

**GAUTHIER, PAGE 7** Softball clinches playoff berth with three WIAC wins in final week.

**TESTER AND NELSON, PAGE 3** 

There are both benefits and downfalls to commuting from home.

**CHRISTENSEN, PAGE 3** Visiting professor has an award-winning photography repertoire.



# University of Wisconsin STIDE

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# 'Living biopsy' creator's passion for cancer research stems from own family tragedies

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The UW-River Falls biology department is revolutionizing the way cancer is studied. Professor Timothy Lyden and Brazilian foreign exchange students have been testing how cancer spreads through the "living biopsy" project.

The living biopsy project creates artificial tissue which is taken from a cancer patient to map the biology of that particular tumor. They then examine how it will grow and respond. According to Lyden, this gives physicians another piece of dynamic information to what Lyden calls the "biology of that tumor."

Lyden's interest in cancer re-

search has deep roots that tie to personal family experiences. The disease touched his youngest daughter Jenny at only three months old when she was diagnosed with childhood muscular cancer, and after nine months of treatment Jenny lost her battle with the disease.

"I found my motivation in science," Lyden said. "Her short life channeled my interests, and I have been focused one way or another on the question of how cells develop and specialize as well as how the process can go very wrong in the case of cancer."

Lyden also watched his father deal with cancer and most recently his wife has fought her own battle with the disease.

"Like many other people, I have had a lot of exposure to cancer and decided a long time ago to work on developing a better understanding of the disease," Lyden said.

Through this understanding, Lyden is passing on his knowledge and expertise to a select set of Brazilian foreign exchange students. In the past 14 years since coming to UWRF from the Ohio State University College of Medicine, Lyden has mentored more than 125 students through his lab, mostly through tis-

sue work. One of these students, Lindomar Pessoa, has been working with Lyden on a breast cancer cells research project that models breast cancer tissues by using 3D techniques.

The main goal of this project is to come up with an in vitro model to metastasis that will allow for a better understanding of how to stop the metastasis process. According to the National Cancer Institute, metastasis is the spread of cancer from one part of the body to another.

Pessoa is dedicated to studying clinical pathology in Brazil but saw an opportunity to increase his studies by working with Lyden after taking a stem cell and regenerative medicine course at UWRF.

"I've always been interested in studying cells and how they behave, plus I can't see myself out of the lab," Pessoa said.

Pessoa believes that students can

make a difference in the world of cancer research by clearly understanding the role of science in their

"Specifically when participating on a research of this magnitude, we will for sure be more prepared researchers in future," Pessoa said.

Lyden's prediction for the future is that cancer will be treatable, not necessarily curable, but will allow people to be able to live with it under control because of stem cell understanding.

The long-term goal of the living biopsy project is to develop a startup company in this region under the direction of Lyden with the hope of potentially bringing in past students.

## 'It's On Us' works to stop campus sexual assault

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The "It's On Us" campaign is a national campaign to end sexual assault on college campuses. The campaign was nationally launched by President Barack Obama on September 19, 2014, and the UW-River Falls Student Senate launched its campaign on October 20, 2014.

One of the big parts of the campaign has been the pledge. When you take the pledge that goes along with the "It's On Us" campaign, you pledge to RECOGNIZE that nonconsensual sex is sexual assault, to IDENTIFY situations in which sexual assault may occur, to INTER-VENE in situations where consent Haynes has not or cannot be given, and to CREATE an environment in which

sexual assault is unacceptable and survivors are supported.

"The 'Its On Us' campaign is a great initiative that has brought significant awareness of sexual assault to universities all across our country," said Senate President Christopher Morgan. "As Senate president, I fully support this campaign and will do all I can to continue to advocate for this important issue."

Since the launch, Senate has been hosting multiple events to raise awareness.

"Our student affairs committee put on a couple of events, one in the spring semester and one in the fall semester," said former Student Affairs Committee Chair Riley

panel. The spring semester event

was aimed to give students tools and techniques to step in if they see something going on. The spring event was bingo.

In the coming years, Senate will continue to fight the issue of sexual assault on the UWRF campus.

"Senate considers sexual assault awareness and prevention to be a top priority," Morgan said in an email interview. "Senate will continue to advocate for this issue as well as all issues that affect the safety and well-being of our student body."

The "It's On Us" website has 13 tips for people to use to become part of the solution to end sexual assaults on campus.

- 1) Talk to your friends honestly The fall event was an expert and openly about sexual assault.
  - 2) Don't just be a bystander–if

you see something, intervene in any way you can.

- 3) Trust your gut. If something looks like it might be a bad situation, it probably is.
- 4) Be direct. Ask someone who looks like they may need help if they're OK.
- 5) Get someone to help you if you see something-enlist a friend, Resident Assistant, bartender or host to help step in.
- 6) Keep an eye on someone who has had too much to drink.
- 7) If you see someone who is too intoxicated to consent, enlist their friends to help them leave safely.
- 8) Recognize the potential danger of someone who talks about planning to target another person at a
  - 9) Be aware if someone is delib-

erately trying to intoxicate, isolate or corner someone else.

- 10) Get in the way by creating a distraction, drawing attention to the situation or separating them.
- 11) Understand that if someone doesn't or cannot consent to sex, it's
  - 12) Never blame the victim.

13) If you're a victim or survivor or helping someone in that situation go to notalone.com to get the resources and information you need. You can also call the National Sexual Assault Hotline at 1-800-656-HOPE.

"Just keep spreading the word," Haynes said.

To learn more about the campaign or to take the pledge and join the campaign go to itsonus.org.

# Daymond John speaks at UWRF Scholarship Benefit



Jack Haren/Student Voice



Jack Haren/Student Voice

William Dobson is awarded with the Lifetime Achievement Award and Dr. Jason Staszko is awarded with the 2015 Outstanding Young Alumni Award.



Jack Haren/Student Voice

Campaign Chair Bill Boehm gives the Campaign Progress Report.

Daymond John, television personality on ABC's "Shark Tank," was the keynote speaker at this year's Scholarship Benefit Dinner.

# **News briefs:**

## Seven undergrads honored with Chancellor's Award

UW-River Falls honored seven of its best and brightest undergraduates on Thursday, April 23, during the 2015 Chancellor's Award For Students ceremony.

The students were presented the award, which recognizes student leadership, service and commitment, during a ceremony in the Riverview Ballroom in the University Center.

The Chancellor's Award is the highest non-academic honor a student can receive at UWRF. Recipients include students who have started projects to raise awareness about mental illness, protested climate change and sustainability policies, overcome language-barriers, researched genetic mutations in specific canine breeds, organized relief for human trafficking victims, and represented UWRF on state and national stages.

This year's Chancellor's Award for Students recipients are: Lyndsay Hage from River Falls; Cheng-Yen Lee from Taiwan; Daniel Saunders from Hastings, Minnesota; Samuel Tauchen from Bonduel, Wisconsin; Randall Joseph Pfeifer from Hammond, Wisconsin; Haley Klinker from Rochester, Minnesota; and Julie Vang of Minneapolis, Minnesota.

For more information about the award, visit www.uwrf.edu/ Awards/Students/Index.cfm or email beth.schommer@uwrf.edu or call 425-0662.

# Two UWRF alumni honored with prestigious awards

Dr. Jason Staszko, a former U.S. Marine combat physician, and William Dobson, an economic advisor to former President Ronald Reagan, were honored by the UW-River Falls Alumni Association on April 24 in the University Center.

