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STUDENT VOICE

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Colin Seaborg, a UWRf student, interacts with the children at the Esperanza Viva orphanage in Mexico. The UWRf campus residence halls are putting on a fundraising event, in which the proceeds will benefit the orphanage.

Sally King/ Student Voice

Campus holds fundraiser for Mexican orphanage

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From Feb. 3 to the 17, students will have the opportunity to participate in a campus-wide Change Wars program to help raise money for Esperanza Viva, a youth orphanage located in Puebla, Mexico. The program will be taking place at the University Center Information Desk during the building's regular hours of operation.

"Change Wars are a traditional fundraiser for the residence halls to use for various causes," said David Peschman, former Resident Assistant and manager of the event.

"Residents are to put change into their own hall's jar in order to earn positive points. However, as a fun little sabotage twist, in a change war, you may put cash in another hall's jar which will deduct points from that team.

The two halls with the most points in the end will be considered the winners and will receive the prizes which will be raffled off at their next hall council meeting," said Peschman.

Previous Change Wars have raised donations from up to \$100 to \$150 for their individual residence hall. With the campus-wide Change Wars being a first, Peschman anticipates each hall raising a minimum of \$50 in donations.

The Change Wars program was inspired by a mission trip that Peschman and fellow students Colin Seaborg, Meghan Seaborg, and Brynn Ribbens are participating in to Esperanza Viva.

"Esperanza Viva is a youth home dedicated to rescuing and restoring children who have been abandoned, abused or otherwise severely neglected by their parents or

caretakers," Colin Seaborg said.

Founded by St. Paul natives Jerry and Suzy McNally, Esperanza Viva provides room and board for approximately 90 children up to age 18, as well as providing high school education, vocational and job-skills training.

"The campus change war event will benefit Esperanza Viva by assisting them to raise funds for constructing a new building, which will house short-term mission and service groups, as well as the interns working at the orphanage," Seaborg said. "All of these children come in hurting and broken as a result of the abandonment and abuse that they have suffered through. I am continually amazed by the joy and peace that these youth exhibit as a result of their time at Esperanza Viva."

Posters and more informa-

tion about the event should be released closer to the start of the event, said Crabtree RA, Brooke Paynter.

"We did Change Wars in Crabtree last semester when David was a resident here and residents love it! They either wanted to participate because they wanted to see us get pied in the face, cared about the circumstances of the orphanage, or both. David is the most caring guy I've ever met, he is so happy to help anyone and is very excited for his opportunity to bring the donated money to the orphanage and volunteer his time there," said Paynter.

More information about the event can be found on the event's Facebook page at <http://www.facebook.com/events/213199442107208/> or by contacting David Peschman at david.peschman@my.uwrf.edu.

Big alumni donation funds scholarships

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UW-River Falls alumni Marilyn and Arlin Albrecht of Red Wing, Minn. are looking to give back to the school that gave them so much with a generous donation of \$400,000. Money will be going to the Falcon Scholars program. Falcon Scholars is a program that is set up to help students succeed, be retained, and graduate from UWRf.

Through the Falcon Scholars program there are 80 freshmen each year that are selected to receive scholarships. Scholarships will be given to the students who are in the most need. Each student who receives a scholarship will receive a renewable \$1,000 scholarship each year that they can use throughout their freshmen, sophomore, junior and senior year.

"During their junior and senior year students will receive an additional \$1,000 to be able to study abroad or do undergraduate research," said UWRf Chancellor Dean Van Galen. "This extra money is part of the differential tuition that was approved last year."

The differential difference is part of a program called the Falcon Promise. The Falcon Promise is a differential tuition fund that will invest student funds into four different areas including Falcon Scholars. This money will cover things such as tutoring, undergraduate research opportunities, increased student scholarships (the Falcon Scholars challenge), and enhanced learning spaces. The money will be distributed as follows: 10 percent will go towards tutoring, 30 percent

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Student Senate examines budget



Sally King/ Student Voice
Ben Blanchard was appointed AFAB chair after the former chair, Patrick Okan, resigned. Blanchard was formerly the vice-chair of the AFAB committee.

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The spring semester has barely begun at UW-River Falls, and Student Senate has already held two meetings. The beginning of a new semester brings a few challenges for the Senate and new items on the agenda to be looked at. This semester they will be working on the annual budgets, both allocable and non allocable, for the next year, as well as pursuing several student consumer issues on campus. The student organization budget will be the main focus in these first few weeks of the semester as it is a very important item on the agenda.

The budget is tight. It is never easy to make cuts, but the fact is they are more than 200 percent over budget in some cases.

"It is challenging to make the tough decisions, but it is what we sign up for," said Senate President Tyler Halverson. They are expected to cut thousands of dollars out of the budget, but the problem is more money is always needed for something. Student organizations will soon

hear about their budgets following budget deliberations to be held by the Allocable Fees Appropriation Board (AFAB).

The deliberations, beginning on Jan. 26, will continue until they are completed and the budget is worked out. The budget must then go before the the Senate body for approval. Patrick Okan has resigned from his position as AFAB chair and Ben Blanchard has since taken over. This change of hands presents some challenges as there are many specific rules and policies that Blanchard must now be aware of in order to carry out the deliberations. The AFAB has held hearings and trainings prior to the deliberations and now they must make the decisions on what is to be funded.

"It's a rather lengthy process to say the least," explains the Senate Vice President and AFAB member Carlan Strand.

Some of the different Senate committees have also held their first meetings of the semester. The Executive Com-

See Student Senate page 3

State budget cuts affect campus staff

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The recent budget cuts and changes have not only affected the state of Wisconsin but also the schools. At UW-River Falls, the budget cuts have caused the administration to not rehire faculty to fill the place of retired faculty, which means larger classes and less one-on-one time with professors.

UWRf is facing many challenges on the human capital side of the budget. "Last year, we had many faculty and staff retire and we were not able to refill all the positions," said Vice Chancellor of Administration and Finance Joseph Harbouk.

"We [UWRf] also have vacancies that we are not filling which of course will affect some of the services the students receive," Harbouk said.

The limited number of faculty is particularly affecting the English department.

Lauralee Zlogar, the chair of the English department, said that with the limited number of money allowed to the University and the departments, hiring teachers to fill the positions of retired teachers is limited.

Elizabeth Frueh, the budget director, explained that in order for a request to be considered or accepted, a lot of groups within the administration have to review it and weigh the potential of necessity. All of the processes that happen with a request are explained in the Strategic Plan.

"Basically the Chancellor is the one that approves or doesn't approve a request for funding," Frueh said.

The new criteria for requesting funds include: getting a request in by the deadline listed in the Strategic Plan, multi-year contract agreements, new faculty/staff must support three of the existing strategic plan goals and one of the strategic initiatives, funding of one-time

projects that will save the University money in the long term, and funding for learning spaces. All of this is new to the Strategic Plan so far.

The current challenge of the budget, the budget lapse that the UW-System received, was over a biennium.

"UWRf's part of the lapse is \$1,862,252 which is broken into \$1,306,120 for this fiscal year and \$556,132 next fiscal year," said Harbouk. UWRf also has a tuition increase of 5.5 percent that will last for two years.

The problem is going to come down to how it is going to affect the students. As of right now the students are not being affected by the budget lapse. However, the English department is starting to see the affects.

The English department has 14 tenure teachers and 23 adjunct teachers. The adjunct teachers are mainly responsible for teaching the general education courses such as English 100. However, the

14 tenure teachers teach all of the other courses that are required for the five majors offered in the department.

Zlogar states, "according to the Modern Language Association, teachers should only be teaching three composition courses per term that have 15 or less students; right now the 14 tenure teachers are teaching four composition courses per term that have 25 or more students within each one."

There were five tenure teachers that retired last year and only one teacher was hired in the English department. For the next school year, 2012-13, there will be two new teachers hired to offset the gap from the adjunct teachers.

"There is no extra room for more students in courses. We are stretched," said Zlogar. The end result; classes will only be offered in either the fall or the spring and students

See Cuts page 3

University Center's fifth-year anniversary celebrates building's impact on campus

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The \$34 million majority student funded University Center celebrated its fifth year anniversary on Wednesday, Jan. 25.

"The celebration included building tours and speakers as well as free birthday cake served to students during the lunch hour by the UC Desk Staff," said UC Director Cara Rubis.

