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Test-outs no longer offered for required activity courses.

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Spring sports affected by unpredictable weather.

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Former Packer legend highlights scholarship benefit.



# STUDENT VOICE

University of Wisconsin

River Falls

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## Dining Services to offer to-go option

Ben Lamers

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The Dining Services Advisory Committee (DSAC) received a 5 percent increase in its budget for next year and it is looking to improve both the food students eat and dining options.

A big change will include the addition of to-go containers available for students to use at every meal. The to-go containers are meant to give students the option to have a portioned amount of food which they can eat anywhere.

Currently, the only place students can get a meal like this is by getting what is called a transfer meal from Pete's Creek in the University Center.

"We're planning to have more prepared food, like food from a transfer but with better quality," said Anthony Sumnicht, chair of DSAC.

Sumnicht added that all meals in Riverside Commons, in the UC, will have the to-go option available. He said this solves the problem of UW-River Falls not having any way for students to get breakfast on the go while using their meal plan.

"I think that this would be a great alternative to the transfers and retail dining. It would add more variety for students," said UWRF sophomore Morgan Randall. "This might even be more convenient than bringing your own food everyday."

Currently, 2,778 students are on a meal plan and 78 percent of those students live on campus, according to Dining Services.

In addition, students would not be able to bring their to-go containers into the dining area. If a student is seen with a to-go container in the dining area they will be given a warning. If they are caught again, they will not be able to use the to-go containers for the rest of the semester.

"We're a cafeteria, not a grocery store for students," said Sumnicht.

To prevent students from stealing the to-go containers, they will only be able to have one at a time. That data will be kept track of on the student's ID card. To get a new to-go container a student must return the container they have to a specific location and get their card swiped by an employee. Only then can they

See Dining page 3

## Prestigious Chancellor's Award presented to five UWRF students



Brittany Flatten/Student Voice

**Pictured with Chancellor Van Galen are the 2013 Chancellor's Award recipients: Front row, left to right, Elizabeth Byers, Lauren Evans. Back row, left to right, Karen Edlebeck, Ashley Goettl, and Amy Graham. The award is the highest non-academic honor a student can receive. It is presented to students who have demonstrated exceptional leadership and service to the campus and community during their time at UWRF.**

## UW System heating plants under threat of privatization

Alicia Carlson

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Gov. Scott Walker is seeking to sell Wisconsin's 37 power plants located at state facilities. His plan is to use the money to fund a part of his two-year \$6.4 billion transportation plan.

In Walker's plan to regain money for the state's budget, UW-River Falls' heating plant would be put up for sale. This plant heats the University buildings and provides hot water

throughout the entire campus.

As a state owned heating plant, it is currently tax exempt. However, Mike Stifter, the Interim Executive Director for the Division of Administrative Services said that shifting the ownership to the private sector could affect cost.

"Because we don't have any other option, it all comes from one source. It's not like we can say, that's too expensive we're going to choose one of these other vendors. Our only vendor is whoever buys the plant," Stifter

said.

Right now, revenues for the plant come from student room and board fees and student segregated fees.

Bill Girnau who is the power plant superintendent at UWRF said he and his employees ask themselves how they would run the heating plant differently if they were a private company.

"We're down to bare-bones. We could compete with anybody as far as I'm concerned. So it would be interesting to see somebody come in and see what they would offer to take over and run the plant," Girnau said.

However, Girnau added that if a private company could run the heating plant the same way or better than the current state workers, he would not have a problem with it.

Kelly Cain, who is the director at the St. Croix Institute for Sustainable Community Development, brought up another issue with the privatization of the UWRF heating plant. He said he's worried that a private company may not be environmentally conscious.

"I could imagine we would pay that extra dollar in order to get the carbon reduction and to meet our intentions and commitments, where a company is going to see that dollar difference in fuel as lost profit," Cain said.

The environment is a big factor to UWRF as it is one of 700 schools to have signed the American College and University Presidents' Climate Commitment.

This makes the University responsible for



Alicia Carlson/Student Voice

**Power Plant Superintendent Bill Girnau demonstrates some of the functions of the central heating plant.**

keeping track of the greenhouse gas footprint for the entire campus.

"Ours is one of the most aggressive climate action plans in the country. We're only one of three schools in the country that have tracked our greenhouse gas footprint all the way back to 1990 through 2011," Cain said.

So far the climate action plan has been working. For the past two years, UWRF has been the No. 1 campus in the UW System for energy efficiency.



Alicia Carlson/Student Voice

**Under Gov. Scott Walker's plan, the UWRF central heating plant could be purchased by private companies to help fund his \$6.4 billion transportation plan.**

## Delta Theta Sigma reinstated on campus after two-year ban

Samantha Harkness

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The Delta Theta Sigma fraternity (DTS) was reinstated by UW-River Falls Director of Student Life Paul Shepherd on April 12. DTS lost recognition with the University two years ago.

DTS President Luke Beistle said that losing recognition "was frustrating." The reason Delta Theta Sigma was unrecognized by the campus, Beistle said, "is a long story." The fraternity was accused of wrong doings, along with an accumulation of other events and it snowballed into a bigger deal from there.

In order to be reinstated, the members had to do several things. In addition to having to be off campus for two years, and not getting into any trouble, the members worked closely with three faculty advisors for the College of Agriculture, Food and Environmental Sciences (CAFES).

Members worked with David Trechter, Justin Luther and Nate Splett to revise the fraternity's bylaws. Beistle also said that they worked with these individuals because they needed someone with higher seniority to help them get reinstated.

The campus also gave DTS a sheet of goals to achieve by

Student Life officials. One of the requirements for being reinstated included being a dry house for two years, which meant there could not be any alcohol at all.

The members had to improve their image and participate in more philanthropy events. Two examples of philanthropy DTS participated in were Relay for Life and highway cleanup.

The fraternity had to pick new members as well. Beistle said that was the hardest part.

Beistle said that he was surprised with how quickly the reinstatement process went. Beistle, fellow member Adam Strebe, Luther, Trechter, a member from the National Alumni Board and members from the DTS Alumni Board all met with Shepherd and after one meeting it was done; DTS was reinstated onto campus. Beistle thought that they would have to at least be on probation.

Beistle went on to say that the fraternity's most recent goal is to maintain a good relationship with campus, and have good lines of communication between themselves, its Alumni and National Board and campus.

A few of the members said that they felt a sense of accomplishment after reinstatement. One member said that he really gained perspective and another said that it was the first good thing to happen in two years. They were also happy because they had 13 new members join the fraternity.

Because DTS is recognized on campus again, the fraternity is able to participate in campus events again. This also means that members can help with recruitment.

Beistle also said that without the help of Trechter, Luther and Splett, DTS would not have been able to do anything.

He added that since being reinstated, everything is different now and member Kyle Willfahrt said that he is "glad to be real again."

Erik Brettingen is one of the new members to DTS this semester and said that to him, being in a fraternity allows for more campus involvement, and "you definitely become close friends with the people." Beistle added that being in a fraternity gives you a sense of responsibility.

All the members said that they are excited to work with Shepherd and Student Life.

**The fraternity was accused of wrong doings, along with an accumulation of other events, said Delta Theta Sigma President Luke Beistle.**

# Discontinuation of test-outs presents dual views

Brittany Flatten  
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The Health and Human Performance (HHP) department has decided that as of fall semester 2013, no more test-outs will be offered for the physical education activity courses that roughly 100 students take advantage of each semester.

According to goal five of the UWRF general education requirements, “Students will make and defend judgments with respect to individual conduct and well being, citizenship, and stewardship of the environment.” The physical education activity courses are

a part of goal five and students must take two in order to meet the requirements of this goal. Joseph O’Kroy, chair of the HHP department, said that there are a few different reasons why they decided to get rid of the test-outs.

“The test-outs were not consistently applied as there were only some for specific courses and not for all of them. Also, our point is to keep students active and those students who do the test-outs are not really staying active.” UWRF senior Sierra Johnson took a test-out for ice skating and was glad that she had the ability to do it as it helped with scheduling for her, but she also understands why the

HHP department has decided to get rid of the test-outs.