Dr. Staszko received the 2015 Outstanding Young Alumni Award and Dobson received the Lifetime Achievement Award from the Alumni Association.

The Outstanding Young Alumni Award recognizes the accomplishments of individuals who have excelled in professional and civic accomplishments and that have graduated from UWRF within the last 15 years.

Dr. Staszko, of Grafton, Wisconsin, graduated from UWRF with a degree in biology in 2000. He currently serves as the Associate Medical Director for Emergency Services and Co-Director of Trauma Services at Columbia St. Mary's Hospital in Milwaukee, Wisconsin. While in medical school, he was awarded a full scholarship from the U.S. Navy and rose to the rank of lieutenant.

In 2006, Dr. Staszko was deployed to Ramadi, Iraq, in support of Operation Iraqi Freedom where he cared for soldiers and was responsible for the staffing and daily operations of his Battalion Aid Station.

William Dobson received the Lifetime Achievement Award, which recognizes the accomplishments of alumni who have provided long-time exceptional service and leadership in their profession, community and a continuing interest and loyalty to UWRF.

Dobson, of Waunakee, Wisconsin, is emeritus professor of agricultural and applied economics at UW-Madison. He has served as an agribusiness economist with the Babcock Institute for International Dairy Research, been professor and chair of agribusiness at Massey University in New Zealand and served as a senior staff economist with former President Ronald Reagan's Council of Economic Advisors.

He graduated from UWRF with a bachelor's of science degree in 1959 before receiving his master's of science degree from Iowa State University in 1961, and his Ph.D. from Purdue University in 1969. Dobson has received numerous professional awards recognizing teaching excellence and has authored or co-authored 200 professional publications and articles.

For more information, email daniel.e.mcginty@uwrf.edu or call Alumni Relations at 425-3505.

# Horticultural society names outstanding UWRF senior

Senior Jameson Coopman has been named the 2015 Outstanding Senior in Horticulture at UW-River Falls by the American Society for Horticultural Science (ASHS). Coopman is a senior double majoring in horticulture and Spanish.

Coopman, of Waunakee, Wisconsin, will graduate in May and has accepted a graduate assistantship at the University of Florida in the environmental horticulture program where he will conduct research on native orchid ecology and restoration.

Students are selected for the ASHS Outstanding Senior Award on the basis of their academic achievements, leadership abilities, participation in campus and club activities and service to their department. Annually, only one student per institution is honored with this award.

In addition, ASHS recognizes students with the ASHS Collegiate Scholars Award. Students must be in the top 15 percent of their class based on academic standing (grade point average). The 2015 recipients from UWRF

(all are horticulture majors except Courtney Vikeras, who is a biology major) are: Emily Balder, Cannon Falls, Minnesota; Aaron Pingel, Clintonville, Wisconsin; Peter Ault, Eau Claire, Wisconsin; Nathanael Holmes, Ellsworth, Wisconsin; Katie Eggert, Hutchinson, Minnesota; Joel Sehloff, Malone, Wisconsin; Brittany Rootes, Minneapolis, Minnesota; Sarah Kummeth, Osseo, Minnesota; Courtney Vikeras, Rochester, Minnesota; Phil Martola, West Bend, Wisconsin; amd Coopman.

#### UW-River Falls softball Head Coach Faye Perkins to retire

Passionate, energetic, compassionate, supportive, adventurous, real, dedicated, fun-loving, inspiring, fair, hard-working, knowledgeable, caring and quirky are just some of the words that are used by her former players to describe Falcon softball Head Coach Faye Perkins.

An end of an era will come later this spring when Perkins retires from coaching the UW-River Falls softball team.

No one has had a bigger influence on Falcon softball than Perkins, who is in her 22nd season with the team. She has led the team to some outstanding achievements and glory during her tenure: WIAC championships in 1993 and 1994 and WIAC playoff championships in 1993, 1994 and 2012.

She led the 2012 team to a school record 34 wins and the team finished just one win away from reaching the NCAA Div. III final eight NCAA Championship series. UWRF also played in the 1993 and 1994 NCAA Championships. She has coached dozens of Falcons to All-WIAC honors and most importantly to Perkins, six Falcons have earned the coveted WIAC softball Scholar-Athlete award. She was named the WIAC Coach of the Year in 1996 and has 518 career wins to date. She is just one of 26 active coaches in the NCAA Div. III that have more than 500 career wins.

In typical fashion, Perkins believes she has been the fortunate one during her coaching career at UWRF.

"I'm honored to be a coach here for 22 years," Perkins said. "I've been blessed with a wonderful job and colleagues to work with. It's been a perfect fit for my family and I."

Perkins, of River Falls, is married to Joe McIntosh and they have two sons, Paul and Bobby.

Thankfully, for students and staff alike, Perkins will remain at UWRF as the chair of the UWRF health and human performance department, and because of her outstanding teaching style, hopefully she teach classes in the department.

For more information, email james.g.thies@uwrf.edu or call 425-3846.

## Provost Fernando Delgado to remain at UW-River Falls

UW-River Falls Provost and Vice Chancellor for Academic Affairs Fernando Delgado was not hired as the president of the Western Oregon University, despite being named one of four finalists in the running earlier this month.

The Oregon State Board of Higher Education (OSBHE), upon the recommendation of the Western Oregon University (WOU) Board of Trustees and the Oregon University System Chancellor, appointed Rex Fuller as the new WOU president. Fuller will assume his duties on July 1, when the WOU Board of Trustees also assumes all governance responsibility over the university. Mark Weiss, the current WOU president, retires on June 30.

Upon his appointment, Fuller said: "I am deeply honored to join WOU as president. During my interview, my wife and I were impressed with the high quality of life in Monmouth, Oregon. We also found passionate alumni and community supporters of the university. WOU has a well-established record of excellence and a long tradition of access, affordability and student success."

## 70 mph speed limit bill moving forward in Wisconsin Senate

Wisconsin Rep. Paul Tittl and Sen. Devin LeMahieu made the following comments in response to a proposed amendment to the bill raising the maximum speed limit in Wisconsin to 70 mph.

"The Assembly passed the 70 mph speed limit bill last month by a wide margin (76-22)," Tittl said. "I am pleased the Senate Transportation Committee is voting on the bill on

"The impetus for raising the speed limit to 70 mph is to make travel safer, and I support the Senate amendment clarifying that the 70 mph limit will not apply to expressway segments where there are at-grade crossings," Tittl said. "That change will have little effect on the bill, because the Depart-

ment of Transportation would not have approved the higher speed limit on expressway segments with at-grade crossings anyway."

Speed limits were often 70 mph on rural highways until the federal government set a maximum speed limit of 55 mph in 1974, largely to conserve fuel during the energy crisis. In 1995, federal regulations were abolished and states returned to setting their own limits. Many states immediately raised limits back to 70 mph or higher, but Wisconsin adopted a 65 mph limit.

Wisconsin is now the only state in the Midwest with a 65 mile per hour maximum speed limit for all roadways. This bill will align the state's speed limit with that of neighboring states and most of the country.

Under the amended bill, the Department of Transportation (DOT) would retain the ability to keep the limit at 65 mph on certain stretches of highway if doing so is in the best interest of safety. The DOT has studied the issue and found that average speeds on many Wisconsin highways are well above 70 mph already. On several segments of highway, 15 percent of the drivers are already driving over 75 mph.

