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STUDENT VOICE

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Composer event brings spotlight to River Falls



The music department on campus is active in bringing different opportunities like the 46th annual Commissioned Composer Project to campus. Above is the percussion ensemble that features unique instruments in their music to create chances for students to experiment with different musical instruments and methods.

Maggie Sokoloski/Student Voice

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The 46th annual Commissioned Composer Project provides students with the opportunity to work with an award winning and nationally recognized composer performing an original piece of music for the student body. Started in 1967 by Professor Emeritus Conrad De Jong, the Commissioned Composer Project is the longest standing commission composer series in the United States. Placing a national spotlight on UW-River Falls Music Department, the project is the oldest program of its kind to be organized at the university level.

This year's project will host composer Cort Lippe, who was selected to write a piece of music for the student body, and over the course of three days will interact with the students and take part in

the premiere performance of the composed piece.

"This is a student run organization and the students are the ones who make all the decisions each year on the composer," music professor Patti Cudd said.

The Student Senate and the Allocable Fees Appropriations Board (AFAB) committee provide an allotted amount of money that gives funding to the Commissioned Composer Project. At approximately \$2 per student, this funding was almost taken away from the program two years ago, according to Danny Lebowitz, the president-elect of the project.

"Two years ago, my freshman year, the Commissioned Composer project had a very difficult time even attaining money from the AFAB committee," Lebowitz wrote in an email. "Many students from all different majors came together to attend meeting after

meeting to find some way to fund the program to see the premiere of Zululand, composed by American composer Michael Colgrass."

Any student can take part in the composer selection process, a voting process is held to decide on the selection committee that comprises of five student members and three student officers that will decide the composer for the following year, according to Lebowitz.

The criteria used in the composer selection process is based on the educational value of the composer's music, the innovative and unique compositional style that reflects contemporary music, the versatility and prolific nature of the composure, and the feasibility of potentially contacting the composer for the program.

"An open meeting is held for faculty, staff, and students to share names of composers.

After the presentations there is a vote by only the committee members. The first choice is then contacted by our faculty advisor Patti Cudd," Lebowitz wrote in an email.

Throughout the years students have been given the opportunity to work with a wide range of famous composers such as John Cage, Morton Feldman, Libby Larson, and Pulitzer Prize winner Michael Colgrass, according to Dave Herdan, a senior studying music education.

"The Commission Composer Project is a much bigger deal that our campus thinks it is. It brings world-class composers to UW-River Falls and puts our name on a piece of their music. The chance to work with and see artists of this magnitude is a once in a lifetime opportunity that most other college and university students do not get," Herdan said.

Bobbi O'Brien elected Student Senate president

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The Student Senate election results have been released and have resulted in new leadership.

Bobbi O'Brien was elected Senate president with her running mate Carlan Strand receiving the Senate vice presidential position. Strand is the current vice president as well.

O'Brien defeated Samuel Tauchen with 52 percent of the votes.

Brandon Sharping was elected to the College of Agricultural, Food and Environmental Sciences (CAFES) representative position with 86 votes, Grady Nelson to the College of Arts and Sciences (CAS) representative position

with 65 votes, Dominic Riel to the College of Business and Economics (CBE) representative seat with 23 votes, and Hannah Klingfus to the College of Education and Professional Studies (CEPS) representative position with 35 votes. Elliott Kann was elected to the position of nontraditional representative with 147 votes.

At-large senators include Tauchen, Riley Haynes, Hannah Carlson, Asher Heer, Matthew Hobbs, Amy Graham, Derek Jonson and Kayla Edstrom. The new Senate will begin on April 24.

Incumbent president, Tyler Halverson, did not seek reelection due to his graduation in May.

Advising time nears



Charissa Squire/Student Voice

It is suggested by professors that all students come to their advising meetings with a copy of their degree audit report (DAR) and a rough outline of the classes they would like to take for the fall 2012 semester.

All-women's dorm option removed from housing plan

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The option to live in an all girls dormitory at UW-River Falls will be removed from the list of housing options next year.

UWRF is following other UW System schools in the elimination of the all women's dormitories from their campus housing options. This is a result of low demand by first-year students for the single gender dormitories and high demand for co-ed housing instead.

"I didn't really want to live in an all-girls dorm," UWRF sophomore Karlie Fritz said. "It sounds a little bit closed off I guess. I never lived in an all-girls dorm though, just lived on an all girls floor."

Even though UWRF has typically had more incoming females, the preference towards an all-female hall had

declined so much so that the University's housing department, Residence Life, has decided to make the last all-women's hall co-ed.

Up until last year the all-women's hall was in Parker Hall, a four-floor dormitory located on the east side of campus, when it was switched to be Prucha Hall, the smallest of all the dorms on campus with three floors. Even with this smaller building, Residence Life only filled 146 of the 178 room assignments possible, meaning that only 82 percent of the building was utilized.

"We were having so much trouble filling Parker with just female requests," said Director of Residence Life Sandra Scott-Duex. "Our No. 1 complaint after assignment letters went out were first-year freshman who were placed in Parker Hall at that

time and were distraught because they were put in an all-girl dorm."

Scott said that just because the female dorm was turning co-ed, didn't mean that female floors would be disappearing in campus housing. In fact, it is mandatory in the UW System's policy to provide all-female floors so that women can live among their own gender if they would prefer.

"I probably wouldn't be [upset if I lived on campus next year and the dorm was no longer all female] as long as I can be on a floor with all girls," said Kathleen McNeil, a UWRF senior who lives in the women's dorm. "I just wouldn't like [living on a co-ed floor], it's uncomfortable. I feel like if you have a guy Resident Assistant I couldn't

See Dorm page 3

Students learn to network for the future at social event

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A small group of UW-River Falls students recently got a crash course in how to behave in the business world, from the right way to shake hands to lessons in working a room.

The Networking Social held by Career Services was held on April 5 for the students of UWRF to help them start networking for their futures.

The Networking Social was a free event for students to go to so they could build up their networking circle. Interaction with business professionals is critical for understanding how to behave in the business world, according to the Career Services website.

Career Services hosted the event and Target sponsored it. Target sent in four or five

representatives to seek out the top talent that UWRF has to offer.

"We hope this event will bring students together and help them master skills in networking," said Melissa Wilson, director of Career Services and organizer of the Networking Social event.

There was an event set up in the past but was organized by students and was not that successful in the past.

"This event is designed to be a small event for a close networking with the Target executives," said Wilson. "We want this experience to be as real as it can be to how these networking socials are once students begin their careers."

Any student who was interested could go. The event was not specific for any major or year in school the student was.

"We are essentially helping students prepare for future meetings or conference room events within their workplace," said Wilson. "We are helping them build their own individual network."

There were 30 students that signed up for the event along with the Target Recruiting Specialists or Executive Team Leaders from the stores.

The Target executives that attended have the capabilities of following up with a student if they see potential in them and fitting a standard that would work within their company.

The design of the small event will allow the maximum communication between the students and the Target executives.

The layout of the event started out with 15 minutes of students only with explana-

Ducks Unlimited Club works hands-on

Submitted by Justin Morrissey

The Ducks Unlimited mission statement states: Ducks Unlimited conserves, restores and manages wetlands and associated habitats for North America’s waterfowl.

These habitats also benefit other wildlife and people.

While most college Ducks Unlimited chapters only make money for such conservation efforts, UW-River Falls Ducks Unlimited is making direct efforts to restore and manage habitat around River Falls.

Justin Morrissey, a freshman at the time, founded the UWRF Ducks Unlimited Club in the spring of 2011.