“I thought that it was a good option for someone who already knew the sport or activity, but I can understand why they are getting rid of them because they want students to be active and a test-out completely defeats the purpose.”

The department receives questions every semester from student-athletes who are wondering why they still have to take the activity courses when they are active all the time or why they cannot just do some type of test-out for their sport.

The Athletics Representative on Student Senate A.J. Hansen agrees with the athletes that are already involved in a sport and said that they should receive at least one of the credits.

“They are always active and put in a lot of time training so I think they should be rewarded for that in some way and not forced to be more active.”

O’Kroy said that it does not matter whether you are already active or if you think you can easily test-out, but that you are engaging in activities that you may not have tried otherwise.

“We want to expose students to new activities and challenge them to try something new that might interest them and become an activity that they continue to do even after the course is done.”

The department is aware that without test-outs there will be more students taking the

activity courses every semester and are therefore creating additional sections of the courses to make up for it.

There will also be a few new activity courses for students to choose from beginning in the fall semester including ultimate Frisbee, flag football and a scuba II course which would follow scuba I and allow students to further their knowledge of scuba and actually get certified.

Hansen said that despite what some students may think, the activity courses really are a good thing for them.

“It forces students to do something that is actually fun and it can also be a really good stress relief, which is something we all need as students.”

With no more test-outs, the only way that a student would not have to take the activity courses is if they had completed basic training as that is

something that is accepted to meet the requirement.

O’Kroy said that the HHP department has also considered accepting firefighter training, police training or something equivalent.

He recommends that students plan ahead and get their activity courses done early on in their college career so that they do not have any problems getting into the courses they need once they are ready to graduate.

“There are no more test-outs so every student must look ahead and figure out how to take the courses that they find interesting so they can really enjoy it and hopefully continue to stay active in the future.”

**“I thought that it was a good option for someone who already knew the sport or activity, but I can understand why they are getting rid of them,” said UWRF senior Sierra Johnson.**



Photo by Laura Kropp  
Students participate in a badminton course, one of the possible activity courses offered at UWRF. Without the option of test-outs all students will have to complete two of these activity courses to meet general education requirements.

## Annual colt sale to take place at UW-River Falls campus farm

UW-River Falls is holding a colt sale on Saturday, May 4, at the UWRF Campus Farm located off Wasson Lane.

The event will start at 11 a.m. with a sale preview where all of the horses will be ridden for potential buyers.

Following the preview, lunch will be served. During lunch students will be available to answer questions about the horses. The auction will start at 2 p.m.

Each 2-year-old horse featured in the sale has been trained by a UWRF student enrolled in the “Principles of Training Horses” class where students learn and

refine their training techniques. Along with the 2-year-olds, about 10 aged horses will be sold.

Most of these aged horses are lesson horses from the UWRF riding program.

Additional information about the sale and the horses can be found at [www.uwrfcoltsale.com](http://www.uwrfcoltsale.com). The website features video clips of each horse being ridden, a full performance pedigree, and a description of their riding qualities.

For more information, email [nathan.h.oconnor@uwrf.edu](mailto:nathan.h.oconnor@uwrf.edu) or call the Animal Science department at 715-425-3704.



Photo by University Communications  
“Principles of Training Horses” class members trained the colts that will be sold at the UWRF Colt Sale on Saturday, May 4.

## News briefs

### Commencement set for May 18

The Spring Commencement Ceremony will be held at 9:30 a.m and 2 p.m. on Saturday, May 18, in the Robert P. Knowles Center on campus. The College of Agriculture, Food and Environmental Sciences, College of Business and Economics and the College of Graduate Studies will be included in the 9:30 a.m. ceremony. The College of Arts and Science and the College of Education and Professional Studies will be included in the 2 p.m. ceremony. Complete details about the commencement ceremony are available at <http://www.uwrf.edu/Registrar/CommencementInfo.cfm>. Graduates should plan to arrive an hour early to check in and fill out a name card.

Adequate seating is usually available; therefore, no reserved seating is provided nor are tickets required. A sign language interpreter will also be provided in a designated area, and ushers will be available to assist anyone who is in need of this service. If you and/or your family members/other guests require special seating arrangements, please notify the Registrar’s Office at 715-425-3342 no later than May 3.

Caps, gowns and tassels are now available for purchase at the University Bookstore/Falcon Shop in the University Center. Flowers, pins, decorative jewelry, etc. may NOT be worn on the gown. If you have any questions about purchasing these items, as well as graduation announcements, diploma covers, etc., please contact the Bookstore at 715-425-3962.

If you are receiving any type of academic merit and need to wear cords for graduation, please contact your college’s Dean’s Office for information on where to pick up these items.

All of the campus parking lots will be available to the public without permits from 6 a.m. to 12 a.m. on the day of the ceremony, and parking spaces are on a first-come, first-serve basis. The lots do fill up quickly and the streets going to and around Knowles become congested quickly, so please plan to

arrive with plenty of time to get to the ceremony. If you have any questions or concerns about parking on campus, please contact the Parking Office at 715-425-3333.

Footage of the ceremony will be streaming live at <http://sites.google.com/site/uwrfv/channel-19> at no charge and will start 15 minutes before the start of the ceremony. There will also be a professional photographer taking pictures of the graduates as they receive their diploma cover and then after they exit the stage. Proofs will be emailed to the address you indicate on your name card, given out the day of the ceremony.

Immediately after the ceremony, there will be a reception for the graduates down in the Hunt Arena. University backdrops will also be available for taking pictures.

If you decide that you no longer want to or are unable to participate in the Commencement Ceremony, please notify the Registrar’s Office at 715-425-3342 no later than May 3. You may also contact the Registrar’s Office with any questions or concerns about the Commencement Ceremony.

### RADD Jazz Series presents Universal Language IX

The RADD Jazz Series presents Universal Language IX, an annual program that explores the synthesis of jazz, improvised music and indigenous folk music from throughout the world. Universal Language celebrates the diversity as well as the shared influences of music from throughout the world. Our ninth edition presents music from the African Diaspora, Argentina, Bulgaria, Celtic Traditions, Cuba, Haiti, Kyrgyzstan, Laos, Scandinavian Traditions, Spain and Turkey.

The RADD Jazz Series features the UW-River Falls Jazz Ensemble, directed by Music Professor 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 collaboration between the UWRF Music Department and the UWRF Office of Student Life.

The even take place at 7:30 p.m. on Saturday, April 27, in Abbott Concert Hall of Klienpell Fine Arts Building. Admission is free and open to the public.

For more information or accommodations, call the Office of Student Life, 715-425-4444.

### UW-River Falls student presents senior installation/exhibition

UW-River Falls senior Hannah White will be presenting both an art installation and an exhibition, “The Best Is Yet to Come,” from May 5-24 in the Chalmer Davee Library on campus. White will be showcasing cold forged metal sculptures, drawings, and other sculpted works. The event is free and open to the public.

White, of Oakdale, Minn., is a Bachelor of Science liberal arts major with a psychology minor. She has recently transitioned from two-dimensional to three-dimensional art forms. Her focus is on the connection between mental and artistic growth; a theme that spans both her two-dimensional and three-dimensional works.

Focusing on the interweaving of academia and the arts, White has chosen the Davee Library as the site to showcase her works due to its history of facilitating the interaction between visual and conceptual forms of thought. The site enhances White’s theme of mental growth portrayed by art.

A reception will be held from 6-7 p.m. Thursday on May 9, in the Davee Library. The art may be viewed during regular library hours from 7:30 a.m.-1 a.m. on Monday-Thursday, from 7:30 a.m.-7 p.m. on Friday, from 10 a.m.-7 p.m. on Saturday, and from 12 p.m.-1 a.m. on Sunday. Summer hours begin May 20, when the open hours change to 8 a.m.-4:30 p.m. on Monday-Friday.

For more information, contact the UWRF Art Department at 715-425-3266.

Check out the Student Voice online

at uwrfvoice.com

# Event planned to help fund Turningpoint

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The UW-River Falls Nonprofit Marketing class is hosting an event called Turn It Up for Turningpoint on Thursday, May 9, to benefit Turningpoint in River Falls.

