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STUDENT VOICE

University of Wisconsin River Falls

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KOA presents belaying opportunity

Miranda Hammel
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Once a semester, Kinni Outdoor Adventures (KOA) offers a free two-hour belay school for students, faculty, alumni and community members who are interested in learning how to belay.

Belaying is where a rope is attached to something secure, in this case a person, so that the rock climber does not fall very far if they were to slip. It is managing the rope of a climber in a safe and proper way.

The staff trains interested people all of the basic safety that goes along with belaying, as well as technique. Participants will have a chance to practice during the two-hour time slot and then are able to come back after 24 hours to be assessed and test out on their belay skills.

“Unless someone is certified to belay by our Kinni Outdoor Adventures staff, they are not able to belay at our climbing wall,” said Tiffany Gaulke, the assistant director of recreation.

Rebecca Gruening, recent graduate of UW-River Falls, worked for KOA and at the climbing wall for three years. While working with KOA she started out as a belayer and a student worker in the rental center and occasionally helped lead day trips. During her last year with KOA she was the student coordinator, where she was still working at the climbing wall leading trips and working in the rental center, as well as working on promotion for KOA and other tasks. As for the belay school specifics, she helped teaching it for 2 years.

“It is beneficial for students who are interested in rock climbing because it offers them training in one of the ways one can belay,” Gruening said. “Also they get to meet other students who share the same interests and can create a new friends group.”

There are so many benefits from attending the belay school, some of those being solo belaying at the UWRF climbing wall, having the

skills and technique to perform at other gyms, more knowledge on the sport of climbing, the equipment used in climbing, also other random things about climbing.

“If you are someone who is interested in rock climbing I highly recommend the belay school. The KOA staff is very knowledgeable in the sport, along with other sports, and are very friendly people who have pretty awesome stories they are willing to share,” Gruening said.

Gaulke said that UWRF students have a chance to become belay certified by also taking the PED 109 Introduction to Recreational Climbing Class offered by Health and Human Performance (HHP). This eight-week class typically has 70 students in it over the course of the semester. Upon completion, these students are allowed to belay at the KOA climbing wall during open climbing sessions or Climbing Sport Club sessions.

Open climb is offered three times a week and club climb two times a week. For more information about the climbing wall, belay school or any other outdoor activities and opportunities offered through KOA, visit the recreation and Sports Facilities page through the UWRF website or by calling 715-425-4289. Knowles is open Monday through Friday 8 a.m. to 4:30 p.m.

Desi Danforth/Student Voice
Kinni Outdoor Adventures (KOA) offers variety of belaying opportunities. One of these many opportunities is a free two-hour belaying class that is intended to teach students, alumni and other members of the River Falls community the fundamentals of belaying. Jake Kooiman is climbing the wall in the Knowles Center while two other students are belaying him during the PED 109 Introduction to Recreational Climbing course. This course is another opportunity students are afforded to learn belaying.



Student Senate addresses proposed budget increases

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For the past few weeks, Student Senate has been hearing presentations for budget increases for campus departments for recommendation to the chancellor.

Brooke Frelich, chair of Facilities and Fees (F&F), has been working with the various departments to produce budgets that will allow those departments to maintain or better services for students.

“Not all budgets are increasing but for those that are, the increase is necessary to continue operations, as well as to increase programs for students,” Frelich said.

Budgets are capped at a 3 percent increase, and many departments are requesting budget increases near or at the 3 percent cap. According to Associate Vice Chancellor for Student Affairs Gregg Heinselman, the 3 percent cap is a recommendation set by the UW-System budget office, based on the consumer price index (CPI).

The CPI is an average of the price of a basket of goods compared to a base year price, which presents the inflation rate. Therefore, based on the inflation rate, the UW-System arrived at the 3 percent cap.

“What that means for us is the chancellor’s pretty firm,” Heinselman said. “Last year F&F recommended a couple budgets that were over 3 per-

cent and once the chancellor reviewed those, he accepted one of those budgets and the denied the others, and brought them back the 3 percent threshold.”

The 3 percent cap is necessary because people’s earnings have grown 3 percent over the last year, so in order to continue the same level of services, the budgets must increase.

Heinselman said the Dining Services budget is a prime example of how the CPI affects how much money is requested. Food prices change within a year, so Dining Services requests a budget increase to provide the same quality of food available to students. He said the Health Services contract faces a similar issue, but the inflation rate for health care is at about 4 percent, so only asking for a 3 percent increase will mean 1 percent is lost in the budget every year.

Student enrollment leads to less money available, since not as many students are paying segregated fees, which is where the departments receive their funding.

“If student enrollment drops in the fall, that will have no immediate effect on the segregated fees,” Frelich said. “The budgets, however, have made estimations based on decrease in enrollments. With that, if it were to continue to drop, departments would need to look into a variety of things to help maintain their budgets where they

are currently.”

Along with the continuing issue of student enrollment and retention, departments are faced with the \$1.7 million base budget cut for FY15.

Heinselman said that departments have been asked to support part of the \$1.7 million budget cut, and that the University has asked Student Affairs to provide \$273,000.

“Where do we find \$273,000?” Heinselman asked.

The ways in which Student Affairs can recoup that money is through cutting costs and services or balancing costs and services with a budget increase.

Heinselman also said that departments are being asked to add an overhead charge, which means to tax external revenue. One example is Hunt Arena and the skating school. Starting July 1, UW-River Falls will collect 10 percent of the money earned from the skating school. In the past, Hunt Area kept all of the money.

F&F has reviewed all budgets and the remainder of the budgets were voted on for recommendation on Tuesday at the Student Senate meeting.

“Budget increase have been presented in a very transparent way,” Heinselman said. “We’re trying to be as upfront and direct as we can through the F&F and Student Senate process.”

UWRF service provides health insurance information

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On March 12 and 13, UW-River Falls Student Health and Counseling Services will have Affordable Care Act (ACA) information tables in the University Center (UC) for students to learn more about applying for health insurance.

According to the Student Health and Counseling webpage, a new online Health Insurance Marketplace launched on Oct. 1, 2013, as part of the federal ACA that gives students the opportunity to consider new health insurance options available.

Starting on Jan. 1, 2014, the ACA requires most individuals to have health insurance. Students need to understand where they stand when it comes to their health insurance before the deadline of March 31, 2014.

Alice Reilly-Myklebust, the director of Counseling and Health Services encourages students to learn about the different options they may have when it comes to health insurance and Badgercare, which is health-care coverage to people who reside in Wisconsin more than nine months out of the year whose employers didn’t provide it.

“Students may very well benefit by applying for health insurance plan on the exchange or Badgercare and get a plan that doesn’t cost very much,” Reilly-Myklebust said. “It makes a lot of sense for students to think about things like this.”