The club has been getting a lot of attention from students all over campus, and because of that, it has achieved great success.

“I knew the club would become something big, but not this quick,” Morrissey said.

The club has an impressive amount of support from a club of 150 students. Around 40 of these students stay actively involved with the club, and eight of these students are committee members.

Students get hands-on experience in the club that allows them to learn what it takes to be active conservationists.

Most college and normal DU chapters do not offer this to their members or community, so the students are going past what is expect-



Photo Courtesy of Justin Morrissey

Members of UWRF Ducks Unlimited Club work together in conserving and restoring habitats around River Falls for North America’s waterfowl.

ed to help waterfowl and other species.

One of the clubs’ focus, like many other DU chapters, is to hold banquet events to raise money for conservation projects around the nation.

On Oct. 13, 2011, the club held its first banquet event at the West Wind Supperclub in River Falls, and raised around \$4,000. The club is now planning to hold another banquet in October of this year and another next spring.

There is also a possibility that the club will be holding an icefishing tournament by teaming up with other local chapters.

The club has recently been extremely active in participating in self-coordinated projects and volunteer projects with other organizations. The most recent project that the club was faced with is a pond restoration project. The club received an \$8,500 grant from the University to fix Marty’s Meir pond behind the University Center.

University buildings to receive fire alarm system upgrade

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Starting at the beginning of June, UW-River Falls will be replacing or upgrading the fire alarm systems in every building on campus. The goal of the project is to create a centralized system of reporting for the University, according to Alan Symicek, the facilities engineer at UWRF.

Symicek said that the plan is to set up a head end in Davee Library where each of the buildings will report back to in case of a fire.

“From there it will centrally report out if any building fire alarm system goes off, it will report there and campus police will know about it immediately,” Symicek said.

The current central system set up in South Hall will be removed. Symicek said that the reason Davee Library was chosen as the central location was because it already houses most of the University’s computer systems.

In addition to the campus police being notified, the system will also call the fire department so that they are able to respond.

The current systems in most of the buildings on campus contain only a horn and a strobe light so that the occupants are aware

of a fire. It is then up to them to contact the appropriate people such as the fire department in order for the fire to be found and put out.

The plan is for those horns to be taken down and replaced with a speaker so that a voice system can be used and a person within the fire department can notify people as to where a safe exit is inside the building.

Symicek said that the biggest benefit of this new system is that it will no longer require a person inside the building to call anybody. The system will now do it automatically, cutting down any time wasted while people are struggling to figure out what to do in the event of a fire. If the building is unoccupied, the fire department will know about it from the system, rather than somebody who happens to be passing by campus at the time of the fire.

According to the statement of work for the fire detection and alarm project, the buildings that will require a full replacement of the systems include Grimm Hall and McMillan Re-Hall. Other buildings, such as Hagestad Hall and the Karges Center, will be fitted with new control panels and notification appliances. The other 22 buildings on campus will have the firmware within their control panels up-

graded to allow the voice system to work.

Mike Moody, the assistant chief of the River Falls fire department, said that he is happy the old system is being replaced.

“You know with the University system, what it is in some of the buildings, [it] is I guess I could say antiquated,” Moody said.

“A huge feature that’s going to come out of this new system is identifying where the problem is much better than what it does now,” Moody said.

He said that currently the system can tell the fire department what zone or area a fire may be in, but the new system will allow for them to figure out exactly which detector was set off first.

The cost of everything involved in the project is \$887,000. That includes “the design fees for the engineer, the administration fees, and the construction fees,” Symicek said.

The statement of work for the fire detection and alarm project says that most of the buildings will be done this summer and next, with a few buildings getting worked on through next school year. The entire project is scheduled to conclude no later than Aug. 31, 2013.

News briefs

Parking permits available online

UW-River Falls online parking permit sales will begin at 9 a.m. Monday, April 9. Eligibility dates are based on credit seniority. See the purchase eligibility dates below.

Student parking permits for the 2012-2013 academic year will be available for purchase online. Students will be able to sign into their parking account (using their Falcon number and password), see what permits are available and purchase the permit online.

Permits will be sold on a first-come, first-serve basis, based on credit seniority. Housing assignments will be verified beginning July 23. If you purchase a residential hall lot permit and do not have a valid housing assignment by July 23, your permit would be canceled and a refund would be processed less a \$25 administrative fee. Permits will be distributed beginning Sept. 1, 2012. Purchase Eligibility Dates:
-Seniors (90 or more completed credits) Beginning April 9, 2012
-Juniors (60-89 completed credits) Beginning April 16, 2012
-Sophomores (30-59 completed credits) Beginning April 23, 2012
-Returning Freshman (29 or less completed credits) Beginning April 30, 2012
-Incoming Students Beginning June 18, 2012

University to hold annual Health Fair

UW-River Falls Student Health Services will host its annual Health Fair from 10 a.m. to 2 p.m. Wednesday, April 18 in the Ballroom at the University Center. The Health Fair is a free interactive event that students, faculty, staff and community members are encouraged to attend. This year’s fair has a carnival theme called Step Right Up to Your Healthy Lifestyle.

The Health Fair will include a variety of demonstrations from local businesses and student organizations including: door prizes, chair massages, henna tattoos, hearing screenings, yoga demonstration, food, body fat analysis and much more.

This year’s fair sponsors include: Bob Casey of WESTconsin Credit Union of River Falls and Greg Peters from State Farm Insurance in River Falls.

River Falls Police/ UWRF Police Department

March 28

- A vehicle hubcap was believed stolen from N lot.

March 31

- Derik Thomas Leick, 19, was cited \$1,105.50 for possession of drug paraphernalia, possession of marijuana and underage consumption (second offense).
- Joseph William Hames, 19, was cited \$263.50 for underage consumption.

Editor’s note:

Information for this section is taken from River Falls Police and UW-River Falls Police Department incident reports.

Opportunities abound in Destination program

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The Destination program at UW-River Falls has opened opportunities for students to take part in service projects that revolve around social issues that they are passionate about.

This year, 45 students participated in five different service trips that occurred over spring break. These service trips are part of the domestic experience within the Destination program. The program also has an international and local experience and will be adding a regional experience next year.

Destination has grown since it started in 2006 with a trip to help with Hurricane Katrina disaster relief. It is likely to continue to grow every year with more opportunities to get involved.

Destination programmers, Cailin Turner and Elise Koop, explained that the program is always changing. The service trips are different every year along with the social issues they revolve around as well.

“We are branching out and trying to reach more students who want to be a part of the program,” Turner said.

One of the ways they are expanding is by adding the regional experience. This experience will be a weekend service trip held in

October 2012. It will take place in Stillwater, Minn. and will involve working with Arcola Mills, an organization dedicated to preservation along the St. Croix River.

UWRF Senior Jenn Vogel has participated in five different destination experiences. Four of her experiences were domestic and one was international. Her first experience was in Galveston, Texas, helping with Hurricane Katrina disaster relief. She says that the hard work and stories of people there really impacted her.

“Destination provided education and service which I wanted to do more of and learn more about,” Vogel said. “My love for service grew more with each experience. I gained a lot of insight into the person I am and the program allowed me to grow as an individual in knowing my strengths and in becoming a better team member and leader.”

The Destination program is concerned greatly with educating students and making them aware of the social issues involved with the service trips. Each group of students is educated by their trip leader prior to the experience to make sure they really understand the issues and what is involved.

“Ultimately we want to create engaged community members. We are really trying to get people to be more involved with the is-

sues,” service coordinator Amy Lloyd said.

