF, River Falls High School, Meyer Middle School, the Renaissance Academy or by area artists. Attendees may then sample, at no extra charge, soups donated and served by area restaurants. Guests will have the opportunity to vote for their favorite soup of the evening.

Tickets to the event can be purchased at the River Falls Area Chamber of Commerce and Tourism Bureau (214 N. Main Street) or by contacting the UWRF Chancellor’s Office at 715-425-3201. Tickets will also be available at the door, but purchasing a ticket in advance will guarantee a bowl.

Live entertainment will be provided by local musicians.

For more information, visit <http://www.uwrf.edu/bowls-forhope> or contact Mary Van Galen at [mary.vangalen@uwrf.edu](mailto:mary.vangalen@uwrf.edu).

If you would like to submit a news event, email it to: [editor@uwrfvoice.com](mailto:editor@uwrfvoice.com)

Do you enjoy opinion writing?

Be a columnist for the Student Voice

Send in a 500 word minimum sample to [editor@uwrfvoice.com](mailto:editor@uwrfvoice.com)

# Leadership: Senate accepting petitions for elections

From page 1

stitution, “Any student currently enrolled at the University of Wisconsin-River Falls and in good academic standing is eligible to run for Senate.”

Good academic standing is defined as taking a minimum of 12 credits and holding a cumulative GPA of 2.25.

“People might be intimidated when it comes to running for Student Senate, but you don’t have to be a political science major, all you need is the desire to get involved” said Student Senate Advisor Paul Shepherd.

Senate member and Elections Commissioner Benjamin Blanchard, explained how the process works.

“Running for Student Senate is actually quite easy. The first step is to head over to the Involvement Center desk and pick up an election petition. Simply fill out the front form and collect the required amount of signatures for the seat in which you wish to run for and turn it back in to the involvement center desk before March 2.”

The positions available include: President, Vice President, one Nontraditional Representative, one Senator for each of the four colleges, and eight Senator At-large positions.

All positions except for President and Vice President require 50 signatures on the

petition. To run for President or Vice President you must have 100 signatures. If more than three people turn in petitions for either President or Vice President, a primary election will be held on March 26.

A couple of the current senators will possibly seek re-election, although perhaps not to their same position. Every position remains up for grabs, however. Grady Nelson, a current Senate member, has announced that he will run for President.

“It’s the right move for me. I was encouraged to do it and I also just went with my gut. There are many things that I can do and I’ve already got 82 signatures only 32 hours after the petitions came out,” said Nelson.

Senator Beth DeLong summed up how many people on the current Senate feel about why students should run for Senate.

“You get a direct say in what happens on campus. This is the place where you can decide how your money is spent. Anyone who wants a say in their education and experience at UWRF should have a seat on the Senate.”

It isn’t just about having your voice heard and the ability to inflict change and make important decisions, however.

The benefits a student can obtain through a leadership position like being on Senate are immense.

Future employers will be impressed by someone with Senate participation listed on their resume.

“Personally, I’ve learned a lot of time management skills being on Senate. It can be a lot of work but it can be fun and rewarding at the same time. I would highly recommend it to anyone,” said Blanchard.

It is important to note that there are rules for campaigning.

In the past there have been some issues in regards to campaigning, but measures have been taken to ensure that rules are clear and there are no more issues.

Two very important rules

include no posting of campaign material before the petition due date, and that all active campaigning must cease on election days.

All campaign rules can be found on OrgSync and a copy of the full election rules is attached to all petitions.

Polls will open for the general Senate election on April 2 at 8 a.m. and close April 3 at 4 p.m.

A link to the polls will be sent out to all students via email. The results will be posted at 5 p.m. on April 3 and the student body will have new leadership for the 2012-2013 school year.

## Ban: Statewide United Council fails to gain campus membership

From page 1

of this new policy, and what I can say is parties from United Council were present at every meeting or phone conference to lobby the board to make the policy friendly to them.”

The policy Halverson is referring to is a motion passed by the Board of Regents that hinders the access to mandatory refundable fees.

United Council hopes to gain membership from all of the UW campuses to strengthen the council by combining various cultures and perspectives that each campus could provide.

“We foster a place where students from across the state can come together to unite under a few basic issues of maintaining access and affordability to the UW-System

for all students. We would bring knowledge and expertise on organizing students, and UW-River Falls would bring good perspective to the table,” said United Council Communications Director Matt Guidry.

There have been several times when United Council has attempted to gain membership from UWRF.

“In the past when this has been desired, members of our student government have been told preposterous things such as ‘the system will close UWRF if they don’t have the UC to lobby on their behalf.’ I do not want such influence around our office space. For that reason, I consulted with VP Strand on this order and per the rules of the Senate, the order was issued,” said Halverson.

In order for campuses to

join United Council, they must join by a campus referendum. A total of four referendums were held from 2006-09 and United Council membership was denied each time.

“United Council will always reach out to students, but we will respect the executive order and not use any student government office space, nor actively engage in collaboration or consultation with any student government sub-committees,” wrote Guidry in an email. “United Council has organizers across Wisconsin working with students from many campuses and we will continue to work with all students that wish to work with us, including students at UW-River Falls.”

More information about United Council can be found at <http://unitedcouncil.net/>.

## AFAB: Fundraising becomes alternative for clubs

From page 1

is not the only concern. In order to make sure students are interested in the sport, the club has “backup” equipment for the newcomers that is also a couple hundred dollars.

The club has just added nine new students to the roster and also has potential students looking into playing on the team next year.

“We have a large turn around for new players and if we can get them to stay, our organization becomes higher on the priority of those allocating us money to give us more,” said Ginley.

The Men’s Lacrosse Club would be in trouble if AFAB cut their budget down. In order to prepare for that, they

are looking into ways of fundraising money to add to the club needs.

“The leading idea we have is hosting a tournament here in River Falls at the beginning of the next school year. Other than this, we are still looking for ways to bring more money into our program,” Ginley said.

## Break: Campus volunteers give back

From page 1

it gives you a good feeling,” said Chao Xiong, 20 a sophomore at the University. “We sleep on floors in churches, YMCA, and everybody sleeps in one room, it is kind of fun like a camping trip.”