“We’re an advocacy agency for victims and survivors of domestic abuse and sexual violence,” said Executive Director of Turningpoint Kim Wojcik. “It’s free and everything we do is confidential and it’s protected by law.”

Turningpoint provides services for children, women and men in Pierce and St. Croix counties that have some form of abuse. They have a 24-hour crisis line and text hotline.

They also help with emergency shelter, restraining orders and providing supplies that range anywhere from emotional support to shampoo to security systems.

“We never have a hidden agenda, the person we are supporting is our agenda,” said Sexual Assault Service Coordinator Katie Ryan.

The fundraiser will be held at Junior’s Bar and Restaurant from 7 to 9 p.m. on Thursday, May 9. So far, there are three bands that are booked to play at the event, such as Bad Habits Brass. A beanbag tournament is also planned.

Roughly 22 students that are in the Nonprofit Marketing class with Marketing Communications Professor Dave Bonko, will be selling paper ribbons at the fundraiser for \$1, as well as tiles that can a person can purchase and design which will be displayed at the new Second Chances building.

All of the proceeds of the fundraiser will go to Turningpoint to help them meet their goal of raising \$85,000 to renovate a new space for Second Chances.

Second Chances is a thrift store located on Main Street that is a program of Turningpoint.

Anything that is donated to Second Chances is either sold or donated to those in need of it.

According to the March 2013 issue of the Turningpoint newsletter, the thrift store has been in business for eight years and it is looking to move from its current rental retail space to a new and permanent home also on Main Street by August.

“We knew that they are working on this restoration project so we thought that having this event would really promote that and raise money for the project,” said marketing communications student Brianna Samson.

The goal of moving Second Chances to the new location is not only to increase storage space, a loading area and elevator but also to include a floor of administrative office spaces.

The administrative offices are currently in the Turningpoint location and will be moved to the new Second Chances building so that there will be approximately 17 more bedrooms available for those in need of shelter.

“Because we’ve worked with Junior’s before, they know what to expect,” said Samson. “Every single year we’ve done something at Junior’s and there has always been a great turn out.”

Samson is on the branding committee for the fundraiser and is working with Turningpoint to market the tiles that will

be for sale. She said that the nonprofit class has worked with Turningpoint in the past and thinks it’s a great cause.

According to the Turningpoint newsletter, in 2012 there were 698 clients that were served by Turningpoint.

Of that, 97 of those were children under the age of 10, and 68 adults over the age of 50.

Wojcik explained that due to limited space, the shelter does have to turn people away at times, and they would like to reduce the number of people turned down by being able to have more beds available.

“If the money is raised, we will have double the beds,” Wojcik said. “Every dollar matters.”

Samson explained that there will be a table available from 10 a.m. to 2 p.m. on May 6 through May 8 in the University Center for those interested in signing up for the beanbag tournament.

There will also be a beanbag demonstration on the UC mall one of those days, with weather permitting, to promote the event.

“We’re hoping to have advertising at each table in Junior’s as well as we are painting their windows,” Samson said.

Both Wojcik and Ryan are looking forward to the fundraiser and are thankful that campus is eager to get involved to help Turningpoint.

“It’s really great to see people on campus care about these issues because they are heavy topics,” Ryan said. “It (the fundraiser) should be a lot of fun.”

## Nearly 100 males walk mile in high heels to help sexual assault victims



Used with permission from Jake Litecky

Left to Right: UWRf football players Michael Gehling, Jake Litecky, Phil Martola, Tyler Wirth and Ryan Henderson participate in the Walk a Mile in Her Shoes event April 23 sponsored by the UWRf Student Social Work Association. According to the Falcon Daily, the event raised more than \$1,170 to benefit local sexual assault prevention organizations. The event was part of a larger international men’s march to help raise awareness about rape, sexual assault and gender violence.

## Dining: New food venues may be available for fall

From page 1

lower the use of cups and bottles water on campus.

Each student living on campus receives a reusable water bottle at the beginning of the year.

However, junior Danny Lee is not going to get back on a meal plan because of these new changes.

“I like buying and making my own food. The meal plan doesn’t interest me whatsoever,” Lee said.

Sumnicht also said that dining services is looking to bring in name brand venues for retail dining.

One such venue he mentioned was Erbert & Gerbert’s Sandwich Shop, but he stressed that this was not finalized yet.

Sumnicht said that the plans to bring a name brand venue into retail dining have not been finalized, but should be before the 2013 fall semester.

get a new one to use.

Randall said that having the to-go containers will benefit everyone eating in Riverside Commons, not just those who utilize the to-go containers.

“I think that one of the disadvantages of Riverside is the time it takes to sit down and eat a meal. There are also issues with not having adequate seating for everyone. If people could take their food to go, this could possibly eliminate some of that problem,” Randall said.

In addition to the 5 percent budget increase, DSAC is looking at other ways to save money to put toward these new additions as well.

One of those ideas is to close Riverside Commons from 2 p.m. to 4 p.m. on weekends. Another is to allow students to fill up a water bottle to

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EDITORIALS

Events raising awareness of domestic violence, abuse call for examination of growing problem in area

Walk a Mile in Her Shoes, Turn It Up, and Take Back the Night are all events either on the UW-River Falls campus or in the River Falls community being held to raise money for the Turningpoint organization and other groups to help prevent domestic and sexual assault.

These events are designed to be a fun, memorable, time for those who attend, while still raising money for an important and good cause. On April 23, the Walk a Mile in Her Shoes event raised \$1,170 for the Sexual Assault Response Team of River Falls and for the Sexual Assault Resource Agency in Red Wing, Minn., according to the Falcon Daily.

We certainly commend the UWRF football team for taking point in this event by having almost the entire team walking a mile in high heels to help raise money for the event.

In addition, Turningpoint is raising money to help it expand into a new space so that can help more people, some of whom they have had to turn away in their current space.

However, we do not think that it is a good thing that Turningpoint and these other organizations have to expand and raise money. Domestic and sexual assault is clearly a problem and, since organizations like Turningpoint have to expand, it seems to be becoming a larger problem.

The organizations should be shrinking, not expanding.

Events like these are supposed to help raise awareness about these problems as well. What good is awareness if nothing is done about the problem?

Helping to get rid of domestic and sexual assault starts with individual people working to get rid of the problem in their life and then expanding to help others.

Going to these events is a great way to support these organizations and have a fun time as well. However, instead of just helping to raise money for the issue, anyone and everyone can do their own part in their daily lives so that organizations, like Turningpoint, do not need to expand.

Instead, we should be helping to fix this problem so these organizations can shrink because they aren't needed, rather than have to expand because they are needed.