Setting speed limits at the proper level can significantly reduce aggressive driving behaviors. In Michigan, changes made to roadways where aggressive driving had occurred reduced the reported incidents of road rage. When the speed limit was raised from 55 mph to 70 mph along a section of Interstate 496 outside of Lansing, Michigan, which accounted for 40 percent of reported incidents of aggressive driving in that area, incidents of aggressive driving dropped to nearly zero.

People often make the argument that raising the speed limit by 5 mph will result in drivers automatically driving 5 mph faster than they had been. The data does not support that argument.

Drivers do not go faster than their comfort level. When Missouri raised its maximum speed limit in the 1990s, the average speed remained about 71 mph, just where it had been when the maximum speed limit was 65. Iowa had a similar result when it raised its limit in 2005.

Following approval by the Senate Transportation Committee on Thursday, April 30, the bill will head to the full Senate next week.

# UW schools approve online data science master's program

The UW System Board of Regents has granted its approval to offer a 12-course, 36-credit online master's degree in the fast-growing field of data science.

A collaborative partnership of the UW Extension and six UW System campuses—UW-Eau Claire, UW-Green Bay, UW-La Crosse, UW-Oshkosh, UW-Stevens Point and UW-Superior—the program will be the first online master's degree in data science ever offered in the UW System.

Courses are planned to start in September pending approval from the Higher Learning Commission, one of six regional institutional accreditors in the U.S.

Designed with input from industry leaders, the UW master of science in data science will offer a rigorous, multidisciplinary curriculum grounded in computer science, math and statistics, management, and communication. Students will learn how to clean, organize, analyze and interpret large and complex data sets using the latest tools and analytical methods. Admission to the program will require a bachelor's degree and a 3.0 grade point average. Aptitude tests such as the GMAT and GRE will not be required.

Students in the program will enjoy affordable tuition that compares favorably to competing graduate programs from other institutions. Like other collaborative online UW programs, students will pay the same tuition whether they live in Wisconsin or out of state.

The master of science in data science program is intended for students with a bachelor's degree in math, statistics, analytics, computer science or marketing; or three to five years of professional experience as a business intelligence analyst, data analyst, financial analyst, information technology analyst, database administrator, computer programmer, statistician or other related position.

This deepening shortage of data scientists means the employment outlook for professionals with the required knowledge and technical skills is extremely positive.

Opportunities abound for data science professionals in virtually every sector: manufacturing, construction, transportation, warehousing, communication, science, health care, computer science, information technology, retail, sales, marketing,

finance, insurance, education, government, law enforcement, security and more.

Prospective students seeking more information about the planned UW master of science in data science program are encouraged to visit datasciencedegree.wisconsin. edu, call 1-877-895-3276, or email learn@uwex.edu.

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# River Falls Police/UWRF Police Department

#### Friday, April 24

• There were two vehicles reported to have been damaged in O Lot at midnight.

#### Saturday, April 25

- A false fire alarm, triggered by an activated pull station, sounded at 11 p.m. in Johnson Hall.
- An intoxicated student was found passed out near the Johnson Hall dumpster at 11 p.m.

#### Monday, April 27

- The Child Center playground and signs were damaged, having been vandalized with marker the previous night.
- Tires were slashed and car parts were damaged in O Lot during the previous night.
- An unattended vehicle hit and run was reported to have occurred during the weekend. The driver responsible for this hit and run is unknown and failed to report the incident.

Editor's note:

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







# Professor discusses award-winning photography

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Many professors have professions and hobbies outside of campus life; Brett Kallusky manages being a visiting assistant professor in photography at UW-River Falls as well as having his studio in Minneapolis, Minnesota.

Kallusky has had solo exhibitions for his photographs, and in 2009 his art was displayed for the Viaggio con le Viste in Gallery 101 at UWRF and for the Create Studio at Waterbury Building in Minneapolis. This was sponsored by the Italian Cultural Center for Minneapolis and St. Paul, Minnesota.

"I've shown my work locally, nationally and internationally," Kallusky said. "Most recently I was in at an exhibit at the Sioux Visual Art Center which was a fundraiser for them to get to their new space."

This year he has an upcoming solo exhibition titled "Line of Communication" at the Phipps Center for the Arts in Hudson, Wisconsin. Kallusky knew he wanted to be a photographer since first going to college.

"I'm a landscape photographer. I spend most of my time focusing on

the way that we inhabit a space or travel through a space or spaces," Kallusky said. "I think I'm really interested in what we do when we're in those places but not necessarily in terms of photographing people, in terms of what we leave behind or how we alter the landscape."

According to his biography on his website, Kallusky was born in St. Paul in 1975. He received his master of fine arts in photography from Cranbrook Academy of Art in Bloomfield Hills, Michigan, in 2005. He has exhibited his photographs nationally and internationally in solo and group exhibitions, and his work is held in both private and public collections including the Maxine and Stuart Frankel Foundation and Macalester College in St. Paul.

Kallusky was the 2005 and 2006 recipient of the Miguel Vinciguerra Fulbright Fellowship to work on a photographic project entitled "Viaggio con Vista" in Italy.

"I tend to compartmentalize my time-time management is key," Kallusky said. "So, Google calendar, I tend to live and die by it. You just make it work."

In 2010, he received a Min-

nesota State Arts Board Initiative Grant to continue his photographic work in Italy, and once again in 2013 to self-publish a book of the project.

"I received grants and funding through [the] Minnesota State Arts Board through the Fulbright Fellowship and an international award," Kallusky said. "I've received scholarships for my work as a student."

According to Kallusky's website, he is interested in the relationship between the view of the landscape and the collective understanding of it. His work strives to present the surface of things that may not appear beautiful, but to him have an intrinsic beauty. This focus for his photography is born from repeated physical exploration of an unfamiliar space, and through this a photographic representation of a familiar place. This is an in-progress project.

Kallusky currently resides in Minneapolis with his wife, daughter, two cats and one dog.

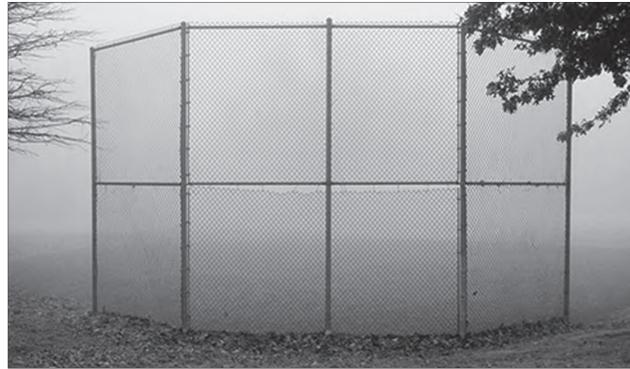


Photo courtesy of Brett Kallusky

A foggy baseball backstop, part of Brett Kallusky's 2011-2013 photo series "Line of Communication."

## Commuting to campus has both pros and cons to consider

Bryan Tester and Cooper Nelson

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Commuting to and from River Falls can be a hassle, but it can also be something that can be very beneficial

Freshmen and sophomores are required to live on campus in the dormitories or the suites at UW-River Falls. Upperclassmen can live wherever they like, some live on campus and some in River Falls and there are others who commute.

River Falls is considered a suburb of the Twin Cites so it isn't uncommon to find students who commute to and from the Twin Cites to River Falls

UWRF junior Pat Prusinski lived on campus his first two years, but he is now living at an apartment in town and commutes to his job at Menards in Hudson, Wisconsin,

"I live in town so I don't have to drive to class, but I do have to drive to Hudson for my job everyday and it can be a hassle," Prusinski said. "It is time consuming and all of that time on the road adds up, even though it is not that far to Hudson."