The cost of the trip is \$400. This will cover travel, lodging, two t-shirts, two meals a day, and other expenses. There is also a non-refundable \$125 down payment to reserve your spot.

For more information about these trips and how to apply

you can to [www.stlf.net](http://www.stlf.net) and go to the River Falls chapter. The deadline to get an application in is Feb 29.

“How many opportunities do college students have, and are not taking advantage of it?” said Vang.

## Increase: Proposal seeks to allow freshman to take up to 18 credits

From page 1

man level that can handle a full 18-credit schedule,” Edstrom said.

Strand said that freshmen deserve the same academic opportunity as everyone else and that credits do not correspond with how hard a semester load is or is not.

“If all students are paying for 18 credits, then everyone should be able to enroll for those 18 credits, including freshmen,” said Strand.

“It should be up to the individual freshmen to decide how many credits they want to take and to use their best judgment,” said Benjamin Blanchard, the Allocable Fee Appropriations Board chair.

“If someone decides they can’t handle their credit load,

there is a 30 day drop window in which they can drop a class if they really need it,” Blanchard said.

The proposal is now turned over to Faculty Senate to further the decision-making.

UW River Falls

## Student Senate Election Petitions Available NOW...

At the Involvement Center Desk, UC  
Deadline for completed petitions:  
Friday, March 2 • 6 p.m.

### How to Run for Student Senate

- Petitions.**
  - Pick up Petitions starting at noon, Monday, February 20
  - Collect student signatures: 100 for President and Vice President, 50 for Senate seats
  - Return signed petitions by 6 p.m., Friday, March 2
- Primary Elections.**
  - Held Monday, March 26 if more than three (3) candidates run for President or Vice President
- General Elections.**
  - Online polls OPEN at 8 a.m., Monday, April 2
  - Online polls CLOSE at 4 p.m., Tuesday, April 3
  - A link to the polls is sent via e-mail to all currently enrolled UWRF students
- Questions about the election?**
  - Contact: Benjamin Blanchard, Election Commissioner, 715-425-4444 or [benjamin.blanchard@my.uwrf.edu](mailto:benjamin.blanchard@my.uwrf.edu)

#### Why become a Student Senator?

- Serve your fellow students while learning about politics and the university
- Play a key role in the decision-making process at UWRF
- Add responsibility, leadership training and networking opportunities to your academic experiences
- Participate in allocating student segregated fees

#### What Senate positions are currently available?

|                               |                              |
|-------------------------------|------------------------------|
| • President                   | • Senator representing CAS   |
| • Vice President              | • Senator representing CAFEs |
| • Non-traditional Student     | • Senator representing CBE   |
| • Eight (8) at-large Senators | • Senator representing CEPS  |

#### How long is my Senate term?

- One academic-year, beginning Tuesday, April 24, 2012 for Senators elected in the Spring

[uwrf.edu/student-senate](http://uwrf.edu/student-senate)

If you have any questions contact the Student Senate Office at 715-425-4444 ext. 175.

STUDENT ASSOCIATION

SA

Student Senate

Division of Student Affairs

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for:  
news updates

to hear  
campus radio shows

listen to music your  
friends DJ



EDITORIALS

# The importance of staying motivated

Spring semester is getting into full swing here at UW-River Falls, which means midterms are right around the corner. Maintaining a balance between staying on top of school work and relaxing is vital to a successful college experience. Proper health and fitness, staying motivated, and keeping a positive mindset are also absolutely fundamental to academic triumph.

UWRF counseling services offers services in which you meet with a trained professional who can help you sort out issues, assist in decision making, and help you develop and achieve your personal goals. Counselors also teach you the life skills and coping strategies for handling challenges today and in the future. UWRF counseling services is located at 211 Hagestad Hall.

UWRF’s academic success center is available to students to assist them in becoming independent life-long learners through the development of study skills, as well as content help, by way of peer tutors and the incorporation of technology.

# Students encourgaed to participate in Student Senate elections

Student Senate elections are coming up, and election petitions are available now at the Involvement Center desk at the University Center. Petitions are due at 6 p.m. Friday, March 2 at the Involvement Center desk.

Becoming a student senator is greatly beneficial, for you will have the ability to serve your fellow students while learning about UW-River Falls and politics. You will also play a key role in the decision-making process here at UWRF, and will have some excellent attributions to add to your resume.

Senate positions that are currently available include: president, vice president, non-traditional student, at-large senator (eight positions available), senator representing CAS, senator representing CAFES, senator representing CBE, and a senator representing CEPS.

The primary elections are held Monday, March 26 if more than three candidates run for president or vice president. General election online polls open at 8 a.m. Monday, April 2 and close at 4 p.m. Tuesday, April 3.

The elections in the past have not been very competitive, for not many students opt to run for Student Senate. The Student Voice encourages students to get involved.

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

## STUDENT VOICE

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Read the *Student Voice* online at [www.uwrfvoice.com](http://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](mailto: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](mailto: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

#### Budget remains unbalanced under Walker

Walker has been bragging how he balanced the state’s budget. Well, it turns out the budget isn’t balanced after all. There’s a big hole in the budget, a hole that’s \$143 million wide. So now the governor is desperate to fill that hole any way he can and last week he found a partial solution. But first, more bragging.

On Thursday, Feb. 9 Walker boasted that he and Attorney General J.B. Van Hollen had secured \$140 million in relief for Wisconsin residents who were harmed by unfair mortgage practices. In fact, it was the Obama administration who had gone to bat against the nation’s five largest mortgage servicers over foreclosure abuses winning \$25 billion in concessions from the big banks. Walker claimed Wisconsin’s portion and took a bow, expecting us to applaud.

A principle aim of the \$25 billion financial settlement between the government and the banks is to help people who lost their homes through improper foreclosures and to give a boost to the nation’s housing market. People who are struggling to make their monthly payments can get help, chiefly by reducing the amount of principal on their mortgages. Homeowners who are current on their payments but owe more than their homes are worth will be able to refinance their mortgages.