The ACA has provided students the opportunity to remain on their parents’ insurance until they are 26 years old, as well as remain under their parents’ plan even if they no longer live with them, are not a dependent on a parent’s tax return, are no longer a student or are married.

“The Affordable Care Act has resulted in some great changes and will continue to do so,” Reilly-Myklebust said.

Students are urged to visit the tables be-

cause the deadline for enrolling is approaching, and there is a lot of information to know before-hand. Jake Peterson, a sophomore at UWRF, is planning on stopping by the tables next week.

“I honestly don’t know much about health insurance at all,” Peterson said. “I know I’m under my mom’s health insurance, but I think it is important for me, as well as other students, to learn more about health insurance and what plans I can qualify for.”

Laura Otto, a student health nurse, works with students and helps them understand their options when it comes to health insurance and what they can qualify for.

Students need to understand where they stand when it comes to their health insurance before the deadline of March 31, 2014.

“I spend a good portion of my day educating students about the health-care system,” Otto said. “The question is how we can get students the best healthcare for the least amount of money because money is tight with students and we understand

that.”
According to the spring of 2012 National College Health Assessment, 79.3 percent of students were under their parents health insurance plan, 11 percent under another plan, 6.9 percent who don’t have insurance, 2 percent under a UW plan and 0.8 percent of students are not sure.

“A lot of students have insurance through their parents, but there are a lot of students that don’t,” Reilly-Myklebust said. “Those are the students that may very well qualify for a subsidized plan, so it is to their benefit to check it out.”

The tables will be in the UC from 11 a.m. to 1 p.m. on March 12 and 13. There will be information on how to enroll and what to enroll for, as well as professionals there to help students understand what types of plans they may qualify for.

Students compete in 48-hour film festival

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The fifth annual UW-River Falls 48-Hour Film Competition will begin at 7 p.m. on Friday, March 7.

Students are tasked with the duty of writing, shooting and editing a short film in two days based off of a random genre, character and prop. Associate Digital Film and Television professor Erik Johnson said the opportunity to participate in a competition like this is something that cannot be missed.

“This is really a way for students to get together with other students of similar career interests and bounce ideas off of each other, just like you would in the real world,” Johnson said.

Last year the contest received over a dozen submissions. The winners are broken up into four categories, including Best Actor, Best Director, Best Technical and People’s Choice award, which is based in part off of feedback

from classmates.

Johnson said while the prizes are anonymous at this point, the two main sponsors of the event, Nikon and RED Camera, have supplied some pretty unique and exciting awards for the winners.

“Our sponsors have done a great job in the past of giving our winners some great prizes, and this year is to be no different. We’re very lucky to partner with such great companies that support what we do here,” Johnson said.

Paul Lanfellow, a actor in last years film, “Codename: The Farmer,” said that this contest is unlike any other.

“You have to set up every scene really quickly, or else you’re going to run out of time, because you only have two days to do it, which really forces you to make quick decisions that you hope pay off,” Langfellow said.

Johnson added that this gives students an opportunity to gain some real life critiques and praise for their work.

“The contest gives you a chance to see your work on the big screen and share the experience with friends and family and have other people react to your work, which is a vital part of the business,” Johnson said.

The final category, the People’s Choice award, really emphasizes this point. Johnson said that this was put in to make the contest a more campus-wide event and to ascertain the opinion of as many students as possible.

“The winner of the People’s Choice award, especially, should feel good, you really won over the most people on campus with your film,” Johnson said. “That is nothing to look past.”

In order for students to participate in the People’s Choice award voting process, they must have access to Orgsync. Johnson clarified that this does mean professors will be able to vote as well.

UWRF graduate Jon Lyksett who directed the film that Langfellow acted in last year,

added that this contest helps you gain necessary tools for a future that involves video.

“It really forces you to be creative in a short amount of time, which is really how it works in the world of journalism or video making. You have a set amount of time to get things done, and if you don’t get it done in time, then you don’t have a product to turn in and hang your hat on,” Lyksett said.

The contest, which coincides with the UWRF Falcon Film Fest, requires students who wish to participate attend a mandatory informational meeting from 5 to 7 p.m. on March 7, in the Kinnickinnic River Theater in the University Center.

The winners of the categories will be announced on April 18 during a special screening in the Kinnickinnic River Theater.

To view submissions from last year’s event or to learn more about how to be a part of this year’s contest, visit the University’s website.

News briefs:

More paid internships offered to students

UW-River Falls recently received a Career Ready Internship Initiative grant in the amount of \$28,200 from Great Lakes Higher Education Guaranty Corporation. UW-River Falls will use the grant to create new paid internships and turn previously unpaid internships into paid internships for juniors and seniors who do not receive enough financial aid to cover college costs.

“The Great Lakes Grant is an exciting program for it opens up internship opportunities for our students within a wider variety of organizations including community-based, nonprofits and micro-enterprises,” said David Bonko, assistant professor of marketing communications at UWRF. “Though they possess the need, these smaller organizations many times do not have the resources needed to hire an intern.”

UWRF is one of 19 Wisconsin colleges and universities to receive grant funds from Career Ready Internship Initiative that amount to more than \$2.5 million awarded by Great Lakes. Schools will collaborate with businesses and nonprofit organizations across the state to create the new paid internships.

“Through the Great Lakes Career Ready Internship Initiative grant, we’re able to create a win-win situation that benefits both our students as well as their employer,” Bonko said.

For more information, contact Bonko at 715-425-3899 or email david.bonko@uwrf.edu.

Campus media receive journalism awards

Student journalists for the Student Voice and WRFW at UW-River Falls have been recognized for their work by Wisconsin’s two leading professional media organizations.

Both the Wisconsin Newspaper Association (WNA) and the Wisconsin Broadcasters

Association (WBA) held their annual conventions at the end of February. Among events at the convention were ceremonies awarding the best in professional and student journalism in the state.

In the Collegiate Better Newspaper Contest sponsored by the WNA Foundation, the Student Voice won three awards for articles published during 2013. The weekly newspaper earned a first place for best editorial. The editorial chastised the Student Senate for not representing students professionally. Ashley (Goettl) Hanley, who graduated last year and now works as a reporter for KEYC-TV in Mankato, Minn., earned second place in general reporting for her story about a UWRF professor acquitted of a sexual assault charge. Jonathan Reid, a professional writing major, earned third place in column writing for his remembrance of Professor Meseret Reta, a journalism adjunct who died of cancer in Nov. 2012.

In the WBA Student Awards for Excellence, a former and a current reporter for WRFW were honored for their radio news reports.

Christopher Liermann, a 2013 graduate who majored in journalism, earned first place for a sports story about the UWRF swimming and diving team’s effort to find a new coach. Liermann also was awarded first place for sports programming for radio with his hockey pre-game show. Journalism major Maddie Berg’s story on the opening of “CHICAGO The Musical” on the UWRF campus received second place recognition.