Over the summer, the Destination programmers will be given the task of planning the domestic trips for next year’s spring break. The applications for those trips will be available in the fall.

Students can already apply for the new regional experience for October 2012 and applications will be out by mid-April for the international experience over J-term next year to Nicaragua.

The program’s mission statement states: “The Destination program at the University of Wisconsin-River Falls fosters socially responsible citizens through active and intentional civic engagement opportunities.”

UWRF student Lindsay Willaby went on her first Destination experience this year and she believes that the program is very important for students’ awareness.

“There are so many issues going on all around us that we’re not aware of. Once you get the chance to experience a glimpse of the issue and help out, it makes you feel like you’re making a difference.”

For more information about the program and to find applications for the different experiences, visit the front desk in the Involvement Center.

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Editor’s note:

Information for this section is taken from River Falls Police and UW-River Falls Police Department incident reports.

April 3 Election Results

-Student Senate- O’Brien elected Senate president

Candidate	Votes Received	Percent
President		
Bobbi O’Brien*	310	52
Samuel Tauchen	259	44
Write-ins	25	4
Vice President		
Carlan Strand*	204	34
Elliott Kann	203	34
Riley Haynes	173	29

At-large results (eight total positions for at-large Senator):		
Samuel Tauchen	228	Won Position (1st place)
Bobbi O’Brien	217	Elected President
Riley Haynes	196	Won Position (2nd place)
Elliott Kann	195	Elected Nontraditional Rep.
Hannah Carlson	180	Won Position (3rd place)
Grady Nelson	179	Won CAS Representative
Asher Heer	167	Won Position (4th place)
Matthew Hobbs	151	Won Position (5th place)
Carlan Strand	150	Won Vice President
Amy Graham	139	Won Position (tied – 6th place)
Derek Johnson	139	Won Position (tied – 6th place)
Brandon Scharping	139	Won CAFES Rep.
Kayla Edstrom	137	Won Position (8th place)
Jessica Pett	135	
Evan Biczkowski	128	
Hannah Klingfus	116	Won CEPS Representative
Marcus Engle	105	
Roderick Babilius	99	
Theo McDonough	92	
Abdi Hassan	90	
Dominic Riel	83	Won CBE Representative
Austin Knott	70	
Write-ins	67	
Total: 598 votes		

-Local Elections- Mayor’s race yet to be certified

River Falls mayor:

Dan Toland: 935 votes, Don Richards: 921.

Yet to be counted: 22 absentee ballots that have not been returned. If they are postmarked no later than April 3 and received by 4 p.m. Friday, April 6, they will be added to the city vote totals. The election will then be certified on Monday, April 9. (Source: River Falls Journal).

Scott Morrisette and David Cronk won re-election on the River Falls City Council over challengers Eunice Beauchman and Lauren Evans, a UW-River Falls student.

In the City Council District 4 race, Bob Hughes, the incumbent, was defeated by Christopher Gagne 209 to 111.

For Pierce County Board, incumbent Rod Rommel was defeated by challenger Ruth Wood, 219-148.

Another Pierce County Board incumbent, Ben Plunkett, was defeated by former River Falls Mayor Cecil Bjork 115-87.

-National Elections- Romney takes Wisconsin primary

Wisconsin total:		
Mitt Romney	44 percent	346,279 votes
Rick Santorum	37 percent	289,648 votes
Ron Paul	11 percent	87,896 votes
Newt Gingrich	6 percent	45,944 votes

Pierce County:		
Rick Santorum	47 percent	1,841 votes
Mitt Romney	32 percent	1,129 votes
Ron Paul	13 percent	498 votes
Newt Gingrich	6 percent	232 votes

St. Croix County:		
Rick Santorum	42 percent	5,345 votes
Mitt Romney	36 percent	4,537 votes
Ron Paul	13 percent	1,670 votes
Newt Gingrich	6 percent	769 votes

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Division of
Student Affairs

Networking: Professional bonding coached to college students at event

From page 1

tions of how it will work with the executives. Then the last 45 minutes was devoted to students to interact with the executives and learn as much as they could.

One UWRF senior said he was disappointed he couldn’t go.

“Networking is one of the biggest things when you are

trying to get a job,” said Nick Dahm, an agricultural engineer and technology major.

Two freshmen students, Jordan Crockett and Gabriel Dwyer, also thought this event was important for students to go to so they could build up their network for the future.

“Networking is how we connect with others,” said Dwyer. “Knowing the do’s and don’ts of networking will

help in the future.”

This networking social is one of many events Career Services hold for students. There are also other events that help students prepare for their career future like the Etiquette Dinner, Runway to Success and Mock Interview Day.

“This is just one event and one way that students can become better prepared for the future,” said Wilson.

Dorm: Removal of last all-female housing option causes no conflict

From page 1

go to them—it would be harder to do.”

In 1964, when the River Falls campus switched over from its status as a Normal School, also known as a college focusing mainly on education, to being part of the UW System, it was a UW System requirement that there be all-male dormitories and all-female dormitories. According to the UWRF Archive’s website, it wasn’t until late 1969 and early 1970 that the student outcry

brought a change to the strict on-campus living arrangements.

Up until this point, women living in the dorms had to sign in and out of the buildings, unless they were 21-years-old or older.

Even that condition had just been added in 1966. Also, both men and women had to have approved visiting arrangements with the opposite gender in the dorm buildings. With co-ed living, these conditions were changed and men and women could come and go with in the dormitories as pleased.

Even though UWRF has held both options of a traditional all-women’s dormitory and now co-ed dormitories for women, those in Residence Life have not had any complaints from parents or students about this complete integration.

“We really haven’t had any reactions [to the change],” said Scott-Duex. “Anytime you change something, someone reacts, but not one.”

“Some people are afraid it will be uncomfortable and weird,” said Fritz who now lives on a co-ed floor in Stratton Hall. “But it’s not.”

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Student Voice
online!
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EDITORIALS

Regristration, advising essential to success

With advising week just wrapping up, registra-tion is once again upon us. This is arguably the most important time of the semester.

With all that students have going on, staying focused can seem dismal and somewhat incompre-hensible. However, planning ahead is essential to ensuring that you pave as smooth of a path as pos-sible in order to accomplish your academic goals in a timely and cost-effective manner.

Getting to know your advisor will significantly benefit your academic experience. Students with a chosen major are assigned a faculty advisor by the department chair in that major.

The relationship between advisor and advisee is one of shared responsibility, and as students, you need to make many decisions. Your advisor is here to support you in making choices concerning your academic career. You should never be afraid to ask for help. If needed, changes of advisor assign-ments can be made upon the request of the student or the advisor.

However, you cannot rely entirely on your advisor to make all of the decisions for you. Time should be taken to become familiarized with your degree program in order to make certain that you are aware of all of the necessary requirements. It is also your responsibility to schedule your advising appointment, to prepare questions for your advisor, to prepare a tentative schedule for the upcoming semester, and to diligently observe deadlines.

As a student pursuing a degree, you should chal-lenge yourself in all that you do. Be proactive in planning your future; there is no reason that you should wait until the last minute to think about the next steps. Course offerings are available online, as well as potential academic plans for all majors. Challenge yourself in the classes that you take, and be proud of how you have grown academically and as an individual.

Also remember that it is never too late to get involved outside of the classroom! Engaging in ex-tracurricular activities is a wonderful way to make friends, learn and build that resume.