But wait! The governor wants a piece of the pie to patch up his unbalanced budget. Walker has announced that he plans to use \$25 million of Wisconsin’s \$140 million share of the national mortgage settlement to help plug the hole in

the state budget. Troubled homeowners will get the leftovers while the governor snatches that money to finance his \$2.3 billion tax giveaway to millionaires and billionaires.

Harlen Menk  
Ellsworth

#### River Falls citizen despises roundabouts

I was asked recently if I thought Americans were being dumbed down. I said, “it’s obviously true, because even though the Minnesota Vikings have had 51 years of futility, millions of people remain Vikings fans.”

We Wisconsinites also cannot claim superior I.Q. Roundabouts are being planned for Cascade. In fact roundabouts are now everywhere.

Semi drivers hate roundabouts. Snowplow drivers hate roundabouts. Old geezers (me) hate roundabouts.

Roundabouts originated in England and Ireland. People who live in England and Ireland hate roundabouts. Question: why would many millions of people from England and Ireland emigrate to America? Answer: to get away from roundabouts.

P.S. I have no computer at this time but am looking into a wood burning type.

Marvin L. Nelson  
River Falls

# ‘The Bachelor’ provides intriguing promise



Cristin  
Dempsey  
Columnist

This winter, I have done something that I never thought I would ever do: I started watching “The Bachelor” on ABC.

Before now, I was one of those normal people who would say that reality television rots your brain and should not be watched. “The Bachelor,” however, is one of those shows where you just have to keep watching. Now I am hooked on this show that I never truly imagined myself to sit in front of my television set and watch.

This season of “The Bachelor” started in early January with 25 women. Now, towards the end of February, only three women remain: Lindzi, Nicki, and the dreaded Courtney. The bachelor himself is Ben Flajnik, a 28-year-old winemaker from Sonoma, California. He was chosen as this season’s bachelor after his proposal was rejected by Ashley Hebert on “The Bachelorette” finale last summer.

Getting to know who the remaining women are will help in determining who will win in just a few short weeks. My personal favorite remaining woman is Lindzi, a business development manager from Ocala, Florida. Lindzi is definitely an adventurous type, and she is always up for anything Ben has planned on the dates for her. She mentioned earlier in the season that she is a country girl at heart, loves horses, and “isn’t afraid to get a little dirty.”

She impressed Ben right away in the first episode when she rode in on a horse. This earned her the “first impression rose” in the first episode. I want Lindzi to win because she is always very real with everyone and never causes any drama.

Another contestant that I like and would not mind winning is Nicki.

Nicki is a dental hygienist from Hurst, Texas. No one really heard about Nicki; she was mostly in the background picture a lot. She never got involved much in the drama or with the ever popular “I’m falling in love with love with Ben” trend until the last few episodes. I like her personality; she seems to be a very caring and down-to-earth person, and

Before now, I was one of those people who would say that reality television rots your brain and should not be watched. “The Bachelor,” however, is one of those shows where you just have to keep watching.

that kind of personality is what should win the show.

This season saw many nice women who came ready for love and not ready to give that up. But like any other season, it came with the dramatic, horrible women that all of America learns to hate. This season, it started out where everyone hated Blakely and how she would always “steal Ben away” from the other girls. But Blakely’s behavior improved as the season went on, and the real problem was and still is Courtney, a model from Scottsdale, Arizona.

The other women detested Courtney and her catty behavior on the show. Emily was the first contestant to let Ben know that Courtney acts different around him than with the other women. She is always talking bad behind all the girls’ backs, and she acts really fake around Ben. I think she is not there to find love; she is there to win and get attention.

Courtney did some outrageous and uncalled for actions: she skinny dipped with Ben in Puerto Rico, she went topless at a village during a group date in Panama, and when Ben went to visit her family, she set up a mock wedding. She only cares about herself and does not deserve to win.

I am still in shock that she beat out some very nice and mature women like Kacie B. and Emily. Kacie B. was my favorite contestant, and I was upset to see her leave; I thought she was going to win the whole thing.

What makes me really angry is that not only Emily, but also Kacie B. and Nicki went to Ben about Courtney’s behavior, and he is not listening! He keeps saying how he likes that Courtney is sticking out from the rest of the group. But she is evil and should have been sent home a long time ago. I keep joking that if she wins this season, I will hide in my room for the foreseeable future. Funny, yes, but seriously. I will not be happy.

There are only a few weeks left leading up to the big finale. I hope Ben doesn’t reveal, as he has before, that he is an ignorant, sex-hungry idiot. He needs to make the wise choice and end up with the girl who will not break his heart.

I just hope that Lindzi and Nicki can prove to him that they are the better choices and are the ones that deserve to win.

Cristin is an English major and music minor from Eagan, Minn. She enjoys writing, playing the flute and swimming. After college, she would like to pursue a career as an editor.

# Ask Rachel: Changing roles for women in dating



Rachel Woodman  
Columnist

Mystified Miss asks: “why is it that guys always pick up girls, but girls can’t pick up guys?” You’re at your local drinking hole fraternizing and carrying on when a lone tiger appears and the predator becomes the prey. That’s right, ladies, it’s a wild jungle out here and at one point or another your night will end in you having been eyed up, hit on and/or checked out by every party animal around. Some charming and others unsavory but all-in-all, the men are making the moves. You, both wise and observant, might be wondering why women never seem to do the picking-up.

Men typically pursue women. Women don’t do the pursuing. And why shouldn’t they? It’s 2012 not 1952. With the world potentially ending this December now is as good a time as ever for women to show men when they’re interested. But approaching and meeting people is just as unnerving, if not more so, for us then it is for them. So what do you need to know to get started on your path to pick-up enlightenment? First, determine what you are looking for. Are you just looking to meet people? Do you just want someone to play Hide-N-Seek tag with for an evening? Are you looking for a long-term relationship or marriage? People are the spice of life and meeting new people can be adventurous and fun. As a busy college student the opportunities to get out and do something new might be challenging. However, there are many places on campus or locally that can offer opportunities to meet to others. There is the bar--the most obvious place. However, the bar isn’t the only place to meet guys. Don’t limit yourself.

