

SOFTBALL, PAGE 7 **Falcons split WIAC** games against La Crosse, Platteville

BROOKINS, PAGE 5 **Columnist responds to** Carpentier's column, ponders hypothetical gay lifestyle

HAGENS, PAGE 8 Editor speaks on campus during **Earth Week** 



# TUNIVERSITY OF WISCON

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# Alternative auxiliary fund distribution not supported

Adrianne Patterson adrianne.patterson@uwrf.edu

An alternative method for the cut in auxiliary funds, the account that funds housing, meals and parking at UW-River Falls, for the



Wheeler

iliary funds began at the

beginning of March, when Gov. Jim Doyle released the 2009-11 budget cut.

UW System has been pro-

posed by Lisa Wheeler,

vice chancellor for admin-

istration and finance, and

supported by the UWRF

The attention to the aux-

Student Senate.

According to the March 2 UW Board of Regents press release, Doyle

"There has been, I

would say, minimal or

no interest looking at

any other way except

the [auxiliary funds]

balance."

Lisa Wheeler,

vice chancellor for

administration and finance

requested UWRF to give \$2,006,750 of its total auxiliary funds, totaling \$25 million from all UW campuses. UWRF's cut is the fifth highest and despite the difference in size, **UW-Madison** exceeds UWRF by only UW-La \$139,000. Crosse tops the list with a \$5,371,500 budget cut.

All UW campuses have been notified of the alternative assessment, yet the reactions have not been support-

"There has been, I would say, minimal or no interest at looking at any other way except the [auxiliary funds] balance," Wheeler said.

According to the new alternative distribution model, UWRF would give \$1,439,500 back, a savings of \$567,250.

"The new method would be better for seven other campuses, plus the UW System and Administration would give back less money," Wheeler said. "But there are schools that will give back more money."

The recently released alternative assessment model redistributes the amounts being cut among UW campuses in efforts to treat each campus fairly.

"The proposal is to have 50 percent of the cut based on how much we have in auxiliary funds and 50 percent of a campuses' operating expenses [over a year]," Student Sen. Spencer Gansluckner said. "We are just balancing it out."

> According to Wheeler, the lacking in funds from the state for the 2009-11 budget resulted in the need for additional funds. The proposed \$25 million will help cover the difference in support.

> "It went to the UW System, and they basically just needed to find a way to get the money," Gansluckner said.

The specific amounts being asked from each campus result entirely from the balance of the auxiliary funds account.

"They basically took a snapshot of all the

See Auxiliary funds page 3



# Students witness mock crash

UWRF students and faculty attended the annual "Crash on Cascade" Tuesday night. River Falls police and EMT members were also on hand for the event.

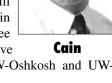
## **UWRF's sustainability** plans continue despite economic downturn

Nathan Sparks nathaniel.sparks@uwrf.edu

Green initiatives and sustainability plans are expected to remain in place at UW-River Falls, regardless of the economic downturn. The most important of these plans is the

University's mission to go "off the grid," or produce all of its own energy and utilities, by 2012.

The St. Croix Institute for Sustainable Community Development, has led sustainability efforts on campus since its founding in 2007. Institute director Kelly Cain said there is hope that the Institute can still maintain adequate funding to go off-grid in the next two and a half years, and that three other universities with the same goal have



also made progress: UW-Madison, UW-Oshkosh and UW-Stevens Point.

"I'm still optimistic that we can get there," said Cain, who has been an environmental science professor at UWRF for 23 years. "All four colleges are making great efforts at sustain-

Sophomore and marketing communications major Megan McGivern said the 2012 deadline may have to be compromised in light of a more difficult economic situation.

"They should push it back. But I think we're doing a good job in the meantime," McGivern said. "We have lots of little ways of saving energy."

Senior Jessica Klenz said the project could still succeed if the college made it a high priority.

'We could [make the deadline] if we wanted to," said Klenz, who is double majoring in chemistry and math. "It just depends on how bad they want to do it."

See Sustainability page 3

# On-campus pub a possibility at University

Eric Pringle eric.pringle@uwrf.edu

Academic Services (SAAS) has begun to work with the UW-River Falls Student Senate and administration on a plan that could potentially implement a pub on-campus.

Jordan Harshman, College of Education and Professional Studies (COEPS) representative to Senate, said that, at first, he was not fond of the idea of building an on-campus pub.

"I initially thought it was the dumbest idea I'd ever heard," he said in an e-mail interview. "College should be about personal responsibility and this is not how to demonstrate it—and don't we have enough alcohol already?"

Harshman said he changed his mind after reading an article about Wisconsin campus pubs from Gregg Heinselman, the associate vice chancellor for student affairs.

"Reading that sent [me] on a complete 180 and now I'm totally for it," he said.

The pub, which Harshman said would most likely be located in the 1874 Room of the University Center, would serve beer and mixed drinks, as well as food. He said it

would be open to all UWRF because SAAS wants to make lations and whether a pub students and faculty.

going to be able to pull off members due to our noncompetitive clause, but [it's] so early in the planning stages, we've got some room to work out [the] details," Harshman

According to Harshman, SAAS has been working to gain student input for this idea. He said that even if the idea of an on-campus pub is placed on the spring ballot, economic

there is still much more work to be done.

"I can only imagine what it would take bring to something like this to our campus;

Career Services, administration, [the] campus planner, Student Senate [and] campus police," he said. "We'd need to address funding, construction of infrastructure, menus, advertisement, hours of operation [and] underage issues."

Harshman noted

"I think we're probably not research, "you could probably alcohol at UWRF. go through an instrumental [serving] other community education major starting has been bringing in excellent

before we see a pub on cam-

pus." Harshman said some advantages to an on-campus pub include livening up the University's social activity help keep students here longer and on weekends. He

also said the pub could be an blessing UWRF.

"It's not thoroughly researched, but I think we can draw a real profit out of this for the campus."

Jordan Harshman, Student Senate member

can draw a real campus," he said. "In that same article that Gregg

"It's

thoroughly

researched, but

I think that we

not

coordination with Dining [Heinselman] handed me Services, Health Services, regarding Wisconsin campus indication that a campus can expect to rake in some spending cash."

> However, Harshman said he is aware of the opposition he and SAAS will be facing on this issue, including issues that of underage consumption vio-

a strong case based on solid would be seen as promoting

"Student Health [Services] tomorrow and complete it news for the past few years about UWRF's statistics regarding alcohol use on campus," he said. "We're doing awesome, but could a pub reverse that progress?"

UWRF sophomore Shell scene—something that could Heeg said she does not support an on-campus pub at UWRF.

> "I think the bad would outweigh the good," she said. "I think it would really not look good for the University, and I'm not sure that parents of potential students would be impressed with this."

Senior education major profit out of Julie Erickson said she does this for the not think the underage issue would be a problem since an ID would be required. However, she said she is skeptical that the pub would make a large profit.

"There are too many other pubs, it gave a pretty good bars [in River Falls] and the people on campus are mostly underage," she said. "No one that lives off campus is going to the UC for alcohol."

As of now, Harshman said that this idea is exclusively

See On-campus pub page 3

## New green-friendly City Hall complements River Falls' sustainability goal

Tim Stanislav

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The City of River Falls has recently completed a new green-friendly City Hall. Staff will move in on May 1 and 2 and resume duties the first week of May, according to River Falls Mayor Don Richards.

"The new City Hall is a great [boon] for the City and provides a progressive forward-looking image

the model the city is aiming for," Richards said

Kelly Cain, director of the St. Valley Croix Institute for Sustainable Community Development, defined sustainability in an e-mail interview.

"A community is sustainable only to the degree to which it is 'locally'

to sustainability that goes along with shelter, clothing, transportation, its construction, but Richards said it employment and commerce scaled to the equitable needs of all its citizens and within the carrying capacity of native ecosystems over multiple generations. (seven) Sustainability is the attempt to prevent un-sustainability.'

The new City Hall replaced the old hall built in 1957. Improvements self-sufficient in energy, food, water, had been made on the old hall since

was time for the new one.

"The new City Hall was absolutely necessary. You can only put new soles on old shoes so many times."

There were critics of the new City Hall who voiced their complaints to the City Council and River Falls Journal, Richards said. They were critical of the costs and questioned whether it was necessary.

An editorial on March 19 in the River Falls Journal said, "When the City Council decided to build a new City Hall and Mayor Richards assured us that it would be a green building I was confused. ...But Friday I finally understood. On my way to work I noticed that the top of the building was painted GREEN."

The new City Hall is Leadership

See City Hall page 3

#### **VOICE SHORTS**

#### Wellness contest awards Twins tickets

UWRF Student Health and Counseling Services is sponsoring the Wellness Weekly Contest to win two lower reserve tickets for the Minnesota Twins game May 24 vs. the Milwaukee Brewers. To enter, e-mail Mark Huttemier (mark.huttemier@uwrf.edu) a short paragraph on what you do to volunteer and your opinion on how volunteering has impacted your mental health. Each week there will be a new question to respond to. Students may e-mail one submission per week and with each submission, their name will be added to the drawing

#### Study abroad org to hold meeting

At 7 p.m. on Tuesday, April 28, in KFA 140, Professor Ken Stofferahn will hold an informational meeting on the upcoming 2010 International Traveling Classroom (ITC) study abroad opportunity. The ITC takes students to travel, live, and study in several European countries. Students enroll in UWRF courses, earn credits towards their degree and explore Europe both as part of the ITC and, on weekends and at the end of the semester, independently. Financial aid and grants are available. Students from all disciplines are encouraged to apply and can typically apply the courses to general education, liberal arts or other requirements.