The Student Voice and WRFW are student-run campus media organizations supported primarily by student fees and advised by faculty in the Department of Journalism. The faculty advisor for the Student Voice is Associate Professor Andris Straumanis, while the news department of WRFW is advised by Professor Sandy Ellis, chair of the department.

For further information, contact Professor Sandy Ellis, chair of the Journalism Department, at (715) 425-3169 or sandra.ellis@uwrf.edu, or Associate Professor Andris Straumanis, andris.straumanis@uwrf.edu.

River Falls Police/UWRF Police Department

- There are no incident reports listed this week. They will back in next week’s issue.

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

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The Student Voice is hiring for this semester!

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Music lecturer directs Radd Jazz concert

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Craig Hara, lecturer of music at UW-River Falls, will direct the spring Radd Jazz concert on Saturday, March 8 in the Kleinpell Fine Arts (KFA) building.

As a genre of music that began in the early 1920s, jazz music is said to be the stepping stone for not just the rock and roll era of music but even the hip hop music we listen too today.

In his 15th year of teaching, playing and directing music at UWRF, Hara has been involved in music for over 40 years. The trumpet is his primary instrument, but he also plays the drums, percussion and an electric valve instrument (EVI).

As a man who can already play so many different instru-

ments, he recently has been fiddling with the electric guitar and bass.

“I do it because I enjoy it, and because I enjoy the challenge. And it’s not all about helping everyone else, either, I’m still exploring and refining my ability to express myself musically, and it has been because of these opportunities that I have been able to continue to grow; it’s never over,” Hara said in an email interview.

Between directing the Falcon Band and directing other ensembles in substitute for their regular directors, like the Wind Ensemble, Orchestra and now the Jazz Ensemble, Hara has directed and performed in many concerts over the years on and off campus.

Each ensemble typically does one to four performanc-

es on campus per semester. Each of the regular directors has approached him to run their ensembles when they were to go on leave for one reason or another. David Milne, chair and professor of music, as well as director of the Jazz Ensemble, did just that at the end of last summer.

Nick Newman is a senior finishing his last semester on campus and has worked closely with Hara over the last four years.

Having been involved with music for more than 12 years, Newman auditioned for the jazz band right away as a freshman. Newman will be performing in the Radd Jazz Spring ensemble on Saturday.

“Hara is a wonderful musician,” Newman said.

Having earned both bachelor’s and master’s degrees for trumpet performance at the

California Institute of Arts, Hara can be heard on recordings and in live performance with various artists and groups such as Mary Louise Knutson, Charles Lazarus, River Falls Brass, the Minnesota Orchestra and the Minnesota Opera.

His work can also be heard on scores for motion pictures and television programs like “Solstice” and “The Legend of Earth Sea.” Hara has also performed around the world with some of the most notable musicians which include Leonard Bernstein, Bill Conti, Zubin Mehta and so many more.

Hara said that there have been a few recent concerts that he has played in that were particularly memorable, most with guest artists that have been participating in our Jazz Festival that the Univer-

sity hosts each February. One of those was with saxophonist Ernie Watts.

For the festival weekend, the regular drummer in the Jazz Ensemble had to miss the first day because of a graduate school audition, so Hara filled in for the first day, in addition to splitting the concert on the following evening. The Jazz Faculty also performed with Ernie on the first evening.

“Ernie brought in some very challenging music, some of which were in a style that I seldom get to play when working in town,” Hara said, “It was great fun to do that, and we were all able to do some great playing with him.”

The concert begins at 7:30 p.m. and is free and open to the public. With the performance being held in the Ab-

bott Concert hall in KFA, the Radd Jazz Series is a collaboration between the UWRF Music Department and the UWRF Office of Student Life. The Radd Jazz Series is dedicated to the memory of John Radd, professor of music and Jazz Ensemble director at UWRF.

“I can sum it up best by saying that I have been very fortunate to have had the opportunity to do the things that I have been able to do,” Hara said, “And while I would be remiss if I didn’t thank Dr. Milne for bringing me to the school 15 years ago, it’s really his wife, Susan, that got it started when I met her on one of my first gigs in the Twin Cities and she said, ‘oh, you’ve got to meet my husband.’”

Year of Germany celebrates Fasching Carnival



Desi Danforth/ Student Voice

The UWRF German club hosted a celebration of the Fasching Carnival from 7:30 to 9 p.m. on Wednesday, March 5. “Fasching” is a German carnival that features food, dancing and carnival games. The event featured prizes, a photo booth and German music for participants to dance to. Amber Stone, junior, is enjoying a soft pretzel. These and other foods such as German sliders and apple streudels were part of the Fasching Carnival.

Electronic carding access will allow students access to academic building

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Electronic carding access will be installed this semester to entrances of Centennial Science Hall (CSH) and will make after-hours studying easier for students, according to a Facilities Management official.

Facilities Management and the Division of Technology Services (DoTS) are working together to provide this improvement. It will eliminate many of the current inconveniences caused by the traditional lock-and-key entry to CSH, said Patrick Wrenn, craft worker supervisor for Facilities Management.

“This has been an idea that has been kicked around for years,” Physics Professor Lowell McCann said.

While the idea of having electronic access to CSH has been considered in the past, it was just proposed by physics staff to Facilities Management this year.

Faculty of the physics department contacted communicated their idea of having electronic access in CSH to Wrenn. Wrenn then submitted a bid to the UW-System, which was approved, for coverage of the \$16,000 cost of

materials for the project.

University police officers currently have to personally let students into CSH after hours. The new system will eliminate much of the hassle for students and officers alike.

“It’s a huge workload for police to let students into the building,” McCann said.

The number of science students who have ongoing projects can be granted access anytime to 11 interior doors and two exterior doors.

The new system will allow professors to notify University Police of who needs access to the building and when.

Not only will the new system make access easier, but it will also make it faster.

“A lot of people will be very happy,” McCann said.

Physics major Andrew Puyleart said the changes will make it easier for him to get into the building after hours, since he spends a lot of time studying in the physics lab.

“This way I can just swipe in and don’t have to bother campus police,” Puyleart said.

The new system will also provide a record of who enters and leaves the building, since students have to scan

their ID cards to obtain access. In the case of an emergency, these records can be useful.

Use of student ID cards, instead of keys, will make CSH safer. Police and fire officials will have access to information about who occupies the building. By having a general idea of who is inside the building, it will help ensure that everyone leaves safely in a potential crisis situation.

Electronic access will also provide information about sources of potential destruction or crime in CSH, McCann said.


In the event that a faculty member or student loses a key, the doors also have to be rekeyed, which is costly. With electronic access, there will be fewer keys that can potentially be lost.

When students graduate or staff leave the university, their ID cards will simply be deactivated.

Campus officials hope to eventually replace all entrances to academic buildings with electronic carding access.