Another common place is class. Sure, there’s not a whole lot of talking in most classrooms. However, you will already have something in common with whomever you meet. If the class is related to your major it’s likely you have common personality traits, interests and goals. You can always ask for help with homework, projects or tests. People who join organizations often have similar interests as well. Many organizations have planned activities and regular meetings that can be penciled in and planned for. Locally, you can volunteer for a cause that interests you, join a gym and take kickboxing or yoga classes or study in a coffee shop or park. Once you’ve identified someone you’d like to get to know more then your next step is to approach them. Easier said then done. Traditionally women don’t approach men. Men approach us. So you might find it difficult gathering the courage to walk up and begin talking to someone you don’t know. On the first approach Cosmopolitan suggests utilizing the prized pick-up line: “hi.” Sounds a little too simple, but it’s effective. No one is going to walk away from a friendly greeting. Most guys feel that they are expected to make all the moves and many appreciate someone else taking the pressure off. Whether or not this guy is already interested in you is beside the point, a friendly greeting is not going to anger him! Friendly greetings warrant friendly responses and then the two of you can get to talking. The conversation itself can seem a bit intimidating if you think about it before the approach. So don’t. Once you’ve started talking the conversation should come naturally. Talk about college, dolphins, bad drivers, Google Chrome vs. Firefox (and take the opposing side), a party he should come to or whatever else that strikes your fancy. There are no hard and fast rules about conversing. If ‘hi’ is too dull for your approach try vamping it up with: -Pick-up lines, such as “how much does a polar bear

weigh? Enough to break the ice!” Yes, this is cheesy but funny from a woman and a real smile will seal the deal. -Falling: not into a puddle, unless you can do that with grace. However, falling into someone’s lap will certainly get their attention. Whether it appears accidental or on purpose when done with a little charm it will be memorable. -Eye contact: holding someone’s gaze for five seconds, smiling and looking away will clearly indicate what you are thinking. Once the two of you are talking keep these things in mind: -Be yourself: acting like someone you are not will get awkward quickly and will not help you establish a real connection. Always be honest. -Be positive: happy people are fun people. -Be confident: confidence is respected and appearing collected, even if you’re a little nervous, will help you. -Smile a lot: this goes along with being positive. Show interest by smiling and using a lot of eye contact. -Don’t be a Revealing Rhonda: no one wants to know about your eight cats, propensity for security envelops or bad relationship history upon the first meeting. Leave the details for a later date. -Establish commonalities: same major, hometown, hobbies, sense of humor, pets, hatred for early mornings or abhorrence for the color red. Whatever it is, it will be remembered. Thanks for the question, Mystified Miss. Anyone may submit questions, concerns or quandaries to questionsfor 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 “Rachel-Responds” on Twitter.

Rachel is a senior majoring in marketing communications and minoring in journalism. She loves to work hard, play hard and use cliches!

# Baseball remains America’s favorite pastime out of all sports



Benjamin Lamers  
Columnist

We have all heard the common phrase stating that baseball is America’s pastime. However, times have changed a bit since that phrase came into existence. In fact,

most would probably say that football is actually America’s true pastime. I’m here to examine which sport, out of the big five, is truly America’s pastime. The Oxford Dictionary defines a pastime as “an activity someone does regularly for enjoyment rather than work.” This definition doesn’t really help when it comes to determining a true pastime sport. However, I am going to stretch this definition a bit anyways. By comparing the ratings of sports as well as the number of people who play them, I hope to determine what is actually America’s pastime. In terms of playing sports we see the numbers vary drastically by age. According to CNN, between the ages of 6-13 the second most popular sport in America is soccer drawing over 17.5 million kids to the soccer pitch each and every year. In fact, Pop Warner Football, the largest and oldest youth football association in the United States, has approximately 260,000 players each year. I bet you never thought

that soccer could be that far ahead of football in anything. In fact, lacrosse tallies approximately 240,000 kids a year, just behind football’s numbers. However, not even football and soccer combined can reach the popularity, in terms of numbers, of baseball. Annually baseball lines up in the ballpark of 22.2 million kids. However, switch to high school and college sports and we see a drastic switch. If you were honest about it, most of the kids playing youth soccer and little league baseball are not athletes in any sense of the word. When kids hit the high school and college level, football instantly takes control, nearly doubling the next closest sport. The next closest sport, actually, is basketball followed by track and field. While this can be attributed to football, basketball and track having the largest rosters and these sports are obviously popular or else no one would actually come out to play. When it comes to the amount of people who watch certain sports, it isn’t even close. Out of the top 10 watched programs ever, three are football games. In fact 10 of the top 20 are football games. In the top 45 rated TV programs, all but two of the sporting events are football. The other two are skating events in the Winter Olympics in 1994. However, according to Sports Media Watch, a majority of the top

programs on ESPN have been World Cup soccer matches. However, the NFL Pro Bowl, somehow, does better than both basketball’s and baseball’s all-star games. Annually, more people also attend baseball games than any other sport in America. While this assuredly has something to do with the fact that baseball has more games and plays primarily in the summer, there is a much more glaring point. The average ticket to get into a NFL game will run you \$75 per ticket. To get into a baseball game the average price is \$27. You could nearly go to three baseball games for the price of one football game. This is why baseball is still considered by many to be America’s pastime; it is still easy for the average American to go spend a day at the ball park.

The final verdict? I hate to do this, but it really depends who you ask. Baseball boasts more players in youth sports as well as higher attendance at the professional level. While football boasts the highest TV ratings as well as the numbers to show that it is the most played sport at the high school and college level. As for my final choice. The fact that baseball is played by far more people and is more accessible to the average American makes it my choice to remain America’s pastime.

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

## STUDENT VOICES

What are your plans for spring break?

Dani Wollberg, sophomore

“I am going to go home and see my friends and family. I also have a lot of projects for school, but I dont have to go to work!”



Luke Varien, junior

“I am going camping in Afton State Park.”

Sara Fuller, sophomore

“I am going on the Alabama service trip with other students from UWRF through Destination.”



Salvatore D’Agostino, freshman

“I am going home to sleep!”