Planning for the UC started in 1997 and construction began in April of 2005, Rubis said.

The project cost was just over \$34 million and \$33 million of that came in student fees, said Rubis.

Construction of the first eco-friendly building ever on campus was completed in January of 2007. UW-River Falls students voted to add an additional \$1 million just to make the facility a green building.

Some green concept highlights of the UC include that 1-inch of rainfall fills four underground collection tanks which are used for flushing toilets totaling 48,000 gallons of storm water. Main lights throughout the building adjust their light output based off the natural light coming in through the windows, according to Rubis.

The celebration had speakers: Chancellor Dean Van Galen on the UC impact on the campus and community, Director of Student Life Operations Bob Sievert on the concept and design, Associate Vice Chancellor for Student Affairs Gregg Heinselman on the grand opening preparations and the role of the college union and Rubis on operations and student experiences.

Since the UC opened there has been more than 40 clubs and organizations created. Before the UC, Rodli dining hall and the old student cen-



Sally King/Student Voice

ter, now Hagestad hall, were serving 4-5,000 students a day.

When the UC opened it was serving about 5,000 students a day and now it serves about 7,000 students per day, Heinselman said.

"Part of what I think is important, is that there used to be a pretty distinct west campus and east campus,

east side of campus ate at Rodli and the west side ate at Hagestad, it's a small campus operating as two campuses, we were fortunate to have the University Center in the middle," Heinselman said.

Heinselman inherited the project when he came to UWRf and his role in the celebration was to initiate the celebration and recognize the

impact this building has had on this campus.

"You never hear students talk about the east side and west side, is the biggest change I've observed," Heinselman said.

Students use the UC for various reasons. Senior Lauren Auxier uses the UC for the bookstore for school supplies and utilities offered at

the information desk.

"From eating with my friends, to working in the Student Senate office, I use the University Center everyday. It's a great place to hang out with friends, or even do homework. It can fit almost every need you have," freshman Grady Nelson said.

Rodli Hall is now home to classrooms and the Fast Copy Shop, while Hagestad Hall is used by Career Services, Student Health and Counseling Services, Textbook Services, IT Services, the Athletics Department, classrooms and more, according to the UWRf website.

Since the opening of the UC, meal plans have increased by 28 percent, family day attendees has increased by 125 percent, and campus event reservations has increased by 69 percent.

News briefs

UW-River Falls achieves high marks in student satisfaction

University Communications—More than 50 percent of UW-River Falls students responding to a recent national survey indicated that if they could start over again they would definitely attend UWRf. This figure is significantly higher than the average score earned by colleges and universities nation-wide and by UWRf's UW-System peers. When asked on the 2011 National Survey of Student Engagement (NSSE), "If you could start over again, would you go to the same institution you are now attending?" 50 percent of first-year UWRf students responded "definitely yes." Forty-one percent of first year-students attending UW System comprehensive universities and 45 percent of first-year students nation-wide provided the same answer to this question. UWRf achieved even higher marks among seniors responding to the NSSE. Fifty-three percent of seniors answered "definitely yes" to the question, compared to 44 percent of seniors at UW System comprehensive universities and 45 percent of seniors nation-wide. With "probably yes" answers included, 91 percent of first-year students and 88 percent of seniors indicated that if given the opportunity to start over, they would once again choose to attend UWRf. These percentages are higher than those indicated by students attending UW System comprehensive universities and colleges and universities nation-wide. Through its student survey, The College Student Report, NSSE annually collects information at hundreds of four-year colleges and universities about student participation in programs and activities that institutions provide for their learning and personal development. The results provide an estimate of how undergraduates spend their time and what they gain from attending college. In 2011, 747 UWRf students provided responses to the NSSE. More than 350,000 students nationally completed the NSSE in 2011 and more than 3 million students have completed the survey since 2000. For more information, contact Blake Fry at 715-425-3711.

New management at Dairy Pilot Plant

By Caroline Johnson, University Communications

This past fall the UWRf dairy pilot plant experienced something new—a change in management. Ranee May, the dairy plant manager since the plant opened in 1982, retired. Stepping into the managerial role is Michelle Farner, a licensed cheesemaker, who has worked at two different small Wisconsin dairies. Farner also brings quality assurance experience from her work at two food manufacturing facilities in Wisconsin. She is excited to be bringing her education in food systems technology and her previous experience to the

university setting. Food pilot plants are a relatively unique feature for a university campus. UWRf supports plants for dairy, meat, and fruit and vegetable processing. These plants, located on the first floor of the Food Science Addition, allow students to gain hands-on experience in food production and processing. The dairy plant alone typically employs seven students. At the same time the plants supply the campus with a variety of products including fresh cheese, ice cream, and milk. Although production in the dairy plant has slowed during the transition, it is scheduled to be back in full operation this spring. Farner is bursting with new and ambitious ideas to bring attention to the quality of the plant's products. She says that her goal is "to build on the success of the past 30 years while bringing some new excitement." From creating new flavors of Jack, Colby, and Cheddar cheeses to constructing snack packs for students, which would include sausage sticks and the plant's famous fresh cheese curds, there is much to look forward to. In addition, Farner says that she will be working on offering fresh samples to students and staff when available. "I'd love to be offering samples of cheese. When we make a block and cut it, I would like to be able to let people know and let them come in and try it," she says. A testament to the University's dedication to implementing and demonstrating sustainable community development principles, the dairy plant is supplied with milk directly from the UWRf Mann Valley Farm, located just a few miles from campus, off Highway MM. Farner also wants to expand the use of the plant's products at campus events, particularly annual events and sales at the farm. She says with enthusiasm, "People will be able to go to the farm, buy their compost, and see what we're making."

Korean traditional music to be performed

University Communications—Korean traditional music will be performed at the UW-River Falls at 7:30 p.m. on Thursday, Feb. 9 in the William Abbott Concert Hall of the Kleinpell Fine Arts building. Let yourself be transported by the sounds of Korean folk music played on traditional drums, bamboo flutes and other instruments. Members of this touring troupe will also perform group Court Dancing and solo dance pieces. The event is open to the public. Admission is \$5 per adult, \$3 per seniors and \$2 per students with ID. For further information, contact the UWRf Music Department at 715-425-3183.



Michelle Farner
UWRf website

UW-River Falls leads four-year UW System campuses in energy efficiency

University Communications—According to an energy data summary released by the UW-System Administration, UWRf was the most energy efficient four-year campus in the UW System during the 2010-2011 academic year. Energy efficiency in this study is measured by the number of British thermal units (Btu) of fossil fuels, electricity, and overall energy used per gross square foot (GSF). UWRf was the leader in efficiency in all three categories:

- UWRf used 82,623 heat Btu's (fossil fuels) per GSF. UW-Green Bay was the second most efficient campus in this category at 84,331 Btu's per GSF.
- UWRf used 26,635 electricity Btu's per GSF. UW-Stout was the second most efficient campus in this category at 31,345 Btu's per GSF.
- UWRf used 109,259 total Btu's per GSF. UW-Stout was the second most efficient campus in this category at 121,403 Btu's per GSF.

"Increasing energy efficiency is truly a campus commitment," says Michael Stifter, director of facilities management at UWRf. "Fortunately we also have some good projects in mind, so I don't see us resting on our laurels."

UWRf ranked first in efficiency in the use of electricity and overall energy use in 2009-10. UWRf ranked third in fossil fuel efficiency that year.

For more information, contact Stifter at 715-425-3820 or email michael.j.stifter@uwrf.edu.

UW-River Falls Student Accounting Society Offers Free Income Tax Assistance

University Communications – Tax deadlines are approaching at a time when many households are seeking ways to lower discretionary spending. Families and individuals in the River Falls community with annual incomes of less than \$25,000 can take advantage of free assistance preparing tax returns provided by the UWRf College of Business and Economics' Student Accounting Society. Walk-in clinics, on a first-come, first-serve basis, will take place at the WESTconsin Credit Union in River Falls from 6-9 p.m. on Feb. 21 and 28 and March 6, 19, 26 and 27. Since 2007, in accord with the UWRf College of Business and Economics mission of service to the university, community and discipline, members of the Student Accounting Society have annually provided tax preparation services free of charge to low-income families and individuals. The students are overseen by adjunct Professor Steve DeWald, who teaches a federal taxation class and is the director of the UWRf Small Business Development Center. For more information about these services, contact DeWald at 715-425-0620 or email him at steven.e.dewald@uwrf.edu.