“This is the direction we would like to go in,” Wrenn said.

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EDITORIAL

Athletics seeks to cut swimming, diving team due to lack of funding

The swimming and diving team has been put under the microscope unfairly by the Athletics Department.

While finding solutions to fix the budget and deal with a deficit is a struggle, we believe the Athletics Department could have been handling it better.

For instance, the town hall meeting that was scheduled at 6:30 p.m. on Monday, March 3, was announced in the Falcon Daily, which is only sent out to those who are subscribed to it.

Student Senate Vice President Tony Sumnicht requested that a campus wide email be sent out before the meeting to bring attention to the meeting taking place. However, the email was not sent out until a few hours before the meeting, not leaving much time to gain attendees and increase awareness.

Just like any other sport on campus, the swimming and diving team has created strong friendships and has displayed immense dedication. Not only are athletes dedicated to being at 5 a.m. practice, they have rallied together each time the existence of the sport has been in question on campus.

The team has faced adversity before when the pool in Karges broke down five years ago and it was being debated on whether or not to cut the team. When the team did not have a coach at the beginning of the fall semester this year, it was in danger again, which initiated the athletes to work together to find a coach just in time.

The swimming and diving team should not be cut. Due to Title IX rules, the amount of sports has to be equal in gender. Since the swimming and diving team is both a men’s and women’s team, campus would still be complying with the rules of Title IX. Although cutting the football team would mean that the women’s sports would dominate over the amount of men’s, there are other sports that could be taken into consideration for eliminating.

The men’s and women’s hockey teams could both be cut and campus would still be following the Title IX rules. Men’s and women’s track and field teams could also be cut, since it would be eliminating both genders and once again following Title IX rules. Men’s and women’s basketball teams could even be considered for elimination.

To single out the swimming and diving team is not fair to the athletes that have worked hard to keep their sport alive on campus and who have shown dedication and enthusiasm. To make a decision so quickly on the existence of the sport on campus is disappointing.

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.

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

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

Newspaper theft is a crime. Those who violate the single copy rule may be subject to civil and criminal prosecution.



LETTER TO THE EDITOR

Student returns lost rent money

Earlier this week, one of our students lost \$500 while walking between the Agricultural Science Building and the University Center. Now, one may ask why a student would risk carrying that amount of cash with them on campus, but that is not the point of this submission. This message is to extend a big THANK YOU to the student who found the money and turned it in at the Information Desk. You could have pocketed the cash and not thought twice about it. Instead, you gave it to a staff member and hoped that it would find its rightful owner.

Within 10 minutes, the cash was claimed by a panicked student who had just lost his rent money. I wish you could

have seen the sense of relief on his face when he discovered that his cash had not only been found, but turned in by a fellow student. Thank you for demonstrating your integrity and concern for another member of our campus community. It is people like you who continue to make UWRF such a special place.

Sarah Egerstrom
Director of New Student and Family Programs
Joan Mayen
Information Desk Coordinator

Athletics needs better transparency

The UW-River Falls Athletics Department needs to have more administrative transparency. On March 3 the Faculty Senate Athletics Committee held a public town hall meeting to gather information and discuss the \$1.7 million university-wide budget cut and its impact on the UWRF sport module. Although this meeting was open to the public there was little notice or advertising. There was no notice on the athletic department’s website, Athletic Department’s Facebook page, Faculty Senate’s Calendar, the University’s Master Calendar and no official agenda posted. Despite the lack of essential communication there was still adequate turnout from the University community arguably due to the content of the town meeting.

During the meeting attendees were given the opportunity to speak addressing one of eight considerations provided by the Faculty Senate Athletics Committee. There was no discussion during the meeting, and no opportunity for attendees to ask questions. Athletic Director Roger Ternes and Assistant Athletic Director Crystal Lanning, hosts of the meeting, did

not speak at the meeting.

The meeting also provided no information to allow for an informed discussion to properly evaluate the UWRF sports module information including the overall athletics budget, costs per sport, revenue generated per sport, academic performance of teams and retention rates of team members be discussed.

This discussion is essential to the future of athletics and the University. Cutting one program is a band aid on a larger problem with in the UWRF Athletics Department. Moving forward I urge the UWRF Athletics Department to actively engage in public discussion regarding the UWRF sports module, and the Faculty Senate Athletics Committee not to rush to a decision. Decisions of this magnitude require a comprehensive University-wide discussion, and should be made in the best interest of the entire University.

Tony Sumnicht
Student

Senate Corner:

Student Senate extends deadline for petitions

Nicholas Vanden Heuvel	Many of us are still recovering from the snowapocolypse tht engulfed this entire state, and Student Senate has been working hard to get stuff done and keep warm.
Ethics Chair	So what have we been up to? Well many of you have probably had experience with people wanting you to sign their petitions so they can be on the elections ballot for next year’s Senate positions. That’s right, elections for the 76th Senate Session are coming soon!

The deadline for petitions has been extended until Friday, March 14, so you have a little bit longer to get your name on the ballot. You can pick up a petition from the Involvement Center desk, Senate office, all of the Residence Hall desks and also at Career Services in 211 Hagestad Hall. We hope to see you all out and voting come April.

Senate also reviewed many different budgets and have been voting on proposed increases in the last couple weeks.

The process was hard and there was plenty of debate on the budgets. We encourage students to read the minutes on OrgSync to help understand which budgets and fee increases were recommended to the chancellor and to come talk to us about any concerns you have. Remember, the officers of Senate post their hours publicly, so make sure to stop on by the Senate office and ask questions.

Senate would also like to state that we are not losing momentum on our goals for this year even though the end of our session is near. Recently, all the heads of committees submitted their goals to President Sam Tauchen, and we are working hard to meet those goals. We want to make sure that the Senate of change that we promised you continues going strongly, and we will be doing all that we can to realize change in these last couple sessions.

Make sure to stop by the office to chat and understand what is going on in the university and in your Student Government. We are all waiting to hear from you.

Be the first person to find the lost falcon feather in this issue of the Voice and win two free movie passes to the Falls Theater! (105 S. Main St.)

Playing March 7-20
“Mr. Peabody and Sherman”
7 p.m. & 9 p.m. daily
(Sat. & Sun. 2 p.m.)

The first person to report the find to editor@uwrfvoice.com AFTER 10 a.m. Friday wins! The winner will be announced on the Voice’s account on Twitter @uwrfvoice.

Congratulations to last week’s winner, Chase Benzine!

Do you have something to say?

Write a letter to the editor: editor@uwrfvoice.com

Bicyclists want safe, bike-friendly campus

Molly Breitmün
Columnist

Last week I experienced the most treacherous road conditions I have ever faced on a bicycle. The wet snow that froze on the streets of River Falls got polished and compacted by a few days of car traffic. My wheels spun and fish-tailed as if I were on a skating rink. Though I imagine some drivers do not want bikers on the streets, I am really thankful to those who have given me a wide berth on the road.