Libby Anderson, senior

“I am going to be celebrating my birthday at home with my family!”



## Smoking on campus a source of irritation



Sam Mayberry  
Columnist

The other day, I was walking to my English class when, all of a sudden, I got thick and smelly smoke blown in my face. I started to cough and I noticed the cigarette in the hand of another student that happened to be walking directly in front of me. The cigarette smoke made it kind of difficult to breathe until I got around the student and away from the smoke.

Let me be clear, I’m not trying to hate on the smokers around campus because I know there are a good portion of them that are respectful while smoking. However, on more than one occasion I have been stuck behind a smoker who decides to blow their smoke in the direction that I am walking. Everyone has his or her own right to choose to smoke and I want to be clear that I do respect their decision. But, it’s a two way street and nonsmokers, including myself, would like our choice to not smoke respected too. I am well aware that the smoke is not blown in my face on purpose. But, I would rather not be forced into walking through second hand smoke because some of the people who do decide to smoke have an unintentional habit of blowing the fumes around wherever they happen to be walking.

In my opinion, if the campus had designated spots for smoking away the doors, buildings and maybe even off of the main sidewalks, it would be very beneficial. I know it would be inconvenient for those that do smoke, but not everyone wants to have to dodge the smoke and the smell that comes along with it. What if there were a couple of specific places around

Let me be clear, I’m not trying to hate on the smokers around campus because I know there are a good portion of them that are respectful when smoking.

campus that the smokers were able to go to that were covered so that if it is raining or snowing they don’t get soaked? That would probably be the ideal solution but this idea is not possible as of right now. Some people even get sick from cigarette smoke and they are affected a lot more than the average non-smoker. I’m not advocating the idea that smoking on campus should be banned entirely because I feel that that would be wrong. On a positive note, I do have to say that the students and staff that choose to smoke are very good about making use of the cigarette butt disposable bins. It’s nice to walk around and not have to worry about stepping on used cigarettes, especially since flip-flop season is right around the corner. I’m going to be honest, when I was at my old school before

I transferred here, you couldn’t walk anywhere without stepping on the cigarette butts and getting them stuck in your shoes. So thank you UW-River Falls smokers, for being respectful by keeping your cigarette butts off the ground where people are walking. In all, I believe that there could be something done about the way smoking is handled than what it is currently. However, I give credit to the smokers on campus for not being as troublesome as they could be. They keep their cigarette butts cleaned up for the most part and there is a good portion of the smokers who are careful about where they blow their smoke. I do find it very troublesome to have smoke blown in my face, even though I am aware that it is probably not on purpose. Like I said before, I am not trying to hate on the smokers that are a part of the UWRF campus, but I think there could be better ways to handle the setup for smokers and nonsmokers.

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

Find Freddy’s Feather!

Be the first person to find the lost Freddy the lost Falcon Feather in this issue of the Voice and win two free movie passes to the Falls Theater!

The first person to report the find to editor@uwrvoice.com AFTER 10 a.m. Friday wins.



# Basketball finishes season strong

Trevor Jones  
trevor.jones@my.uwrf.edu

The UW-River Falls women’s basketball team believes it had a successful season, regardless of any potential postseason outcome. With a national ranking and its first 20 win season since 1989, it is hard to argue that it was not a good year for the Falcons.

Heading into the WIAC tournament, the Falcons were 20-5 and earned the right to host a first round playoff game against UW-La Crosse. The Falcons were victorious over UWLa, which meant the Falcons moved on to the WIAC semifinals against UW-Stevens Point.

Falcons head coach Cindy Holbrook said that she would consider it a good year even if the team falls short of all of their goals.

“This year we found out we have a great team. We have a great group of kids who have had a great experience this year. Even if we don’t make the NCAA tournament, we’ve had a successful season,” Holbrook said.

Senior Maranda Dohrn, a Lake City, Minn. native, agreed with her coach’s sentiments. “I think that we have had a great year and really worked hard. It’s too bad we couldn’t have ended up being a little higher seed going into the tourney but we aren’t done yet. We still have our sights set on winning the conference tournament and hopefully getting into the NCAA tournament,” Dohrn said.

Most years, the Falcons would not have to worry about making the 64-team NCAA tournament as they have 12 conference wins in 16 games. This year, however, four WIAC teams have at least 20 wins and 12 conference wins. The Falcons have been ranked in the USA Today/ESPN Top 25 Coaches Poll all year. Unfortunately, the polls do not factor into the NCAA tournament selection process. Coach Holbrook says her team has some work to do if they hope to be selected to the NCAA tournament.

“Losing the game on Saturday really put us in a tough spot.

It is going to be a lot tougher; we have to win at least a couple games in the tournament. We want the right teams to win their conference tournaments to keep as many at-large bids open as we can,” Holbrook said, referring to the team’s close loss to UW-Whitewater on Feb. 18. Holbrook went on to say that she believes that it will be hard for the NCAA tournament committee to not take three teams from the WIAC.

A big part of the team’s success has been the play of the senior class. A UWRF women’s basketball senior leads the Falcons in points scored, steals, blocks, assists, and rebounds. One of those seniors, guard Tiffany Gregorich, was nominated to become an All-American, according to her head coach.

“That would be an awesome accomplishment to be recognized by such a big thing,” Gregorich said.

“She deserves to be recognized as an All-American. Being one of the best players in this conference, that should earn you an All-American bid,” Holbrook said.

Other UWRF seniors have recently achieved large milestones as well. Alise Holst scored her 1,000th career point against UW-Whitewater in the Falcons’ final regular season game. Maranda Dornh became the program’s all-time leader in rebounding in a close home win last month over UW-Platteville.

“It was really exciting to get the record and to have something to kind of look at and really see the work I have put in over the past four years and appreciate what I have done. When you have teammates that are so supportive, it really makes it fun,” Dohrn said.

Cindy Holbrook was clear about the impact that this senior class has made on her teams.

“They have been the core of the leadership in this team and program. As freshmen, they decided to stay together and win a championship before they left here. It’s been a great experience coaching those kids,” Holbrook said.