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

STUDENT VOICE

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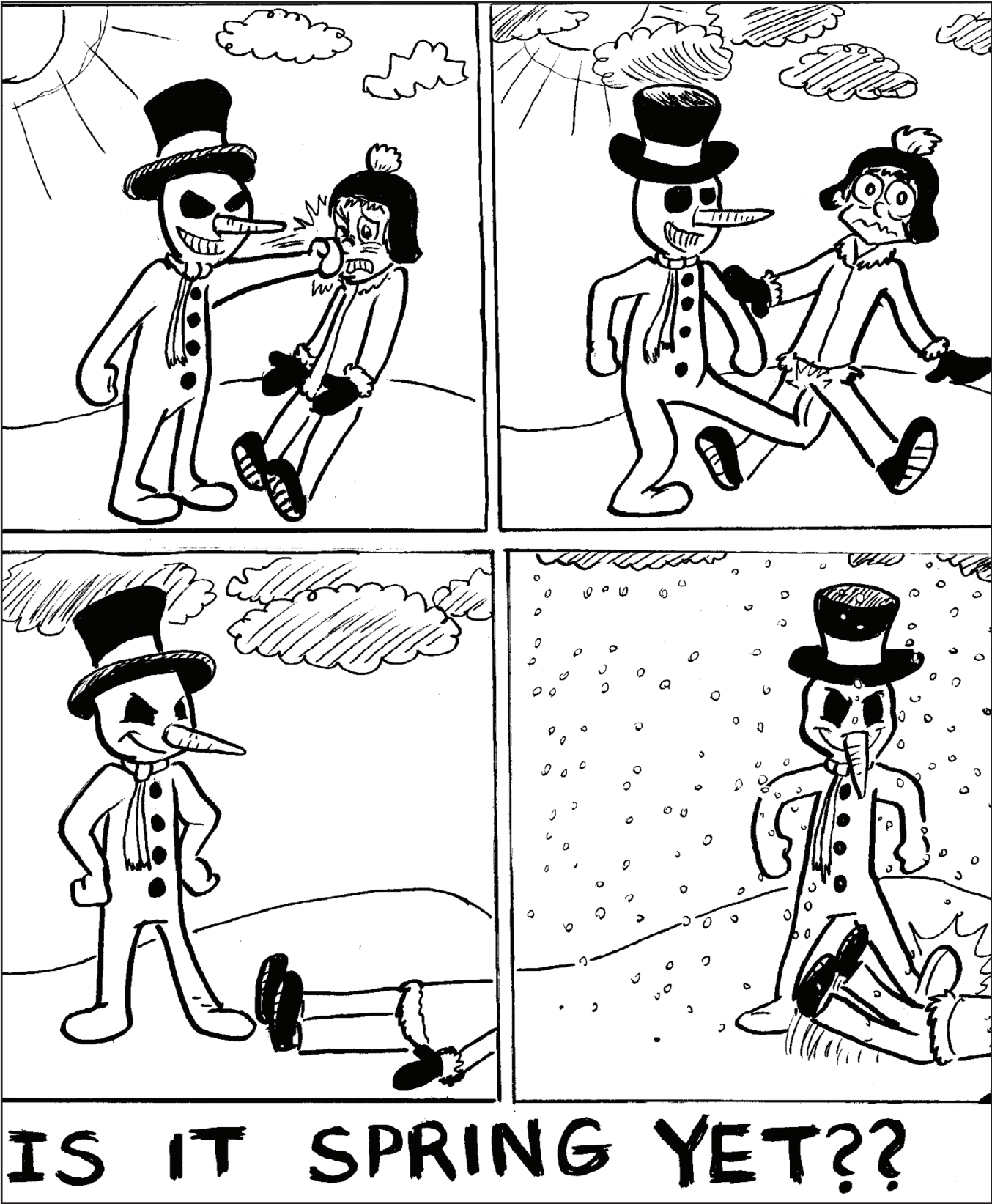
The *Student Voice* is a student-written and managed newspaper for UW-River Falls, and is published Fridays during the regular school year.

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, 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

Letter to the editor

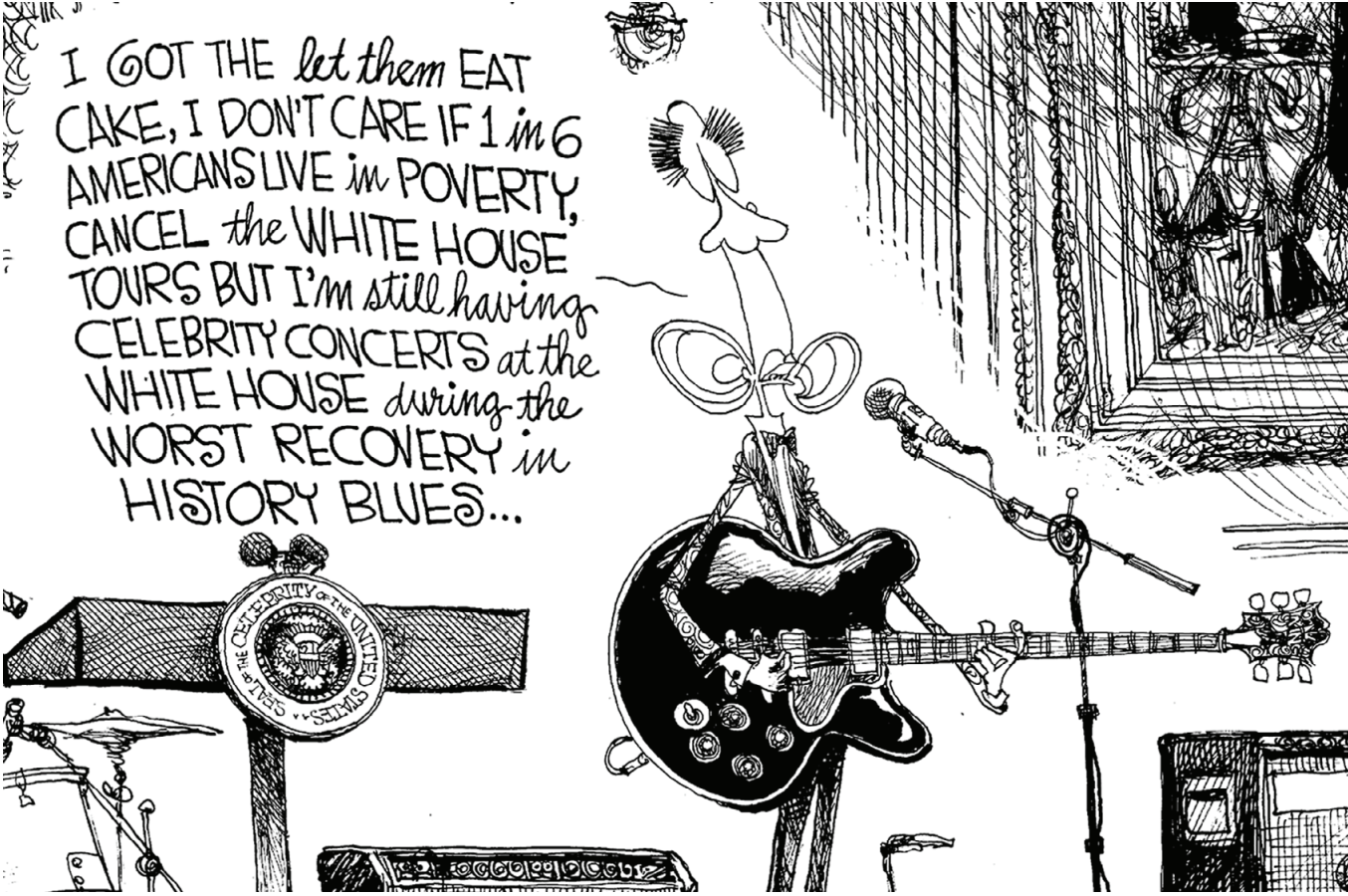
**AFAB funds WRFW through student media laws**

In Rebecca Rudolph's story "AFAB budget receives approval" in the April 19 issue of the Student Voice, it was said that WRFW received funding because it is a news organization.

While WRFW is unique in many ways because it is a news organization in part, the reason that AFAB is required by the

State of Wisconsin to fund the operating expenses, etc (read F50 for the legal language) is because they are student media. I would thus consider the statement in the article something of a typo.

Elliot Novak  
Program Director WRFW



USBICEF College Cartoons

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 Theatre!

Congratulations to last week's winner, Zach Rossow.

Report the find to [editor@uwrfvoice.com](mailto:editor@uwrfvoice.com) AFTER 10 a.m. Friday.

# STUDENT VOICES

## Who is your American idol?

Compiled by Maggie Sanders

Megan Davis  
Sophomore



"Hillary Clinton."

Alex Adams  
Junior



"Martin Luther King Jr."

Mikayla Swanson  
Sophomore



"Bob Marley."

Hannah Lansing  
Junior



"All the military that risk their lives for the nation's security and freedom."