No matter how grand the dream of an individual visionary, if others can’t see the tangibility, they won’t follow. Some students take on too heavy of a course load and crack under the pressure. You need to make sure that you can handle all you can take on, considering not only courses but also extracurricular activities, any jobs that you might have, and anything else that consumes significant amounts of your time.

The future is in your hands, and the keys to suc-cess start with proactively planning ahead.

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

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, administra-tion, 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 commu-nity 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.

Expand your thinking: Commonsensical thoughts sculpt present



Jaime Haines
Columnist

We spend a lot of time thinking about the past by evaluating how we did or what we should have done and remem-bering past expe-riences, as well as thinking about the future by worrying, dreaming, planning, or wondering what is to come. There is nothing wrong with thinking about the past or the future as long as we also take the time to be in the present.

After all, we can learn from the past and plan for the future, but we can neither change the past nor control the future, so excessive focus on either wastes the wonderful time that can be spent in the present. It is the present we are meant to live in.

As James Thurber expresses, “Let us not look back in anger, nor forward in fear, but around in awareness.” With a little practice, you can greatly improve your life by learning to live where your feet are—the present.

While thinking of the past and future is acceptable, start to identify the difference between constructive and non-con-structive thoughts of the past and future. If you are devoting a bit of time to planning a fun afternoon with a friend or re-flecting on, learning from, and letting go of a past mistake, then those are acceptable moments.

However, if you realize you are stuck in a worrying cycle, end it by reminding yourself to focus on the present and what you currently can do about it. For example, if you wake up and fret about an upcoming test, step back and realize that you still have to shower, get ready, eat breakfast, and go to a few classes before studying is even an option.

There is nothing you can do about it now, so do not worry now; it will not increase your study time or improve your grade.

Instead, focus on what to wear and eat, then on what your professor is saying. This will help you stay calm and productive instead of distracted. By being aware of your thoughts, especially the unnecessary non-present ones, you

begin refocusing yourself into the present.

During times when you are intentionally trying to be present, you may notice your thoughts drift. This is com-pletely natural; resist feeling frustrated with yourself and, instead, gently acknowledge the distracted thoughts and allow them to flow out of your mind.

Eventually this process will become more natural. Now, engage in the present by grounding yourself. Do this by noticing your current situation: the smells, sounds, sights, tastes, feelings, or task at hand.

Notice how everything in that list was plural except for ‘task.’ I did this intentionally because you need to do only one activity at a time. Oftentimes people dislike refusing to multi-task because they think they will complete less, however, that is not necessarily true.

When you devote all of your attention to one task at a time, you will be “in the zone” and therefore more produc-tive. To dedicate yourself to one task at a time, be very aware of your current actions. When you eat, pay atten-tion to what you are eating, how it tastes and how full you feel.

When you do homework, close your email and turn off your TV. When you exercise, focus on the sensations and the surroundings of your physical environment instead of being stuck in your head with past and future thoughts.

Come to the present, to your body, and escape the hold your mind has on you. By being present, you will come to realize that you enjoy life’s activities more, feel less stressed, form better relationships and can focus better. Seek out the little joys and wonders that only exist in the present.

Feel the sun and wind on your face as you walk to class, really listen to a friend’s story, and completely immerse yourself in each individual task you do. Never worry about failing at being present because every single moment you gain in the present is a moment of success. And with that rewarding thought, always remember to live where your feet are.

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.

Signing up for classes demonstrates concern



Sam Mayberry
Columnist

It’s that time of year again, where students returning to UW-River Falls next year are making appointments to see their advisors and beginning to plan classes for next year.

Over all, it should be a pretty simple process. Follow your Degree Progress Report (DPR) and pick classes from the list of courses that comply with either fill your general education require-ments, major or minor. However, it’s not always that simple.

Depending on your standing with your year and other factors, you could come across problems with getting into your classes. Natu-rally, seniors and juniors get the advantage of registering for classes before sophomores and freshmen, which makes it tough for the lower classmen to get into the classes they need because upper classmen also need them.

Even though it’s not always possible to get into certain classes, it’s worth a try to go talk to the professor that is teaching the class and see if you can get an exception to be in the class.

Also, keep checking eSIS before the next semester starts because students sometimes drop the class as well, which can create an opening.

I also hear students talking about how they need certain classes but then they get two or three of them that overlap

each other which make it impossible to take all of them. Well, this time I found myself in that same position.

I know there are people around campus that are a lot worse off than I am regarding their schedules, but it is so frustrating when I absolutely need two classes in order to take other classes later and I can’t because they are at the same time. Of course I figured I could take one of them in the spring next year but then I discover that they are both only offered in the fall.

Not only did this situation happen but I also discovered that I have several of those classes that are only offered every other year. Let me tell you, as a transfer student, this is the biggest pain.

Even though it’s not always possible to get into certain classes, it’s worth a try to go and talk to the professor that is teaching the class and see if you can get an exception to be in the class.

You either miss that time frame of when a class is offered before you actually transfer schools or something changed and now you need two extra pre-requisites in order to take other classes you need.

Talking to your advisor, other pro-fessors and the Registrar’s Office can be a big help when you find yourself in these situations. They might be able to help you figure out another solution to get you in the right direction for classes.

I am so grateful for my advisor, professors and the Reg-istrar’s Office because if it weren’t for them, I would never get my schedule worked out.

Registering for classes can be a simple process but also a hassle. Making sure you use your resources can help tremendously with getting your schedule worked out. I wish you the best of luck.

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

The Student Voice is hiring for the fall 2012 semester!

Positions available include:

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Pick up applications outside 304 North Hall

Applications for Editor and Assistant Editor are due April 18, 2012.
Applications for all other positions are due April 25, 2012

Worldly traditions create Easter excitement



Cristin Dempsey
Columnist

any holiday, there are many traditions that go along with celebrating on this Sunday every year. Here in the United States, many people like to celebrate the day with Easter egg hunts, finding their Easter basket, or getting together with family.

While the whole point of Easter has a Christian background, it can truly be a fun holiday for anyone to celebrate because there are many activities to do. Easter is celebrated all around the world, and with that, there are many different traditions in all the different countries.

One country with rich traditions on Easter is Greece. Here, the holiday is mostly focused on religion and religious practices. There are many religious ceremonies and candlelit processions. After fasting through the 40 days of Lent, the Greeks also enjoy a large feast and gathering with family.

As the semester and this year start to wind down, people across campus are looking forward to going home this weekend for Easter. Just like

One of their staples for their annual feast is typically a round flat loaf decorated with a cross called a Christopso-mon. This loaf is usually decorated with colorful Easter eggs surrounding it. On Easter day, Greeks will carry with them a brightly colored Easter egg. When they see others, the two people will knock their eggs together.

Another country that had unique traditions on Easter is Mexico. Religion is also the main focus in Mexico. People like to celebrate by putting on lavish, religion-based plays. These plays typically enact the Last Supper, Judas' betrayal, the crucifixion and the rise of Christ on Easter Sunday.

The use of costumes in these plays is prominent, and they are very lavish and play a major role in the plays. The week prior to Easter Sunday is normally sad in spirit as people commemorate Santa Semana, or the holy week, and Pascua, known as the Resurrection Day.

This week is also commemorated with parades. Spirits are lifted on Sunday as this is the Resurrection Day. There is much joy and celebration throughout the country on Easter Sunday.

Russia blends the religious aspects of this holiday with the stereotypical Easter traditions, such as Easter eggs. People are given brightly colored eggs as gifts and give the benediction "Christ has risen" on Easter Sunday.