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Student Senate: Senate reevaluates spending through AFAB committee

From page 1

mittee met briefly before the Senate meeting on Jan. 24. Revisions were made to Senate stipends and to appointments to fill vacancies. At the President's Council meeting, Rob Silvers, an AFAB member, explained how

new club sports are being added with no increase in the funds available to them. Silvers believes a long term solution is needed in order for these club sports to stay afloat. As club sports have never been a part of the budget before, it poses an issue for the AFAB in determining what funds are available for them. Additional hearings and deliberations for the club sports will be held in late February.

There are currently two positions available on the Senate. There is one senator vacancy and the Athletics Representative is also vacant. Those interested in the vacant senator position should email Halverson at tyler.halverson@my.uwrf.edu and anyone interested in the Athletics Representative position should speak with the Student Athlete Advisory Committee.

Senate meetings are held at 7 p.m. Tuesday in the Willow River Room in the University Center. The meetings are open to the public so anyone may attend. Minutes from every Senate meeting are posted online and can be found on the Senate page on uwrf.OrgSync.com.

Scholarship: Alumni hopes to challenge other grads to 'pay it forward'

From page 1

will go towards undergraduate research, 30 percent will go to Falcon Scholars, and 30 percent will go towards enhanced learning spaces.

Mr. Albrecht was a journalism and economics double major, and was named editor of the student-run newspaper, the Student Voice, during his sophomore year.

After graduation he worked for the River Falls Journal, then he moved on to the Pioneer

Press, and ended up at the Red Wing Republican Eagle.

Mrs. Albrecht, a speech and theater major, was active in the theater in Red Wing, Minn., where she resides. She was the recipient of the University's first scholarship in 1954.

"I am very proud of their personal accomplishments," said Becky Poss, Marilyn and Arlin Albrecht's daughter. "They started out as poor dairy farmers who worked very hard and had a great connection with the University when they attended there, and saw an

opportunity to help out students in a similar situation fulfill their goals."

"They are also challenging other alumni to acknowledge how important their education was and to pay it forward," said Poss.

Through a program called the Albrecht Challenge, any donation given to the Falcon Scholars of \$1,000 or more will be matched by the Albrechts. Being able to fund the first four years of the Falcon Scholars program will require \$800,000 in donations.

"Marilyn and Arlin Albrecht donated this

money because they were students themselves at the University and they understand the impact the University has on students," said Van Galen. "It is a very generous donation."

In addition to the Albrecht's donation this year the university has received it's first \$1 million dollars donation from a person who chooses to remain anonymous at this time, but whose name will be revealed later on this spring.

Cuts: Departments struggling with course overloads, professor shortages

From page 1

will have to plan for when they take their classes and manage their schedules, but space

is limited.

"We are holding the schedule together with glue and paperclips," Zlogar said.

It would be safe to say that with the Eng-

lish department offering less classes, the class sizes might be larger but this led to a ripple effect that will effect other majors and departments.

"We are still working on figuring out how we will meet those budget lapse requirements and try to minimize the effect on the students as much as possible," said Holbrouk.

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EDITORIALS

Spring semester offers exciting campus events

Spring semester 2012 is upon us here at UW-River Falls, which to students means resurgence not only of classes, studying and homework, but also of all of the wonderful campus events to be held. Participating in various campus events is a great way to get involved on campus and to make the most of your time as a UWRF student.

UWRF proudly states that diversity and inclusivity are core values, and as such many diversity events are held every year to encourage students to step outside of their comfort zone and embrace the cultures and traditions of a variety of peoples. The Black Student Union honors Black History Month as all students are welcome to attend African Night 2012, held from 7 to 8 p.m. Friday, Feb. 10 in the Falcon's Nest at the University Center. Events include a fashion show where students will showcase native African outfits, live performances by the Tiyumba Dance Company and Duniya African Drumming and Dance, as well as Shari Jeziorski performing a belly dance piece. There will also be traditional African cuisine.

Peer Empowerment and Community Education (PEACE) is an educational initiative offered by the Office of Student Life through Falcon Programs. PEACE offers dialogues, a social justice certificate program as well as various workshops. According to the Student Life website, PEACE workshops are available to the entire UWRF community, and these workshops are intended to raise awareness about diverse populations, build cultural competency and empower participants with knowledge about issues affecting various communities so that they may make more informed decisions. Participating in PEACE events is an excellent way to gain a new perspective.

Residence Life offers a number of volunteer and employment leadership opportunities for students. You can choose from being a: desk assistant, resident assistance, hall council executive, or a member of the governing body for students residing on campus, known as the Residence Hall Association (RHA). Becoming a part of student leadership in Residence Life will enhance your student experience, provide you with valuable life and career skills, and offer you opportunities to meet other students.

Participating in Falcon sports as well as attending Falcon sporting events is a great way to get involved and to show support for all of the student-athletes on campus.

Regardless of what interests you, motivating yourself to get involved will be a rewarding and enlightening experience.

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

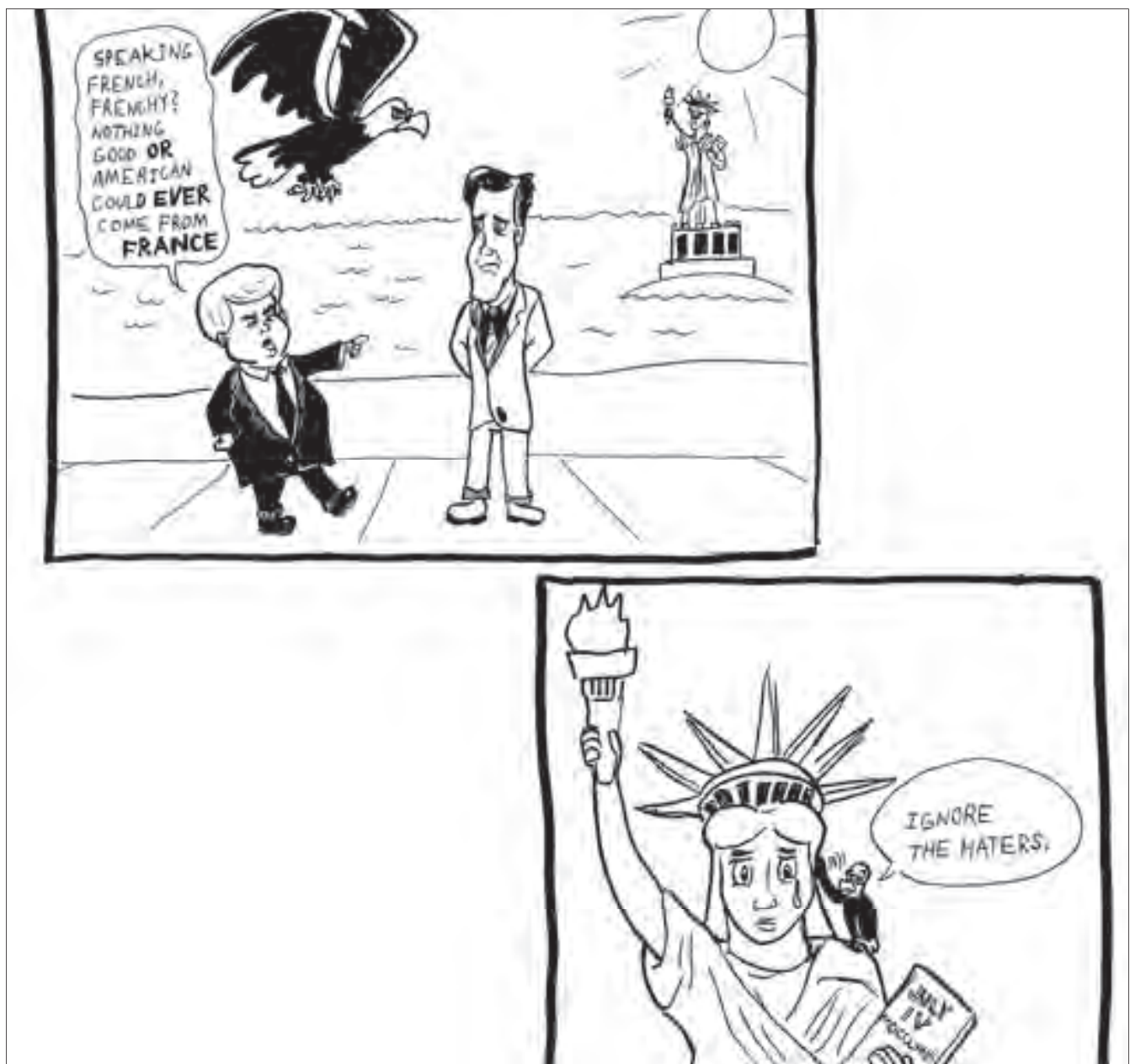
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WISCONSIN NEWS PAPER ASSOCIATION



David Recine/Student Voice

Breast cancer awareness: knowing what to search for, how to be more supportive towards loved ones

Jennylee Fahey
Columnist

Breast cancer is one of the leading causes of death in the world today. In fact, one in every three women is diagnosed with it and it is the most common

cancer among women. The American Breast Cancer Society urges men and women to report any changes in their breasts to a physician.