Brett LaCoy  
Freshman



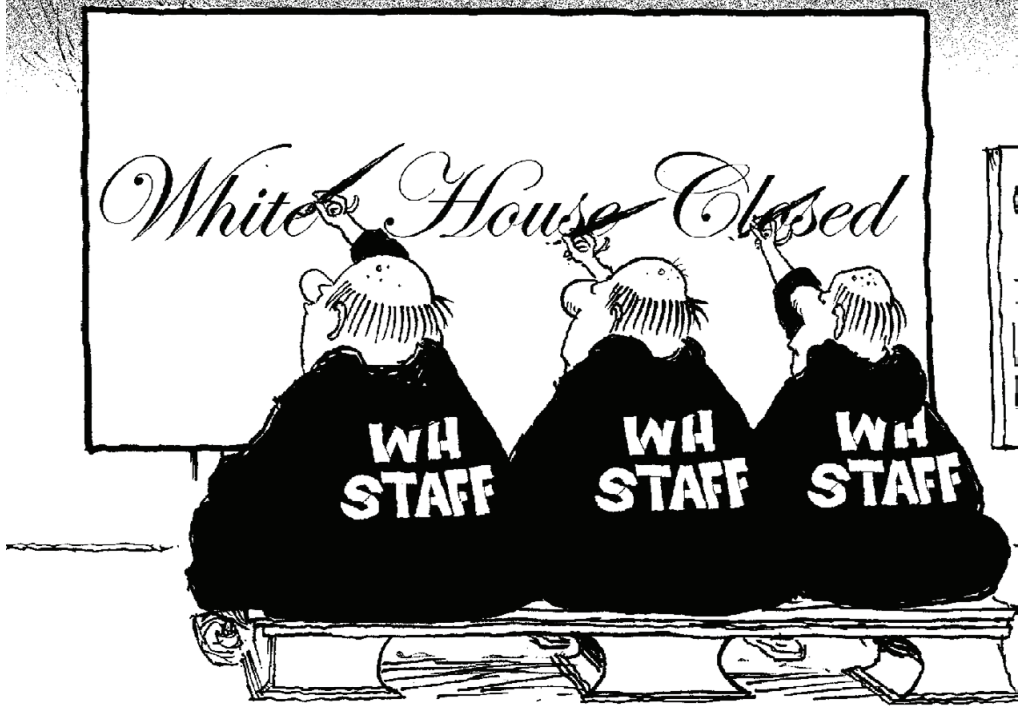
"Benjamin Franklin."

Anna Zimmer  
Senior



"My parents."

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# Julia ‘Butterfly’ Hill speaks during Earth Week



Alicia Carlson/Student Voice



Alicia Carlson/Student Voice

**Hill speaks to student Esteban Montero, an international student from Brazil majoring in forestry.**

On April 24, Julia “Butterfly” Hill came to UW-River Falls to speak to students during Earth Week. She presented “What’s Your Tree? Believe in Your Dreams and Your Power to Change the World.”

Hill spent 738 days living in a redwood tree named Luna beginning in December 1997. This tree is located in the Redwood Forest on the coast of California. The time she spent in the tree was covered internationally and called attention to issues of social and environmental justice.

Hill wrote about this experience in her book “The Legacy of Luna: The Story of a Tree, a Woman, and the Struggle to Save the Redwoods.”

**Left: Julia “Butterfly” Hill speaks at Abbott Concert Hall. “I realized up there that the trees needed someone to be their translator,” Hill said.**

# Athletic department adjusting to weather

Ryan Tibbitts  
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The UW-River Falls Athletic Department has had to make adjustments in order to not lose money as the weather has affected the spring sports teams this season.

The softball team has played all of their home games at UW-Stout so far because they have a turf football field. UWRF Athletic Director Roger Ternes said that Stout has been great in letting the softball team play its games there.

“In a league like the WIAC, teams are all willing to work together,” Ternes said.

The softball team has yet to even use its field for an outdoor practice.

“I don’t remember ever playing games at other schools. Until a couple of years ago no one had artificial turf,” said James Thies, Sports Information director at UWRF. Thies has held this position since 1976.

Ternes said that all the teams are in the same position and have helped each other out. Stout, UW-Platteville and UW-La Crosse have all hosted at least four different teams in order for all the WIAC teams to have a season. Ternes also said that the away game that was scheduled to be played at UW-Superior will now be played at UWRF, saving money.

“While it does cost a little extra in travel expense to be going to Stout, Superior coming here will save money. About \$1,500 to \$3,000 extra will be spent this year with the circumstances, which is not extravagant,” Ternes said.

UWRF is looking into getting turf on Ramer Field by 2014. They are the only school in the WIAC that does not have a turf football field. With a turf field teams can compete any time because they do not get muddy. They can be shoveled off and played on in the same day.

As far as track goes, Ternes said that even though the meet that was scheduled to be at UWRF was cancelled this year,

**“We are trying to make sure our student-athletes have a good experience,” Athletic Director Roger Ternes said.**

it is almost a wash in expenses because even though there were travel expenses, the school did not have to pay for other things, such as in workers or a timing company to be at the home meet.

The athletic department has saved money in other areas this spring as well. One reason is that the golf team has not had a single meet yet this season, and tennis was still able to host their meet, but they had it indoors.

Ternes said that the Knowles Center has helped make this spring easier, because despite the weather all the teams have had a great facility to practice in.

“There is nothing we can do, but that does not mean coaches and athletes are not frustrated,” Ternes said. “We are trying to make sure our student-athletes have a good experience.”

This spring season is not the only time the athletic department has made adjustments to save money. The department does whatever it can throughout the year with all 16 varsity sports to save money.

“Budgets are tight so we do as much as we can to save money. The whole staff here does a good job of that,” Ternes said.

While other schools in the area have their teams stay overnight before games, the UWRF teams do not. Only the hockey teams will stay overnight if they have games two days in a row on a long distance trip.



Trevor Semann/Student Voice

**None of the UWRF spring sports teams have been able to practice outdoors this season. The softball team is scheduled to play its first home games at Ramer Field April 28-29.**

“UWRF is centrally located and does not have the time pressure to spend the night which saves money,” Ternes said.

The UWRF Athletic Department has had to deal with a lot of schedule changes and adjustments to ensure it does not lose money during this spring. They have done all this while managing to make sure the spring sports teams have still had a season.

On April 28 and 29 the softball team is scheduled to play its first games at Ramer Field in UWRF, which also happens to be the last regular season games of the season.

# Intramurals getting creative with softball, Frisbee seasons

Ryan Tibbitts  
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The UW-River Falls intramural staff has had to get creative this year as the weather has affected the spring sports seasons: softball and ultimate Frisbee.

“We have had weekly meetings to discuss what to do with the seasons. Softball is going to be having a week of games and then a weekend tournament for co-ed and then the week after the men and women’s leagues will have the same thing,” said Skyler Harmon, student intramural coordinator.

“Ultimate Frisbee is being played in Hunt Arena in an arena style of play.”

Harmon said numbers have continued to grow this year with more marketing under a new staff. Softball has seen more teams then ever, which is why Harmon knows how important it is to make sure games will be played.

Bethany Sommerfeldt, a sophomore at UWRF, said it is disappointing not to be able to have a full softball season.

“Being a captain was a lot of hard work. Making sure we have a team and getting everyone to register, so I appreciate the work of the staff, despite the weather, to ensure we will at least get some games and in planning the tournament,” Sommerfeldt said.

The intramural program at UWRF had 1,445 students registered in at least one of the eight different sporting seasons or in one of the six tournaments it has offered this school year, according to IMleagues.com a website that UWRF intramurals uses for students to register.

Students currently pay a \$9 segregated fee toward the intramural program regardless if they take part in every one of the activities offered or not, and a \$4 segregated fee toward the intramural sporting complex, according to the UWRF website.

Other schools in the UW System run intramurals differently. UW-Stevens Point offers 17 intramural sports and UW-Stout offers many sports during both semesters, such as having basketball seasons in fall and spring along with softball, outdoor and indoor soccer, and other sports.

A reason for this is the UWRF intramural program only has one professional worker,

**“We are a customer service industry. We are here for the students and could not run without them,” Student Intramural Coordinator Skyler Harmon said.**

Tiffany Gaulke, who works in three different areas in the Recreational and Sporting Facilities.

Harmon is the only person dedicated to the day to day running of the actual intramural program, and he does this on top of being a full time student.

“It is hard to compare our program to other schools in the area because those schools have professional staff while our program is student run” Harmon said.

Tanner Rognholt, a junior at UWRF, was on four intramural teams this year and has enjoyed participating in the program.

“The intramural program is really great. The refs are easy to get along with and are really nice. I have been doing intramurals since my freshman year and have enjoyed every second of it,” Rognholt said.

Harmon said that the refs are the backbone of the program and have been flexible in their schedules to ensure the seasons run smooth.