While the whole point of Easter has a Christian background, it can truly be a fun holiday for anyone to celebrate because there are many activities to do.

At midnight on Easter eve, the priest goes around to the different houses and knocks on the doors.

The people inside the homes then come out and walk down the street, singing songs of praise to honor the Resurrection. A popular flower on Easter Sunday in Russia is the pussy willow. These are picked and then used to tap others as a sign of good luck. As in Greece, Russians celebrate Easter every year with a great feast.

My ancestors and the current inhabitants of Ireland celebrate Easter with traditional foods. Each year, the Irish devour roasted lamb and leek soup after the solemnity of Good Friday. This feast is followed by celebrations, blessings by the priest, and the distribution of Holy Water.

Just like in the United States, the Irish have eggs as a very prominent part of their celebration. They eat eggs on this holiday and also use colored eggs for egg rolling and other traditional Easter games.

Easter is a very prominent holiday all around the world and people have many fun ways of celebrating it. Whether the traditions have a Christian background, are a large feast, or are playing fun games special to the country, it is undoubtedly a holiday that is looked forward to each year.

Enjoy the holiday this year and, as always, stay safe.

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.

Rachel Responds: backpack weight proves unhealthy for students



Rachel Woodman
Columnist

Rachel Responds: Maintaining control of backpack weight to lessen back pain. Professor Sandy Ellis asks: "So what is with all these heavy backpacks students are carrying? How does this affect

their lives and bodies?"

Hunching over and steadily stepping is the typical walk-style for many students. Most knew college would bring headaches but fewer planned on back aches too. With text books, notebooks, lunch and various materials stuffed into each student's backpack they resemble turtles more so than humans.

Heavy backpacks may seem like just a necessary evil but those weighty cargo carry-ons can do some real damage. Carrying something heavy causes you to lean forward with your body and your head causing neck and back pain.

Ann Asher from About.com explained that carrying a heavy weight requires a change in posture which affects the spine and over time can cause some lasting damage.

Now, a five pound backpack isn't going to land you in the hospital with a full body cast. Wearing a backpack in it of

itself is OK. It's the weight of the load that can cause problems. So how heavy is too heavy?

The American Academy of Pediatrics recommends not carrying more than 10 to 20 percent of your weight in your backpack. This means if you weigh 140 pounds then your backpack should weigh between 14 and 28 pounds and no more.

Walking to campus from a dorm, apartment or car, and then between each class can be tiresome with a heavy pack. Taking steps to lessen your load will help your back, neck and your mood. Look below for some backpack enlightenment.

Save your back and neck by:

- Lightening up your pack. Only bring what you need with you. Every semester I ask each professor if I should bring my text book to class and most advise me to leave it at home.
- Keeping some things on campus. Get a locker and keep some of your books on campus, this will give you less to travel with and a smaller distance to travel.
- Using a backpack not a book bag. Wearing a one strap pack will cause you even greater damage. If you use a book bag then switch the weight between shoulders to balance the strain of its weight.

The back pain can even effect posture and cause more permanent issues if severe and left untreated.

-Getting good straps. A thick padded strap is best and using a waist strap will help too.

-Wearing the heavy stuff against your back. Organize your backpack heavy to light so that the weight is even and easier for your back to handle.

Heavy backpacks have a real effect on students' health. The back pain can effect posture and cause more permanent issues if severe and left untreated.

If your back pain is affecting your classwork, concentration, sleep or other areas of your life seek out the advice of your doctor. That backpack was created to help you not to hurt you so outsmart it and protect your body.

Thanks for the question, Professor Ellis.

Anyone may submit questions, concerns or quandaries to questionsforrachel@live.com.

Please send them right away if you'd like to see them in the next Student Voice. Don't forget to like "Rachel Responds" on [Facebook.com/rachelresponds](https://www.facebook.com/rachelresponds) 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!

STUDENT VOICES

Did you vote in the Student Senate elections?

Sarah Murphy, sophomore

"I didn't vote because I wasn't really aware with what was going on."



Mike Young, sophomore

"I didn't vote this year because I wasn't informed enough about the candidates."

Amanda Webster, junior

"I didn't vote because I didn't get around to it."



Keith Cremin, senior

"I didn't vote because I'm graduating and it doesn't pertain to me."

Brittany Pierce, senior

"I voted because I want the school to thrive even after I leave."



Lack of appreciation for great service causes exasperation

Jennylee Fahey
Columnist

If you can't appreciate great service, reconsider going out.

"Here you go Jennylee, thank you so much for your wonderful service." I look down at the signed credit card slip and noticed that there is no tip for me.

There was obviously nothing wrong with my service, so why did I not receive a tip for the service that I gave them? I wonder sometimes if some people grew up not tipping, so they have automatically not tipped based on the past.

It is 2012 and if you receive great service then you should award your waitstaff with a generous "thank you," in the form of a tip.

The restaurant industry is an extremely hard industry to work in because you don't know what to expect when someone walks into your establishment.

You could have a person in a great mood that compliments you and leaves you with a generous tip and a smile on your face, or you could have younger aged kids coming up to you asking for "free" shots, then not leaving you anything. Why would you go into a bar and expect free stuff? If you can't afford a drink, then maybe you shouldn't go out.

I remember a time when I worked at an establishment that

Another thing to keep in mind when you go out is that everyone makes mistakes and if someone messes up on your order, oh well, it was an accident.

had "birthday night." On this particular night if you came into this place the week of your birthday and brought in some friends, you would drink for free. Well, I had a group of people come into the bar with their birthday friend and order drinks.

All of the friends thought they would also drink for free, but I said no. Then when he ordered a drink he didn't tip me. I understand that people don't tip every time, but when he came up to me for the fifth time and didn't tip, I got upset. Needless to say, he got kicked out around 10 because he tried giving free drinks to his friends. When an establishment gives you free drinks for your birthday this doesn't mean that everyone in your party gets to drink for free, or that you get to slip your friends a free drink.

It means that you drink for free, but you should also tip your waitstaff. I understand it is your birthday, but try to think of the other person giving you the free drinks. What are they getting in the end?

Another thing to keep in mind when you go out is that everyone makes mistakes and if someone messes up on your order, oh well, it was an accident.

Waiters and waitresses do make good money when they have customers that appreciate their service, but they work long shifts and don't get breaks. I worked at one establishment for eleven hours straight with a 15 minute break.

So next time you go out think of the person serving you your drinks and remember just because someone isn't "perfect," doesn't mean they don't deserve recognition.

Find Freddy's Feather!

Be the first person to find the lost
Freddy the 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
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AFTER 10 a.m. Friday wins.

UWRF celebrates D3 values

Trevor Jones
trevor.jones@my.uwrf.edu

The NCAA is putting on Division III Week, a week designed to promote the uniqueness of small-school athletics at all 444 Division III colleges and universities. The week begins April 9 and runs through April 15.

Division III Week is part of the NCAA’s Division III “Discover, Develop, Dedicate” Identity Initiative. According to the NCAA’s website, the purpose of the initiative is to “more precisely define Division III and articulate its distinctive values.”

UW-River Falls supports 16 different teams between men’s and women’s sports. UWRF Assistant Athletic Director Crystal Lanning explained the distinctiveness of Division III athletics, specifically at UWRF.

“Division III offers the opportunity to be a well-rounded student, opportunities to be involved in other activities. You might not get that at a D-I or D-II school,” said Lanning, who is also an assistant athletic trainer on campus.

At larger universities, student-athletes might not have the time to engage in other campus organizations.