Breast cancer usually starts in the breast tissue, in the form of a lump or mass called a tumor. Although breast cancer can produce no symptoms, there are many factors that influence the risk of getting breast cancer, including personal history of breast cancer, alcohol consumption, late age at first full term pregnancy, obesity, height and being over the age of 65. Women also have a high risk of getting breast cancer if one of their immediate family members had it and this risk increases if more than one relative had it.

Some women can have no symptoms at all and go have their annual check-up with their physician and find out they have breast cancer. Cancer survivor Vicky B. said she went to her doctor and he called her three days later and told her she tested positive for breast cancer.

"It was the worst news that I could ever imagine," Vicky said when her doctor called and told her the news. Vicky said from there, it was a long and strenuous process going through each doctor visit, not knowing what's going to hap-

pen. Just the whole process of waiting was very stressful. Vicky went through numerous diagnostics, and then finally decided to have both breasts removed. During the reconstructive breast process, both of her breasts got infected, causing her to have another reconstructive breast surgery. The whole process took over a year, but Vicky has been cancer free for two years.

Non-Hispanic white women have a higher chance of being diagnosed and dying from breast cancer compared to African American women. In fact, according to the American Breast Cancer society in Minnesota, there were 127 women diagnosed with breast cancer, 22 of which died, compared to 109 African American women, 28 of which resulted in death. In 2011 in the United States, there were around 39,000 women expected to die from breast cancer and there are still no ways to prevent getting it.

Although there currently is no cure for breast cancer, doctors say that some strategies may help in the prevention of it. These include: being on a healthy diet, avoiding fatty foods, being physically active, having regular check-ups, avoiding tobacco and reducing the amount of alcohol consumption. Women who breast-feed are also less likely to get breast cancer.

Breast cancer is one of the most devastating and deadliest diseases in the country today. There are numerous support groups such as the Susan G. Komen breast cancer walk that helps women learn about this disease, helps raise awareness of the epidemic and support others who have had it or are experiencing it. These groups' goals are to save lives and make a difference in the world.

Jennylee is ambitious and determined. She hopes to be a broadcast reporter or host and loves to be a kid with her kid.

Kicking the J-term habits, getting into a new studying groove



Samantha Mayberry
Columnist

New classes, new professors and fresh school supplies. All this means it's a new semester at UW-River Falls. It's always somewhat exciting to start all over after a stressful previous

semester, but when you've had a month off of school and then have to come back and jump right into homework, it can be rather difficult to get back into the swing of things.

I will be the first one to admit that I have a really hard time getting back into my routine of studying and doing homework after a month off of doing nothing but working, hanging out with friends and, of course, what every college student enjoys doing, sleeping. However, when I got back to school I thought I was actually in a good mindset for once about buckling down and studying right off the bat. But, when I got my textbooks from Textbook Services and discovered that I needed not five, not 10, but 28 textbooks, I immediately started wishing there was a rewind button for winter break. How would I be able to keep 28 textbooks straight? Well, let's just say I needed a good way to stay organized.

Most students probably struggle with getting back into the studying and doing homework just as much as I do. Start off with a good night's sleep, that will help you tremendously and you will have more energy to get through the day. I understand that sometimes socializing can interfere with your sleep schedule but, honestly, there are times when we have to make sacrifices. Having enough sleep will ensure that you don't walk through campus looking like a zombie who isn't focusing on anything else but their pillow.

Make sure you also have a planner or some kind of calendar that you can go through and write all of your assignments down for the semester. There are professors that have their entire course outlined with assignments on their

syllabus, so making sure you have it all planned out ahead of time will give you the chance to actually see what you have to do each day. Personally, my planner is basically glued to my hand during school because I want to make sure I get everything done and have time to relax and hang out with my friends, too.

Another important thing you need to do to make sure you get back into the swing of things is having a study area. Whether it's the study lounge of your dorm building, your room, or the library, having a place where you know you'll be able to achieve your studying and homework goals for day is very important.

Make sure you won't be distracted from your studies with anything or you'll be back at square one. Separating yourself from things you know will keep you from your work will make your list of things to do dwindle down a lot faster than if you stopped every five minutes to watch a TV show.

I admit that I often find myself listening to background noise from my TV or even my iTunes on shuffle and then the next thing I know, I'm either actually watching the show that's on or humming along to the song that's playing. I now make sure that all my electronics are off and I'm strictly focusing on my studying. Let me tell you, I get done with my work a lot faster now than I did when I let myself get distracted.

Now that spring semester is underway and homework is starting to pile up, it's time to make sure you are on the right track to being successful. Although everyone has their own ways of studying and homework, making sure that you start off the new semester in a positive way and not let winter break have an everlasting affect on you is important. Happy studying and best wishes for this semester! Just remember, when you find yourself unmotivated, summer is right around the corner and you can get through this semester.

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

Lifestyle Enthusiast on the town:

Observing the Packer game with distinct spectators



Christopher Pagels
Columnist

There are a bunch of ugly antennas on my friend Nick's Chevy SUV. He is a ham. No, really, he loves HAM radio. He also loves the Packers. So Nick, his brother Bry-Bry,

and I drove down to Green Bay with his ugly antennas waving at 70 mph on Christmas. Disclaimer, not that you care at all, but I must tell you that Nick was hit by a bus a few years ago. Nick became all Macho Man Randy Savage at the time by lifting his shirt up and showing off the metal bumps just below the skin where the doctors stitched his pelvis together. That's right, Nick likes to brag about getting hit by an avoidable 14-ton bus, and because of this he calls himself Speedbump. I don't tell you this because it's hilarious and that I like to laugh at people that hurt themselves in tragically buffoonish ways, well, actually, I do.

Along the way we listened to "Green and Yellow" by Li'l Wayne and "Da Bears Still Suck," by a man who sounds like he's been dipped in a vat of cheese. Also the rumors are true, da Bears still suck.

When we parked in our tailgating spot outside the pillars of Lambeau Field. "Da Bears Still Suck" was being played from a stage in the middle of the parking lot. Nick says they play it

even if the Packers aren't playing the Bears.

In minutes, the parking lot is filled and tents, tables, grills, and fat drunk people occupy the entire black top. We brought a modest card table, portable grill, a cooler of Leinenkugle's and brats, and ladder golf. The sizzle of brats and hot dogs spitting their fat juices in the coals made its sweet perfume into noses in no time. Across from us, someone erected a Packer podium with "Super Bowl 45" decal on it. People looked like they were at home in their garage and so did I. A few times an hour, some rogue Bears fans would challenge us by walking through our rookery of top-heavy load bearing frames. Those orange jerseys burned fire in our eyes.

Bry-Bry did his best impression of someone who had IBS (Irritable Bowel Syndrome) every 15 minutes. On one such occasion, Nick joined him to leave me man the grill. While toasting my hands, two guys in their late 20s were walking by dragging a teddy bear on the ground with a leash. Bystanders kicked the bedraggled bear and when they approached, I spoke up, "Hey can I kick that bear?" "After I cook it like the Bears' season, well done." He put the bear on the griddle for a few minutes and turned it over to reveal neat black lines. I lined up and kicked it like Mason Crosby.