Moving forward, the intramural program is looking to keep slowly expanding, and are

open to new ideas.

“We are looking into doing a hall cup between all the dorms as a challenge to see which dorms can get the most teams registered,” Harmon said.

Harmon also said the staff is looking into having an indoor ultimate Frisbee season in the fall based off the success that it has had this spring.

The intramural staff says it would not be able to run without student support and are open to any feedback. They have an input section on the UWRF website to take any comments.

“We are a customer service industry. We are here for the students and could not run without them,” Harmon said.

The intramural program has faced challenges this year, and especially this spring, but it continues to grow in numbers and for sure have made a lasting impact on one student.

“The intramural program is great because it gives me a chance to hang out with my friends during the week and take a break from school work,” Sommerfeldt said. “It has been a great part of my experience here at college.”

## Decker resigns as track and field head coach

UW-River Falls head track and field coach Aaron Decker has resigned from his position due to his wife, Niki Moore, taking a position closer to family in Missouri. His resignation will be effective at the end of the 2013 outdoor season.

Decker is in his third year as head coach at UWRF. He has coached four women and eight men to NCAA All-American honors including this past indoor National Championships when Alyssa Rasmussen and Brittany Nordland each earned All-American honors.

In his time here the UWRF women have set six indoor and seven outdoor school records and the men have set nine indoor and 10 outdoor school records.

This season the men’s team has only had one outdoor meet so far this. They finished in fourth place at the Phil Esten Challenge at UW-La Crosse on April 20-21. The women’s team finished fifth place at the same meet.

Decker will finish his season with meets including the St. Mary’s open this Saturday, April 27, and then the team will compete in the WIAC championships and some qualifying meets to try get some athletes to the outdoor nationals.



Track Coach Aaron Decker

## Spring sports seasons coming to close

**Tennis:** The tennis team finished its season in matches against St. Mary’s University and UW-Stout in a home competition. They fell to St. Mary’s 8-1, with doubles team Mary Arnold and Kelsey Hochberger getting the lone win. They topped Stout 6-3 in their final competition of the season.

**Softball:** The softball team split its double header against UW-Oshkosh April 20. They fell 7-3 in the first game. Abbie Morris led the way with two of the five Falcon hits and an RBI. After trailing 6-0 going into the bottom of the seventh inning in the second game the team rallied to a 7-6 win. Ashley Goettl hit a three-run walk-off home run to seal the victory. They have games scheduled for April 26 at UW-Eau Claire and April 28-29 against UW-Whitewater and UW-Superior to end their regular season.

**Golf:** The golf team is scheduled to play at the Edgewood Invitational on April 28-29 with times yet to be determined.

To stay updated on UWRF sports follow @uwrfvoicesports on Twitter.

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FALCON BROADCASTS

UWRF SOFTBALL

SUNDAY, APRIL 28TH  
VS  
UW-SUPERIOR  
DOUBLE HEADER  
12 & 2 PM

MONDAY, APRIL 29TH  
VS  
UW-WHITEWATER  
DOUBLE HEADER  
12 & 2 PM

# Tamagotchi pet brings back joys, frustrations of 90s

Tyler Smith

Columnist


The 1990s were, as a whole, not bad. Except for that O.J. Simpson business, the Sarin gas attack in Tokyo, Mad Cow spreading around the world or hundreds of men going blind from a little blue pill. Millions of people tuned-in to watch the sandy beaches of Santa Monica, Calif., on the hit drama “Baywatch.” Pierce Brosnan was “Bond, James Bond.” Possibly the worst romantic film of all time was released: “Titanic.” Rose: “I’ll never let go. I promise.” Then she proceeds to push Jack into the ocean. Rose Dawson was a liar. Aside from dramas about bikinis, I mean beaches, the suavest “Bond” of all time, and the cheesiest romance film being released, the best part about the 90s was arguably owning a Tamagotchi pet (or maybe it was being 8-years-old and watching “Mr. Rodger’s Neighborhood,” I do not know). A Tamagotchi pet, for those of you whom are ill informed, is an electronic device that allows you to simulate the task of

taking care of a pet that eats, sleeps, and poops - and poops some more. With that slogan, what kid would not want a Tamagotchi over a Pomeranian? I bring this up because I saw one of the Tamagotchi pets when I visited a younger cousin this past weekend. He had raised his pet and nourished it into a fine upstanding 5-year-old, 8-bit, nagging little worm that excreted a constant flow of refuse. I tried not to show any enthusiasm around my cousin, but being the grown man-child that I am, I promptly downloaded the application for my iPhone when I arrived home and waited for it to eat, sleep and poop. Exhilarating stuff. My mission was to foster an electronic pet that grew old, the Sensei kind of old, the wax on, wax off kind of old. The “that cheese smells bad” kind of old. Everything started off fairly nice with my pet, his name was Oscar “the Grouch.” I would feed him, bathe him, and

turn out the lights for him, and he would smile like the dumb little beastie that he was. However, when I tried to feed him supper, he would not eat. So I turned off the lights for him and put him aside for awhile. Just a nap. Oscar was asleep, so I decided to tuck myself in for the evening as well. When I awoke in the morning, something terrible had happened. In contrast to my cousin’s pet that had grown to 5-years-old, Oscar had only lived a day before he sprouted electronic angel wings and flew up into the sky. I imagined he didn’t blame me for his death, but that is just the optimistic thoughts of a man-child. Oscar’s death really was not any of my doing. In retrospect, Oscar brought about his own demise by not eating his darned electronic food. Needless to say, I put Oscar where he belonged and felt most comfortable, in the trash.

With that slogan, what kid would not want a Tamagotchi over a Pomeranian?

# Roots of Arbor Day stretch around world, through history



Cristin Dempsey

Columnist

The snow is still on the ground and the trees are still bare, patiently waiting for spring to arrive so the leaves can finally bud. Every year on the last Friday of April, shortly after Earth Day, Arbor Day is observed in many countries throughout the world.

Arbor Day is a holiday to encourage people to plant and care for trees. Many people often take the trees outside for granted, but they do in fact serve an important role in our environment. They add beauty and interest, provide shade and oxygen, and they even control high wind speeds. Arbor Day is the perfect day to appreciate the benefits of trees, even when they still look so barren. Arbor Day was founded in 1872 by J. Sterling Morton. The first Arbor Day was held on April 10 of that year in its place of origin, Nebraska City, Neb. That day, around 1 million trees were planted around the area. Now, the same traditions are still observed in many countries. The holiday was made international in 1883 by Birdsey Winthrop of Connecticut. He globalized it when he visited Japan where he delivered an Arbor Day and Village Improvement Message. Winthrop was also responsible for bringing Arbor Day to Australia, Canada and many parts of Europe.


Arbor Day planting began in New Zealand on July 3, 1890, in Greytown in the Wairarapa.

In 1906, President Theodore Roosevelt was accused of limiting his conservational speeches to the workers of the lumber industry. Du Bois, Pa., conservationist Major Israel McCreight suggested that Roosevelt also cater to youth education and conservation. He also pushed for Roosevelt to speak publicly about trees and how to conserve American forests and protecting them from destruction. Chief Conservationist Gifford Pinchot of the United States Forest Service agreed with McCreight, emphasizing the importance of teaching children about trees and conserving forests. They both also believed that this conservational practice should be taught in schools around the country. One year later, on April 15, 1907, President Roosevelt issued an “Earth Day Proclamation to the School Children of the United States,” expanding the ideas of Arbor Day to American youth. Several countries around the world also celebrate Arbor Day, whether it is the same holiday as the United States or a day with their own traditions. Canada devotes an entire week to its forests in late September, simply called “National Forest Week.” The Wednesday of this week is Maple Leaf Day, similar to Arbor Day. Ontario observes Arbor Week during the last week of April, like the United States. Arbor Day planting began in New Zealand on July 3, 1890, in Greytown in the Wairarapa. Every year, the New Zealand Department of Conservation focuses on restoring plants and trees that have been destroyed by chemicals or natural disasters. Many groups are involved in working to restore biodiversity around the country. The first official observance

of the holiday took place last August in Wellington, when pohutukawa and Norfolk pine trees were planted along the Thorndon Esplanade. The small Republic of Macedonia focused on conserving trees and forests after devastating summer 2007 wildfires. On March 12, 2008, the “Tree Day-Plant Your Future” campaign was launched. More than 150,000 Macedonians took the day off of work and planted 2 million trees in one day. Two million was symbolic for one tree for each citizen. Millions of trees were planted in the following years in order to encourage conservation. My family has also observed Arbor Day in the past. In our yard at home, we planted “family trees,” one tree for each family member. It is interesting to watch them over the years grow from a tiny twig to something that towers over our house. The trees bring life to our yard and something to enjoy throughout the year. In 1998, the straight-line wind storm in the Twin Cities wiped out thousands of trees in our neighborhood alone, including a family tree. We did not only make it a priority to clean up the fallen trees, but we also found it important to plant new ones and restore an appreciation for nature around us. This Friday is a special day to appreciate trees and forests. They provide many benefits, including beauty, oxygen, and even family traditions. The trees this year may be completely bare from the long winter, but they will soon bud and be something that we will not take for granted.