I think both campus and city employees have been working very hard to keep roads and paths safe and clear for everyone’s safety. This winter has been extra challenging with the frequent subzero temperatures and odd precipitation.

I think with modest policy and infrastructure change from both UW-River Falls and the city of River Falls, biking could be made considerably safer and not a nuisance to other vehicles.

For our part, winter bikers especially should never assume that a car will stop for them even if the biker has the right of way. When possible, the common hand signals for turning and stopping need to be used to give others on the road a heads up to our intended movements.

In my experience, bicyclists in most of the U.S. are the underdogs. For that reason, I go out of my way to obey traffic laws and give pedestrians the right of way. I would rather gain ground by not antagonizing fellow drivers.

I surveyed five bicyclists and each independently gave me feedback on Cascade Avenue and the

extra plowing needed for this main access to campus. Cascade Avenue needs to be plowed to its full width in both lanes in order to accommodate safe bicycle traffic.

I genuinely empathize with the drivers that get stuck behind me because we literally cannot share the slippery, shrunk lane. The concrete apron that normally serves as a bike lane in warmer months is currently inundated with chunks of ice, snow and debris. Bicyclists cannot safely move over to let cars pass: the irregular surface on the edges could lead to the biker falling in the car’s path.

Corners and intersections are the most likely place for bicyclists to fall. Biking straight across ice is a relatively trouble-free task as long as no sudden braking is necessary. It is the turns that normally make a winter biker lay down their bike.

Several bikers that I surveyed expressed hope that extra time would be spent cleaning intersections. With the major improvements to Cascade Avenue for pedestrian safety, it would also be nice to see bicycle signage and road markings that designate a bike lane.

Once on campus, bikers have the added challenge of avoiding their classmates as they share the narrow paths between buildings. Jabez Meulemans, an environmental science major who graduated from UWRF this past semester, suggests that all paths on campus should have dashed lines painted down the middle. He called attention to the fact that the paths are multi-use as well as two-way thoroughfares.

They should be navigated as if driving a car down a two-lane road, instead of blocking the entire path by groups walking shoulder-to-shoulder in one direction.



Photo submitted by Joel Sehloff

Bicycle commuter Joel Sehloff stooped to take a photo after he got his bicycle stuck in a mound of plowed snow on campus.

Last week I was thrilled to see that more than one bike rack outside the University Center’s front entrance had been plowed. I presume it is not easy to get snow removal equipment around these tight spaces or the sad, abandoned bicycles. So, when they are dug out, my fellow pedaling commuters and I think it is pretty great.

The bike parking outside of the Agricultural Science building could use a more frequently shoveled path or removal of the snow piles that build up there from the plowing of the sidewalks. As the snow depth increases, there is less bike rack space for me to lock my bike to and more snow inside my boots.

I am collaborating on the UWRF’s Sustainability Tracking, Assessment & Rating System (STARS) report. One section of the report, “Support for Sustain-

able Transportation,” emphasizes implementing policy and investing in infrastructure to encourage the use of bikes commuting to and on campus. Beyond convenient bike parking, it gives credit for bicycle storage, shower facilities and lockers for bicycle commuters.

UWRF could also earn credit if we developed our own bike accommodation policy with dedicated bicycle and pedestrian paths and lanes.

The University currently references the city’s “River Falls Bicycle and Pedestrian Plan” but does not have its own plan. While there are showers and lockers in dispersed areas around campus, there is no centralized information or designation of these facilities as open for bike commuters to use.

UWRF could really benefit

from earning the designation of a “bike-friendly” campus.

Parking for cars on or near campus is not going to get any less scarce, frustrating, or expensive. Students looking to save money or unable to afford a car could enjoy safe and efficient mobility to visit downtown or go grocery shopping.

Encouraging biking is an innovative way the campus could support both student and employee personal health as well as health for our shared environment.

Molly is a non-traditional student majoring in conservation with a minor in GIS. Her interest in campus sustainability was fostered by becoming an undergraduate fellow for the St. Croix Institute for Sustainability Community Development as well as by her peers in the Student Alliance for Local and Sustainable Agriculture.

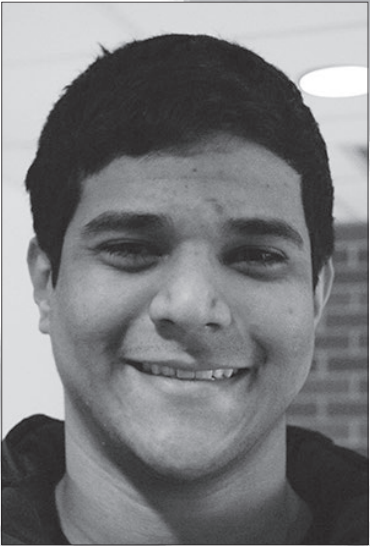
STUDENT VOICES

What was your favorite spring break trip?

Compiled by Maggie Sanders



Erin Klisch
Senior
“Going to downtown Stillwater.”



Edson Jose De Castro
Junior Sophomore
“I’m excited to be going to Apopka, Florida.”



Amy Osterberg
Junior
“When I went to Playa del Carmen, Mexico.”



Sara Borde
Senior
“Daytona, Florida.”



Joe Li
Sophomore
“Phuket, Thailand.”

Women’s hockey ranked No. 1 in Western Region

Ben Lamers
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For the sixth year in a row, the UW-River Falls women’s hockey team finds itself in the O’Brien Cup finals.

After defeating UW-Eau Claire in the first round of the tournament, the Falcons will now host UW-Stevens Point in the finals at 2:05 p.m. on Saturday, March 8, at Hunt Arena. Stevens Point has been a team that has given the Falcons some trouble this season as the Pointers hold a 2-1-1 record against UWRF this year.

“Stevens Point swept us in our first conference weekend, but later in the year, we beat and tied them. They are a very good team, and we will need to be very disciplined in every area of our game to beat them this Saturday,” said Head Coach Joe Cranston. “They are strong and physical, and they work really hard. We will have to match their effort, and not blow our scoring chances.”

Since the sweep at the hands of Stevens Point, the Falcons compiled a 16-1-3 record to end the regular season to finish with a final record of 18-4-3, good enough to finish first in the WIAC and to claim home-ice advantage in the conference tournament.

However, Cranston said at the beginning of the season the team’s goal was not simply to win the conference, but get to the Frozen Four in the national tournament. The Falcons have made the NCAA tournament the last five years in a row, including one Frozen Four appearance.

The beginning of the season brought no indication of a team capable of making a Frozen Four run.

“This season started out a little rough,” said Kait Mason, a junior on the team.