Just before entering the ticket gates Nick filled his plastic flask, plastic so it could pass the metal detectors, with Rumpelminz. This alcohol tastes like Father Christmas made out with a candy cane. Nick's plan worked. After separating from Bry-Bry, he sat across the other side of the same end-zone; we walked through the tunnel and saw the frozen tundra lit up in the dark evening. The aluminum bleachers make it feel

like a high school game. A woman sitting in front of us was wearing a Christmas box around her stomach and a sign that said "To: Clay (Matthews) From: Santa." Nick brought his 9-inch Nikon lens from which he watched the whole game through. It's like watching the game on the phone, but with the benefit of freezing. The only time we saw Bry-Bry during the game was a faint glimpse on the Jumbo-Tron. Excited, we wondered if people back home would see him too, but was denied by an old skeptic. I took a sudden dislike to this old coot.

The Packers played like they were favored and the Bears as they did in our favorite song. After all, their quarterback, third-string backup Josh McCown, was coaching the Marvin Ridge Mavericks (high school) in North Carolina months earlier. I yelled as loud as I could on each of our defensive plays while a cougar hung on my arm for the fourth quarter of the game. She gave me the look that someone would give before a long French kiss. Nick did not envy me as I awkwardly stood there as a limp fish in her grasp. The Packers had the game in hand that by the fourth quarter we matched up our backup quarterback with theirs in a masterful win of 35-21.

I don't regularly hug men, but this would have been an appropriate time for a bro-hug. I could not hug the dreamy-eyed cougar to my right. As Nick, Bry-Bry, and I filed out of the gates I paused at the top as 70,000, green and gold fans hooped and hollered over our victory. Normally, I hate big crowds, but I love this crowd.

Changes in the current semester call for creative planning, ideas



Cristin Dempsey
Columnist

Winter break is now over and we have been back on campus now for nearly two weeks. A month long break was relaxing and a chance to "re-

charge" from last semester for all of us, but it did not prepare us for the changes to happen in the new semester. There are new classes, new professors, new people, colder weather and even a change in who you still see on a daily basis and who has suddenly disappeared.

I personally did not realize how different my fall semester would be from spring semester already. I thought they would both be strikingly similar, living in the same room and having a few of the same classes. But it felt like the first day of college again when I walked into classrooms where I knew absolutely no one. I am sure everyone has experienced the same thing. There is nothing more intimidating than not knowing anyone. The semester will become a lot easier if you just turn to the person next to you and say "hello." That could be difficult to do, especially if you are shy like me, but I have

realized that saying hello can go a long way. You might just meet one of your closest lifetime friends in this new semester. This is only my second semester of college and reaching out to people I don't know has helped me form some really strong friendships already. Having a study group with a few people from new classes is also a good idea to help meet new people and really learn what they are like. It not only helps you succeed in class, but it will also expand your social circle and make the campus seem that much smaller.

Another intimidating part of starting a new semester is a change of professors. After a three-month-long semester, you get accustomed to your professors' teaching styles and get to know them on a personal basis. Then, suddenly you are in new classes and have to get accustomed to new teaching styles. It does take a while to get used to, as I have realized with my new classes. However, taking advantage of office hours, making sure you know exactly what to expect in the class and getting help from your professor can make you feel more comfortable in the class.

Coming back from break means coming back to brisk, gloomy days. Not to say that November and December had their fair share of frigid days, they did, but the early months of the new year leave people "down in the dumps" and not willing to go outside. I don't understand how people could like the subzero temperatures and sidewalks that are solid ice. I thoroughly enjoyed this mild January that we had with sunny days that got into the 50s. People were happy about

the miserable cold returning! I do not enjoy the freezing winter and I am sure there are others that do not either. There are many ways to get through these long, cold winter months. For instance, going sledding is always a fun activity, even in college. Also, making hot chocolate, tea or a bowl of soup are great ways to keep warm during the cold days.

Some of the new changes take us by surprise and we are not sure how to react to them. A new semester brings new students to campus, but it is also a surprise to return to your dorm room to discover many people you formerly lived with and talked to all the time, are no longer there. Whenever I would talk with my mom about the people I live with, she would often say, "You watch, half of those people will be gone by spring." I never truly believed her, but I came back to discover that some of the rooms had been left vacant and people that had once lived just a few rooms down had left for various reasons. It seems very empty now without some of the people here, which is sad. But this new chapter just means moving on with your life and getting a fresh start. That does not mean you don't contact the people that are now gone, but focusing on classes and getting involved on and around campus is more important.

These are just a few tips and things to keep in mind as the new semester starts. There are many changes for everyone, but the trick is to just know how to handle the changes and make the best of it. Happy spring semester, everyone!

STUDENT VOICES

What do you think the weather has in store for the rest of winter?

Anton Yelk, Sophomore



"I think that there will be at least a week of freezing cold. More ice than snow."



Priya Kailash, Senior

"I hope it stays warm, but not too warm because I'm liking this fall attire that I have going on."

Richy Mark, Senior



"I think it will continue to be nice."



Kasandra Kiester, Junior

"I think that it will continue. Maybe it will snow a little."

See Vang, Junior



"I think that the weather right now is very bipolar so I think that it will snow a lot!"

Rachel Responds:

Making the most of obtaining a four-year degree

Rachel Woodman
Columnist

Alex asks: I've noticed quite a large amount of people are spending over four years trying to complete their degree. In contrast, most incoming freshmen

believe they will be out in no more than four. I don't know if there's been a shift in degree requirements or just the general perception being off.

If you're the average student you likely thought about what college you were going to go to throughout high school. You might have questioned if you should go to the college your friends were at or the one with the best program. Maybe you chose your college for the program or a college that was close to home that was as far away as possible.

Invariably you did some work to get to this college (unless you enlisted the expertise of "Super Mom" or some smuck who lost a bet) and did research, filled out forms, visited universities, and asked current students or alumni about their experiences. All of this hard work resulted in your placement here at River Falls.

Now that you've done all the work to get here are you about to spend four years trying to leave? Of course you are! But is it likely you will succeed in flying the coop Falcon style just as quickly as you flew in? No.

According to U.S. News, in a 2010 survey of 1,266 schools nationwide, an average of only 40 percent of students enrolled in a four-year program graduated within that time. UW-System's 2009-10 Informational Memorandum reported that only 65.2 percent of UW-System students who enrolled full-time in fall 2003 graduated within six years, only 55.2 percent of UW-River Falls students graduated within six years without transferring, and only 22.9 percent accomplished that in four.

A variety of factors can be attributed to what keeps a student from graduating within four years. Alex questioned if a shift in degree requirements has occurred or if the general perception about four-year degrees is misled. The answer is perception.

Research on this topic shows that university degree requirements have not changed but the expectations by employers for college graduates have. Employers want to see

experience in the individuals they hire, causing students to begin seeking out experience before they've finished their degree. Part-time jobs, internships, student organizations, community work and study abroad programs all take away from class time. Some students may choose to be active in many programs and opportunities to the detriment of their grades.

Part-time students expect to spend more than four years but what full-time students may not realize is that "full-time" status does not equal "four-year completion." Students cannot take 12 credits a semester and expect to graduate on time. According to institutional research found on the UWRF website, the average degree at this university has 137.9 credits required for completion. If you only took 12 credits per semester that would mean not graduating for 5.75 years!

If you're in love (or "like-like" if love is too strong a word) with red and black and falcons and squirrels, the easiest way to lengthen your time here is to take less than 15 credits a semester, wait until the last minute to register for classes, travel abroad, take a semester off and/or change your major.

If you're not so keen on staying forever, you may be wondering how you can avoid being ensnared in Wisconsin's winter wonderland for an extra season or six. The easiest way to avoid this is: plan, plan, plan. Take on at least 15 credits and consider summer or J-Term classes. Meet with your advisor and work with him or her to establish a solid graduation plan. Do not wait until the last minute to register for classes! If you do, a required course may fill up before you get in and you may end up taking classes you don't even like in order to maintain full-time status. Also, show up to class! Bad grades could result in you retaking the class, adding more time to your stay here. Do not wait until the last minute to choose a minor! Sometimes you can "double-dip the chip" so to speak, and double-count classes in your major and minor. With careful planning and using these tips your four-year degree can stay closer to four years.

Thanks for the excellent question, Alex! Anyone may submit questions to questionsforrachel@live.com. Please send them right away if you'd like to see them in the Student Voice next week and don't forget to like "Rachel Responds" on Facebook.

Rachel is a senior majoring in marketing communications and minoring in journalism. She loves to work hard, play hard, and use cliches! Look for her Facebook page "Rachel Responds" and email her your questions or topic ideas to QuestionsForRachel@live.com.