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.

# Ways to tour, vacation in New York without breaking personal bank



Amanda White

Columnist

Have you ever wanted to visit New York City to see the sights and soak in the city life? I now feel at least partially qualified to dole out tips and tricks to make a vacation in New York City efficient and affordable. The two things that come to mind when New York City is mentioned would probably be Times Square and the Empire State Building. These locations are iconic and featured on endless postcards and advertisements. But are they worth it? Here’s my suggestion: skip the trip up the Empire State Building. The cost can range from \$20 to \$60 and the lines are insane. Once you get up there, it will probably be too cloudy to see anything. I’ve been at the top of two other buildings, the John Hancock Tower in Chicago and the Space Needle in Seattle, and in 10 minutes I was bored and ready to leave. Honestly, it’s cooler to see the Empire State Building from the outside looking up. There are good views from Bryant Park, outside of Madison Square Garden and Penn Station. It’s always lit up and on certain days, like holidays, the colors change. It is breathtaking, but not worth the money to just wait in line. Next, Times Square. This is a must-see, but don’t waste too much time or money here. Every square foot has at least one person trying to sell you sightseeing tour tickets or comedy tickets, or a creepy person in an Elmo costume trying to get

paid to take photos. Shudder. It’s smaller than I imagined, but louder. The first time I went to Times Square I was convinced my purse would be snatched. Now, it’s just annoying. Sometimes my friends accidentally walk too close and all the tourists are overwhelming. Also, don’t pull out your map; it only makes you look like a target. However, do visit the Forever 21 store in Times Square. It is four floors of wonderful clothes and accessories, and I get sucked in for hours. Central Park is also something to be seen. There are ice cream and hot dog trucks, caricature artists and buskers. In the winter there is an ice-skating rink and in warmer seasons you can go rowing on one of the bodies of water in the park. It’s cheap too, \$12 an hour. If you’re a Beatles fan, visit Strawberry Fields, a section of the park on the west side, that includes a mosaic of “imagine” to commemorate John Lennon. Yoko Ono’s apartment overlooks it, too. One area that can be visited all in one day is Midtown. The New York Public Library, with its feline guards named Patience and Fortitude, is next to Bryant Park and near Grand Central Terminal. Bryant Park has ice-skating in the winter, table tennis in the summer, and bars year-round. Grand Central Terminal is a hub of transportation, shopping and dining. Go to the Oyster Bar restaurant and stand right in front of it. There are four corners and stand in one corner with a companion in the opposite corner. Talk into the wall and you

will be able to hear each other as if you were on the phone. The acoustics allow this phenomenon in the restaurant too and businessmen used to seat themselves opposite of their competitors and get the low-down on business deals. There are several world-renowned museums in New York City. I love the American Museum of Natural History, the Metropolitan Museum of Art, and the Museum of Modern Art. Try to go to at least one, but if you are fan of museums, go to all three. Where else can you find Picassos, van Goghs, Warhols, Pollocks and Braques? And if you go to AMNH, go to the gallery with the giant whale and lay on the floor for a while. Just trust me. The 9/11 memorial is a somber yet necessary stop on a tour of New York City, and a \$10 donation gets you a wristband. The Staten Island Ferry is a free trip to Staten Island and the Statue of Liberty is visible from the ferry, although it’s much smaller than I’d always imagined. These attractions are just a portion of what is available to experience in New York City, and if you come visit, pick at least a few from the list. As far as transportation goes, take taxis if you can afford it, but if you’re looking for an authentic New York experience, buy a Metrocard and learn how to use the Metropolitan Transportation Authority. You’ll probably get lost, but at least it’s an adventure, right?

Amanda is a junior, majoring in a journalism. She is currently studying in New York City. She enjoys entertainment, fashion and public transportation.

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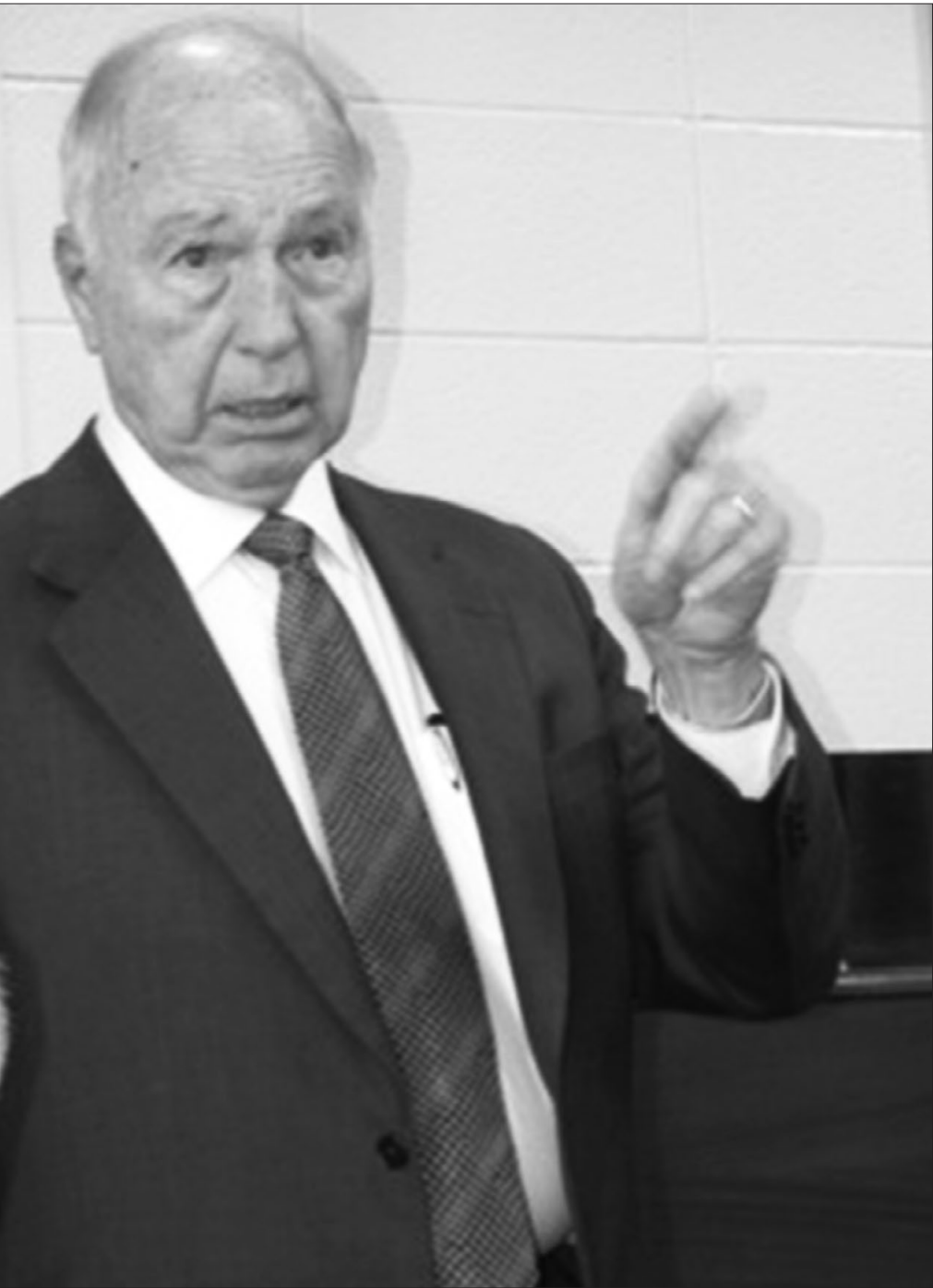
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# Former Green Bay Packers quarterback Starr attends UW-River Falls scholarship banquet



Ashley Goettl/Student Voice  
**Bart Starr addresses the crowd of nearly 400 at the Rising to Distinction campaign event. The event raised more than \$180,000 to help the Falcon Scholars program. The Falcon Scholars program offers scholarships to incoming freshman.**

On April 19, former Green Bay Packers quarterback Bart Starr was on campus for the UW-River Falls Rising to Distinction scholarship campaign event. During the program those in attendance submitted questions for Starr and listened to him talk about his football career and life experiences.