Cranston said he knew it would be more difficult to reach the tournament this year, as the WIAC no longer receives an automatic bid. And after the 2-3 start, Cranston was a bit worried.

“I knew that if we lost five or six games all year, it would mean no chance for an NCAA berth, so losing three of your first five was pretty scary,” Cranston said. “We’ve had our back against the wall all year because of that start.”

At the beginning on the year Brook Story, a senior on the team, said, “I think we can be great. If everyone puts in an effort, works hard, and has fun we should be successful.”

So far, that has happened, and the nation has taken notice. The Falcons are currently ranked No. 1 in the Western Region,



Kathy M Helgeson/University Communications
Junior forward, Alice Cranston working for a goal. Cranston along with the rest of the women’s hockey team will play UW-Stevens Point at 2:05 p.m. Saturday, March 8 in Hunt arena.

according to the NCAA, which would likely be their seed in the national tournament if the team wins Saturday. Stevens Point is currently ranked No. 2 in the Western Region.

The top ranking has a lot to do with winning, obviously, but this season the Falcons have played a very difficult schedule as well, including 13 games against ranked opponents.

“We have one of the toughest schedules in the country, and we have played very well down the stretch. I think all those games that we had to battle right down to the final buzzer, have made us a much stronger team than years past when we

had a weaker schedule,” Cranston said.

When it comes down to it, though, the Falcons have their eyes set only on the Pointers.

“We are all very excited about the game this weekend and we are very focused on what we have to do. Everyone on the team knows exactly how important this game is and that our season is on the line,” Mason said. “We are the only ones right now that have control of our future and will do anything to be successful.”

UWRF Athletics Department ready to take polar plunge



Photo courtesy of Justin Anderson
Last year, members of the swim team took the plunge for the Special Olympics. This year, twelve Falcons will take the plunge on Saturday, March 8, in Eden Prairie, Minn.

Jack Tuthill
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It takes a lot of guts to jump into a pool of ice cold lake water in early March, but even more heart to take the plunge for a good cause. Twelve UW-River Falls student-athletes and Athletics Department faculty members will be taking the “Polar Plunge” in Eden Prairie, Minn. this Saturday to help raise money for Special Olympics Minnesota.

Over 15,000 people have already taken the plunge in various locations in Minnesota, helping raise \$2.7 million thus far with every penny going to the Special Olympics.

Two years ago was Assistant Athletic Director Crystal Lanning’s first plunge. It was also 40 degrees that day, a temperature seemingly out of reach this winter.

“I’m definitely not a cold person,” Lanning said. “But it’s great seeing people do something crazy, knowing that it’s for a good cause.”

Saturday’s plunge will be the third time UWRF athletics has participated in the event. Last year 42 student-athletes and faculty members braved the elements on Eden Prairie’s Riley Lake, helping raise \$4,000. But the majority of the football program has opted to stay warm and volunteer to help at the Wisconsin High School Powerlifting Association state championships in Osceola, Wis., this Saturday.

Not all football players and staff opted to stay indoors, however.

“I look forward to doing (the plunge) every year,” said Ryan Kusilek, UWRF sophomore quarterback. “The Special Olympics is such a great cause, and I have worked personally with the athletes in the River Falls branch.”

With only 12 members this year, compared to 42 a year ago, the UWRF athletics team will be required to pool their donations together to reach the desired goal of \$1,150.

In order to participate in Saturday’s plunge, UWRF athletics members must raise at least \$75 each. These funds usually come from family members or friends who can donate online. The donations are required to take the plunge, but they can also serve as a source of encouragement for first-time plungers.

“There’s likely to be anxiety for the first timers,” Lanning said. “Because they don’t know what to expect.”

The state of Minnesota has already hosted 14 Polar Plunges in 2014, the first coming on Jan. 25. The weather for Saturday’s event is currently forecasted to be mostly sunny and 22 degrees, according to the National Weather Service.

“I hope the sun’s out,” Lanning said with a smile. “And hopefully we get more student-athletes to sign up.”

All WIAC athletic departments have, or will participate in either Minnesota or Wisconsin’s Polar Plunges. The money raised

goes towards the specific state’s Special Olympics, but the plunges are a part of a national cause.

“To do this event is a great way to give back to the athletes and support them,” Kusilek said. “I love it.”

A handful of sports are unable to participate in Saturday’s chilly madness because of scheduling conflicts. The women’s hockey team, for instance, has a good excuse as they will be battling UW-Stevens Point for a WIAC championship.

The 14 plungers will register on Friday afternoon, where they will receive their plunge time. On plunge day, the jumpers will be shuttled into the plunge zone approximately 20 minutes prior to their jump, where they will strip down to their necessary clothing.

After taking the plunge, the jumpers will quickly dry themselves in a heated tunnel before changing back into their street clothes in a heated tent. A bowl of soup and a cup of hot chocolate may be in order for those strong enough to make the leap.

“There is no better way to embrace the Minnesota-Wisconsin winter than jump into a freezing lake, while raising money for a great cause,” said Chris Olson, UWRF assistant football coach. “The Polar Plunge is something that I look forward to every year. It is great to see that many people come together and support such a great foundation that is the Special Olympics.”

The plunges are a part of a year-round fundraising program called the “Law Enforcement Torch Run,” through which law enforcement personnel from across the state raise funds and awareness for Special Olympics Minnesota.

“It’s a good event,” said Phil Martola, UWRF sophomore quarterback. “I did it last year and had loads of fun with fellow teammates.”

The Riley Lake plunge has already raised over \$96,000. 700 plungers have signed up for Saturday’s event, the most ever. 2014 is the 17th year of the Polar Plunge in Minnesota; the first daring jump came at Como Lake in 1998.

“I look at it as an easy way to help someone out in fulfilling their goals,” Martola said. “Random acts of kindness is what humanity is all about.”

Matt Walker, UWRF head football coach, has supported the Special Olympics since the late 1990s.

“This is a cause that I am very passionate about,” Walker said. “As an undergraduate student, I was very involved with running the Special Olympics event in central Indiana. The joy and happiness that you were able to see from the participants is something that has had a big impact on my life.”

Future of swim team remains undecided

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The UW-River Falls Athletics Department is taking on a \$48,500 base cut in 2014-15, along with already carrying forward a \$10,000 deficit, leading to a tough decision on the future of the swimming and diving team.

There were two meetings this week held by the Faculty Senate Athletic Committee to get public input and to look at options outside of suspending or terminating the team.

It was revealed at the Town Hall meeting held on Monday, March 3, that the future of the team comes down to eight considerations. Athletic Director Roger Ternes said these eight considerations have been put in place since before his time here and the Athletics Department uses them when looking at every team.

A handout with these considerations was given out the meeting. It also included how many men and women's sports teams each WIAC institution has, along with enrollment numbers, as well as the evolution of sports at UWRF since 1970.