#### UC to screen "Milk" starring Sean Penn

At 2 and 7 p.m. on Saturday, April 25, the Kinnickinnic River Theatre in the University Center will house a showing of the movie "Milk".

#### Davis Theater to hold "As You Like It"

At 7:30 p.m. on Thursday, April 30 through Saturday, May 2, the Davis Theater will host "As You Like It," an examination of the cruelties and corruption of court life and gleefully pokes holes in one of humankind's greatest artifices: the conventions of romantic love. The play offers up a world of myriad choices and endless possibilities. The event will cost \$8 for adults and \$5 for students.

# UW-River Falls places third at quadrathalon

Collin Pote

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UW-River Falls' agricultural proficiency was demonstrated as the Academic Quadrathalon team took third place at a Midwest regional held in Ames and Des Moines, Iowa, where they competed against 14 other schools in mid March.

The team consisted of animal science students Mitchell Schaefer, Robert Krenz, Bobbi Wellnitz and Jennifer Bjorge.

The quadrathalon is broken up into four different events all pertaining to animal agriculture: an oral presentation, a quiz bowl, a written examination and a lab examination.

The quiz bowl was like any other, in that teams answered questions against one another. For the oral presentation, teams had to put together a PowerPoint presentation on one of two current agriculture topics with relevant information.

The written examination had teams prepare an essay regarding an aspect on animal biology such as diet or genetics. Finally, the lab exam required hands-on work with animals as several lab stations were set up, each having different kinds of animals. All events had a time limit.

"The entire thing was a team effort, and every member brought a specific area of knowledge and experience, and we collaborated on the general details," Bjorge said.

The team was selected by having a local contest during the second week of February. Individuals made groups of four as they saw fit and participated in events identical in format to the ones used in Iowa. The winning team was the one that went to the regional. In between that time, aside from advice and pointers from team adviser Gary Onan, there was not a great deal of preparation, with the team rather relying on what they had learned in class.

"It was amazing how much information I recalled from classes I had my freshman year. There wasn't a whole lot of preparation for the competition, although I did look back at some of my old notes," Bjorge said.

While UWRF did not win the entire contest, there were optimistic viewpoints displayed by those involved.

Bjorge said she thoroughly enjoyed the competition and would encourage others to try and participate in it in the future. Onan said it is always good to see students excel academically in such competitions, especially when some of the opposition comes from larger schools.

At the competition held March 15 and 16, UWRF was up against schools from Midwest states such as Nebraska, Illinois, Missouri and others. While UWRF secured the third place spot, Kansas State and North Dakota State took the first and second position respectively.



# Director of University communication resigns

Ken Weigend

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The UW-River Falls Office of University Communications is going through its second restructuring in less than a year in the wake of Director Kevin Bertelsen's resignation. Bertelsen, who will leave the University in June, will be replaced by Kevin Harter, director of media relations.

Bertelsen declined to comment in regards to his decision to leave UWRF.

Harter, who assumed the role of interim director of University communications immediately following Bertelsen's announcement to resign on April 1, will fill both director roles simultaneously and oversee the merger of both the Publications and Public Affairs offices into a single University communications office

"The merger is being done to utilize all the communication tools available to us, including the Web," Harter said. "The merger is intended meet the strategic mission and goals of the University and, in the process, make operations more efficient and effective."

In response to the reorganization, and Harter's double duty, a team of four UWRF employees has been assembled in order to perform an internal review. The group, titled the University Communication Merger Work Group, will work on outlining a new mission statement and define strategic goals for the restructuring.

"The goal of the work group is to review job descriptions, compare them with the University's communications needs and draft job descriptions, an organization chart and a mission statement for the new office of University Communications," Harter said.

The members of the group are: journalism professor Pat Berg, marketing communications professor Tracy O'Connell and University communication employees Tony Bredahl and Deborah Toftness.

Together, the four will also review the current staff positions for the entire office, interview all the employees and make recommendations on what the University needs to do to fill in any gaps.

"We have people and resources to do some of what we want to do but we still need more," Harter said. "We need to add some skills to round out the team but we do have some very talented, creative and dedicated people here."

O'Connell was quick to point out that the purpose of this work group is not to find jobs to terminate but to "try and create a system that makes [the office] happen as effectively as possible."

O'Connell said the group hopes to successfully blend the two departments into a single, functional office.

"Formerly one group focused on projects like news releases, media contacts, sports and photography; the other on brochure and Web writing, design and publication production," O'Connell said in an e-mail interview. "We're looking at one organization that maximizes the opportunities to leverage the skills, tools and knowledge of the members across

all these platforms, a format that is followed on several other UW campuses."

The team also has a secondary goal: to evaluate the effectiveness of Harter in both director positions. In an effort to squeeze the most productivity out of the tightening budget, the work group will determine if the director of media relations can be combined with the director of University communications. Harter will serve as a guinea pig of sorts until a search and screen committee can be formed to search for a replacement for Bertelsen. Harter said that when that time comes he will certainly apply for the position, but he is not guaranteed the spot because a search and screen process is required by law.

"This is a working opportunity to see how a possible restructure would work and to test the hypothesis," Harter said. "We need to find the best tools for UWRF to communicate both internally and externally. Maybe this merger is part of that. We can't be good external communicators if we aren't good internal communicators first."

Harter said he has big, exciting plans for the University in terms of reaching out to various audiences. According to Harter, UWRF has a harder challenge than other UW schools due to their close relation to the Twin Cities. Although the proximity has allowed the University to establish close ties with media outlets in the Cities, being poised on the edge of the 11th largest media market in the country has resulted in stiffer competition regarding getting the overall UWRF message heard amidst the clutter.

"We have to work harder to crack into the 11th biggest media market. We must get out in smart and innovative ways and be proactive," Harter said. "It is a very challenging and exciting time. The market is fragmented and the industry is going through a lot of change. The media functions are evolving and we need to implement it all."

Part of Harter's new communications responsibilities will be to continue working with Woychick Design on the UWRF rebranding, mainly the Web site overhaul. One of the most significant aspects of the new Web site are the personal student success stories. Harter hopes these will inspire current and prospective students.

"It is all about finding the right vehicles to tell good stories," Harter said. "And we have a lot of good stories. We must tailor everything to meet both ends of the spectrum—alums and high school students. It is all about matching the best stories to the correct audiences."

The work with the Web site has also caused a minor shift in personnel in the communications office. Several employees who have routinely been involved in Web design have been rerouted into the IT department.

"Ultimately this is a good thing because we're putting apples with apples and oranges with oranges," Harter said.

In order to develop his philosophy and plan his course of action, Harter said he has already begun talking to deans and department heads in small groups, even one-on-one scenarios, in order to under-



Sally King/Student Voice

### "This is a working opportunity to see Former Director Bertelsen works at ow a possible restructure would work his office in North Hall.

stand what this University needs.

"The purpose of these groups is to listen, learn and educate," Harter said. "You can get a lot of info talking casually but there will always come a time when you need to stand up with a clicker in front of a PowerPoint and say 'here is what's new and here's why.' To be successful, members of these smaller groups will carry that knowledge back and disseminate it into larger groups."

Harter said he hopes to have this second restructure done by the end of the semester

"By [that time] we should have a pretty clear vision of how we want to be structured," Harter said. "We're moving confidently forward, always working towards the end goal and I know we will get there."

Harter is a relatively new employee, hired on by UWRF in November when former Director of Media Affairs Mark Kinders resigned to follow former Chancellor Don Betz to Northeastern State University in Tahlequah, Okla. In the wake of Kinders' leaving, the Office of Media Affairs was merged with Public Affairs under the single heading of Public Affairs. At the same time, the newly merged Public Affairs office was conjoined with University Publications to become the Office of University Communications.

Bertelsen was put in charge and was assigned the task of heading up all internal communications for UWRF. Harter became the head of the newly formed Office of Media Relations and was charged with coordinating all external communications work going out to the community and beyond.

Bertelsen will remain active through June. After which he will leave to pursue other career interests and opportunities. Harter said he suspects that Bertelsen wants to get back into his original passion: graphic design.

Even though the departure of Bertelsen has caused a dynamic shift in the way the University is organized, Harter said he is confident that UWRF employees will soon appreciate the changes being made.

"With change there is always fear and resistance," Harter said, "but what we're doing will allow everyone to do what they're best at and what will benefit us all."

# RIVER FALLS POLICE/UWRF POLICE DEPARTMENT

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

#### April 13

- Rachel E. Peterson, 20, was arrested and cited for retail theft at the Shopko at 1777 Paulson Rd.

#### April 16

- Nicholas C. Kramer, 25, was arrested and cited for operating after revocation (OAR).

#### April 17

- Brionna L. Schermerhorn, 18, was cited for underage consumption at McMillan Hall.

#### April 18

- Nicholas R. Lisiecki, 20, was cited for operating a motorized vehicle off a roadway north of Hathorn Hall.

#### April 19 - Brandon

- Brandon M. Andrews, 19, was cited for third offense underage consumption at Karges Physical Education Center.

#### April 21

Dylan T. Mohn, 19, was cited for underage consumption at Grimm Hall.
Lee R. Underdahl, 19, was cited for underage consumption at Grimm Hall.



#### FIND FREDDY'S FEATHER

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

E-mail the Voice @ editor@uwrf.edu

Be the **first person** to report the find **AFTER 10 a.m.** Friday, 4.24, and win a **Prize!** 

Last week's winner: David Peschman

# Auxiliary funds: Student Senate to lobby in Madison

from page 1

accounts, and those figures are not accurate," Lizeht De La Torre, vice president of Student Senate, said.

According to Gansluckner, the specific cut in the auxiliary funds is based on what each account possessed in the summer of 2008.