Men's basketball faces critical upcoming games

Trevor Jones

trevor.jones@my.uwrf.edu

The UW-River Falls men's basketball team faces a critical stretch of upcoming games beginning with a 5 p.m. tilt at UW-Eau Claire on Feb. 4.

The Falcons are currently in a three-way tie for first place in the WIAC with UW-Whitewater and UW-Stevens Point, according to wiacsports.com. All three teams have conference records of 9-2.

Helping put the Falcons in that position, was a Jan. 21 overtime road win over nationally ranked UW-Stevens Point at Stevens Point. The win snapped a 29-game home win streak for the Pointers. It also gave the Falcons a season sweep of UWSP.

"We executed our game plan and stayed mentally strong throughout the game. It is a tough place to play and we played solid basketball," Head Coach Jeff Berkhof said about the victory.

A big part of that win was the play of senior forward Shane Manor, who contributed 26 points including going 14-15 from the free throw line. Earlier that week, Manor

had a career-high 31 points in a loss at UW-Superior.

Manor's play that week earned him a spot on the D3hoops.com Team of the Week. He was also named the WIAC Basketball Athlete of the Week.

It was the second straight week that a UW-River Falls Falcon had been named Athlete of the Week by the WIAC. In the previous week, junior forward Ollie White, won the award for his role in two Falcon victories.

Another one of the reasons for the team's success has been their solid play on the road in conference games. The team is 4-2 this year in the WIAC when playing away from the Karges Center.

"It takes a different mindset to play well on the road," said Berkhof. "It is us against everybody here. We have to be more defensive-minded and we have to take care of the basketball," said Berkhof.

Berkhof said that the team's main goal at this point is to win the regular season championship. To do that, the Falcons must perform well in their final five conference games.

Among those five conference games, three of them are at home where the Falcons are currently undefeated this year at 7-0. The Feb. 18 season finale against Whitewater in the Karges Center could decide the WIAC regular season title.

While junior forward Ollie White likes the competitive nature of the team, he also said the team can progress daily.

"We can improve in all areas. We are just trying to get a little better every day," said the Minnetrista, Minn., native.

Berkhof made concurred that the team could improve in many areas. "We have a ways to go with our team defense and our half-court offense. We have to execute in the half-court. The key to winning is playing great team defense."

Berkhof also added that preparation is crucial and that it helps to have an experienced squad.

Another team goal is to win the WIAC tournament. The tournament begins Feb. 22 and the winner receives an automatic invitation to the Division III NCAA Tournament.



Sally King/
Student Voice

Left: The men's basketball team practices for their next game against UW-Eau Claire on Feb. 4.

Above: While working at practice, the Falcons know that the key to winning the WIAC championship will be strong team defense. Currently, the Falcons are in a three-way tie for first place in the WIAC. UWRF's final home game on Feb. 18 against UW-Whitewater may decide the conference title.

Weekly Sports Schedule

Friday, Feb. 3

Women's hockey vs. Concordia University at 7:05 p.m.

Saturday, Feb. 4

Men's track and field at Wartburg Select at 10 a.m.

Women's track and field at Wartburg Select at 10 a.m.

Men's swimming and diving vs. Hamline University at 1 p.m.

Women's hockey vs. Concordia University at 2:05 p.m.

Women's basketball at UW-Eau Claire at 3 p.m.

Men's basketball at UW-Eau Claire at 5 p.m.

Men's hockey at UW-Stout at 7:30 p.m.

Wednesday, Feb. 8

Men's basketball vs. UW-Superior at 7 p.m.

Women's basketball at UW-Superior at 7 p.m.



Ricky Rubio dominates for T-Wolves



Ashley Hall

OK Justin Bieber fans, move over. The new phenomenon has arrived and conquered: Ricky Rubio.

Rubio averages 11.1 points per game, 8.8 assists per game and 2.3 steals per game. Even Kobe Bryant from the Los Angeles Lakers was impressed with Rubio's performance when they were matched up on Jan. 30.

The T-Wolves have not had the best reputation since Kevin Garnett, currently a Boston Celtic, was on the team from 1995 until trading him in 2007. Now it seems like the roster is complete.

Sure we acquired Kevin Love in the 2008-2009 season. Then for the 2010-2011 season we got big time scorer and small forward, Michael Beasley. It seemed like the T-Wolves were starting to rebuild their roster and reputation but were not quite there yet.

Let's face it, we were all skeptical when

Rubio was announced to join the Minnesota Timberwolves for the 2011-2012 season. Most Minnesotans were probably wondering, "who is this Rubio kid?"

Rubio was drafted from a European team. Not only did we get the "Spanish Sensation" but we also hired a new coach, Rick Adelman.

At the supposed start of the 2011-2012

NBA season, Minnesota Timberwolves fans were ecstatic when Rubio landed in Minnesota. Part of me speculates that the T-Wolves were hosting their own practices during the lockout just to make sure they were starting to bring their "A-Game" this season, with no affiliation with the NBA of course because of the lockout

When this season started, the first few teams that played the T-Wolves in the pre-season and regular season were shocked at how Rubio managed the court and helped the other players on the court play to their potential.

They may not have won their first three regular season games but they pulled it

around and now they are 10-11. This is the best record they have had since trading Garnett.

Ricky Rubio was not expected to be a starter or even play in the beginning of the season because of Luke Ridnour, the T-Wolves point guard before Rubio joined the team. Rubio shows heart and determination when he is on the court and obviously Adelman

saw that in him, and now plays him over Ridnour.

Despite injury and sickness, the T-Wolves are pulling it together and are showing the other NBA teams that the T-Wolves are a threat, so don't underestimate them.

If you haven't had the pleasure of watching the Rubio beast yet, you better make time to watch.

It is definitely worth watching with Rubio's unbelievable passing and drives down the court.

The Bieber fever was so last season. Now it's all about Rubio, the "Spanish Sensation."

Ashley is a senior majoring in journalism. She is a huge Boston sports fan; the Celtics are her favorite.

Maranda Dohrn breaks career rebounding record



Maranda Dohrn, a senior from Lake City, Minn., broke the all-time rebounding record during the women's basketball game on Jan. 28 against UW-Platteville. She broke the record held by current Falcon assistant coach, Traci Reiman, who had 840 career rebounds. Dohrn now has 845 rebounds in her four-year career.

Information taken from the UWRF athletics page

Small town sports foster sense of community



Ryan Tibbitts

In small towns like mine, sports are the pulse that keeps the town going. Small sports can be a way to keep peoples' minds off their everyday problems. When you are an athlete in a small town, you are a hero in the town. In small towns, student-athletes often play three sports a year. The best players on the football team are typically also the best athletes on the basketball and baseball team as well. Due to the small class size, almost everyone in the class has to play three sports in order to have enough for a team, making it almost impossible to concentrate on one sport.

As a former small town athlete, I know the feeling of having everyone waving to you and asking questions about the upcoming game. All the adults who are still living in their glory days have stories about when they played. They seem to forget the pressure of being a high school athlete and have high expectations for the athletes. They often get together at the local restaurant, sipping cof-

fee, and talking about what the coach could have done better, and who should be getting more playing time. The coaches have many "assistant coaches" who think they know better you could say.

During the fall on Friday nights, the whole town stops and goes out to field hours before the game to tailgate. Little kids play pick-up games and dream about the future when they will get to put on the school colors and come running out to the pep band under the Friday night lights. If the football team does not win a game, which has unfortunately been the case in my town recently, or if they crush every team, the stands are still packed with supporters. There is almost nothing else to do in the town and the people love their teams and almost all have a personal connection to at least one of the players.

In my town, the cross-country team made it to state regularly and every business in the town would put up "good luck cross-country" and "all the way to state" signs. There have not been many state championship teams and the whole town seems to be craving one. During the winter, the attention turns to the basketball team. The players are treated like kings and often given free pizza

at the local restaurant.

Small town rivalries mean everything and it will be a successful season no matter what, as long as the rivalry game is won. On the big rivalry game night, there is not a seat to be found. Both student sections, as well as the players, battle it out until the clock hits

zero. In these games, the players are playing for pride and usually the game goes down to the wire.