Along with being time consuming, there are other things that can be difficult for commuters to deal with, like gas prices and the cost of maintenance on vehicles.

"Paying for gas is the worst, I don't think anyone likes it, but at least the price of gas has evened out a little bit, " Prusinski said. "They are not as outrageous as they used to be."

The price of gas has steadily been going up and experts are expecting the price to stay around its current price until the end of the summer months, according to GasBuddy. com, a website that tracks gasoline prices. The average gas price was over \$2.50 last week.

Prusinski said that he is lucky because he doesn't have to fill up his tank as often as other people that he

"I have a few friends who drive back and forth from the cites, and they have to fill up a lot," Prusinski said

Vehicle maintenance may be one of the worst things about commuting when something simple gets broken and it may cost hundreds of dollars to fix. Prusinski knows far to well the hardships of having a car that likes to break down.

"My car isn't the best, it's pretty old and it has broken down on me a few times," Prusinski said. "Once it broke down while I was at work and wouldn't start when I was trying to get home. Lucky for me, my boss was nice enough to give me a ride, but until I got it fixed I had to rely on friends to give me a ride to work."

Prusinski said that when his boss was giving him a ride back from work, that his boss' car was involved in a car wreck. A deer ran out in front of the road and hit the car.

"I will never forget that day, first my car wouldn't start, then we hit a deer on the way home," Prusinski said. "I thought I was cursed or something."

While there may be some downfalls to commuting every day to and from school, there are also significant benefits that UWRF students may want to consider.

The average student living campus would spend \$7,524 per school year, while someone living off cam-

pus could be renting a room anywhere between \$300-\$400 dollars a month. With added expenses living off campus, a student could be looking at paying between \$4,800 and \$6,000 per year. Students that commute to campus on a weekly basis could be saving money up to half of that price.

UWRF student journalist Cooper Nelson decided to test this theory out for himself and commute from home for a week. Sunday night he filled his tank, which cost \$25, and reset his odometer to get an exact mileage. For one week he commuted to and from River Falls from his hometown of St. Paul, Minnesota.

Nelson drove 70 miles to and from campus for five days, and by the end of the week his gas tank was completely empty. If he were to do this every day, with gas prices at the same price, he would spend \$1,300 per year on commuting, and not have to spend money on other expenses like rent and groceries.

Parking is an issue that students might run into when it comes to commuting. Students are asked to spend \$0.50 per hour to park in the designated lots. While spending

anywhere between \$3-4 a day for one year, students could be spending anywhere between \$1,095 and \$1,460.

Including the \$1,300 a year a student could potentially spend on gas, it is still cheaper than living off campus. Students could also avoid paying for parking by parking on the streets surrounding the campus.

have its perks, commuting to school is more beneficial to someone living in the surrounding area.

According to the UWRF web-

While living off campus does

site, someone who chooses to live off campus as an undergraduate student tends to spend just over \$20,000 and \$2,300 of that money is based on travel.

This stat is compared to someone that lives with their parent or guardian during the school year who spends somewhere between \$15,000-\$15,600 in a school year, with \$2,300 of that money based off travel as well.

This is the final chapter in the Student Voice's series of stories revolved around the issue of commuting to the UWRF campus.

# Student organizations can help much more than one might expect

Christine Marriott

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If you think student organizations were a waste of time or just a fun diversion while at school you are incorrect, they do much more for UW-River Falls students.

There are articles, stories, statistics and academic journals detailing the merits of belonging to a student organization while in college. The facts are in and Daniel Rivera, academic advisor at UWRF, says he agrees with them. Student organizations actually help students perform better academically.

"Part of it is developing that sense of connection here on campus. We know students are here, they want to get an education, they want to learn, but you also want them to grow beyond that academic focus," Rivera said. "We want to make sure they are exploring their options in the world and making sure they have the opportunity to talk to students who have the same interests-that want and desire to make sure I excel academically so I can be here, continue to contribute to the organization I am part of."

Rivera went on to say it helps students feel like they're part of the larger community. There is a sense of belonging, being with others who might share your interest.

He said students benefit from being with others like themselves.

There is something for everyone with about 150 student organizations on campus according to FalconSync. Be sure to spread the word, joining a student organization can make your college experience much better and help academically as well.

Allison Parsons, involvement specialist for Student Life, explained some advantages of joining a student organization.

"I think that they get to start networking, that's a big thing, they get to meet people from our community and most organizations also bring in speakers or other big companies for students—practice for the real world," Parsons

Student organizations look good on a resume, skills learned in a group can be skills used after graduation. Finding a passion, strength or maybe just fitting in. Joining gives a new student instant friends and acquaintances, making homesickness less

painful.

Joining a campus organi-

zation can be a confidence builder as well. Your group members often have your back whether it is for personal issues or help with a class.

Also, most all student organizations raise money for charities or gather donations at a variety of events throughout the semester. Many organizations are also community involved, helping with local issues.

"Student-to-student interaction has the strongest positive effects on leadership development, overall academic development, and self-reported growth in problem-solving skills, critical thinking skills and cultural awareness," said Alexander Astin, author of

"What Matters in College."
Students are encouraged at UWRF to get involved and take advantage of resources and events available to them. Many opportunities for involvement and service are unique college experiences with each student organization.

Be sure to attend the fall semester Involvement Fair. In the meantime, browse the many organizations on FalconSync or investigate options at the student involvement desk in the University Center.

# Seven students honored with 2015 Chancellor's Award



Jack Haren/Student Voice

Recipients of the 2015 Chancellor's Award stand with Chancellor Dean Van Galen. Front row, from left: Haley Klinker, RJ Pfeifer, Julie Vang and Lyndsay Hage. Back row, from left: Van Galen, Sam Tauchen, Daniel Saunders and Cheng-Yen Lee.

#### **EDITORIAL**

# Saving varsity sports with student fees may open a can of worms

Wisconsin Gov. Scott Walker's proposed \$300 million UW System budget cuts are having a significantly negative impact on the campus at UW-River Falls, and now two women's varsity sports are in jeopardy of being ousted.

Student Senate has attempted to rescue the women's golf and tennis team after nearly voting on a \$3 segregated fee to save the two sports on Tuesday evening. The \$3 fee wouldn't cover the entire costs of the golf and tennis team, but it would certainly make the decision to cut the two programs, or just one, a lot harder.

The university is in a financial crisis and the athletics department is no exception, making it nearly impossible to keep the golf and tennis teams as is. The Student Voice doesn't want to see the university lose two more women's varsity sports simply because of the impending budget cuts. If the programs are cut then the university could see a potential 13 or so student-athletes transfer to other schools. The Voice doesn't want to lose current or prospective students because of the loss of a varsity sport. The university is already teetering the Title IX line and with the Falcon Center only a few years away the athletics department should be adding sports not cutting.

However, a \$3 segregated fee, which each UWRF student would pay every semester to help keep the two sports alive, is not a good idea. Forcing students to pay a fee for a service they do not receive is problematic. We have no problem paying a fee for recreation and sports facilities because any student can join in on the fun, but these two sports do not generate money via ticket sales.

The Voice is in favor of keeping the two women's sports, but we are not in favor of the students at UWRF paying a segregated fee unless a vote is passed by the student body. We are pleased that (if passed) the \$3 segregated fee doesn't necessarily have to go towards the women's tennis and golf teams.