"They are punishing people for saving more—that is the issue," Gansluckner said. "They basically just see it as sitting in the account, money just not being

Doyle's budget cut has caught the doesn't help enough attention of a UWRF student as well.

"I don't think they should ask us to give more money because we are smaller school so there is less students and we have a smaller campus and less people using all of the parking and housing," UWRF junior Christine Lundgren said. "That is a ridiculous amount to have to

An additional reason behind the alternative assessment plan is the lack of support for all students.

According to Wheeler, the \$25 million will go towards financial aid for only Wisconsin students. Due to the increase in tuition, the auxiliary fund will help support students through this low economic state. The additional funds will also support the held-harmless program, an opportunity for students who make \$60,000 or less to be omitted from the increase in tuition.

"The auxiliary funds will be coming fits. So, as of right now we don't have

helping about half of our students," Wheeler said.

According to Gansluckner, the alternative distribution assessment was recently sent out to all the chancellors in the UW System, yet no feedback has been received.

"Every student, take The lack of support from enough five to 10 minutes to schools has affected write to the UW the potential outcome. "The proposal

schools to benefit,"

As discussed at

the April 14 Student

Bendix,

Senate

trip to Madison by the beginning of May

to lobby for a more fair resolution to this

issue. The Senate plans to send six stu-

dents to represent UWRF, and they hope

to have the support of at least four

that's two, we just need four," Matthew

Dale, Student Senate legislative affairs

According to Bendix, UWRF is sup-

'Other schools say that it's not that we

ported by UWEC, but it is not enough.

don't support you, but [the alternative

assessment] doesn't offer enough bene-

"We already have [UW-] Eau Claire,

Cindy

Student

president, said.

schools, as well.

Matthew Dale, affairs director

System. We just need to get as many students aware as possible."

Student Senate legislative

from all our students, but it will only be any other schools' support," Bendix said. "UWEC students are in support, but the chancellor is not."

Wheeler and the Student Senate are fighting for an alternative method by reaching out to other campuses and with future plans to lobby, yet the cut in aux-

iliary funds seems defi-

"More than likely, they will take the money," De La Torre

The possible cut of \$2 million from the UWRF auxiliary funds will affect the future plans on campus.

"We would adjust to the changes. One would be our capital projects,

Senate meeting, the Senate is planning a and look to see if we can put off modifications to our future plans," Wheeler said. "We would also look at rates. It would not affect this year, but it would affect housing, meal plans and parking rates. Parking lots are built through parking fees. If we don't have money, we will have parking shortages."

> According to Dale, if anyone has the power to change, it's the students.

> "Every student, take five to 10 minutes to write to the UW System," Dale said at the March 31 Student Senate meeting. "We just need to get as many students aware as possible."

# On-campus pub: Senate seeking student input on issue

one of SAAS, although he noted that Senate's support is crucial once there is a general consensus among the student body. In an effort to guage the student body's opinion on the issue, question number 11 on Student Senate's annual spring ballot stated, "Would you support a pub to be established on this

"We're in the pre-introductory stage to pre-planning right now, and are making it our top priority to work with administration and Student Health Services to get this to work," he said. "We fully plan on getting our ducks meticulously in line with an all-out plan that is formed by both students and administration to see this through."

## Sustainability: River Falls ranked 10th nationally on EPA's list of Green Power Communities

from page 1

The economy is likely to have an impact on the Institute as well as the College of Agriculture, Food and Environmental Studies (CAFES) when UWRF introduces its next budget. But the hard times may also encourage people to conserve more, and help change how our culture views energy, ag engineering professor Dean Olson said.

"I saw a similar thing with recycling. When it first started, people were very resistant to it. Now, they can't imagine not recycling." Olson said.

However, the recession may also have negative effects on the local environment. Aside from limiting the amount of money the state can put into agriculture and alternative energy, it can also lead to bad habits on campus. For example, when students are moving out for the summer and have old appliances or furniture to get rid of, Waste Management services charge a fee to pick them up. Having less money available, some students simply abandon the appliances on local roadsides, Olson said.

Under former Chancellor Don Betz, UWRF was one of four UW System colleges to launch off-grid initiatives in 2006. At the time, Gov. Jim Doyle had issued a challenge to the System to achieve sustainability in the next six years.

Doyle allocated \$30 million dollars to the colleges' plans in 2008, with \$20 million going to UW-Madison and the other campuses still competing for their share of the remaining \$10 million. Cain expressed hope that long-term goals of environmental sustainability and cleaner energy would take precedent over current economic issues on local, state and national lev-

"My ultimate goal is to work myself out of a job," Cain said. "If we don't have an environment that can sustain us, profits are a useless pursuit."

So far UWRF has opened the new environment-friendly University Center and participated fully in a renewable energy

Some initiatives still in progress include bio-diesel fuel production, solar paneling, mapping for possible wind turbines in the community and using motion and daylight-sensors on some of the lights. Forty percent of the University's electricity now comes from wind, hydroelectric power and gas digesters, rather than carbon-based sources like coal or natural

River Falls is also the only city in the Upper Midwest to be on the EPA's list of Green Power Communities, ranked 10th in the country and first in the state. Cities make this list by meeting a number of requirements, such as buying green power and investing in alternative energy.

Whether UWRF makes its original 2012 deadline or not, the bottom line is that it will go off-grid eventually, Director of Facilities Management Michael Stifter said.

"I think we all see the challenge in what lies ahead, but I don't feel we're scared or intimidated by it," Stifter said. "We look forward to new campus leadership and one that will work with us to further define our next steps."

## City Hall: New building meets L.E.E.D. sustainability standards

from page 1

in Environmental Energy Design (L.E.E.D) certified, Richards said.

L.E.E.D certification means the building meets standards for Green Building Design as setup by the United States Green Building Council (USGBC).

"To get L.E.E.D certification the building had to pass an inspection by a USGBC expert who the City brought in," Richards said.

Points are assigned to a building based on its fulfillment of certain green-friendly criteria.

The expert assigned points for the recycling of brick from the previous building that stood in its place, said. Richards said. Points were heat, sensory lights that automatically turn off when there is enough sunlight and outlets for solar panels on the roof.

"WPPI Energy in River Falls provided grants to the City to pay additional costs



Renae Bergh/Student Voice

#### The new River Falls City Hall building has received L.E.E.D. certification.

and encourage sustainable energy as it consumes if not bon footprint, Richards said. energy practices," Richards more," Cain said. "We need to "If we recycle, ride bikes and

The design process for any levels" also assigned for having win- major building often takes dows that facilitate more solar three years and sustainable technology that was expensive and cutting edge often becomes dated by the time the actual building is constructed, Cain said.

> "We need to design a building that produces as much

be reducing overall carbon drive more energy-efficient

Richards said UWRF students looking to protect the environment should be aware of their carbon footprint. He said everything we use produces a carbon footprint.

"Manufactured goods and gasoline require more energy to create causing a bigger car-

vehicles we are reducing our footprint."

UWRF students and the community have a responsibility to current and future generations, Cain said.

"We have a social contract to leave the climate better than we found it."

#### **CORRECTION:**

In Renee Thony's article, "Health Fair hosts vendors to raise awareness, provide tips," that appeared in the April 17, 2009, issue of the Student Voice, the First National Bank of River Falls sponsored the event. It was incorrectly listed as the "River Falls National Bank."



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**EDITORIAL** 

# Students encouraged to enter competition

In 2006, Gov. Jim Doyle announced that UW-River Falls would be one of four UW System schools participating in a pilot program called UW Off the Grid. The goal was to have UWRF produce all of its own energy and become completely sustainable by 2012. So far the University has done an admirable job in working toward that

There is a new resource UWRF should take advantage of. America's Greenest Campus is a new, online contest extended out to every university in the nation. Created by executives for SmartPower and Climate Culture, the contest is a first of its kind national event. Universities that participate compete in up to three separate categories: most student participation, largest percentage decrease in energy expenditure and a SmartPower energy ad contest. The winning school in each of the first two categories receives \$5,000 apiece. It is in these two categories that the Student Voice feels UWRF should be competing.

How to compete is simple. Students can log onto americasgreenestcampus.com and register using their school e-mail address. After that, they can log different actions under the Reduction Center link they are taking to reduce their carbon footprint. The system calculates the total percentage of carbon reduction per person and ranks all the competing schools. A chart of all contending universities is displayed at the bottom highlighting how many participants a school has, and an average of how much each participant is reducing their carbon footprint. Having been chosen by Gov. Doyle to help lead the UW off-the-grid challenge makes this campus an obvious contest contender.

Getting student involvement could be a simple as getting the word out. Utilize the table tents found on every table on the ground floor of the UC. Put a slide explaining what to do into Channel 10 rotation. Ask professors to take five minutes out of the beginning of class to urge their students to log on and register. Hang up posters in the Residence Halls. Do whatever it takes.

Even if UWRF doesn't win the total carbon footprint reduction half of the contest, this University could become a contender in terms of total student participation. The leading school right now is George Mason University with 979 active participants. UWRF could easily eclipse that number, taking the No. 1 spot, if students would simply take five minutes to register.

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

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WISCONSIN NEWSPAPER ASSOCIATION

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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 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

Single copies of the Student Voice are free. Printing is paid for through student fees.

#### LETTERS TO THE EDITOR

#### Laws not founded upon Christianity

Student Voice columnist Shawna Carpentier betrayed woeful misunderstanding of American political history in her column last week, particularly unfortunate for a public liberal arts college like UW-River Falls.