If the Falcons win the WIAC tournament, they will receive an automatic bid to the NCAA tournament.



Jessie Behrman  
Student Voice

**Lauren Pellowski (center) is one of five seniors on the women’s basketball team. The Falcons entered play in the WIAC tournament as the No. 4 seed. After defeating UW-La Crosse in the first round of the WIAC Championships, the Falcons advanced to the semifinals where they will take on the No. 1 seed, UW-Stevens Point. The Falcons are coming off their first 20-win season since 1989. If the Falcons win the WIAC tournament, they will receive an automatic bid to the NCAA tournament.**

## NBA all-star weekend showcases talent



Ryan Tibbitts

I am ecstatic for the NBA all-star weekend! This year, the NBA’s greatest will be heading to Orlando, Florida to razzle-dazzle fans all around the world.

We all have heard the same grumbling complaints about the NBA game for years; they do not play defense, they never call a travel, they forget the fundamentals, and the college game is way better basketball to watch.

I am not saying I completely disagree with these remarks, but one thing I think we all can agree on is that there is one thing the NBA has done an amazing job of throughout the years that no other league has even come close to, and that is the all-star weekend.

The NFL has a lousy Pro-Bowl weekend where no one hits each other and it has become such a joke that the league is considering getting rid of it. Baseball’s all-star weekend puts up a good effort but is not much better. The home run derby is just plain boring and teams and players are scared of the all-star game itself.

Pitchers do not like risking their season by throwing unnecessary pitches for a game that does not matter. Baseball tried to spice it up by deciding home field advantage for the world Series would go to the winning league of the all-star game. But that turned into a joke and baseball was ripped apart for it.

The NBA players, however, know how to put on a show and have been doing so since 1951. Friday night is the Rising Stars game where we will see Jeremy Lin, aka Linsanity, in action under the big lights!

Everyone is catching Lin fever, I included, and I am tempted to use Lin phrases again and again.

The Rising stars game is sure to entertain as Shaquille O’Neal and Charles Barkley, two of NBA’s greatest players and showman are running the teams for this game.

Saturday night is the three point contest which is honestly as boring as the home run derby, but it is just a little teaser before the big event, the dunk contest. Every year people get pumped up as the players show-off high flying ,exciting dunks.

There have been some lame years, but it usually comes through. Last year’s dunk contest was one heck of a show and I do not see this year disappointing either. Last year Blake Griffin won by leaping over a car and throwing it down hard.

For all you Minnesota fans, Derrick Williams will be representing you in this contest, but my pick is Iman Shumpert who throws it down just plain nasty all over the rim. I don’t know how can he lose when he has Jeremy Lin teaming up with him for what is sure to be some crazy alley-oops.

Finally, Sunday night is the actual all-star game, which for one time, it’s acceptable not to play defense. The score usually ends up anywhere from 120-150! The stars goof around and do not take it super serious, but basketball is the one sport where athletes can do this and still entertain. They throw down alley-oops and spectacular dunks all over the place. Get your popcorn ready folks because this is going to be fun!

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

## Sports Events

### Friday, Feb. 24

Men’s track and field at WIAC Indoor Championships at 1 p.m.

Women’s track and field at WIAC Indoor Championships at 1 p.m.

Men’s basketball vs UW-Stevens Point at 7 p.m.

Women’s Hockey vs UW-Eau Claire (NCHA O’Brien Cup First Round) at 7:05 p.m

### Saturday, Feb. 25

Men’s track and field at WIAC Indoor Championships at 11 a.m.

Women’s track and field at WIAC Indoor Championships at 11 a.m.

Women’s hockey vs UW-Eau Claire (NCHA O’Brien Cup First Round) at 2:05 p.m.

Women’s basketball at WIAC Finals at 3 p.m. TBD

### Sunday, Feb. 26

Softball vs Cornell College at 10 a.m.

Softball vs Gustavus Adolphus College at 12:15 p.m.

Men’s basketball at WIAC Finals at 3 p.m. TBD

# Playoffs at UW-River Falls

## Men’s basketball



The men’s basketball team will host UW-Stevens Point in the WIAC semifinals at 7 p.m. on Friday, Feb. 25 at the Karges Center. The Falcons earned a first-round bye as the No. 2 seed. Stevens Point, the No. 3 seed beat UW-Superior, the No. 6 seed on Feb. 22 to advance to the semifinals where they will play the Falcons. The winner will play the winner of UW-Whitewater, the No. 1 seed, or the No. 5 seed, UW-La Crosse. Shane Manor leads the Falcons by averaging 18.1 points per game.

## Women’s hockey



The Falcon women’s hockey team hosts UW-Eau Claire in the first round of the NCHA O’Brien Cup playoffs this weekend at Hunt Arena.

The first round is a best two-out-of-three game series. Friday’s game starts at 7:05 p.m., followed by Saturday’s game at 2:05 p.m. If the series is tied after Saturday’s contest, a 20 minute mini game will be played on Saturday night to determine which team advances to the semifinals.

The Falcons earned the No. 1 seed by winning the NCHA regular season title for the second straight year. UWRF finished 17-2-1 in NCHA play for 35 points. Second place UW-Superior finished 13-5-2 for 28 points.

UWRF is 19-4-2 entering this weekend’s series and ranked No. 8 in this week’s USCHO.com poll. Eau Claire is 9-12-4 overall and is the tourney’s No. 8 seed. The two teams played twice earlier this year with the Falcons taking a 5-3 win at Hunt Arena on Jan. 20. The next night in Eau Claire the team’s played to a 2-2 overtime tie.

Information from the UWRF Athletic website

## Holst reaches 1,000 point milestone



Forward Alise Holst, a senior from Plainview, Minn, scored her 1,000 career point on Feb. 18 in a Falcon loss to UW-Whitewater. During the game, Holst also scored a career-high 28 points. Holst is the second Falcon this season to reach the prestigious milestone. Teammate Tiffany Gregorich also reached 1,000 career points on Nov. 30.