At a Faculty Senate Athletic Committee meeting held on Wednesday, March 5, a similar sheet was handed out with the committee's answers to the considerations.

The eight questions were listed in no priority order, and according to the sheet handed out at the meeting, include: What is the sports impact to Title IX? Are the facilities adequate to support a competitive program? What is the competitive and participation history of the sport? Is quality, consistent coaching available? What are the financial implications, including reallocating resources within and outside of Athletics? What is the contribution to broad-based Athletics program? What is the teams effect on community involvement and service? What

are the enrollment implications, including impact on the University's strategic enrollment goals?

There are three out of eight areas that the UWRF swimming and diving team are lacking in. Their competitive history has not been strong. The women's team has finished last in the WIAC post-season meet for the past ten years. The men's team has finished last in the meet nine out of the past 10 years and the teams have finished last or second to last in the WIAC post-season meet 40 of the last 46 years.

While everybody at both meetings was in an agreement that quality coaching has been there for the team, it is consistency that has been an issue. The position is part time and at only \$21,530, according to the athletic committee.

The biggest issue that continues to come up with the team is that UWRF does not have its own swimming facility. The committee stated on the handout that it did not have the feeling of "home" like it would if it was a UWRF facility. Members of this team mentioned it is the only swimming pool they have ever swam in here and it is home to them.

Athletics pays a rent fee to the River Falls High School to use the pool. At both meetings members of the team brought up that it is cheaper to pay the rent to the high school than if the University had its own pool to maintain. The Falcon Center being built has a spot for a swimming pool to be built someday if the money is there, but it will not have one right away.

Ternes said that this is a big reason Athletics is looking at suspending the program.

"Suspending a program is different from dropping or terminating a program. There may a time when we can have a swimming program again if the decision is made to suspend it," Ternes said. "There is an infrastructure in place for a swim-

ming pool in the new Falcon Center."

Head Coach Mike Bollinger said the nice part about the Town Hall meeting was that it gave the team an opportunity to show how much support it has. Bollinger said there were alumni from the 1970s all the way through the 2000s, faculty members, UWRF community members, former coaches and even members from the UW-Eau Claire swimming and diving team that talked on behalf of the program.

"A lot of different people got to talk about what the program has done for them and what it is still currently doing," Bollinger said. "It was a nice breath of fresh air."

Ternes echoed those thoughts. "There were people that were here 30 years ago all the way to swimmers in the middle of the career that passionately talked about the program," Ternes said. "It was uplifting to see."

Bollinger has taken on a lot this season in his first year as head coach. By the time he was hired there were already teams in the conference that had started practice. Now he is trying to keep the members of the team hopeful as it fights for its future.

"My first year was amazing. It was a really quick learning curve," Bollinger said. "A lot of the values I have and try to coach the team already had. They have to get up at 4:45 a.m. every day for practice and conduct themselves with honor."

Bollinger said the team had success this season including breaking some school records on the men's side, as well as getting 13 new entries on the top ten list on the women's side. He said he is still working to update them to put on the website as the final conference meet just got done.

Ternes said he has been impressed with the job Bollinger has done this year taking on the position as a full-time student, in a tough major and



Kathy M Helgeson/University Communications
Swimming is sophomore Andrew Keller from Hastings, Minn. The team lost four seniors at the end of this season. The majority of the team will be returning depending on the final decision.

with how he conducted himself at the meeting. The team will only be losing four seniors from this year's team and looks to have a bright future if it stays together.

"No one envies the decision that has to be made or the decision on how to fix the deficit that they have," Bollinger said. "I am hopeful. This is a growing program and that is statistically speaking, not just a coach saying that we feel we are getting better."

One of the things that both Bollinger and senior David Zaske said


they wanted to make clear at the meeting was that they did not want to turn their situation around on any other athletics team even though it might feel like swimming and diving is under attack right now.

"As student athletes we are all one big group," Zaske said. "Whatever happens I hope it can be the best for the University."

The committee has made no vote on the future of the swim team and is planning another meeting after Spring break to further discuss the eight considerations and the budget.



Kathy M Helgeson/University Communications
Part of the team, including senior, David Zaske, third from left, lined up before the Oct. 19 meet vs. UW-Oshkosh. Another meeting regarding the future of the swim team will be held after students and staff returns from spring break.



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‘Bachelor’ nears conclusion to season 18

Cristin Dempsey

Columnist

This “Bachelor” season, in the words of Chris Harrison, has been “the most dramatic season yet!”

Well, maybe I would not go that far. Every season has exact parallels such as the climbing up the building date and the word “amazing.”

But, in its own way, yes; this season has been dramatic. Two girls have left on their own, and how can we get through a season without a good catfight?

Many fans have strong opinions about how this season turned out, and with the finale already next week, I think it is safe to say “Bachelor” fans are in for quite a dramatic roller coaster.

This season’s bachelor is Juan Pablo Galavis, a 32-year-old from Miami.

Galavis is the show’s first Latino bachelor, as he traces his roots back to his home country of Venezuela.

He was chosen to become the next bachelor after creating a sizeable fan base on Desiree’s “Bachelorette” season last summer. He did not even appear on her season that frequently, but his charm and devotion to his daughter Camila touched his fans, and not to mention his dashing good looks as well. “Bachelor” fans around the country were confident that this would be the best “Bachelor” season yet.

The contestants agreed. They were in awe of Galavis upon meeting him on the first night. Producers even had to allow for 27 contestants, instead of the usual 25, to cater to the outpour of interest this season. Some of the contestants we loved, some we hated and some just made us feel highly uncomfortable.

Kylie was one of those who fell into the uncomfort-

able category. During the first rose ceremony, Galavis calls Kat, and out comes Kylie to not get her rose. She thought Galavis said Kylie, not Kat. It was an honest mistake, until she was sent home.

Perhaps equally an equally big blunder was her hot pink, sparkly dress to complement (or not complement) her red hair. I was distracted by how closely she resembled Ariel from “The Little Mermaid.”

Another uncomfortable contestant was Lauren H., simply because she bawled her eyes out all night. She made the mistake of confessing to Galavis about an engagement gone sour, only on the first night. She, too, went home with the Little Mermaid.

Nothing topped Amy J.’s first impression when she gave Galavis an awkward massage. I guess people that work fast get sent home.

Last night was the “Women Tell All” special where all girls except the

top two come back to share their thoughts on the season. There were some sensitive topics. Two favorites, Sharleen the opera singer and Andi the lawyer, left on their own.

Sharleen was one of the more mature and sophisticated of the contestants, probably a little too much so for a show like “The Bachelor.”

While she had the brains, maybe in hindsight it was a good thing that she left. Her relationship with Galavis was okay but always a bit unsettling. They were too different from each other. Plus, she kissed him like she would lick an ice cream cone. She simply left when she realized he was not the one for her.