Her most glaring error was in claiming that the "good old U.S. Constitution" asserted humans "are endowed by their Creator with certain unalienable rights." But those words appear in the Declaration of Independence, a document that—while written by the incomparably eloquent Thomas Jefferson and rightfully cited as a pivotal document for our nation—has never held force of law. Jefferson himself could not be said to be a Christian in any dogmatic sense, since he rejected the divinity of Christ even as he recognized the philosophical power of Christ's message.

A better measure of Constitutional intent would be to consult James Madison, "the father of the Constitution." But he, too, vehemently advocated the separation of church and state, although not as Ms. Carpentier suggests "to keep the government out of God." Rather, he noted that intermixing civil and clerical authorities endangered each in turn: "Having always regarded the practical distinction between Religion and Civil Government as essential to the purity of both . . . I could not have otherwise discharged my duty."

Simply, Ms. Carpentier errs in her assertion that the laws of this nation were founded on Christianity, unless she is defining "foundation" in only the vaguest sense, in which case I would like to remind her that Christianity is "founded" on Mithraic cults and ancient Sumerian mythologies.

More important than all of this, though, is the mystifying suggestion that the current movement against gay marriage is not about discrimination or impediments to others' happiness. If that movement seeks to refuse a certain segment of consenting adults the right to enter arrangements of their choosing equal to those others can enter freely, and if it strives to use the U.S. Constitution to do so, then it is clearly about just those two things.

If Christians wish to define marriage on their own terms and sanction certain types of unions in their churches, they are free to do so. That does not mean, however, that they have the right to define the civil terms for those who do not share their religious convictions. The Constitution is a civil document of great democratic power, and it enumerates rights; it is not supposed to restrict them. As a civil document, it ought to serve secular ends. Christians should refer to their Bibles and take Christ's advice: "Render therefore to Caesar the things that are Caesar's, and to God the things that are God's." Jesus, it seems, has much to teach his followers, if only they would listen.

#### Andrew Bergquist, **English department**

#### Sexual orientation not a choice

Shawna Carpentier's column (4/17/09) claiming that marriage should be restricted to heterosexuals rests on factual inaccuracies and fallacies about the history of the United States, the origins of marriage and the formation of sexual orientation.

First, she mistakenly attributes the famous quotation "...they are endowed by their creator with certain unalienable rights..." to the United States Constitution, when in fact it comes from the Declaration of Independence, written 11 years earlier. Second, the separation of church and state was in fact a prime motivation for founding this nation (along with economic profit through colonization and the evasion of taxes). The nation's founders had seen enough of the damages done by ruling classes claiming divine right. Now the separation of church and state is being tested through the debates about marriage, as members of one religious tradition (Carpentier's, in fact) are claiming ascendancy over all others, attempting to force the nation to obey this relatively new religious tradition (marriage was practiced apart from state or church until 1545 and the Council

of Trent). But Carpentier's defense of religious marriage rests on a third fallacy about sexual orientation when she claims that "people can choose their sexual preference (there is no proof that it is genetic)": FALSE. People DO NOT choose their sexual orientation.

The notion that people can choose their sexual orientation is laughable (I almost ran into a door while reading that sentence). I challenge any reader to think back to the good old days of adolescence when you first starting having those 'feelings' for others. Do you remember that one monumental moment that determined the outcome of the rest of your life? You know, the one where you sat down. thought for a minute, and definitively decided to like boys or girls for the rest of your life? Of course you don't! You know why? Because it never happened. Sexual orientation is innate.

In a news release from January 27, 2005, Brian S. Mustanski, Ph.D., states that "There is no one 'gay' gene. Sexual orientation is a complex trait, so it's not surprising that we found several DNA regions involved in its expression... Our study helps to establish that genes play an important role in determining whether a man is gay or heterosexual."

It's true that homosexuals choose when to come out, where to come out and who to come out to, but they certainly do not choose their sexuality to begin with any more than heterosexuals do.

How does legalizing same-sex marriage affect the sanctity of heterosexual marriage? It's a great question, and one I can't answer, since I'm unable to fathom how two men or two women marrying one another affects anyone on the planet specifically and individually. Does it tarnish heterosexual marriages by making them more gay? Does it scare heterosexual couples that they have the same feelings [love] towards their partner that homosexuals have towards one another? Whatever the reason is, I have an easy rule to follow: If you're a man and you don't agree with same sex marriage, don't get married to a man.

Same goes for women.

Carpentier is right: we need to contribute to the solution—if only we could determine the real problem. Carpentier believes the problem is that someday, homosexuals will stop being discriminated against and be allowed to marry. And that is the real problem: the intolerant attitude this country continues to encourage. Civil rights are something belonging to all Americans, and just like the African American and women's rights groups before us, marriage equality activists will continue to stand up for an inclusive democracy, and eventually, we will win.

My solution doesn't involve politicians, voting, religion or higher powers. It starts here, with you, on this campus. Until we, as the generation about to take control of the world, stop fostering a nation full of bigotry and hate no one will be able to enjoy the rights and freedoms our founding fathers were trying to give all of us.

So, the next time you decide your friend is being a 'homo' or that inanimate English paper with no human personality traits at all is 'gay' or the girl down the hall is 'a big dyke,' just remember: It's not our choice to be gay, but it is your choice to be part of the problem.

### Daniel Holm,

#### Christian policies deny freedom

Miss Carpentier: by publishing your historical inaccurate views you only continue to spread the misconceptions you hold.

The United States was not founded by what we know as "modern" Christians. Most of the founding fathers were Deists, those that believe that God exists, but that he created the universe and left it to be according to the rules he set up.

It says in the first amendment that the Government shall not prefer one religion to the other. Since the United States is not a nation founded on Christianity, it is discrimination to deny gays and lesbians the rights they fight for. Even if the U.S. were founded as you state, denying legal civil rights, no matter the terminology, is the exact definition of discrimination. If you subject the American people to Christian rules of conduct, you're denying their religious beliefs.

Your arrogance and selfrighteousness is your own business; please keep it to yourself in the future.

#### Daniel Young, Atlanta, Ga.

#### Bestiality not akin to homosexuality

Carpentier's comments (4/17/09) about the LGBT community are disturbing. As a homosexual man, I can readily say that being gay is not a choice. To say that gay marriage will encourage homosexual activity is only true in the sense that it promotes an environment of tolerance and acceptance.

What is not tolerant is Carpentier's comparison of homosexuality to bestiality. Bestiality does not involve two competently willing parties. If animals were sentient, this would be an entirely different issue, but seeing as they are not, one can only assume that ani-

mals are not willing. This is in stark contrast to the relationships within homosexual couples, wherein both parties consent.

Miss Carpentier has every right to believe as she does, but imposing her beliefs upon others is repugnant to the notion of American Freedom.

#### Lee Monson, student

#### Gay marriage ban unconstitutional

Just because the United States may be by majority a "Christian" nation, the government does not have the right to force Christian ideals or systems of belief on its people. Doing so would be in direct violation of the First Amendment.

This "establishment clause" fights not only against our government putting its money or power into supporting one religion, but also is against our government favoring one religion or religious system (or atheism). It is because of this clause that I am allowed to practice whatever religion that I find suitable, and it's because of this clause that people that believe that marriage should be between a man and a woman have a right to believe this.

Enacting a ban against gay marriage breaks this right; it favors the ideals of certain Christian churches (or other religions) in supporting the idea that marriage is a sacred institution limited to one man and one

Our nation is based that we can favor whatever belief we want, and no one belief can be held to be more correct over another, and the same goes for Christianity.

By denying same-sex couples the right to marry is favoritism-it favors one religious principle over another. As a country we simply don't have the right to put God in government, end of story.

#### Patrick Okan, student

#### Founding Fathers meant equality

The Founding Fathers didn't want there to be any sort of religious qualifications for holding office; in their eyes, it seems, an atheist is as good as a believer to run the country.

In addition, not all the founding fathers were devout Christians in the sense we associate them: Thomas Jefferson wrote a version of the Bible with all references to miracles and the divinity of Jesus removed (known as the Jefferson Bible, or the life and Morals of Jesus of Nazareth), and Ben Franklin was a member of the Hellfire Club.

Marriage, traditionally, is arranged, and certainly not based on love or mutual respect. Marriage also tends toward polygamy, traditionally. Your argument for "Traditional marriage" is ludicrous on its face, and you have provided no reason apart from your dislike of homosexuals to ban gay marriage.

People can no more choose their sexuality than their skin color. Don't believe me? Try turning yourself gay for a day, Ms. Carpentier. See if you can "choose" to be attracted to women sexually.

> Todd Muse, Arizona

# Gay marriage debate strikes chord at UWRF

# Columnist attacks conservative Christian for hypocritical beliefs

If I were gay, I'd be the most Lhardcore, pissed off, adrenaline-junkified homosexual man on the planet. I'd skin my head, tattoo a swear word backwards on my forehead and wear black and white, urban commando BDU (military fatigues) shorts and combat boots that would

never be fully tied. I'd also constantly be sprouting an empty beer can at all times, probably Hamm's, but I'd tell people I'd resorted to beer because I ran out

of my No. 1 favorite drink: jet

Unfortunately, though, I am straight. If I were gay I'd be very obnoxious, kind of like now, only I'd like men. But I'm not, so I can't do those things. Anyway. Last week's guest columnist, Shawna Carpentier, wrote an outspoken, interesting and moderately thought out response to Nathan Sparks' previous column about equality toward homosexuals.

I have some questions regarding her response, just because I have a bullshat detector the size of my...Saturn—and that's roughly a ton-and-a-half of safety, reliability and only a third of a tank of gas at all times.

I remember being asked if I was "straight" in sixth grade by the cool kids, and that, at that young age, it was definitely not cool to be labeled gay, regardless of the fact that we didn't really know what it meant to be gay.