Starr is most famous for winning the first two Super Bowls for the Packers and leading them to a game-winning drive in the famous “Ice bowl” when the Packers defeated the Dallas Cowboys 21-17 in 1967. He played for the Packers from 1956-1971. He is in the Pro Football Hall of Fame.

More than \$180,000 was raised during the event which included dinner, the program and/or a dessert reception. The money raised goes toward the Falcon Scholars program. According to the UWRF website, through the Falcons Scholars program, “selected students will be awarded a four year, \$1,000 per year Falcon Scholars scholarship. Selection of Falcon Scholars will be based on a variety of factors including financial need and academic potential as determined by the Admissions Office.”



Ashley Goettl/Student Voice  
**Former Packers quarterback Bart Starr (middle) talks with Chancellor Dean Van Galen (right) and his wife Mary (left). The Packer legend was the keynote speaker at the UW-River Falls scholarship banquet held on Friday, April 19.**

## As end of year approaches, students urged to not shut down

Morgan Stippel

Columnist

It is clear that the end of the semester is in full swing once again. Some students are rushing to finish papers or presentations and are fervently studying for exams.

However, there are others who have already entered “summer mode.” If you are one of the students whose brain is in the process of shutting down, this message is for you.

Every college student knows that the last few weeks of spring semester are the most difficult weeks of the academic year. Professors are assigning a variety of final projects and papers, or are scheduling major exams. It feels like the mountain of work is a million miles high and getting bigger by the second.

Instead of procrastinating, crumbling in the face of adversity and admitting defeat, rise to the challenge and finish the academic year

strong. The main thing to remember is this: you are not alone. Every student on campus is going through the same stressful period that you are. Here are some tips to help you relieve your stress and keep your situation in perspective.

Before you begin tackling your end-of-the-year tasks, use your friends as a resource. Talking about the assignments you have to complete, the exams you have to study for, and the goals you want to achieve with the people around you is a key first step in the process. These people will be there to motivate you when you feel overwhelmed and will push you to do your best no matter what. However, they will not be able to do these things unless you talk with them beforehand.

Take breaks as often as you need them. If you are working and you feel frustrated or are hitting a wall, take a break. Get your

**Friends are having end of the year parties, people are making plans for the summer and you are willing to do virtually anything to procrastinate.**

body moving by walking, running or participating in any other activity that you enjoy. Do whatever it takes to get the blood in your brain flowing again so you can come back to your work feeling refreshed.

Eat healthy, nutritious and fresh foods instead of junk food. These types of food will give you more energy and an increased level of focus so you will be able to work for longer periods of time without getting tired. It is OK to snack a little bit, but if your diet consists primarily of junk food, it will be more difficult for you to complete your work in a quality manner because you will feel tired and lethargic.

Make sure you sleep. While all of us have undoubtedly pulled an all-nighter or two, your body will be worn out if you make this a consistent habit, especially during such a stressful period. If you get little to no sleep one night, not only will it affect your body

the next day, but it will also affect your body for the duration of that week. Sleep is critical to your academic success.

Finally, make a commitment to your coursework. At the end of the year, there are always an endless number of things that can distract you if you allow them to. Friends are having end of the year parties, people are making plans for the summer and you are willing to do virtually anything to procrastinate.

Do not do this to yourself. Yes, the work will be difficult, and homework or studying is probably not the first on your “list of most enjoyable things.” However, the hard work you put in now will pay off in the long run.

The end of the academic year is always rough, but using these tips can make it slightly more bearable. Hang in there, and do not give up. The effort you put forth in the present will have a positive impact on your future.

*Morgan is a junior majoring in political science and minoring in professional writing. When she graduates from UWRF, she wants to become a state prosecutor and specialize in domestic violence cases.*

## Fighting through struggle is tough, but necessary task for college students

Miranda Hammel

Columnist

Struggle. It will always be in our lives, like our shadows that follow us day in and day out. You may not always see it or feel it but it is always there.

Of course, not all our struggles are the same, we all have something different to deal with, some might be similar, but none are ever exactly the same because we all feel different or have a different opinion about our own struggles compared to someone else.

I once heard somewhere that God gives his toughest situations to his strongest soldiers. Well I must be one of the strong ones in his eyes because the last two years have honestly been the hardest of my young adult life.

With academic pressures, switching majors, losing almost everything, losing a friend, taking care of my sick grandmother, and a relationship that just seems to be hanging in the balance, I’m not sure how much more struggle I can take.

I like to think of myself as a strong, independent, positive and a happy-most-days kind of woman. I feel as though the tests I have been given have just increased these qualities I feel that I possess.

Everyone has their strengths and weaknesses though, and those weaknesses just show that no one is perfect; we all have flaws and imperfections.

**Everyone has their strengths and weaknesses though, and those weaknesses just show that no one is perfect; we all have flaws and imperfections.**

Sometimes we forget that everyone is fighting their own battles, we forget to think about others. No one wants to have problems, drama or struggles in their life, but regardless if we want them or not, they usually come into our lives to teach us a new lesson about life or about ourselves. They only make us a stronger version of ourselves.

There are ways to overcoming some of our struggles, though.

First we have to let go of the past. Hanging onto anything that happened to you in the past is just counterproductive for living in the moment. Your past makes you feel guilty, unworthy and sometimes enslaved. Only you can give your past permission to make yourself feel that way though. You are in charge of yourself and must decide if you want to be happy or not. Personally, I choose to be happy.

People, you’ve got to get rid of everyone in your life that does not love you, does not support you, does not value you as a friend, and does not trust you. They need to go.

A hard thing to let go of are the thoughts that prevent us from being happy ourselves. Everything starts with a thought; your life does not have to be like a reality TV show. Why not think about the things that make you happy, and get you living a healthy life? Get rid of those negative thoughts that hold you back, tell yourself that you can do anything, take on the world.

Let go of all of your fears. Those fears drowned you and burned inside your chest. If you are always living each day in fear, you are going to fail in class, at work and in your relationships. Just because you don’t know how things will turn out doesn’t mean you just sit back and

**If you are always living each day in fear, you are going to fail in class, at work and in your relationships.**

do nothing, take a risk.

Trust that God has a great plan for you. Go for it, and if it doesn’t work out then at least you know you tried. Stop living by the quote, “Hoping for the best, but expecting the worst.” We all know at some point in our lives we have said it and lived by it.

Lastly you need to let go of all those stupid, unproductive habits. What you do on a daily basis are the stepping stones for creating what your life will be like for the rest of your life. Figuring out and recognizing why you do these pointless things, and think silly thoughts that aren’t healthy is only the beginning. Write them down, and then try to figure out when and why they started. Obviously then you need to think about what you should do instead and create some new healthier habits.

Letting go releases the clutter from your life. It’s not always easy to figure these things out, or just let go and move on. Trust me, I’m learning a few of these steps myself. Once we do, though, our lives will be so full of positive and happy energy, nothing will be able to get in our way.

So what I’m trying to get at here is that just because today is not easy it doesn’t mean that you should give up. It only means you have to fight harder.

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