Cuts are bound to happen from time to time, and although we don't like seeing varsity sports get cut it may be unavoidable at this point. Having students pay a \$3 segregated fee for a service we don't receive will only open a can of worms. If this passes, anytime Senate wants to keep a program they can simply create a segregated fee for students to unwillingly pay.

If this is what the student body wants, then we will gladly pay \$3 to keep the two sports, but we feel that the money, which isn't a significant amount of money in comparison to the possible \$4.9 million university-wide cuts, should be found somewhere else.

Editorials represent the opinion of the 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 WISCONSIN editorial stall by e-mail through editor@uwrfvoice.com.

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# LETTER TO THE EDITOR Pregnancy helpline offers support

The River Falls Pregnancy Helpline offers counseling and emotional support for women, men and families who are dealing with an unplanned pregnancy and is conveniently located right across from Family Fresh market.

Resources include free pregnancy tests and baby supplies—supplies that can be earned by completing education programs. Counselors at the Pregnancy Helpline provide education and information about options for those facing an unplanned pregnancy. The primary goal is that these individuals or families are equipped to make the best possible decision for themselves and their babies.

Counseling on relationships, sexually transmitted infections and contraception is also offered. In other words, the center offers support for those women, men and families who are not expecting a baby but who may want to just talk or be connected to resources. All the trained counselors are very interested in listening to and providing support for the center's visitors. The counselors do so in a confidential and caring manner.

Exciting changes are coming at Pregnancy Helpline. The name will soon be changed to "Options for Women," and the center will also be changing locations.

During the summer months, Pregnancy Helpline can be found in the campus Newman Center (on Cascade Street). They are also excited about the creation of "Lifeguards," the UW-River Falls Pro-Life Club on campus.

The "Lifeguards" value and support all human life, especially the life of an unborn child. "Lifeguards" work to educate and activate their fellow UWRF students on issues relating to the degradation of human life.

Anyone interested in finding out more about "Lifeguards" is encouraged to look for them on Facebook and FalconSync.

In short, Pregnancy Helpline is a wonderful resource available to all women, men and families who are looking for support. The center is right here in River Falls and is waiting to offer warm and caring help to you or someone you may know.

For more information, visit www.rfpregnancyhelpline.com or call 425-8539. The Pregnancy Helpline can be contacted at pregnancyhelpline@outlook.com. The Pregnancy Helpline is open Monday though Saturday, but the hours vary.

-Marie Regnier

# Student Senate update: women's athletics referendum put on hold

Natalie Howell

Columnist

There was a big turnout for the Student Senate meeting on Tuesday, April 28, and because I now write this column every week encouraging people to educate themselves about what Senate is doing, this made me extremely happy.

But I unfortunately cannot take the credit for the increased attendance. There were several motions on the agenda pertaining to the athletics department and the future of the women's tennis and golf teams, so studentathletes filled the room to support those teams. These motions included the "Athletic Allocable Segregated Fee," the "Resolution Opposed to the Suspension of the Women's Golf and Tennis Team" and the "Athletic Budget Resolution."

These motions were all in response of the possibility that the women's golf and tennis teams could be suspended due to the potential \$4.9 million budget cut to the university and therefore a large cut to the UW-River Falls athletics department.

The Athletic Allocable Segregated Fee was moved by former Senate President Anthony Sumnicht and seconded by Joseph Schmit, and was set to be discussed and voted on by the new Senate this Tuesday. If this motion passed, Senate would hold a referendum that the students would then vote on to approve a \$3 per person, per semester allocable segregated fee to support the women's tennis and golf teams.

There was a lot of discussion on this matter, and during this discussion, a motion was moved and seconded to strike the women's golf and tennis teams from the amendment. This means that although the \$3 would still go to the athletics department to support varsity athletics, it does not necessary have to go to the women's golf and tennis teams.

Eventually it was suggested by current Senate President Chris Morgan to postpone voting on this until the last Senate meeting of the year (next Tuesday) in order for the Senate members to get more information about what exactly they're voting on and for this amendment to go through the UWRF Allocable Fee Appropriate Board (AFAB).

The reasoning was that this amendment was rushed by former Senate members, and therefore didn't go through the correct channels before being discussed by Senate. If the amendment was voted on Tuesday night, Senate would have had to suspend their bylaws

Although I'm for the \$3 allocable segregated fee to keep the women's golf and tennis teams alive, I'm a little confused about the sudden change of heart

by Senate. At their meeting on Tuesday, March 31, Senate voted on and passed the "Varsity Sport Review Resolution," which supported the idea of the athletics department "reviewing the current varsity sports array for the purpose of addressing the potential budget shortfall by eliminating a varsity sport."

Although I'm happy about the change of heart, it seems strange that the former Senate president who passed this resolution is the person who moved to add a segregated fee to save the same teams that he was in support of eliminating. Because of this postponement, I would encourage everyone who has an opinion about this possible segregated fee to attend the next Senate meeting and have their voices heard.

One of the best ways that students can make a difference is to stand up for the things that they care about, and the best way to do that is to stand up in front of those who are there to represent our wants and needs as a student body.

All information in this column comes from the April 28 Senate meeting and select documents from the Senate OrgSync page. It's very important for all students to stay informed on what is going on with Senate. They meet at 7 p.m. every Tuesday in the Willow River Room in the University Center, and the meeting agenda can be found 24 hours prior on the Senate page. To see the details of what was discussed last Tuesday, go on the Senate page and read through this week's minutes document.

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Please return by Friday, May 8

#### Significant saying relates well to last few weeks of semester

Matt Clark

Columnist

In the spring of 2004, my family took a trip to Orlando, Florida with my cousins. Recently, I was reminded of this trip, and more specifically, something I said during that trip.

In 2004, I was a third grader who picked up words and phrases and repeated them, trying to sound smart or cool and oftentimes not knowing what they even meant.

My favorite phrase at the time was something I probably picked up from my dad. My dad is filled with catchy phrases such as "how foolish to make one's last stand in a coffin" and "never trust a man with two first names," which are taken from classic 1960s television shows and could not be more ridiculous. My phrase was: "walk in like you own the place, walk out like you've never seen it before."

Throughout our trip to Florida, I would say this to my cousins every time we went someplace new, and it soon became the catchphrase of the trip. After recently being reminded about my famous quote by a cousin, I started to think about this phrase and what it actually meant.

I came to the surprising conclusion that this phrase actually holds a lot of meaning and is a good piece of advice for anyone in any situation.

So what does it mean? Well, the Matt Clark dictionary of phrases has determined the meaning is to take charge of a situation and make it better, but then don't go chasing after the credit and glory, because it will soon follow.

In other words, don't just let difficult situations pass you by; take the reins and do something about it. After you've made a difference, don't be a jerk and try to reel in the glory. It will most certainly backfire.

So as we head into the very last days of this semester, I've asked myself how this piece of advice might be relevant to us students who are struggling with the fear of finals. When we begin to study for our finals and put the finishing touches on our final projects, we should not fret—we've got this. Don't just walk into your classrooms for the final; walk in like you own the place. And when you've finished, walk out knowing that you've done what you came to do. This simple change in mind-set just might give you the confidence to get the grade you've been reaching for.