However, senior UWRF hockey player and chair of the Student Athlete Advisory Committee John Bullis says that being a Division III athlete can be very similar to being a Division I athlete.

“Division III is pretty similar to Division I. Besides bigger schools and bigger budgets, the competition level is really good and offers athletes a place to play if Division I didn’t work out the way it was supposed to,” said the Frisco, Texas native.

There are challenges that Division III schools face that can be hard to overcome, but Lanning said that UWRF does have a lot to offer today’s student-athlete.

“The biggest thing is that we can’t offer the athletic scholarship. All Twin Cities schools are private and we can offer a much better tuition rate. We have a lot of very high quality academic programs,” Lanning said. “A lot of kids look at facilities. Soon we’ll have the new Falcon Center facilities, and we have a hockey arena right on campus which not many Division III schools have.”

Those facilities coupled with a history of success are what drew the senior defenseman Bullis to UWRF hockey.

The NCAA is encouraging all Division III colleges and universities to promote Division III Week through a number of different ways such as conducting a youth sports clinic or scheduling a community service activity. UWRF and the Student Athlete Advisory Committee chose to celebrate the week by hosting a tailgate event at 12-2 p.m. Saturday, April 14 at Ramer Field.

“We knew we had two large athletic events on the 14th and thought a tailgate event would be a fun way to bring people together and showcase Division III student-athletes in action,” Lanning said. “There will be yard games available and an opportunity to socialize with Falcon student-athletes.”

The tailgate takes place the same day as a home softball doubleheader and a home track and field meet. The doubleheader begins at 12 p.m. and the track and field meet begins at 11 a.m.



Sally King/
Student Voice

The NCAA is celebrating Division III athletics on April 14 from 12-2 p.m. UW-River Falls is one of 444 Division III colleges and universities. The week is called Division III Week and has an initiative to “Discover, Develop, and Dedicate,” which are some of the values of Division III athletics.



Sports Events

Friday, April 6

Softball at UW-Stevens Point (doubleheader) at 3 p.m.

Tuesday, April 10

Softball at Hamline University (doubleheader) at 4 p.m.

Thursday, April 12

Softball at Bethel University (doubleheader) at 3:30 p.m.

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UWRF track record broken

Jessie Behrman/
Student Voice

Mike Sandle holds the current record for the triple jump at UWRF. His record is 50 feet 6 inches which he achieved in March. The Falcons’ first home meet was April 5 and their upcoming invitational for the weekend of April 13 and 14 will determine how they will do against their top competitors.

Jessie Behrman
jessie.behrman@my.uwrf.edu

“The biggest thing is it’s the first men’s national championship ever,” said Torrior Amie, assistant track and field coach.

Freshman Mike Sandle won the national title in the triple jump at the NCAA Indoor National Championships track and field meet held at Grinnell College in early March.

Sandle is the first male track and field athlete from UW-River Falls to win an NCAA National title, nonetheless, as a freshman.

“That’s huge as a freshman, it’s rarely done and especially because he wasn’t ranked No. 1, he was ranked No. 2 going into it,” said Amie, Sandle’s jump coach.

According to Amie, Sandle defeated a previous national champion, three All-Americans, and had the best jump out of freshmen across all divisions the weekend of nationals.

Sandle first joined track his sophomore year of high school at Eden Prairie, Minn.. He said his expectations going into the season were to further his personal record and to make it to nationals.

He said he has similar expectations going into the outdoor season.

“I want to win nationals and finish off my year here at UWRF with all academic honors as well as two national titles as a freshman,” Sandle said.

Head Coach Aaron Decker said coming out of the national meet with a personal best and a title will help him achieve his goals and it’s a big leap for the program in the right direction.

“He’s one of the kids we’d like to see other athletes model themselves after, as an athlete, a student and a person. It also helps to verify

that UWRF is just as competitive as any other UW school,” Decker said.

At Eden Prairie, Sandle was high school field athlete of the year and is the best high school triple jumper in Minnesota history. Sandle attended the junior Olympics and finished sixth in the nation, according to Amie. He is currently the fifth-ranked freshman in all divisions across the country.

Men’s track and field captain Michael Woodward said Sandle is a good teammate, is respectful and does what he’s asked.

“He’s ultra competitive, he’s not used to losing as talented as he is, his goal going into each meet is wanting to win. His success brings more exposure to the jumps crew and makes it a lot more fun,” Woodward said.

Sandle has the school record of 50 feet and 6 inches, according to the UWRF website.

He said winning the national title is a stepping stone of where he wants his track career to go.

“It just shows me how far I can go with my potential if I’m focused and determined. My ultimate goal is to make the 2016 Olympics and become sponsored by Adidas or Nike,” Sandle said.

The first outdoor track and field meet is April 5 hosted by UWRF, a dual against UW-Stout, and the Falcon Invitational is April 13 and 14.

“I think he’ll stay humble and regardless if he decides to stay or transfer to Division I, no matter where he goes he’ll do well. He’s taking his studies more serious now,” Amie said about the biology major.

NCAA, NBA draft rules flawed



Ryan Tibbitts

Columnist

After crushing almost anyone in their way this year and putting on a great run in the NCAA basketball tournament, your new National Champions are the University of Kentucky Wildcats.

The Wildcats were fun to watch as they made it look effortless. They were incredibly long and athletic, making it nearly impossible for any team to compete. They blocked balls that went up, and all they had to do on offense was lob it up, and someone was going to dunk it.

The roster of the Wildcats only consisted of two seniors and two juniors, which shows what is wrong with today’s college game.

The tradition of the game, the crazy fan support of the student sections and getting a free education that is irreplaceable, is just not enough to keep players in the college game. The luxury of going to the NBA and making a living is just too much to pass up for these young kids.

They have worked their whole life at this goal and risking an injury that would prevent them from getting a high lottery draft pick is not an option they are willing to consider.

The roster was stacked with freshman this year. Freshmen Anthony Davis and Michael Kidd-Gilchrist are projected to go one and two in the NBA draft.

Kentucky Coach John Calapari has gone under scrutiny for recruiting players who will for sure leave after one year of college.

I do not blame Calapari for this style of recruiting because he is getting the best players, he is doing a great job of coaching as he gets these players to commit to his program for a year, and his team always plays with great chemistry.

He has been doing this since he was with Memphis and Derrick Rose went after one year.

Another amazing Kentucky team consisted of John Wall and Demarcus Cousins.

These players do not play selfish even

though they are the future of the NBA and work great together, so I do not want to rip Calapari or take anything away from Kentucky.

The system is flawed and until it is changed, there is no reason for coaches like Calapari, not to recruit this way.

Even teams like Duke University and the University of North Carolina are having trouble getting players to stay. Duke’s freshman star, Austin Rivers, just declared for the NBA draft.

Imagine if players stayed all four years. Kentucky’s team this year would have consisted of Wall, Cousins, Davis and Kidd-Gilchrist. It would have been the greatest team ever assembled.

The system did change its ways from what it used to be. Players used to be able to go into the NBA straight out of high school.

Lebron James is the most notable player to do this even though stars before him like Kobe Bryant, Kevin Garnett and Tracy McGrady went out of high school, too.

In the 2005 draft, many of the players were out of high school and the league finally did something to stop this.

Now players have to wait until they are a year out of high school and 19-years-old. They do not have to play a year of college as Milwaukee Bucks star Brandon Jennings showed when he played in Europe a year after high school.

There was a fear that other players would follow Jennings, but no one followed him into this and went into college for at least a year.

Michael Beasley, Kevin Durant and Blake Griffin are all notable players who dominated for a year of college after this rule and then declared for the draft.