So eventually, like maybe a year later, I grew out of my irrational fear of gays; and lately I thought the same of others, but apparently your fearful kind are still out there, Shawna.

Your column is loaded with fact based on biblical knowledge, which may be okay in dealing with the supernatural, but is nei-

ther accepted in public debate like this nor truly valid.

"This country was founded on Christian beliefs and it should not be deceivingly denied"?

Okay, but what about the native Americans—slaughtered

and fought by the thousands when Spaniards began venturing into colonial Latin America?

What about the Catholic priests who'd set foot a mile and a half away from natives with a printed doctrine stating the stipulations "protecting" natives from mass slaughter? You know the one?

> I think it was called The Requerimiento, and it served as something of a loophole for Spanish elites to engage the pestering Natives who'd refuse to

> > ... teach [your kids]

the ways you wrote

about by doing

what Catholics

can do best: instill

fear and shame in

the idea of

homosexuality, but

leave the people in

this country whom

you associate with

give in to the invaders' Christian ways. In essence, the document read "join us, learn our ways or die.'

Yeah, and if they did refuse? A "justified war" (known as a Just

War) took place which allowed Spanish commanders to sleep comfortably at night knowing they fired pieces of metal into the heads of combating Natives. Hm. Seems

Brad

**Brookins** 

truly enlightening and justifying. Imperialism sure it was bitch work, but it got

... if you, a person

created by God,

deny a person's

(also created by

your God) right to

choose their

lifestyle by force,

then you represent

the biggest

hypocrisy of all.

the least alone. stuff done! And if the homosexual population "is free to live their lives as they choose," but "don't have the right to redefine marriage,"

then you have the right to write an column for the masses, and I have the right to tell you you're wrong just because I feel

> like it. It's your ignorant, literal interpretations of the Bible, which has been translated, rewritten, memorized, revised and argued about a frack-ton over

the course of the past several thousand years that gets the rest of us in trouble.

I couldn't help but laugh maniacally after your bestiality comment. Wow. I can only imagine THAT conversation with my first child years from now. It'll

go something like ...

"Son, you can't be with a turtle in that way..." and then I'd have to stare into his confused, frightened and crushed eyes, glazed over in a thin skin of child tears.

It'll be as bad as telling him the truth about Santa. And if you're so afraid of being one of six wives under a single husband, then don't friggin' marry a polygamist.

Denying a Christian gay couple (they exist) the sacrament of marriage is a direct violation of freedom in the spotlight of basic human rights whether you like it or not. And if you, a person created by God, deny a person's (also created by your God) right to choose their lifestyle by force, then you represent the biggest hypocrisy of all.

It is you who doesn't have the right to say what's morally right

> or wrong based off tales that have been twisted out of originality, and until Jesus walks up to me and tells me my pants look bad, I'm going to continue to wear them.

Denying a black man a spot on the bus because of his skin color was a direct violation back in the day, but damn, now

we have a black in the White

Maybe you ought to give evolution a chance. Not Darwinism—no, I'm talking thoughtfully, like how opinions change over time based on con-

crete happenings.

with the least alone.

Go get married, have some kids and teach them the ways you wrote about by doing what Catholics can do best: instill fear and shame in the idea of homosexuality, but leave the people in this country whom you associate

Contribute to the solution by letting the cards fall where ever. If I wake up tomorrow and read or see some story about a guy who wants to marry his dog, you can bet your ass I'll be the first to show up at his house in a sweat-stained wife beater tanktop with a pitchfork and shotgun.

Brad is double majoring in creative writing and digital film & tv. He enjoys full contact

# **Bigotry and ignorance** dangerous for everyone

**Carpentier talks** 

about protecting

the sanctity of

marriage from

same sex couples

as if they are total

degenerates that

only want to

destroy it.

enerally I like to take the time for still have full access to marriage under my columns to write about issues that I feel are generally not talked about or are overlooked. This week though, I would like to

address the two recent columns that have been written about gay marriage.

I would like to thank Nathan Sparks for taking a stand for gay rights (among other things mentioned in the column) and recognizing how huge of a deal it is that states are finally legalizing gay

marriage. As a student who is involved in student orgs, activism and been to protests it is nice to know that people who are not involved in all the activities me and fellow students and activists are involved in, still care about important issues like gay rights.

I don't understand why people are so scared of the idea of gay marriage. Sparks is so right when he said that the gay community is just the new target of the United

States bigotry that has been a prevalent part of our society since the constitution was written.Since it seems to be so popular to mention the Constitution in the articles about the marriage topic, I would

just like make a quick mention that the quote Shawna Carpentier used in her column: "they are endowed by their Creator [God] with certain unalienable Rights" does not come from the Constitution, but the Declaration of Independence.

I have a really hard time finding any credibility in what Carpentier says about the Constitution if she doesn't understand that these are two separate documents.

There are so many more things I

could say about errors in Carpentier's column, but what I find really disturbing is the outright bigotry and hatred that she is spouting. Carpentier talks about protecting the sanctity of marriage from same sex couples as if they are total degenerates that only want to destroy it.

community has. First, to address the current "sanctity" of marriage: What about the drive thru wedding chapels in Vegas? What about the ridiculously high divorce rate? What about the fact that men

who continuously beat their wives can

the law, only to have the chance to abuse a new wife? Seems to me that people in the heterosexual community

have all but destroyed the sanctity of marriage.

I have a hard time believing that there is still some divine sanctity associated with marriage as a gift from a heterosexist god given these examples, and there are so many more.

I do think that marriage to the majority of

people is a very special thing, gay or straight, and people should be allowed to enjoy this special union, or make frivolous mistakes like the straight community has for so many years.

The argument of "what's next bestiality?" is so bad. Really? Associating gay marriage with having sex with animals? That's such a disgusting, ignorant viewpoint, completely taking away any dignity that the gay community has.

Gay marriage is a matter of civil and legal rights. I'm pretty sure that people in the gay community just want the same legal rights of marriage that heterosexual couples get, and not to be viewed as second class citizens

and targets of discrimination. Lastly, on the argument of being

Tracey

**Pollock** 

gay as a choice, I will not pretend like I know the answer, as I am not a genetic scientist. However, I would like to point to one example that I think shows there is not much choice involved in sexual preference. You may recall Ted Haggard, the

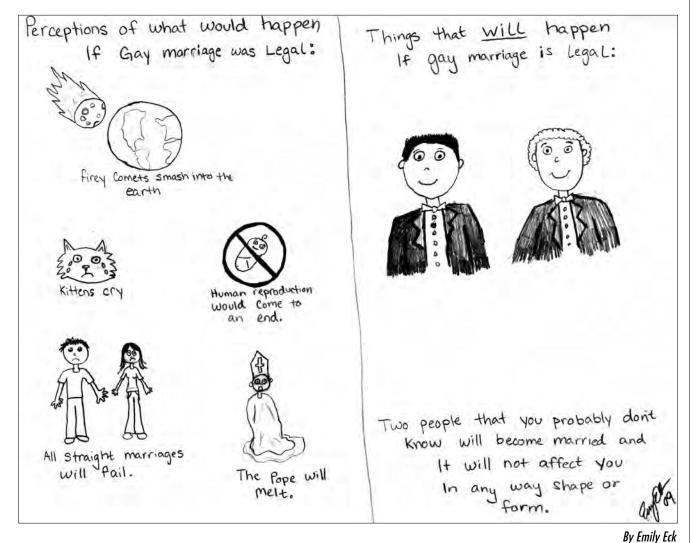
former head of the National Association of Evangelicals (with over 30 million members in the U.S.), who preached the

immorality of homosexuality and was married with five children. In 2006, about 20 years after starting a church in Colorado Springs, Colo., Haggard admitted to having sex with a male prostitute (and doing meth with him). This shows that no matter how entrenched one is

in the homophobic community or how much they preach the immorality of homosexuals, they still are gay.

Tracey is a journalism major and sociology minor.

# — Student Voice editorial cartoon —



### STUDENT. voices

Do you think gay marriage should be legal? Why or why not?

> Kyra Scanlan, sophomore

"I think they should be able to have all the rights that come along with marriage but its complicated and I'm just not sure."

Associating gay

marriage with

having sex with

animals? That's

such a disgusting,

ignorant viewpoint,

completely taking

away any dignity

that the gay



Ryan Jorgenson, freshman

"It should be legal. It's their choice. There is nothing wrong with it. It's really no one's business.'

> Aryn Erickson, freshman

"Yes. They should have a right to marriage. I don't see why some people get rights and others don't."



#### Derek Aukes, freshman

"No. From a reproduction standpoint, it's just not natural. From a religious point of view, marriage is supposed to be between a man and a woman.'

Student Voices compiled by Renae Bergh.

# Offense saves Falcon softball team

Justin Magill justin.magill@uwrf.edu

In what has been a season of ups and downs continued that way for when it lost two games to UW-La Crosse 8-3 and 6-2, but came back to beat the WIAC's worst team, UW-Platteville, 16-6 and 11-1.

"We learned that we have to bring our best game whenever we play,' Falcon shortstop Mindy Rudiger, who was the WIAC player of the week, said. "In the games against La Crosse, we had some mistakes, but we cleaned it up against Platteville."

Last Friday in La Crosse, UWRF had a chance to gain more ground in the WIAC standings and put itself in one of the top spots for the conference playoffs, but four errors in the first game, followed by three more in the second game proved to be too costly for the Falcons.

the first game our bats were decent, but we let in too many unearned had a 6-0 lead in the sixth inning. runs. In the second game, Rose Tusa quiet and our defense let us down

so two wins would have made the conference tournament picture that much more interesting for the teams in the middle of the pack.