Finals time is never easy, but when is life ever easy? Throughout our lives, we will be faced with many challenges, but maybe some of those challenges can be eased if we just remember to walk into life like we own the place, and walk out like we've never seen it before

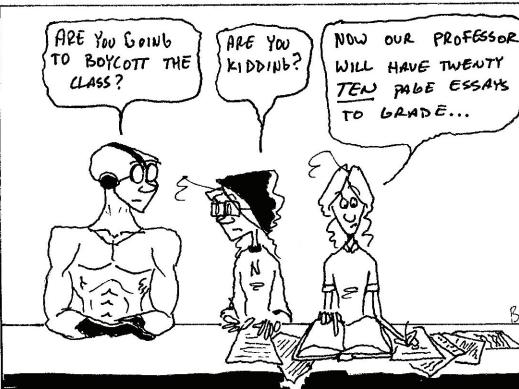
"Boycott the Professor"





OUR ENGLISH PROFESSOR
ASSIGNS A FOUR PAGE
ESSAY EVERY WEEK
EVEN THOUGH SHE ASSIGNED
A HUGE FINAL PAPER AND
WE HAVE OTHER CLASSES
TO STUDY FOR

SO ALL TWENTY
STUDENTS COLABORATED
AND AGREEPON
A SOLUTION TO
THIS PROBLEM.
NO LONGER WILL
WE PUT UP WITH
THIS LRAP!



Cartoons by Benjamin Heer

Do you have something to say?

Write a letter to the editor.

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Be the first person to find Freddy's lost feather in this issue of the Student Voice and win two free movie passes to the Falls Theatre!

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Now Playing: "Avengers: Age of Ultron"

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## Costumes, weapons part of role-playing group's activities

Hayden Bosch

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Every Wednesday at 5:30 p.m. a group of students gather in front of the University Center, some dressed in medieval garb with fake weapons as though ready for battle.

These people belong to the UW-River Falls L.A.R.Pers (Live Action Role-Playing) League, a group of students who participate in real-time scenarios, acting as different characters who fight, trade and talk as though they were truly in the fantasy settings in which they place themselves.

According to one of the organizations leaders, Salvatore D'Agostino, the L.A.R.Per's League is divided into five guilds headed by executive members: the Warriors Guild, whose members help set up the physical event and do safety and training inspection; the Entertainers Guild, whose members help with promotional events on campus along with helping

new members with acting activities to help them develop their character; the Artisans Guild, whose members help create any props or art pieces that will be used in the activities and are also in charge of making promotional posters; the Treasurers Guild, whose members calculate the in-game economy and make various changes to the system to help balance the game play; and lastly, the Scribes Guild, who document L.A.R.P. activities and create lore for each event.

These guilds let each member fit into a niche that suits their interests and personality and gives the organization a dynamic leadership. Heads of each guild meet each week to discuss which scenarios will be acted out each Wednesday.

L.A.R.Pers League prides itself on being a dynamic and accepting group in which anyone, regardless of experience with role-play, is welcome and encouraged to join. The organization's diverse guilds allow it to appeal to people of all interests, even those who don't particularly care about

According to D'Agostino, the average Wednesday session has over 20 members in attendance and also mentioned "a wonderful event where we had over 40."

"Our L.A.R.P. system was based off the question 'how can we make a fun game that is easy for members to get into?"

D'Agostino claims to see more immersion in the organization as time goes on and "as members make friends and have fun acting out scenarios with one another."

L.A.R.Pers League appears to put on a big variety of events which keep things varied. D'Agostino described one particular event: "The Wooping Zombies-after a particularly interesting scenario the dead in our land 'woop' instead of groan. It's semi-terrifying to have 15 zombies woop at you as they crawl towards you."

"Usually our battle cries are the best," D'Agostino said.

#### Students support environment but avoid 'environmentalist' label

Molly Kinney

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April 22 marked the 45th anniversary of Earth Day, but congruent with a report from the Pew Research Center released last March, few UW-River Falls students consider themselves "environmental-

Wisconsin Sen. Gaylord Nelson founded Earth Day in 1970. After a massive oil spill in Santa Barbara, California, in 1969, and inspired by the huge student led anti-Vietnam War movement, Nelson brought the idea to the U.S. Congress and formed a committee with a conservative congressman, prompting over 20 million Americans to take to the streets on the first observed Earth Day. This, along with the Clean Water Act, is largely seen as the founding of the modern environmental movement.

David Furniss, a longtime English professor at UWRF, was working towards his bachelor's degree at Yale University during the beginnings of the environmental movement, which the Earth Day proclamation was certainly a part of.

He admitted that the anti-Vietnam movement took precedence over almost everything else at the time, in terms of student activism, but recalled that some people were indeed starting to become ecologically conscious.

Since climate change was not really a tangible environmental concern yet, people were focused on simply keeping the Earth clean and the ability to provide fresh, wholesome food and water for all of Earth's citizens. Furniss recalled a demonstration by "exponential growth" activists on his campus (which made the cover of Life magazine), the signing of the Clean Water act, and the formation of the first real "hippie commune," The Hog Farm, which made its public debut at Woodstock in New York.

"This all [sustainable living] came to the forefront of people's consciousness at Woodstock, when the Hog Farm, which was really the first real hippie commune, which is still going," he said. "I actually met that guy, Wavy Gravy, they came to my campus and did this demonstration, and that was at about the same time, about 1971, when all that was

happening."

The Pew Research Center surveyed people from the four largest generations: millennials (age 18-33); Generation X (age 34-49); boomers (age 50-68); and the silent generation (age 68+), asking if they identify with the label "environmentalist." While 42-44 percent of Generation X, boomers, and the Silent Generation would describe themselves as so, only 32 percent of millennials would.

The research center found that millennials do actually care greatly about the environment and issues such as climate change, but choose not to associate with the label due to its negative connotation.

"I think people shy away from the actual term because it has been demonized and become outdated," said Keeley Barrientos, a UWRF senior majoring in international studies. "I think it compares well to a term such as feminist. I do believe many millennials consider themselves environmentalists but in a different context since our platforms for social movements have changed."

Another UWRF student, Alyssa

Ross, said that she does care about the environment, but doesn't feel that she is qualified enough to call herself an environmentalist.

"I would call myself environmentally friendly but not an environmentalist," Ross said. "To me, that implies someone who has more intensive studying in it than I do."

There is indeed a lot of stigma around the label environmentalist, perhaps due to the radical, almost terrorist-like actions taken by activists in the late 1980s. In addition to this, UWRF Professor Ryan Fischer, who teaches environmental history, said that societal attitudes about the Earth in general have shifted drastically, too.

"One big thing that happened is it became a much more partisan issue in the 1970s," he said. "It became a political identification, rather than people grappling with the real issues. Now it's 'I'm an environmentalist because I'm a Democrat, or I'm anti-environmentalist because I'm a Republican."

Fischer also conceded that the environmentalists of the 1970s did accomplish much of what they set out to do. Perhaps young people don't call themselves environmentalists because there are so few visible needs for the movement. The air generally looks clean and we don't have to worry about clean drinking water, thanks to the efforts by this pioneering group of people.

The hesitation to label oneself isn't exclusive to environmentalists among millennials. They also believe fiercely in gender equality, but don't call themselves feminists, and have very strong political ideologies, but 52 percent label themselves "independent," rather than Republican or Democrat, both of which the Pew Research Center also reported on in 2014.

Despite these statistics, there is a minority of students who readily embrace the term. The UWRF Environmental Corps of Sustainability (ECOS) has 15 active members who would call themselves environmentalists and hope to revive the movement on campus. This organization hosted many events for Earth Day, including a campus cleanup, a potluck with the Resource Management Club, and screened documentaries about environmental issues afterwards.

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## "Can't Stop the Music!"

Make sure to come to the Falls Room in the University Center on Monday, May 4, between 1-10 p.m. WRFW will be having live DJ shows with HUGE prizes to give away to people who stop by! You can't stop the music.