The college game would be better if these kids stayed and I believe their lives would be better if they experienced the college game and life.

They would still be able to enjoy their youthful nature, without the pressure and temptations of the professional game.

If players had to wait four years after high school to play in the NBA then I believe we would be improving the lives of the future NBA players.

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

Learning the nuances of daily life in Italy

I’ve spent the last week in Italy, some of those days with and without the International Traveling Classroom. Three days in Rome with my girlfriend has turned into a week in the lovely Verona.

On Tuesday of this week, we took a day trip to Venice for our Urban Geography class. As much as culture shock has played a part in our trip, I feel that Italy has changed me the most, or at least put me on a path to changing a bit.

In Scotland, I felt at home. In Germany, I felt at home. Yes, they were different, but just different enough to be interesting and force me to want to learn a bit more.

The Italian way of life, be it the rhythm and speed of it or just the attitude that a lot of the people seem to exude are so counter to how I live



Chris Rohling
Columnist

that it’s been a whole different kind of experience.

Anyone who knows me, including my professors, would tell you that I’m a pretty lax guy when it comes to things like time. I don’t like to rush and I don’t really need a plan to be fully set before I start out on it.

Italians play fast and loose with time as well, but in a totally different and sort of paradoxical way. As laid back and easy going as Italians appear at first, there’s this odd sort of rigidity that comes along with it.

Take mealtimes for instance. We’ll start with

coffee, which is a big deal in Italy. I’m a coffee lover, so it’s hard to stay away from the bars. Yes, bars sell coffee and don’t always have liquor. I can’t explain it either.

Coffee is strong, sweet and readily available in a dozen different variations of espresso.

It’s cool to drink coffee almost all day, but apparently, it’s frowned upon to order a cappuccino after 11 a.m.

I don’t know why, it just is.

The Italians don’t really have a breakfast. Lunch is the main meal and a lot of citizens get long breaks in which to go enjoy it with friends or family.

Italian lunches can be a lot of fun.

It will be hard to go back to eating pizza at home when I’m not surrounded by excitable, animated Romans.

Sitting in a pizza shop in Rome with my girlfriend and some of her friends during lunch was one of those fantastic experiences that made me feel like I was having a genuine cultural experience, much like the Burns’ night festivities in Edinburgh.

It will be hard to go back to eating pizza at home when I’m not surrounded by excitable, animated Romans.

Dinner is late by American standards. A lot of restaurants don’t even open until sometime past 6 p.m. It’s usually a pretty light affair and doesn’t start until eight or nine. The restaurants close around 11 p.m., so you’ve got a pretty small window to chow down during an acceptable time.

You don’t want to be the last ones in the joint. Lots of stares and labored sighs from the staff.

I’m not trying to criticize them, I totally get having certain ways things are done. There’s a ritualism to food and drink that must be observed everywhere, like knowing how long to let a beer rest before drinking it, or that the grill master is in control of the barbecue, period.

I get it. It just seems odd coming from a place that runs on “Italian time” as one of our professors calls it, which basically means they’ll show up when they get to it.

Definitely can’t criticize them for that. I’d be a huge hypocrite. At first, I thought these people were nothing like me, but I think they’ve actually taught me quite a bit.

I’m a pretty high strung guy, I don’t deal with stress well and I let pressure build up way too much before let-

ting off a bit of steam.

I’m a poorly constructed and maintained steam engine if we’re going to take the metaphor a bit further. All the procrastinating probably doesn’t help.

The Italian way of life has shown me that it’s possible to do things the way they need to be done, but to be able to maintain a level of chill to keep you sane.

It’s something I’m trying to keep in mind while traveling, which can be incredibly stressful when you’re missing trains and end up camped out in a train station for four or five hours. It just goes to show, even if you think that people are completely different than you, there will always be more similarities upon further inspection.

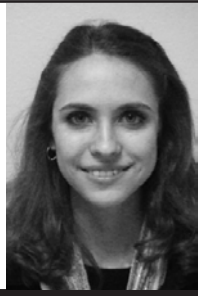
Chris is a journalism major who is currently traveling through Europe. When not scrambling to get all of his schoolwork done, he can usually be found reading comics, drinking coffee and listening to a whole lot of music.

Using sugary, sweet Peeps for more than just food

Amidst the books at the River Falls public library is a new attraction. Sitting atop the reference books and pamphlets in the center of the library are brightly colored Peeps presented in an array of environments.

Library Director Nancy Miller was inspired by the Peep dioramas in the St. Paul Pioneer Press, whose contests started in 2004.

The fun ways people came up with in displaying Peep’s led her to introduce the idea to the library last year.



Brittney Pfenning-Wendt
Columnist

“I like to see how creative people get,” said Miller. The library’s second year of holding a Peep diorama contest brought in 22 participants from the town and University.

Everyone is encouraged to participate, with voting separated into three age categories: youth through fifth grade, sixth through 12th

grade and adult. Artists are allowed to work together, but the diorama would be placed into the category determined by the oldest participant.

When the contest was introduced the first year there were only two categories, youth and adult, but with the split to differentiate youth, it lifts any discouragement younger kids may have felt when competing with junior and senior high level kids.

Winning dioramas are chosen from each category by three judges. This year’s judges represented a diversified bunch made up of an art teacher, businessman and someone from city hall.

Along with the three winners is a Peep’s choice award. Visitors are able to view the displayed dioramas and vote for their favorite.

In a recent visit to the library, I was amazed by the unique ideas and shocked when I found out my Resident Assistant, Stefanie Thorsen, had submitted a diorama and won first place in the adult category. Titled “Carnival of Peeps,” Thorsen’s display was complete with an egg Ferris wheel holding pleased chick and bunny shaped Peep carnival goers.

The winners of the sixth through 12th grade category

took advantage of the team option and created “Minecraft Peepers,” depicting the popular computer game. Peeps were stationed in houses and pens, while one was manning a tank.

A tie resulted in the youth through fifth grade category. Olivia Miller proudly recreated the Falls Theatre with her display of Peeps munching away on little bags of popcorn and candy while viewing a movie.

Tying contestant was Lily Schartau with “Peepsquapch” a take on Sasquatch, played by a bunny shaped Peep dressed up with curly brown hair.

Peep’s choice went to the diorama that captured the Wisconsin spirit in regards to Minnesota. “The Green Bay Peepers vs. The Minnesota Peep’le Eaters” was submitted by Sam Shaw, age seven, and won the approval of library goers. His chick Peep’s were lined up along the center line with football helmets carefully placed on each, while bunny shaped Peep’s refereed the game.

The contest reflected the creativity and good nature of River Fall’s citizens. I can’t wait until next year’s contest.

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

Being a journalist creates dilemma with various social networks

I think I am addicted to social media sites. Maybe we all are, as a generation of constantly streaming, Instagram-ing, re-tweeting and trending kids. But I wasn’t like this before this year. I was one of those few kids who never had a Facebook in high school, which wasn’t by choice, let me tell you. My parents thought I had other things to do in high school that were more important than updating my status or profile picture.

Once I got my Facebook, I would sit there watching my home page refresh. Fun. So I have never been a big Facebook user. Sure, I check it all the time, but I never got into the games, the mass statuses or the poking wars.