# Finding ways to substitute healthier foods

New Year’s resolutions are being forgotten as the thought of those Valentine sweet treats weigh in on your conscience and scale. The February fade is in high gear for many as the initial resolve to eat healthy, the No. 1 New Year’s resolution according to Ryan Joseph, a writer and researcher on health, battles with the temptation of baked goods. Like any habit, unhealthy eating is hard to beat.

When facing the challenge head on, sugar and baked goods are the first to be cut from ones diet. The problem is, eventually your blood sugar takes a nose dive right into that bowl of candy sitting on your desk. Sugar cravings lead to splurges on



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chocolate and other sugary delights that offer a fast boost to blood sugar levels. Don’t be fooled, this quick fix will only sustain you temporarily and now that you’ve opened Pandora’s box, the urge to maintain that intake of chocolates only increases.

Eating healthy doesn’t mean you need to nix the desserts. Instead focus on moderation and substitutions. For starters, try to increase your fruit intake. A natural source of sugar is a great way to keep you satisfied when

the sweet tooth starts to bite.

Another approach is the one-a-day. No, not the vitamin, this one comes in the form of those oh-so-cute cupcakes screaming at you from the café treat case. One sweet a day is not bad for you, in fact, many dieticians and nutritionists recommend this approach. Lisa Dorfman, RD, licensed nutritionist and director of sports nutrition and performance for UHealth at the University of Miami, realizes that an overly restrictive diet leads to excessive indulgence on the unhealthy food choices you love.

In the article Incredible Weight Loss Myths Exposed on MSN’s nutrition and health page, fitbie Dorfman suggests, “eat great 80 percent of the time, and allow room for small treats the other 20 percent.” As

long as you pay attention to the amount and ingredients you’re consuming, you’ll remain on track with healthy eating.

Accomplish this by avoiding store bought and café treats. Café treats, such as a fruit muffin, for a quick lunch may sound healthier than fast food, but that is where we are misled. According to Caribou Coffee’s nutritional information available on caribou-coffee.com, one blueberry muffin totals 410 calories. This is more than a Whopper Jr. at Burger King.

Even grocery stores and restaurants can be risky with their promotions of large portion sizes. Often an individually sold bakery muffin found in the large display case is 99 cents compared to a pack of six more properly portioned for about \$5. Obvi-

ously you’d prefer to pay the dollar, but you’re forfeiting portion control. The muffins found in the display cases are usually about two times that of normal size.

Instead, opt for baking your own treats. This allows you to control the portion size as well as ingredients. Healthy ingredient substitutes can usually be found right on hand without changing the flavor. Let’s start with the most common culprits of fat grams found in desserts: butter, oil and egg yolks.

Light or fat-free cream cheese, Neufchatel, and applesauce are all great substitutes for butter. Applesauce can also be used in placed of oil as can fruit puree such as banana, pumpkin, or prune. For eggs try using egg whites instead. A good ratio is usually two egg whites for each

whole egg the recipe calls for. Keep in mind when you are substituting ingredients in recipes you really have to watch the ratio of dry versus wet ingredients. Cookies in my opinion are often more finicky with substitutions whereas quick breads and muffins are easier to adjust. You may end up experimenting a bit with the amounts until you achieve the right consistency of batter, but it’s worth the results.

Just switching out these three ingredients with lighter, healthier options will take you far in your goal to eat better. Next time your eyes start to do a double take on that display case, remind yourself that you can have something just as good, and good for you at home.

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

# Academy Awards bring once-a-year excitement to TV

Well folks, this is it. The award show of award shows. The cherry on top. The grand finale. This Sunday on ABC at 6 p.m., the Academy Awards, better known as the Oscars, will be the beginning of the end of the long run of award shows.

After this Sunday, life gets considerably less glamorous as I stop daydreaming about gowns, jewels, and fancy updos. March, the wettest and sometimes nastiest of the winter months, will kick in and I will only have memories of sunny California and red carpets to accompany me while trekking around campus in soggy boots.

I have my favorites picked out for the Oscars, and I will, however poorly, attempt to predict the winners of the following Oscar categories: actor in a leading role, actress in a leading role, actor in a supporting role, actress in a supporting role, and, the most coveted award of all, Best Picture. Here goes nothing.

The nominees for actor in a leading role are Demián Bichir in “A Better Life,”



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George Clooney in “The Descendants,” Jean Dujardin in “The Artist,” Gary Oldman in “Tinker Tailor Soldier Spy,” and Brad Pitt in “Moneyball.”

What a category. Any of these fine actors deserve the award, but if I were the higher power at the Academy, Oldman would walk away with the Oscar. Clooney will probably win this award because this is a different role for Clooney, certainly, because he isn’t the fatherly type, rather the eternal bachelor.

The nominees for actress in a leading role are Glenn Close in “Albert Nobbs,” Viola Davis in “The Help,” Rooney Mara in “The Girl with the Dragon Tattoo,” Meryl Streep in “The Iron Lady,” and Michelle Williams in “My Week With Marilyn.” Honestly, how is anyone supposed to pick the

best out of those five actresses? As much as I loved these movies, I would choose Davis because her performance was so good I forgot I was watching a character instead of a real person.

I think the award could go to either Davis or Streep, since anything Streep touches turns to gold. I love Streep, but I would love for Davis to win even more.

The nominees for actor in a supporting role are Kenneth Branagh in “My Week With Marilyn,” Jonah Hill in “Moneyball,” Nick Nolte in “Warrior,” Christopher Plummer in “Beginners,” and Max von Sydow in “Extremely Loud & Incredibly Close.”

I loved von Sydow’s character so much in “Extremely Loud & Incredibly Close” that he is my personal choice and predicted winner. He says not one word in the entirety of the film, but is by far the most complex, interesting, and endearing character of all. I could go on and on about von Sydow; his character is just that good.