# UWRF softball clinches playoff berth

Trenten Gauthier trenten.gauthier@my.uwrf.edu

The UW-River Falls softball team had a strong final week of the regular season finishing at 20-20 on the season and 4-2 in the last six games.

The Falcons finished sixth in the WIAC and qualified for the WIAC tournament that begins on Friday, May 1, at UW-Eau Claire.

Head Coach Faye Perkins talked about what the team needed to do to qualify for the WIAC tournament and how tough the conference really is.

"It's a matter of being consistent, we have struggled the last few games with leaving people on base," Perkins said. "We teams are so close in this conference, if you make a little mistake, then you might lose the game off that small mistake. Can't have a bad inning because those kill you."

In Perkins' last season as head coach, the team has struggled at home after starting 0-6 at home going into the final home series against

high for Perkins.

"Having been here for 22 years, it's kind of an end of an era, and a beginning of a new chapter, and after our season is over, they will tear down the field and start building another," Perkins said. "With this being my last home game, it really is a new chapter with next year's team."

The Falcons took care of business against Stout, winning by a score of 2-1 in the first game as senior pitcher Brooke Lauritzen allowed only just three hits in the game.

In the second game, a back-and-forth match ended with a score of 12-9 in the Falcons' favor.

In a magical ending in the final home game of the regular season, senior catcher Amber O'Connell hit a walk-off home run. A memorable finale for the legendary UWRF coach.

Next for the Falcons will be the conference tournament. They take on the WIAC co-champions, the Blugolds of Eau Claire. The

UW-Stout, and emotions ran Falcons split with Eau Claire during the regular season.

> Senior pitcher Abbie Morris talked about the upcoming conference tournament and what the Falcons have to do to win.

"The conference tournament will definitely be a good challenge for us," Morris said. "We know we have the ability and potential to beat any team in the WIAC as long as we are on our game and play error-less defense and have hot bats on offense."

Morris who is second on the team in ERA and wins, talked about how she as well as the rest of the team is feeling about going into this tournament.

"I absolutely believe that we have the ability to take the entire tournament if we stick to playing as a team and continue to focus on one game, one play, one at bat and one pitch at a time," Morris said.

If UWRF defeats Eau Claire on Friday, the Falcons would play the loser of Friday's UW-Oshkosh/UW-La Crosse game.



Kathy M. Helgeson/University Communications

Amber O'Connell runs to second base. The Falcons played UW-Oshkosh on April 18.

# Track and field team has strong outing at St. Mary's

Maxwell Vine

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The UW-River Falls men's and women's track and field teams competed at the 2015 St. Mary's University Cardinal Open on Saturday, April 25, in Winona, Minnesota, and both the men's and women's team had several top-five finishers.

The men's team performed very well with freshman Colton Sorensen and junior David Paynotta breaking school records in the pole vault and 200-meter dash, respectively. Sorensen placed third overall at the meet while Paynotta placed first in two events (the 100-meter dash prelims and the 200-meter dash). Paynotta didn't compete in the 100-meter dash finals.

There were several other notable performances from the team. Senior Jordan Crockett placed second in the 200-meter dash with his season best time of 21.62. Freshman Justin Barnes placed second in high jump while his freshman teammate Hunter Hulley placed fifth in the same event.

Several other Falcons went on to earn season bests. These student-athletes include: freshman Dylan Olson in the 110-meter hurdles with a time of 16.06; junior Alex Gilles in the 800-meter run with a time of 1:57.74; and sophomore Scott Smith in shot put.

"We sent three people this year to nationals," said junior captain Matt Griffin. "Other than that, we have had some meets we won, meets we got second at, so overall a pretty good season so far."

Griffin went on to say that he hopes to see the team improve as it always does.

The women's track and field team placed first in the 4×100-meter relay and finished with seven top-five performances on Saturday. The first place 4×100-meter relay team consisted of sophomore Grace Curran, sophomore Sherahlynn Linkert, freshman Jacinta Roggenbuck and freshman Angie Reed. The team won with a time of 50.27.

Linkert also placed second in the 400-meter hurdles and fifth in the 100-meter hurdles. Curran placed fourth in the 100-meter dash and eighth in the 100-meter hurdles. Roggenbuck placed third in the 400-meter dash with a season best time. The 4×400-meter relay team placed third with a season best. The team consisted of junior Rachel Stairs, freshman Meagan Weisshahn, sophomore Emma Hayes and freshman Amara Meyer.

The Men's team placed eighth at the WIAC Indoor Championship back in February, while the women's team placed also placed eighth.

Griffin hopes to place fifth or sixth at the conference meet.

"We should be able to place higher than we



Kathy M. Helgeson/University Communications

Jackie Broyles competes in the women's weight throw during the UW-MN Dual.

did for indoor," Griffin said. "Outdoor has always been a little stronger for us than the indoor season, so hopefully that will go well."

Both teams have sent players to the NCAA tournament, but have not placed this year, and that is one thing that Griffin said he hopes to see improvement in upcoming seasons. The team will next compete at the 2015 WIAC Outdoor Championship in La Crosse, Wisconsin, on May 1-2. Friday's meet will begin at 3 p.m., and Saturday's meet will begin at

## Construction on new Ramer Field press box is underway

Collin Kottke

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Warmer weather has allowed work on the Falcon Center project to progress ahead of schedule, including a major addition to Ramer Field, as work on the new press box has begun more than a month before it was scheduled to begin.

"They were not even anticipating starting until the early part of May and they've been out there three weeks already, so they've gotten a nice jump start on that," said Athletic Director Roger Ternes.

The new press box was sorely needed for the field.

"We were in a box that was outdated 20 years ago," Ternes said. "We were just crowded and over crowded before. We were just on top of each other."

Climate control and the fact that the new press box will be twice as big is something that frequent users of the facility will notice right away, along with various other new amenities.

The top two that Ternes is excited is about is the fact that the press box will now be handicap accessible and there will be a bathroom located in the press box. Be-

fore, users of the press box would have to run down the bleachers to go and use the restroom.

The new facility will be three stories with an elevator available to get up to the third

floor. The bottom level will be the new home of ticketing and concessions for games that are held at Ramer Field. The building to the south of the field that tickets and concessions are now sold will be

turned into more storage for the athletics department.

New bathrooms will eventually be coming to the field, but not until the stands themselves are replaced. Ternes said that by code, when new

bleachers are put in there is a certain amount of bathroom stalls that have to come with.

replacement bleachers isn't in any current plans. Entertaining is also a possibility in the new press

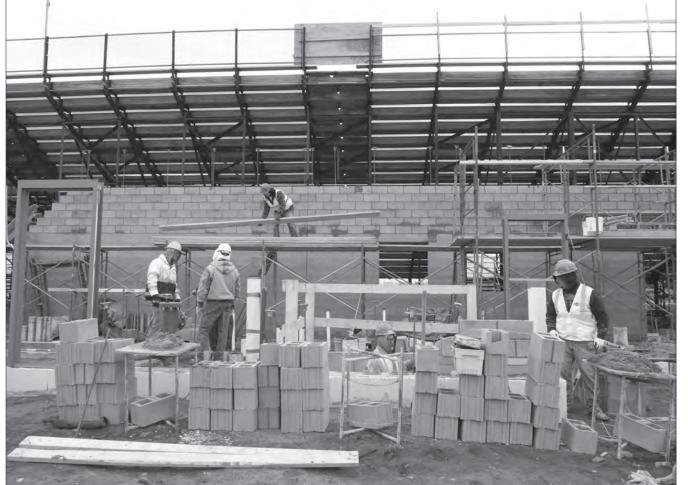
box. There will be a room designated for this purpose that can hold 15-20 people.