Amanda White
Columnist

Before I knew it, I was declaring my journalism major. The first journalism course I took was all about the ethics and principles of being a journalist, and I was taught to be careful with what I say or write in a public forum. You know, don’t swear when there are microphones around, don’t discuss your political or religious views, that sort of thing. Ever since then, I have been paranoid about what I post online, or even write about in my column. What

if my future employer, “The New York Times,” ABC or something, Google searches my name and finds old columns or opinions that aren’t objective or acceptable in our society? I don’t want to jeopardize my reputation as a credible journalist before I am even gainfully employed.

Which is why I had a hard time joining Twitter. My roommate started tweeting because her high school friends started to only use Twitter, and I was jealous. Facebook was lame, Twitter was cool. It was a simple equation. I finally broke down and created my Twitter, and that was the beginning of my obsession with social media. At last glance, I am following just over 200 people, from friends to politicians, celebrities to journal-

ists. Honestly, I love Twitter because I feel so connected with everyone. There is no selective friending, no private profiles, no barriers to sending a message to everyone from Kim Kardashian to Adele. I struggle with the 140-character limit, though. Probably because I am used to column-length writing, so fitting a witty joke or a memorable anecdote into one tweet is tricky and requires an acquired skill I am still working on.

I am quite the fan girl (re: “The Hunger Games” and “Harry Potter”), so I have become quite attached to Tumblr, which is a blogging site that focuses on fandoms. Most funny pictures that circulate around the Internet originate on Tumblr. However, Tumblr isn’t a serious

blogging site that focuses on writing and journaling, so I just created my blog, “The Daily Amanda,” on BlogSpot. Hopefully having a public blog available to have conversations will hone my writing skills as well as my networking and etiquette skills. I hope to continue this blog after I graduate, and have it serve as an archived collection of memories and experiences.

Perhaps the most fun of all the social media sites I participate on is Pinterest, which is a virtual corkboard to “pin” anything that is an image. I have several different boards, including “Books Worth Reading,” “My Style” and “Words ‘n’ Things.” You can follow friends and celebrities alike on Pinterest, like Twitter, and you can “repin” pins

you want to remember. In my visual communications class we are on computers for three hours, and at any given time I can look around the classroom and see a few people browsing Pinterest.

Sometimes I have to stay up really late finishing homework because I am so distracted by all these websites. At least I am not alone in my addiction. We are all connected to each other, through hash tags and likes. Still, when someone tells me that I spend too much time on the Internet, I just tell them I’m a journalism major and need to get my name out there so I can get a job after college. Who am I kidding? I just like all the cat pictures.

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

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Discovering the stories behind the myths of Easter

If you have ever ventured into a mall around Easter you will have noticed a large line of young kids waiting to see something. No, it isn’t Santa Claus, although this is where he would be. No these kids are all there to see the Easter Bunny. As a young child I don’t think any of us ever questioned why there was an Easter Bunny.

And why would we question something that “brings” us toys, eggs and chocolate? As we get older, however, some of us begin to wonder what exactly does a bunny have to do with the religious holiday of Easter. That is what I’m here to answer.

First, let’s discuss this



Ben Lamers
Columnist

problem of a bunny having eggs. Rabbits do not actually lay eggs. So where do these eggs come from? Well, this goes back to early Christianity where eggs were brought into houses to signify the beginning of spring.

OK, so that explains the appearance of the eggs, but why do we color them? Originally, people of the Eastern Orthodox religion died their eggs red in honor of the blood of Jesus Christ. Some began painting the eggs

green to symbolize the coming of spring as well.

Additionally, eggs were forbidden to Catholics during the time of Lent. This is the reason for the sheer amount of eggs around Easter. If you can’t eat them, they just sit there.

Now, how did the bunny come into the picture? Well, in pre-colonial America the idea came from the German immigrants. The Germans told their children the story about the “Osterhas.” As you may have guessed, “Oster” translates roughly into Easter. However, “Has” or “Hase” translates into hare. So, yes, the Easter Bunny

And why would we question something that “brings” us toys, eggs and chocolate?

is, in fact, the Easter Hare. Seriously, look at almost any picture or drawing of an Easter “Bunny” and you’ll see a hare instead.

In fact, in this legend the Easter Bunny acts in almost the same way that Santa Claus does. According to the legend, the Easter Bunny would give good children lovely colored eggs on the night before Easter. Obviously, this has evolved into a marketable holiday in which children get toys and chocolate in addition to their colored eggs. I couldn’t find what the bad children get from the Easter Bunny. Bunny droppings perhaps? Who knows.

For those of you who are curious about where this legend comes from you may be interested to know that it came from none other than Jakob Grimm. Yup, one of the Grimm Brothers was the won who penned the legend of the Easter Bunny. Kind of makes you wonder if there is some dark side to the Easter Bunny doesn’t it?

So now you are informed. The next time someone asks you why there is an Easter Bunny you will know what to tell them.

Or you could make up some kind of entertaining lie about an ancient bunny that laid eggs the color of the foods it ate. Just a thought.

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

‘Wrath’ disappoints much like its prequel



Michael
Brun

Reviewer

There were a lot of things wrong with 2010’s “Clash of the Titans,” none of which were fixed in the sequel. “Wrath of the Titans” is just as dull and aimless as its predecessor, and the 3D effects are every bit as disastrous.

The movie picks up a few years after “Clash.” Perseus, reprised by Sam Worthington, has given up his monster slaying ways, and now lives as a simple fisherman with his adolescent son. But when the Greek gods’ scheming unleashes a new evil on the world, Perseus is forced to take up his sword to protect humanity.

A good sequel will capture the best parts of the original, and present them in a new and surprising way. “Wrath” does none of that.

This is fundamentally the same movie from 2010, rehashing the original’s quest narrative to a tee: team up with a rag-tag band of misfits, go looking for a powerful weapon and use it to stop an impossibly large monster.

This time around the Kraken is replaced by Cronus, a big, bad Titan determined to destroy the universe. He’s sealed away in an underworld prison, but Hades, played again by Ralph Fiennes, wants to let him out for dubi-

ous reasons. Strangely, “Wrath” even does away with the only redeeming aspect of the original: Liam Neeson’s performance as Zeus. Neeson makes a return in “Wrath,” but as a marginal background character, and without the

With two years to learn from their mistake, one would think the producers of “Wrath” would have at least done the 3D right.

pomp and melodrama that made him entertaining. Instead, he spends most of his screen time hobbling around like a feeble Gandalf.

There is little sense of direction in the plot of “Wrath,” down to the core motivation

This is one of those rare cases where you actually get less for paying more.

for the heroes and villains. There is also no greater significance to the action, and no meaningful themes to explore.

There are hints of a subplot about the relationship between fathers and sons, as well as between brothers—Zeus and Hades battle it out, as do brothers Perseus and Ares—but neither ideas

seem to go anywhere. Viewers looking for more than an action set pieces will be disappointed.

Like the original, “Wrath” is also presented in 3D. It is also just as bad.

When debating the merits of 3D movies, “Clash” is often cited as an example of what not to do. After a last-minute decision to release “Clash” in 3D, the movie, which was shot traditionally on film, was digitally altered to give it the extra dimension. The result was a noticeably less vibrant, headache-inducing blunder that added nothing but dollars to ticket prices.

With two years to learn from their mistake, one would think the producers of “Wrath” would have at least done the 3D right. Not so. The effect, which was also added digitally in post-production, is understated to the point of pointlessness, and even detracts from the presentation by muting the brightness. This movie is one of those rare cases where you actually get less for paying more.

“Wrath of the Titans” is nothing but an unnecessary sequel to an unnecessary remake. It is an amateurish and altogether heartless creature feature destined to be forgotten. It ends with a strong setup for a sequel, but why bother?

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.



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