"We knew how big it was," the UW-River Falls softball team Rudiger said of the two losses against La Crosse. "The cool thing is we can still win the conference tournament and get a shot in the NCAAs. Our goals have shifted to make sure we win the tournament."

> The Eagles were able to take advantage of early mistakes in the first game, scoring all eight runs in the first three innings.

La Crosse was able to score runs on errors and manufacture them as a result of errors by UWRF.

Of the eight runs scored in the first game, four were earned.

In the second game of the doubleheader, the Falcons managed to get only three hits off of Eagles starting pitcher Kaylyn Von Glahn.

She pitched a complete game and "Our defense let us down," UWRF allowed the two runs, both Head Coach Jody Gabriel said. "In unearned, as La Crosse had four errors of its own, after the Eagles

Tusa started the game for the pitched very well, but our bats were Falcons and allowed only one earned run, because the rest were a result of three errors by her team-The Falcons current WIAC record mates, which haunted UWRF all of 5-7 is behind La Crosse at 10-4, day last Friday in the two-game around," Gabriel said. "We had

series sweep.

On Saturday, the Falcons were able to rebound, and got to play the perfect team for it in Platteville, who own the bottom spot in the WIAC standings with a 0-10 record. UWRF added two more tallies to the loss column by scoring 26 runs on 33 hits in the two game series.

"It was very nice," Rudiger said. "Took a lot of pressure off of us and we were able to relax, have fun and crush the ball."

Rudiger and Sarah Fern were the offensive standouts for UWRF in the two-game slugfest.

For the series, Rudiger went sixfor-eight with a home run, her team leading sixth of the season, and six runs batted in (RBI). Fern was just as good, being perfect at the plate going six-for-six with a home run, her fourth of the year and six RBI of her own.

"I didn't even know about it until after the game," Fern said of her perfect at-bats in the Platteville series. "It is really hard to keep a smile off your face during a game like that."

After the series sweep, Gabriel said UWRF played much better than it did against La Crosse the day

"In Platteville we turned it

strong defense, solid pitching and in the WIAC tournament. The excellent hitting. Thirty-three hits on Falcons are ready for whatever is in the day is fantastic. It was a much needed conference sweep that will carry us into next week on a high

UWRF has four games this week, including two against Hamline University (Minn.), which was on Friday against UW-Oshkosh.

more important for playoff position spot in the national tournament.

store for them, Gabriel said.

"The team is ready for the challenge as we prepare for our conference tourney," she said.

UWRF's final home game of the season is on April 25 against UW-Stevens Point. It has a nonconfer-Thursday after this edition of the ence game April 28 at St. Mary's Student Voice went to print, and University (Minn.) in Winona, Minn., which will conclude the reg-The regular season is winding ular season. The Falcons will have down and wins are becoming even to win the WIAC playoffs to earn a

#### **Upcoming Schedule**

April 24 vs. UW-Oshkosh at Ramer Field

April 25 vs. UW-Stevens Point at Ramer Field

April28 at St. Mary's University (Minn.) in Winona, Minn.

May 1 at WIAC Tournament in Superior, Wis.

May 2 at WIAC Tournament in Superior, Wis.

May 4 Announcement of Div. III national tournament teams

May 15-19 (if selectd) at NCAA Tourrnament on the campus of Montclair State University (N.J.)

# Twins manager benefits from team's past success

Ron Gardenhire is the most overrated manager in Major League

Baseball. His track record is stronghis lifetime managerial record through 2008, all with the Minnesota Twins, is 622-512 with four division titles.

However, he has been more a benefactor of circumstance than anything else.

His first season managing the Twins was 2002, replacing Tom Kelly, who lead the Twins to two World Series titles from 1986-2001. They were coming off a surprise year in 2001 in which they had contended for the division crown but faded in September to end with an 85-77 record.

The nucleus of that team—Torii Hunter, Brad Radke, Eric Milton, Doug Mientkiewicz, Corey Koskie, A.J. Pierzynski, Jacque Jones, etc.—was drafted and developed under the regime of Kelly, and Gardenhire inherited a strong core that was already about to contend.

They proceeded to win division titles from 2002-04 and made

Ben

Brewster

Gardenhire look good, when really he was only in the right place at the right time.

The next season, 2005, was a down year with the Twins barely finishing over .500. They got off to a slow

fire in June—thanks in large part to Francisco Liriano—and stealing the division crown from the Detroit Tigers on the last day of the season. Another down year followed in 2007 with a sub-.500 finish and as

start again in 2006, before catching

we all remember vividly, they lost the division on the last day of the 2008 season in a one-game playoff with the Chicago White Sox. So let's look at the big picture:

three division crowns inherited from a previous regime, two bad years, one solid year (2008) in a very weak division and one more Liriano-fueled division crown.

I'll start with what Gardenhire is good at. He's a nice guy, the fans love him and he has a reputation that players like to play for him.

That definitely counts for something, but it's not entirely true, because he obviously plays favorites. And his favorites aren't always the best options. The Twins' best players are guys like Joe Mauer, Justin Morneau and Joe Nathan—easygoing guys and good in the clubhouse, which is apparently the most important characteristic of a player to Gardenhire. The problem is, other players who are easygoing and good in the clubhouse are not quality players, but they get a pass because Gardenhire likes them—at the expense of more talented players who might be more emotional and hard to work with. And as soon as Gardenhire decides he doesn't like them, they're run out of town.

How would David Ortiz look at DH right now? Or Matt Garza and Kyle Lohse in the starting rotation? How about Jason Bartlett at shortstop?

No matter how poorly his

favorites play, they receive an endless amount of playing time to continue to suck while superior players rot on the bench. He is loyal to a fault and turns a blind eye when his favorites don't do well.

A favorite example of mine is Juan Castro starting at shortstop for the first two months of 2006 and batting .231, before Bartlett, who was destroying AAA, finally got the chance to start. Or Lew Ford batting .226 that same year and somehow getting into 104 games. How about Nick Punto's legendarily bad 2007 when he hit just .210 while STARTING at third base the entire year! Those are just scratching the surface—I could fill up this entire page with stupid Gardenhire roster decisions. This year, Gardenhire is continu-

ing his Punto infatuation by starting him at shortstop while Brendan Harris sits on the bench. Harris is no superstar, but Punto is a utility player at best. His worst decision, though, is starting Michael Cuddyer over Delmon Young. I realize nobody likes Young because he cost the Twins Garza and Bartlett and

expectations. But he didn't have a bad year—it was basically a replica of his 2007 season when he almost won Rookie of the Year—and he's still only 23. Can somebody explain why he is benched in favor of Cuddyer, who batted .249 with three home runs last year and hasn't been above average since 2006? Young is better, younger and cheaper, and actually has a future with the Twins.

came to Minnesota with ridiculous

The worst part is he has total job security. The "Minnesota-nice," cliché and the easygoing personality that Gardenhire loves is embodied by the Twins' front office-they haven't fired a manager since 1986, while other teams go through managers like the Twins go through crappy infielders.

No matter how poorly the Twins play and how idiotic his managing is, he will never be fired unless the incriminating photographs that Punto and Cuddyer apparently have of him surface.

Ben is a senior journalism major and the editor of the Student Voice. He has still not fully recov ered from the loss of Johan Santana.

#### **SPOTLIGHT HOME GAME**

#### Softball



VS



Stevens Point

2 p.m. April 25 Ramer Field River Falls, Wis.

#### **STANDINGS**

#### Softball

Comban		
WIAC Standings	W	L
Whitewater (27-3)	12	0
Eau Claire (2587)	10	2
Oshkosh (16-12)	8	2
La Corsse (21-9)	10	4
Stout (16-18)	6	8
River Falls (17-13)	5	7
Stevens Point (16-14)	2	8
Superior (10-16)	1	11
Plattevile (5-25)	0	12



## Fantasy sports bring joy, heartbreak to owners

Voice staff along with a certain individ-

ual from WRFW, that are in a fantasy baseball league this season.

It is not the first year that I have been in a league, but the first in quite some time.

What I have found out this year in the marathon that is called the Major League

Baseball season, is that I already know more players, more stats and more needless information about the sport than I ever have in my life.

This is exactly what fantasy sports do for you. If you are in school, you might be in great danger as fantasy sports will find a way to take up your life more so than what Facebook does now.

For instance, my wife and I played fantasy football this year. There have been countless times when she has told me how worthless sports are or that all I do is watch sports. She has told me several times, shaking her head, that she simply hates sports and dreads going over to my parents' house because she knows that it will consist of a Minnesota Golden Gopher hockey game, a Minnesota Twins game or maybe even a game that does not involve a Minnesota team at all.

This all changed for her when she drafted Terrell Owens and Tony Romo for fantasy football. She is kind of a numbers person, so looking through statistics and predictions seemed to catch her eye. In a matter of weeks she was

So there is a few of us on the Student like John Clayton from ESPN. Her whole attitude changed about

Justin

Magill

football and she was the one looking at updates, scores and highlights to see how she was doing.

The bad part about this came in Week 2 of the NFL season. We were scheduled to play against each other and looking at our rosters, I knew I was not even

going to come close to beating her.

She took it to me like Chris Brown did to Rihanna. Relentless with no pity whatsoever and literally kicked me to the curb. Public humiliation at its finest that week.

Her connection of Romo to Owens literally left me with no air as the Dallas Cowboys and Philadelphia Eagles decided to have an old fashion Western shootout on Monday Night Football for the whole world to see. What they saw was a man get whooped by his wife, who had to figure out a way to walk into his father's office the next day for work and tell him the horrifying news.

A year prior, also on a Monday Night Football game, I suffered an even more humiliating loss.

The Green Bay Packers, a team I hate more than anything in the world, played the Denver Broncos in a game I did not want to watch in the first place, but I was going up against wide receiver Greg Jennings of the Packers in what was a tight battle with one of my closest friends.