The upgrade will not just pay dividends for the football team, but for the track and field team as well. Before, not all events at track and field meets could be visible from the press box, but that is changing significantly in the project.

"We are resurfacing the track this summer," Ternes said. "We'll have new runways for the track events. If you are in the press box, you can watch everything track and field from one site or even if you are in the stands."

Soccer is also getting some new digs. A new soccer field will be located immediately east, and a tad south of the current football field. The turf for the soccer field will be installed in May, but it is still to be seen if the soccer team will be able to play on it this fall. The athletics department does not want to ruin new grass before it takes

"Construction has started on the press box and is expected to be complete for the start of the fall football season," said Tim Thum of UWRF building maintenance in an email interview.



Kathy M. Helgeson/University Communications

Construction continues on the Ramer Field press box. The construction has started one month ahead of schedule.

# College is full of potential daily life lessons

Cristin Dempsey

Columnist

I think when you make it to your last semester of college, you never truly think about it until the last few weeks of class, when you are figuring out ways to straighten out your cap and gown, what in your apartment is ready to be packed up and hauled away, and when you can count your major assignments left in college on one hand.

That's how it is for me, anyway. My last semester was just another semester—a semester of routine, homework, concerts, activities and seeing friends. But now that everything is beginning to end it's not just a semester anymore. It is the real world, something I realize I'm not that prepared for.

But in a way, that is what the events of college are for: something

you are not prepared for but have to do anyway. In my four years, I've learned a lot of lessons, not just academically, but about life, and that is what I hope to pass along to underclassmen and incoming freshmen, who—quite honestly—have a lot to learn.

When I was a freshman, I had some preconceived notion that the upperclassmen were scary and "too cool" to hang out with freshmen. After all, we were fresh out of high school, we weren't of legal age yet, and we were still required to live in a cramped little dorm room.

So, of course, we had to stick to other freshmen and they had to stick to other upperclassmen, right? Wrong. I always regret not getting to know the upperclassmen during my freshman year; and now that most of them are gone, I've missed my opportunity. But now that I'm a senior, I have made some great new friends—friends who are freshmen.

Just because they are three years younger than me and are only go-

ing to school with me for a year, that doesn't make me "too cool" for them. Everywhere you go there are going to be people around. Talk to them, get to know them. Who cares how old they are? We're all going to school together anyway.

I'm not typically one to brag; but in my four years at UW-River Falls, I have rarely missed class. That doesn't mean I'm an overachiever or arrogant, I can just tell you, even if you already know, that there is no value in skipping class. But I'll admit it, I've done it before. Sometimes I have been sick, many times I have been on a band outing, and a few times I had no excuse at all. But, excuse or not, there is always that feeling of guilt when I am not in class and begin to fall behind.

And yes, professors may give you one or two "skip" days during the semester, but my advice is don't take them unless you absolutely need them. Just because you didn't go to class, doesn't mean you are getting out of doing any work. It just means it all piles up at once, causing more stress and possibly leaving you with the dirty work that your classmates who were in class did not want to claim. Go to class, even if you don't like it. It'll end before you know it.

If you haven't had one yet, you will. Yes, at some point in your college career, you are going to have a professor who is downright wacky. That, or their beliefs are so far opposite from yours that you spend your class looking at the clock. I've experienced both of these things, sometimes simultaneously. Class discussions can make it seem that the whole class agrees with said professor except you.

But you know what? That's okay! Don't let anyone force you to conform to their beliefs, be it religious, political, anything. That doesn't mean you need to shout from the rooftops about your views on abortion, but the thing to learn about getting through college is

that whatever you believe and wherever you stand is perfectly OK. And if someone is telling you otherwise, then they're not really worth your time anyway.

Being a senior in high school about to enter college or just having barely scratched the surface of college is scary. You've only experienced a handful of professors, just have your one group of friends and only had to take on one single routine. You have no idea what turn your experiences, beliefs or interactions are going to take next.

Trust me, I've been there too. I felt quite small as a freshman looking at all the years left I still had to experience. But trust me: that fear never ends. Soon enough, you will be like me, at the end of road, looking at what's next, no clue where your future is going. The fear is always there, but it always works itself out, as long as you approach it wisely.

Cristin Dempsey is an English major and music minor from Eagan, Minnesota.

#### Tobacco kills, legalizing cannabis could positively impact the world

Jack Haren

Columnist

I never finished my planned review for "The Culture High," but then the often glamorized "holiday" of 420 became a fitting reminder and reason to finish it. Cannabis is the documentary's single word topic and there are many arguments within it worth elaborating on.

First, tobacco, a widely available and legal plant, is dangerous to consume, while cannabis is not. When I say tobacco, I mean the nicotine injected cigarettes, inhaled and swirled around in the lungs, coating them with tar. Smoked pipe tobacco and regular cigars are usually held in the mouth and

breathed out, making it safer than nicotine. There are different ways and methods to smoke tobacco just like cannabis.

Tobacco has led to the lifelong addiction and eventual death of thousands, to the point that people don't even need the numbers reported anymore. Tobacco simply equals death and everyone knows it. Watching someone fall into the addiction can be hard, but their decision has to be respected.

The cannabis plant has become collateral and synonymous with the violence involved in the "war on drugs." The problem is money displacement. The money taken out of drug enforcement would lead to less money floating around the police complex, and militarization of the police—to combat the violent drug dealers—would no longer be needed. There would be no more large excuse to acquire brand new

fancy toys from the army, which for some reason aren't being used overseas to protect soldiers.

In the time of global recession, it could be a help to fully introduce the cannabis industry to the country. Colorado has proven that the industry can instantly thrive in an open market, instead of the criminalized black market. Power has dragged its feet contrary to the abundant scientific evidence (despite decades worth of constraint).

Private prisons are a very scary idea. They have contracts to maintain a certain number of prisoners, an obligation to make money, and another entity lobbying for laws that expand criminalization, like a person smoking cannabis for their health. Without drug law, it's possible there will be significantly less people being prosecuted and no need for private prisons.

Cannabis law has also become a

race and class issue. The relation to innate human qualities are at play; the desire to experience an alternative state of mind. Chemicals can change the chemicals of our bodies. Alcohol, tobacco, cannabis and medical drugs change the way we feel, recover and think.

The wide versatility of cannabis outnumbers all other plants on the planet, and there is a growing number of uses being discovered. It can be made into fuel, food, clothing and building materials. It can cover the basic needs of a human while growing consistently, averaging a consistent dozen feet every four months.

A chemical component of cannabis, called CBD, doesn't effect the brain in a psychoactive way like THC. With first use, without feeling "high," epileptic patients can be seizure free. These are people that have never felt anything besides a

routine of seizures. Thirty-seven states have approved medical use, including four states with legalized recreational cannabis law: Colorado, Washington, Oregon and Alaska.

Colorado has the most wide-open market and is arguably producing the highest quality cannabis in the world. Washington has a limited number of government sanctioned spots. Before the ink was dry, everyone knew it would be vastly under filling demand.

Hemp and cannabis is sustainable, and rightly recognized during Earth Week. I hope the laws continue to open up at an increasing pace, and that the industry continues to try and self-regulate could benefit the entire world.

Jack Haren is a journalism student from Hastings, Minnesota.

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