During the spring, it is all about the baseball team. There is nothing like going out to the

park and having a hot dog and Mountain Dew while watching the young athletes take the field. Everyone had been suffering through a long winter and are more than ready to hit the field. During the summer, it's right back to talking about the future sports seasons and how the teams will cope with the loss of the seniors and what talented freshman might step up. Many small towns live and breathe through their local sports teams. Sometimes they forget that they are just watching young adults who are playing for fun. There is something special about not only being a small town athlete, but for those four years, a small town hero.

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

Sports are the pulse that keeps the town going.

George Clooney once again proves Oscar worthy

Michael
Brun
Reviewer

After the Academy Award nominations were announced last month, it dawned on me that I had only seen one of the movies up for best picture. To begin my last-minute scramble to watch as many of these movies as possible before the big show, I decided on what is arguably the current Oscar front-runner—the George Clooney vehicle, “The Descendants.”

The plot of “The Descendants” is ripe with the kind of drama traditionally favored during award season. At its core the movie is about a dysfunctional family struggling with grief and resentment over the soon-to-be death of one of its members. Along the way, characters are forced to make tough decisions and face powerful emotions. But at the macro level, the movie delves into the subject of greed—specifically the connection between money and happiness, and the difference between money and wealth.

As a finished product, “The Descendants” is somewhat of a mess. The emotion of the plot is heartfelt and genuine, thanks largely to exemplary performances by a talented cast; but, there is a hazardness to the pacing that I found unsettling. The tone of the movie jumps between deep sorrow and burning rage at moment’s notice. And although the characters reach a cathartic peace by the conclusion, audiences may not be so lucky. I left the theater in what I can only describe as a state of grief.

The movie opens with a cryptic shot of a woman cruising around on a speedboat. From here it cuts to a hospital room where we are introduced to Matt King, played by Clooney, and his comatose wife, Elizabeth. As revealed through a Clooney voice-over, Elizabeth was injured in a boating accident. What sympathy the situation awards Matt is quickly squandered when he confesses to being an inattentive husband and deadbeat dad. “I was the backup parent,” he admits about his two daughters. “The understudy.”

His youngest daughter is Scottie, played by newcomer Amara Miller. She is a sassy thing, unafraid of flipping off adults and open to swearing in front of her father. This is probably to be blamed on Alexandra, Matt’s eldest daughter played by Shailene Woodley of “The Secret Life of the American Teenager” fame. She is first introduced at an upscale reform school, where she has been sent because of problems with drugs and alcohol. Alexandra has the brain of Lisa Simpson, but the bad habits of Bart. In matters of life and emotion, Alexandra’s maturity equals—if not surpasses—that of her father.

The first act of “The Descendants” is heart-wrenching. Scenes of the two daughters coming to terms with their mother’s fate are almost too hard to watch. I found myself wincing through much of it, dreading an hour more of such intense sadness. But then the plot takes an unexpected twist; one that replaces grief with a revenge quest.

Alexandra confesses to Matt that she caught her mother having an affair with another man. This revelation drives Matt into a state of rage. After a heated interrogation, his wife’s friend gives

up the other guy’s name—sending Matt on a mission to find and confront him.

The change in pace brings welcome relief from the sadness, but Matt’s quest adds a layer of moral ambiguity to the plot. What starts as a straightforward grief tale, turns into a shades-of-gray character study. The added complexity brings believability and depth to the characters, but forces the viewer to question the wisdom of their actions.

I would be remiss if I did not also mention the setting of “The Descendants.” The movie was filmed on location in Hawaii, providing a luscious tropical backdrop that contrasts with the depressing subject matter of the plot. The beauty of certain shots brought gasps from the audience in my screening.

But more than just providing an interesting contradiction, the Hawaii setting is worked into the movie as a subplot. The King family are heirs to a massive estate on the island. While dealing with his wife’s condition, Matt is also forced to decide whether the family should sell the land to developers looking to build a resort. As he prepares to let go of his wife, Matt must also come to terms with letting go of something that



has been in his family for generations.

The intense emotion of the plot and strong performances by the cast make “The Descendants” a worthy Oscar contender. Clooney proves once again that he ranks among the cream of the acting crop. Given tougher competition I would not place

much confidence in it being named best picture; but, with the drama lineup this year, it has as good a shot as any.

Michael is a journalism major with a minor in film studies. He is the host of Falcon 411, heard Thursdays from 5 to 6 p.m. on WRVW 88.7 FM.

Super Bowl XLVI features rematch of Giants vs. Patriots



Ben
Lamers
Columnist

About half of the students at UW-River Falls will spend this Sunday, Feb. 5, wishing that they could re-live last year when the Green Bay Packers were playing in the Super Bowl. The other half of the students weren’t even alive the last time the Minnesota Vikings played in the Super Bowl, which was 1976 by the way. This year, we are seeing only the fifth time in which the Super Bowl will be a rematch. The last time the New York Giants played the New England Patriots we witnessed one of

the greatest upsets in sports history as the Giants knocked off the previously unbeaten Patriots. Is it worth noting that of the four prior Super Bowl rematches, the team which lost the first time is 1-3? Yes.

Does it affect the outcome of the game in any way? No. These are two very different teams than when they duelled in the Super Bowl in 2007. The Giants have a more explosive offense while the Patriots now have, statistically, the worst defense in football this season. In fact, these two teams played earlier this season in New England. That game saw the Giants come out on top in a surprising victory. Of course, I don’t need to elaborate on how good the Giants are since the Packers’ fans saw

that first-hand three weeks ago.

Both of these teams sport lots of Super Bowl experience. Tom Brady has won three Super Bowl rings already and Eli Manning is searching for his second. The core of both of these teams are still intact from the 2007 classic game. That nearly throws the “experience edge” out of the window.

One thing that everyone will look at is the play of the quarterbacks, Manning vs. Brady. In the off-season, Manning made headlines by saying that he felt he was in the same class as Brady and Peyton Manning. Many laughed at this saying that there was no way Manning was an elite quarterback. Now Manning has his team back in the Super Bowl after defeating three teams with better records than the Gi-

ants, including road wins over the Packers and San Francisco 49ers. Brady is widely regarded as one of, if not the greatest quarterbacks of all time. A fourth Super Bowl title would solidify Brady’s status as possibly the greatest quarterback of all time. Which quarterback is actually better though? Honestly, that’s a tougher call than it seems. Brady has always been one of the top three quarterbacks in the league every year and 2011 has been no different. However, one cannot turn a blind eye to what Manning has done in the highest profile games during his career. Some people may very well take Manning over Brady if they had to pick one of these two quarterbacks.

A common football quote is, “Offense sells tickets.

Defense wins championships.” This quote will be put to the test this year. So far, two of the top three offenses have lost in the playoffs to teams with top 10 defenses. The other top offense remaining? The Patriots. In the history of the Super Bowl, 38 of the 45 winners have had a defense in the top 10. The lowest ranking defense to win a Super Bowl was the 2006 Indianapolis Colts with a defense ranked No. 19. A defense which, statistically, was the best in the playoffs. Can the Patriots win a Super Bowl with the worst ranked defense in the league? Perhaps.

Before I get to my pick; here is a little trivia for all of you football nerds like me out there. This will be the first time all season that a Manning starts a game in Indianapolis.

Beginning in 2003, only

three teams have represented the AFC in the Super Bowl: the Patriots, Colts and Pittsburgh Steelers. In the same time frame, the Giants are the only NFC team to go to the Super Bowl more than once. Every time a team runs an interception back for a touchdown they have won the game. Finally, Aaron Rodgers is the first Packers quarterback to not lead the Packers to back-to-back Super Bowls.

Now, at long last, my prediction for the game. Honestly, I think the Giants have the better team. However, and this really, really kills me, I’m going to pick the Patriots by a somewhat boring score of 24-13.

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

Chinese New Year fortune cookies provide tasty cultural treat



Brittney
Pfenning-
Wendt
Columnist

Running from January 22, the eve of the New Year, until February 6, the eagerly anticipated lantern lighting festival, Chinese New Year is filled with fun festivities highlighting Chinese culture. This year the zodiac symbol used to represent the New

Year is the dragon, the only legendary sign, and considered the luckiest. The 12 zodiacs aren’t the only symbols used to dictate the year. A 10-year cycle of earthly stems, rotating through metal, water, wood, fire and earth, and an every-other-year of Yin versus Yang are included. We are currently in the year of the Water Dragon. Throughout this two-week celebration, activities vary significantly based on the geographical region.

However one thing remains the same, the importance of cuisine. As Confucius said, “Eating is the utmost important part of life.”