I had a slim lead going into the overtime period and all I needed was a field goal from either team and I would have won. The only way I would lose was if Jennings caught a touchdown pass from that piece of crap Brett Favre.

Sure enough, first play from scrimmage in overtime, Favre goes deep to Jennings and the game was over along with my cell phone, which was "accidently," thown against the wall after my friend called.

Regardless of what happens, fantasy sports makes every game exciting. In baseball, who would ever want to watch the Cincinnati Reds play the Pittsburgh Pirates? Probably because someone has first baseman Adam LaRoche of the Pirates on their team.

The best is while watching your favorite team play, obviously wanting them to win, but rooting against certain players, maybe even your favorites.

For me, it could be going up against Jason Kubel, who would have killed my team last week. If I was playing a team that had him on his squad, the grand slam he hit along with his near perfect series at the plate would have sent me into a state of chaos.

That is what makes it great. People in fantasy leagues end up following the small market teams, which will end up at or near the bottom of their respective division standings, or have to root against their favorite players or else they might not get the points to lock down a playoff spot.

In fantasy sports, every pitch, every point, every play counts and that is the why everybody who plays it, loves it.

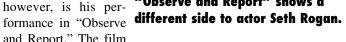
# Popular actor may find new audience in 'Observe and Report'



José Cruz, Jr.

Obviously, this Seth Rogen guy is a big star right now. In a fortune career boost that arguably started with "40-Year-Old Virgin," he has continued to churn out a flick every few months, especially within the last year.

Unless you have been residing in an Amish farming community, you have at least heard of the guy. And it only seems like a matter of time before the fans turn on him, much like the way many have gotten tired of the old shtick that Will Ferrell and Ben Stiller have used to death. What may surprise his fans, "Observe and Report" shows a and Report." The film



Although being

labeled as a "dark

comedy," the film

heavier on the

comedy aspect.

away the one Rogen already has.

of mall security, and one day a flasher opinion on the character. exposes himself to Ronnie's crush, Brandi (Anna Faris), as well as a few other unfortu- perfect movie. Although being labeled as a nate women in the parking lot. Ronnie "dark comedy," the film could have been a

thinks he has it all under control, but soon Detective Harrison (Ray Liotta) comes onto the scene and takes charge. Feeling threatened and undermined, Ronnie takes it upon himself to find

the pervert, while trying to make the world 'mall cop' movie of the year. a better place, starting with the mall.

If I were to judge this film solely as a comedy, then I must admit that it is not a very funny movie. There are certainly a few laughs to be had, but they are sparse and

nothing too gust-bustingly hilarious. The rivalry between Liotta's and Rogen's characters are amusing on their own terms, as the scenes have an amusing flow to them without being too over-the-top or goofy.

What truly makes this film enjoyable yet problematic are its dark elements. It is considered a dark comedy, but as aforementioned above, it is not that much of comedy. So naturally, the dark storyline tends to overshadow the humor and as a result will no doubt turn some people off to it. However, with that said this is the aspect I found the most strong and amusing, as I have a fairly dark sense of humor.

This movie could very well be the "Taxi Driver" of our genera-

tion. The character of Ronnie is indeed an ambitious and wellintentioned one, but his actions are very questionable. He beats up skateboarders, uses his nightstick a bit too liberally, snorts lines of cocaine on his break and even commits borderline date rape. Like Source: www.rottentomatoes.com Travis Bickle in "Taxi Driver," he is an alienated human being that means well, but has a

itself will either gain a new audience or push screwed up way of fixing the world. The ending is very reminiscent of that of "Taxi Ronnie Barnhart (Seth Rogen) is the head Driver," in that it leaves you with a mixed

Of course, "Observe and Report" is not a

bit heavier on the comedy aspect. However, it plays with its dark content nicely, without feeling as if it needs **could have been a bit** to be lighter in tone in certain parts. As I said, it could be the "Taxi Driver" of our times, but only time will tell. This is definitely the better

José is an English/creative writing major at UWRF. He enjoys documentaries, horror and independent films.

## 'Crank High Voltage' uses quick action sequences, may be offensive to some



Nathan Piotrowski

Disclaimer: This review is about quite possibly the most bizarre action film ever created. "Crank High Voltage" is a film that truly lives up to its title, throws away the rules of conventional action films and their sequels and turns what should just be a standard action film into something that is a surreal and possibly disturbing experience for all those involved.

The film has an interesting set of technical choices made for it, a series of awesome action sequences and, last but certainly not least, enough things to offend most audiences without even batting an eye.

Unlike most movies where there is an elaborate plot that twists and turns as the movie goes

on, this film just runs with its original concept until it has beaten, bloodied and all but destroyed its audiences. The film moves so quickly, even faster than the original "Crank" if one had thought that to be possible, that the 90minute runtime seems to only last roughly five minutes, and that is one of the key things to making the film work.

The editing of all these shots is so rapid fire that Darren "Requiem for a Dream" looks as if it had the pacing of "The English Patient." The editing

and quickness of the film is what truly makes it

Another thing of mention is that although the majority of the flick follows Chev Chelios' newest set of incredibly violent events, there are a number of the things in the movie that turn it into a whole new type of movie. There are numerous parts that feel like skits throughout the film, that actually allow the audience to breathe until they generally erupt into laughter or cries of terror at the end of them. A few examples would be news broadcasts that air throughout the film, a flashback of a young Chev on a fake TV show and a Godzilla fight complete with bad costumes. These parts of the movie do detract from the overall feel of the film generally, but they are what make the movie truly unique.

The action of the film, much like the original, occurs at about the rate of synapses firing in the audience. Much like most modern action movies, rather than focus on plot or character, the filmmakers did in fact just throw in as many violent and gruesome images as possible to keep the audience from thinking about how ridiculous what they are viewing truly is. It once again is what makes this film work, but only for its very small and select audience. Most people will find the movie to be just another exercise in the mindless, but if one can appreciate how well these mindless scenes are sliced together, they will get more into it.

Finally, the juicy part of this whole Rock 'Em, Sock 'Em movie experience: The fact that this movie has almost something to offend everyone. The film does indeed go out of its way to find things that will offend anyone, even though there is no use for them to actual-

> filmmakers for taking this approach; however I am not an easily offended person. If any of the following in film bother you, do not see this movie: sodomy, public lewd conduct. rampant nudity, extreme brutal violence, homophobic language and last but certainly not least, a nod to bestiality. Yeah, it

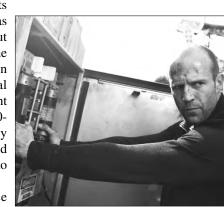
has all of that and

ly be in the movie. I

personally applaud the

The film will work for about 10 percent of the general American audience, and the other 90 will either be outraged or at least wishing they hadn't spent their money. I personally loved this movie, but to be fair, my rating will reflect the average audience, so you can truly judge for yourself. But once again, this movie is not for everyone, but those who enjoy this sort of carnage, it is a movie masterpiece.

Nathan is a digital film and television major with a film studies minor. In his spare time, he attempts to be a professional lot-



Source: www.rottentomatoes.com Aronofsky's "Crank High Voltage" features intense, fast paced sequences.

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# **食食**食

Reviewer highlights top albums of the year

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Andy Phelps

April may seem like an unusual time to compile an annual "Best Of" list, but because the end of the semester is only a few weeks away, I thought it would be a great idea to present a handful of the musical highlights of the year thus far.

Andrew Bird—"Noble Beast:" Lyrically scholarly and wholly original, Bird once again wields multiple instruments like weapons to conjure up an offering that is both poetic and fresh. At best, it seems perfectly melodious and baroque, with attention paid to every minor detail. Bird is a whistling, virtuoso violinist in a class of his own, which is made obvious by convoluted lines such as, "proto-Sanskrit Minoans to portocentric Lisboans / Greeg Cypriots and Hobishots / Who hang around the ports a lot." Any questions?

Röyksopp—"Junior:" After a four-year absence, the Norwegian duo is back again with an echoing, cracking record that is equally likely to satisfy hardcore fans and casual listeners. Their "The Girl and the Heart" pulsates with a vibrating synth heartbeat, while "Tricky Tricky" buzzes as the electropop vibe waxes and wanes. Listening to this record is like taking a step into the future. It's hard to not be swept away.

The Pains of Being Pure at Heart—"The Pains of Being Pure at Heart:" Channeling The Jesus and Mary Chain and My Bloody Valentine, the New York indie-rockers give birth to a shy, quiet classic that radiates with brilliance at every turn. Filled with fuzz, the album radiates with a bright, sublime atmosphere, highlighted by the tracks "Gentle Sons" and "Come Saturday."

Amadou & Mariam—"Welcome to Mali:" The latest effort from the blind African husband-wife duo is world music at it's best. Carried by an infectious rhythm and unmistakable chemistry, the couple joyously glides through 15 tracks of multilingual bliss. They draw upon inspiration from across the globe, including reggae croons and Latin beats, creating a purely enjoyable hybrid of passion and soul.

Neko Case—"Middle Cyclone:" The title says it all. The talented singer-songwriter channels a whirlwind of animalistic qualities-hunger, desire, anger-into a collection of emotional revelations that range from hopeful to brooding. Whether Case is evoking naturalistic imagery on the track "Magpie in the Morning," or imagining herself as a killer whale with "People Got a Lotta Nerve," every word drips with authentic emotion and self-awareness.