The nominees for actress in a supporting role are Bérénice Bejo in “The Artist,” Jessica Chastain in “The

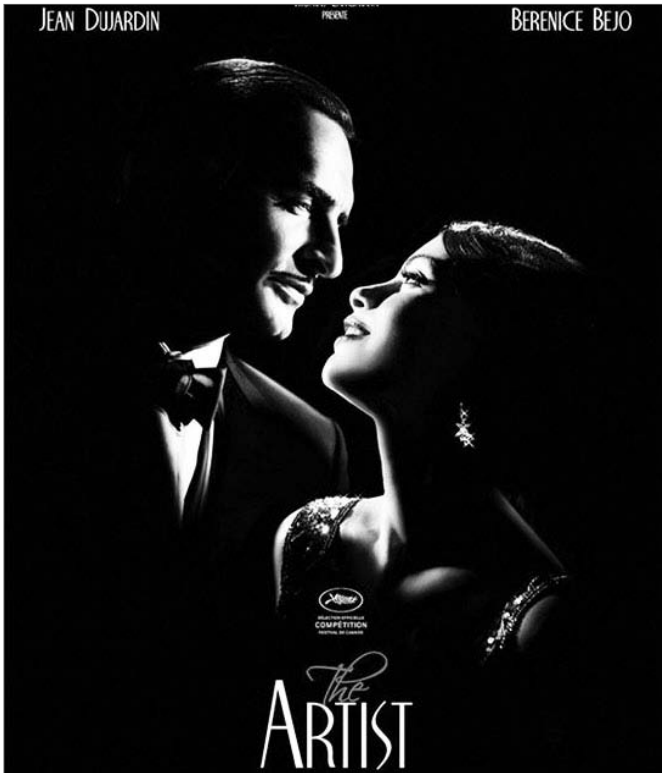
Help,” Melissa McCarthy in “Bridesmaids,” Janet McTeer in “Albert Nobbs,” and Octavia Spencer in “The Help.”

What is unfortunate in this category is that two actresses from the same movie are nominated, therefore probably splitting their votes in a way so neither wins. Which is a pity because I don’t think their chocolate pie scene will be forgotten anytime soon. If those two don’t win, my hope is that McCarthy takes home the Oscar. She is hysterical in “Bridesmaids.” There is no other explanation needed.

Finally, we are at Best Picture. A few years back, the rules were changed so more than five films could be nominated for this award. The limit is 10 films, however, there are only nine films nominated this year.

“The Artist” is a black and white film with no dialogue. It is not silent, like many believe, because it contains a musical score. This is the film I believe will win Best Picture because there is simply nothing else like it this year.

Also, the real star of the show, Uggie the dog, gives it the kick it needs to clinch the win. My personal favorite,



and the film I wish would win, is “War Horse,” a truly epic tale of a boy and his horse separated by war and their adventures in finding their way back to each other.

Every nominee is worthy of his or her nomination, and I am thrilled to be able to watch another certainly memorable Oscars. For a complete list of nominees,

check out [oscar.go.com/nominees](http://oscar.go.com/nominees). Watch the Academy Awards, and all its glamorous trappings, this Sunday, Feb. 26, on ABC at 6 p.m.

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

# Taking precautions so everyone can help prevent sexual assault

Since Valentine’s Day just passed, several of the campus residence halls themed their programs and activities around one topic this week: sex.

Primarily, the halls seek to incorporate education into fun events. They hope to increase understanding and awareness of what sex means, how to be safe, and spark healthy discussions. So now that Penis Bingo and Sex in the Dark set the stage for conversations about sex, it is time to introduce a more serious side, the topic of sexual assault.

According to the Centers for Disease Control and Prevention (CDC), one in four college women report being the victim of attempted or completed rape. While people often picture sexual assault to be violently executed in a dark alley or while drunk at a party, many instances do not



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fit the stereotype. For one, the CDC says over 70 percent of male and female victims knew their attacker.

Sexual assault can occur between friends, family members, or even in a relationship. Simply because a couple is exclusive does not automatically give either person an explicit right to the other’s body. Additionally, the assault can occur anywhere and while doing anything—walking in a park, at home watching a movie, at a friend’s baking cookies—it is not only when cornered alone in a bedroom.

Besides having a stereotype about the where, how

and who of sexual assault, many people believe that only unexpected, forceful actions count. While these instances are obvious assault, most incidents do not happen that way. Sexual assault is simply any inappropriate contact to which a person did not consent. Anything from “copping a feel” to penetration can be sexual assault.

For example, if two people are cuddling and talking, and one begins and continues to make advances despite the other’s reluctance, sexual assault occurred.

Since it is hard for most people to be assertive in an uncomfortable situation, especially if he or she cares about the person who is trying to go too far, most people will not yell out, “no, stop now!” Instead, they may offer more suggestive-sounding comments such as playfully pushing the person away and saying, “maybe we should watch a movie instead,” or

ducking away from a kiss and saying, “you know, I really like cuddling with you.” While the words and actions vary, the message is clear: not now (possibly, not ever). If you catch yourself unsure of what the person wants or if they are OK with something, simply ask. Do not assume.

When sexual assault does occur, college students often have concerns about reporting the incident. One such concern is that if one or both people involved were drinking and underage, the victim fears being ticketed for drinking if he or she reports what happened. Rest assured, UW-River Falls has the students safety and well-being in mind. If a student reports being sexually

assaulted while drinking, the college and police will focus on ensuring that student is healthy and protected, not on getting the student in trouble or issuing a drinking ticket.

Another instance in which a student may hesitate to report is if the victim knew his or her attacker because the victim does not want either of them to deal with the legal issues. However, the college again focuses on helping the victim, not hunting down the assaulter unless the victim decides to press charges or file a restraining order.

If you are a victim of sexual assault, please contact 911, University Police, the River Falls Clinic, or the

Sexual Assault Response Team (SART). SART in particular offers 24/7 service and can assist with any concerns regarding sexual assault. While seeking help may not be your first thought, it is the best route.

Sex can be fun and wonderful, but unwanted sexual contact can have lasting consequences, both physical and mental. Take the time to care for yourself right away. Go somewhere safe and call one of the above resources immediately.

However, if assault occurred far in your past and you now find it hard to deal with, contact the University’s Counseling Services or a local therapist for long-term counseling.

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.

Find Freddy’s Feather

Find the lost Freddy the Falcon Feather in this issue of the Voice!

Email the Voice at [editor@uwrvoice.com](mailto:editor@uwrvoice.com)