It was a shame to see my two favorite contestants go, Renee and Andi.

Renee, like Galavis, is a

single parent. She had a good heart, and she was always the girl everyone went to for advice. Her relationship with Galavis was one of the most genuine, but despite that, she was sent home after hometown dates in a tearful good-bye.

Most would love to see her appear as the next “Bachelorette,” but she will not be as she is engaged.

Andi was another favorite. She was real, smart and stayed out of drama. She and Galavis had great chemistry, until after the fantasy suite episode.

He made it all about him and even made some rude comments, so she was not reluctant to stand up to him and leave the show.

That leaves us with the final two contestants, Nikki and Clare. These two were

the source of this year’s drama, mostly because they were at each other’s throats.

I am personally on team Nikki, because her commentary is quite the source of entertainment.

Clare is too needy. She even went to his place during their stay in Vietnam late at night to take a swim in the ocean. Galavis told her the next day that it was a mistake. That and Andi’s dramatic exit make people question whether Galavis is a good guy. Most say no, but some still swoon over that gorgeous Venezuelan face. Okay, yeah, I am in the latter group.

Next week should be interesting as the season comes to a close. Will it be Clare? Or Nikki? Go Nikki!

Cristin Dempsey 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.

Mesabi Trail through Iron Range provides fun ride

Josie Werni

Columnist

A lot of the man-made lakes in the hills of the Iron Range of northern Minnesota have a vibrant turquoise color. This unusual hue comes from the iron deposits within and surrounding these lakes.

The first time I ever saw these lakes was while I was participating in the Great River Energy Mesabi Trail Ride. More commonly just referred to as the Mesabi Trail Ride, it is an annual, organized bike ride that follows the Mesabi Trail through the Iron Range.

The paved trail is well taken care of and takes riders through many different types of areas including cool, thick forests, tiny, charming ‘up north’ towns, open prairie-like areas and the historic and beautiful iron mining hills.

The Mesabi Trail Ride is open to the public and will be celebrating its 10th anniversary this summer on the 2014 ride. It has been announced on the website, which is www.mesabitrail.com, that they have something special planned for the 10th anniversary though it has not been revealed what exactly.

The ride traditionally happens on one of the first days of August. Riders must register for the trail ride in advance and it is suggested to register before a midsummer deadline after which the price will increase. This year’s midsummer registration deadline is July 23. Yes, it does cost money to register for the ride. The cost is \$45 for an individual and \$90 for a couple or a family, which is considered one or two adults with children under 18.

The family price remains the same no matter how many children the family has, meaning that children basically get in free.

However, the amount of free stuff riders get and services provided as well as the amazing experience makes sure that the Mesabi Trail Ride more than pays for itself.

The way that the ride is set up is that there is one finish line in the town of Coleraine but

several different starting points for riders to choose from. The ride can be as long as 69 miles if the rider chooses to start at the farthest point in Fayal Township or as short as 12 miles if they choose to start in Calumet.

There are two other midway starting points, which are 53 miles at Mountain Iron and 33 miles at Hibbing. The past two years that I have done the ride, I have started at the second farthest point.

I would only recommend the farthest point for people who have already done the ride and feel confident in their abilities or people who are already avid long-distance bikers. A family with younger children is best off doing the 12-mile version.

There are suitable distance options for all types of riders and levels of experience. The night before the ride starts, riders can take their bikes to the finishing point at Coleraine and the Mesabi Trail Ride volunteers will ship their bikes to the rider’s chosen starting point in the morning for free.

All of these points are along the same trail

and serve as rest stops with food and entertainment once the race has begun.

There are free food and entertainment I might add. Refreshments at each stop include water, Gatorade, fresh fruit, bread, energy-packed trail mixes and cookies. At every stop there is good, live local music and sometimes other activities too. At one of the stops there is a lake and they provide kayaks and life vests to use if you want to take a break from biking and at another stop is the historic Greyhound Bus Museum, open for the public to peruse.

When the riders reach the finish line they are greeted with more live music, a free homemade buffet style lunch and a free water bottle and T-shirt.

It is also important to note that the ride is something that greatly helps out northern Minnesota economically, since it has been pretty tough up there now that most of the mining has left.

The Great River Energy Mesabi Trail Ride is something I definitely recommend you try out this summer if you like biking or northern Minnesota, or if you would just like to try something new that is a lot of fun.

‘Focus on U’ invites big names for second spring episode

Matthew Ford

Columnist

that proves rather difficult as he gets interrupted by a slew of off-the-wall characters.

The Studio 113 segment also featured a black-and-white motif, which harkens back to silent film comedy legends like Buster Keaton and Charlie Chaplin.

But perhaps the most noteworthy thing about the second episode of “Focus on U” comes in the form of its high-profile interview guests, Ryan Stridde of NFL Films and Eric Deggans of National Public Radio.

Stridde talked about his journey from UW-River Falls student from 2004 to 2009 to award-winning audio technician for NFL films.

He cited the school’s field and studio production courses as well as his time spent with “Focus on U” as some primary sources which prepared him for his immensely successful occupation.

Eric Deggans sat down with “Focus On U” Host Rob Brecher after giving an interactive presentation called “Race, Media and Stereotypes” to discuss the lecture he gave at UWRF as well as his book “Race Baiter.”

In the book, Deggans talks about how the media has the ability to wield dangerous words and how certain media outlets use prejudice and racial stereotypes to draw

viewers to their media platforms and keep them from going to others.

Deggans said he got the title for the book “Race Baiter” from a time when Bill O’Reilly called him that on his show in 2008. Rather than take O’Reilly’s remark negatively, Deggans chose to wear it as a badge of honor. Deggans has remained a consistent critic of how O’Reilly discusses race on his show, “The O’Reilly Factor.”

When asked about what part of his education in journalism helped him the most in his profession, Deggans responded by saying that he took a class in journalism ethics late in his college ca-

reer in which the teacher had them read “Manufacturing Consent: The Political Economy of the Mass Media,” by Edward S. Herman and Noam Chomsky. Deggans cites the book as “absolutely essential” for understanding how modern mainstream media models work.

Deggans also talked about how college students looking to succeed in the real world should have a plan as well as openness to opportunity.

To cap off the show, singer-songwriter Tom Estrem performed an uplifting musical number about escaping from one’s own personal demons into a new and brighter day.

Estrem’s melodic voice and acoustic guitar combined to make a haunting number which felt hypnotic and entrancing. An interesting note, Estrem’s guitar featured a slew of autographs from bands all over the Twin Cities area and more, which was just one of the factors that added to his novel presence on the show.

You can find this episode and more on the show’s YouTube channel FocusOnUTelevision. You can see this episode on daily at 9 a.m., 5 p.m. and 9 p.m. on local access channel 119 for campus residents and channel 19 for those living off campus.

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