Bruce Springsteen—"Working on a Dream:" No list would be complete without The Boss, and no one can tap into the American consciousness like Springsteen. No one can drive an entire stadium crowd into a frenzy quite like him either. He even possesses the power to make the Super Bowl Halftime Show not suck. "I search for the human things in myself, and I turn them into notes and words," he once said. "And then in some fashion, I help people hold onto their own humanity." Through a series of poignant portraits, this album does just

Franz Ferdinand—"Tonight:" Scottish dance-rock extraordinaires Franz Ferdinand turn down the volume but come equipped with a heavy supply of their trademark catchy-ashell riffs mixed with elements of techno to compliment the dance-infused choruses. The Glasgow quartet comes energized and ready for a night of partying, armed with heavy bass, keyboards and endless enthusiasm.

The Dream—"Love vs. Money:" After writing mega-hits for the likes of Beyonce ("Single Ladies") and Rihanna ("Umbrella"), The Dream finally emerges from behind the walls of the studio with a soulful chorus of pop hits and slow jazz numbers filled with contagious hooks. Featuring a plethora of ballads about Dream's sex life, no one can argue with him when he brags, "Cupid ain't got shit on me."

Andy is an English major with a journalism minor. He enjoys gambling and Korear soap operas. He possesses a deeply-rooted dislike for Nickelback

# **Student Voice cartoon**



By Jon Lyksett

# Local Ph.D. candidate discusses energy, natural resources

Joy Stanton joy.stanton@uwrf.edu

Ellsworth resident Nate Hagens, a Ph.D. candidate at the University of Vermont and online editor of a Web site called the Oil Drum, spoke to a small crowd in the University center about energy, natural resources and the economy: Human Behavior on a Full Planet April 22, Earth Day.

He began the presentation with the opening sentence by giving a "whirlwind" of energy supply and a new definition of energy.

"Energy is what we have to spend. Not dollars," Hagens said. "Dollars are just a marker for real capital. All energy is not equal you can't just say let's go to a green economy lets go renewable and just assume there is going to be a seamless transition. There are costs to procuring energy."

"Early on in my Ph.D. I discovered that it's how humans behave that is really the leverage point of the special sauce in being sustainable and changing humanity's path."

Hagen's background is "most 'expert' in financial aspects of what is happening and the biological mechanisms on how we

At 26 years old, Hagens was a high net worth broker on Wall Street, but said when he saw clients who had \$200 million and set a price range of \$400-500 million, a goal, and when they reached it they only wanted more. The fact that the clerks who made \$30-40,000 were happy and content happy intrigued Hagens.

"Energy is what we

have to spend. Not

dollars. Dollars are

just a marker for

real capital."

Nate Hagens,

So he quit his job as a hedge fund manager and attended graduate school.

"There are few with his Wall Street background, and his international connections and knowledge of energy related issues. Much less his integration of that with daily decisions in preparation for a rapidly

Ph.D. candidate changing world," Director of the St. Croix Institute for

mail interview. Since the United States went off the gold standard in 1971, money became worthless in the sense there is nothing backing

Sustainable Community Development Kelly Cain said in an e-

"And right now it's gone way out of control," Hagens said. "The government has these bailout announcements and each one announces that the previous one is failure by definition. They are flying blind right now.

Hagens talked about four real capitals that should replace financial capital-which is just a maker for real capitalsometime in the future.

Hagens said built capital is things like the University Center or fences, natural capital is rain, ecosystems, wind and sun and rivers, social capital is the network system of people whom includes friends and family and human capital represents knowledge and how to do things.

Hagens said the brain has autonomous functions happening all the time. Valuing the present more than the past is called a steep discount rates and an evolutionary function. The reason this matters is climate change and peak oil are long-term

He said it is part of cognitive load theory.

"When we are max out with Twitter and Facebook and emails you can't access thinking about 2012 or 2015."

The next point he made involved habitual cognition.

"Culturally defined money had been taught as what we should pursue. And we've evolved to compete for more. And I know this cold from working with these guys on Wall Street," Hagens said. "And myself I'm dealing with this still to this day. But I can assure you this is true although you young people probably will not take my word for it you will have to find it out for yourself.

He said he believes that all of the trends will reverse. Substituting time and labor will slow the brain down so it functions at more of a pace it was evolved to.

Another point Hagens made is that the social capital in Minnesota and Wisconsin-measured by how many boards and civil organizations—is pretty high.

"Gradually we will have to go more local and regional," he

At the end of the presentation Hagens acknowledged the broad range of topics he hit upon and the problem that comes

"The government has these bailout announcements and each one announces that the previous one is failure by definition. They are flying blind right now."

Ph.D. candidate

And who is going to be the integrator of these things? We've heard for generations that we environmental have problems," Hagens said. "And unless we have a smoking gun all the environmental success stories we've faced there was a clear and

"The things I talk

about are so disparate.

Nate Hagens,

present danger. We are

not evolved to react

unless we see."

Sophomore geology student Derrick Vail attended the presentation and said he thought the slow pace might be hard for the culture to grasp.

"You are basically talking about reversal to the Dark Ages behavior," Vail said. "And he is saying, in this current culture, that is not going to happen unless a crisis slaps hard enough in the face so we realize what we are doing."

Vail said his plan to go into petroleum engineering—managing a quarry or a mine-might have to go on hold, in light of Hagens talk.

"I really have to play it by ear," Vail said. "I don't worry about much."

#### **RIVER FALLS FARMERS MARKET:** Part of social capital

The idea of social capital is already found in River Falls in the form of the farmers market.

"Farmers markets are great because you are not only getting the healthy food it's a social capital market where people can come around and meet people," Hagens said.

Betty Schultz has been the farmers market manager for 10 years and a vendor for 25 years.

Located on the grass lot across from First National Bank, Schultz said that on a peak Saturday over a 1,000 people go through the farmers market.

"All summer long through fall there is nothing better than fresh local vegetables," Schultz said in a telephone interview. "Plus they are buying from local people. The food is produced locally. It's about as fresh as you can get it. It's just kind of a win-win for everyone. It's a definite plus for the community."

The farmers market runs from June 1 to Oct. 31, Saturdays 8 p.m. to noon and Tuesdays 3 p.m. to 6

Depending on the weather, the farmers market can start as early as the third week in May. Vendors can offer early products like asparagus, spring peas, radishes and lettuces.



Renae Bergh/Student Voice

Ph.D. candidate Nate Hagens speaks to a small crowd Wednesday, April 22, in the University Center about energy, natural resources and the economy.



Renae Bergh/Student Voice Hagens is the online editor of a Web site called The Oil Drum. He is also a local resident of Ellsworth, Wis. The discussion was in honor of Earth Day.



# Counseling appointments skyrocket after spring break due to stress

Naomi Vogel naomi.vogel@uwrf.edu

UW-River Falls counselors agree that counseling appointments usually skyrocket after spring break due to escalated stress. Even though there is no data showing the amount of counseling appointments in the fall compared to spring, all three of the counselors agree that it gets busier after spring break.

"Historically it has been a busy time," UWRF counselor Jennifer Elsesser said. "A week after spring break is usually when it starts to hit home."

gets harder to cope with after spring break. stress for residence hall residents is deciding

was right around the corner and she needed to finish everything up. Students Trina VanDusartz and Samantha Berthiaume said the reason is because of projects building up.

"I haven't used the counseling services," Samantha Berthiaume said. "But I have friends who have and they said it has helped." Counselor Jennifer Herink said she thinks stress escalates during the end of spring semester due to excess projects building up. Herink said stress is especially problematic if students procrastinated at all during the semester. Counselor Mark Huttemier and Students interviewed also agreed that stress Herink agreed they thought another factor of

Jane Reichstadt said it was because graduation who they want to live with the following semester, or confronting a current roommate of a decision not to live with them anymore. Elsesser said she thought that stress from school and outside sources are all connected.

> Elsesser said this semester has not been as busy. Student Health Services recently hired Huttemier as another full-time counselor. Now students are usually able to get an appointment within two days.

> "It's been wonderful to be able to accommodate students better," Elsesser said.

Elsesser said she thinks the reason why there have been less appointments this year is a combination of getting a new full-time counselor and UWRF students stress levels decreasing. Student Health Services has focused more on stress prevention this year, Elsesser said.

Some of the activities that Student Health Services have used for prevention are I-Rock, an organization that focuses on student wellness, Monday night yoga in the University Center ballroom, the Wellness Challenge and a stress prevention column in the Student Voice by Mark Huttemier.

Elsesser said Student Health Services is continuing to work on stress prevention for next semester as well. Elsesser said some of their ideas include a podcast with relaxation techniques, meditation classes, and expanding

Yoga to a couple times a week.

of their suggested techniques to help students helps get the others loose." cope with stress.

Huttemier said taking pressure off the sciatic nerve helps. The sciatic nerve is located in the lower back, down to the hips. Huttemier said one can relax the sciatic nerve by relaxing the stomach muscles.

"If you have no pressure on the sciatic nerve and the stomach is relaxed you cannot be anxious," Huttemier said.

Huttemier said another good tool for decreasing anxiety is distracting your mind for four minutes at a time.

"Anxiety and stress are close cousins. Stress can be there without anxiety but anxiety cannot be there without stress," Huttemier said.

Elsesser said she likes to teach her patients meditation and relaxation techniques. She also suggested putting in time for yourself, getting enough sleep, exercising and doing activities you liked to do when you were a child, such as coloring or swinging on a swing set.

Herink suggested breaking things up into sections. He said to first think of the outline, then the first paragraph, then the next paragraph and so on. Herink said to reward yourself after each section is accomplished by taking a break and doing something you like to

Elsesser said all sources of stress are bunched together, and once you fix one area of stress it would be easier to work on the oth-

"Stress is like a bunch of necklaces tangled Huttemeir, Elsesser and Herink shared some up," Elsesser said. "If you get one untangled it



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