Chinese New Year is filled with tantalizing meals and desserts that are shared with family just as wishes of good health, wealth, and luck in the New Year are shared. The Chinese really take this to heart as they prepare elaborate dishes enjoyed by all.

Desserts enjoyed include the most popular nian gao (sticky cake), Peking dust, almond cookies, egg custard tarts, zeeen doy (sesame seed

balls), five-spice peanuts, sweet red bean soup, and fortune cookies. Nian gao, symbolizing togetherness and a rich life, is made with rice flour, filled with dried fruit, and steamed. This sticky cake often fed to the Chinese kitchen god ensures the family is in favor when he returns to heaven.

Possibly a more known treat in our region, fortune cookies, though an American creation, are widely enjoyed by many festival attendees. I can assure you, homemade fortune cookies have a unique flavor that far surpasses that of take-out extras. Forming them is tricky, and I recommend watching a how-to video. I urge you to be patient as the reward of turning out a beautifully formed fortune cookie with a hand written fortune neatly tucked inside is well worth your time.

Good Fortune Cookies

Yield: 12-15 cookies
Ingredients
1/2 c. sliced almonds (slivered works also)
1/2 c. sugar
1/4 tsp. salt
1/2 c. flour

2 egg whites
1/4 c. cooking oil
1/2 tsp. vanilla extract
1/2 tsp. almond extract

1. Preheat the oven to 350°F. Write funny fortunes on strips of paper (4-inch x 1-inch). Grind the almonds in a food processor, add the sugar and continue to grind them until the mixture is sandy. Add the salt and flour, and pulse to combine.

2. Use the fork to lightly beat the egg whites, oil, vanilla extract, and almond extract together in the mixing bowl. Add the almond mixture and mix.

3. Spoon a heaping Tbs. of batter on a greased cookie sheet. Use the back of a spoon or tip the cookie sheet to spread the batter into a circle about 4 inches across. The batter should be super-thin. Bake the cookie 7 to 8 minutes, until the edges begin to brown.

4. The cookie will be extremely hot, so it’s recommended to wear thin cotton gloves to form them. You’ll have to work fast. Use the metal spatula to flip a cookie into your hand. Lay a fortune on it. Fold the cookie in half

over the fortune, and pinch it closed. Gently pull the corners down over the lip of the coffee mug. Put the finished cookie in a muffin tin to hold its shape as it cools.

5. Repeat steps 3 and 4 with the rest of the batter. If your cookies split when you fold them, you need to spread the batter thinner. Always let the cookie sheets cool before you put more batter on them.

Notes:

The cookies will be very hot when you are forming them, once they begin to cool they will crack. It’s best to start with one or two cookies until you get the hang of forming them fast and even then it’s better to keep the number of cookies on a single sheet low so you don’t risk them cooling too fast. This is a good recipe to make with someone else so you can work together to form them quick.

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Experiences abroad immerse, enlighten traveler



Chris Rohling

I've never stepped foot out of the country in my entire life. Until now. By the time this is published, I'll have been in the United Kingdom going on two weeks. I'm here as part of the International Traveling Classroom, one of UW-River Falls's study abroad programs. As a group, we're heading to seven countries and 10 cities. There's a bit of personal travel time worked into that, so I'll be able to visit a few of the places I'm interested in that didn't quite make it on the itinerary.

At the time of writing, we've wrapped up our time in Scotland and we've just arrived in London. Our week in Scotland was nothing short of a life-changing experience for me. I've really gotten the

feeling that I was born in the wrong place. As much as I'd like to write about our time in the highlands, which were absolutely drop-dead gorgeous, or tell a few tales we heard in the pubs, it'd be

incredibly difficult for me not to dedicate this column to our trip to the library. I know. I would have never guessed that would be a memorable experience either.

To put this night into the proper context, I have to start about 24 hours prior. We were told to meet in the dining hall of Dalkeith house, where the Wisconsin in Scotland program is hosted, and that we should bring our dancing shoes. Now, I'm not much of a dancer, but I've picked up a bit of swing and waltz from my time doing theatre. That doesn't mean it doesn't still terrify me. I think most of the group was just as apprehensive as I was, but people seemed to be have

a blast learning a handful of different ceilidh dances (pronounced "kay-lee"). The traditional dances are still done today in universities and pubs all over Scotland as a way to meet people and break the ice. They're simple, with a lot of basic footwork and partner changing, but incredibly fun.

We were celebrating Burns' Night, a Scottish holiday which commemorates the Scottish poet Robert Burns. We had haggis and other traditional dishes earlier that night. And yes, you have to try haggis if you're ever in Scotland. It's actually pretty good.

Every Burns' Night celebration ends with the group circling up and joining hands and singing through "Auld Lang Syne," the most famous

thing Burns wrote in his illustrious career.

While singing, you sort of wave your arms about. During the verses, you cross your hands and then raise them up and down. It may sound a bit silly, but it's all part of a little ritual that celebrates friendship and togetherness.

The next night, the actual Burns' Night, a few of us went out on the town to take in the sights of downtown Edinburgh, which has to be one of the coolest plac-

es I've ever been. One of the other travelers has worked in a few libraries and is collecting library cards from each of the cities we visit. As we rounded the corner into the library, a few of us could hear singing. I just figured it was something coming out

of the public address system, but was pleasantly surprised to see some 40 odd singers decked out in evening wear and various tartans singing, beautifully I may add, on the main steps of the library.

As we gathered closer, a perfect little old librarian shuffled up to us and asked, "Would any of you like a wee spot a' whiskey?" Let's be honest, of course we did. She brought over shortbread and six ample glasses of whiskey that made me think that the Scots may have a much different definition of "wee" than we think they do. We sat there sipping whiskey and eating shortbread when the director of the choir said a short bit about Robert Burns and we made the realization that they were singing Burns' songs. Then he smiled and said, "Now, if you don't mind, if you'd like to join us in a circle."

A look of recognition shot around our group and we started giggling. There was no way this was actually happening.

Before we knew it, we were singing "Auld Lang Syne" in a circle of about 60 Scots, doing all of the movements.

Afterwards, we chatted with a few of the students who were a part of the choir and they recommended us a few pubs to check out.

That's something that no tour group or faculty advisor could ever plan for you. It's the perfect moment to sum up exactly just how warm and welcoming the people in Scotland are.

Those of us who lucked into that night at the library couldn't stop yammering about it for days. It was a genuine cultural experience that I'll never forget.

I can only hope that I find something half as perfect in each of the cities we're stopping in.

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

It was a genuine cultural experience that I'll never forget. I can only hope that I find something half as perfect in each of the cities we're stopping in.

'My Week With Marilyn' captivates, impresses audience



Samantha Harkness

Over winter break, I decided to venture out to the movie theatre with my mom to see the somewhat unknown movie, "My Week With Marilyn." The movie stars the lovely Michelle Williams, and the handsome man who played Gilderoy Lockhart in "Harry Potter and the Chamber of Secrets," Kenneth Branagh. It details all of the behind the scene moments of the making of "The Prince and the Showgirl," starring Marilyn Monroe and Sir Laurence Olivier.

The movie is based off of the book, "The Prince, the Showgirl, and Me." It was written in 1995 by the man who was there during filming, in 1956. His name was Colin Clark. Clark was

only 23 at the time of filming, and the third assistant director. He came from a prominent British family. His parents were friends with Sir Laurence and his wife was the "Gone with the Wind" star, Vivien Leigh.

Clark was able to help shuffle Monroe to the set and was to be at her beck and call. In 1956, Monroe was newly married to playwright Arthur Miller.

She arrived in England and was an instant star among the people. Monroe brought her acting coach, Paula Strasberg, along for support, as Sir Laurence was rather cold towards her and her lack of acting skills.

Monroe was continuously late to the set, making the

cast and crew wait for hours for her arrival.

Upon arriving, she would be in her dressing room for a few more hours preparing with her acting coach. Later in the film, Miller leaves the country to go back to the states and Clark takes it upon himself to show Monroe the British life. For a full week they are together. They go to the English countryside,

Personally, if I was under the amount of pressure that she was, I would probably lock myself in my bedroom too.

take walks, and even go skinny dipping. The movie also shows the dark side of Monroe's personal

life. It was not all glitter and glam. She experiences a miscarriage while married to Miller. She also locks herself in her room, takes too many pills and passes out in another point in the film. In comes superhero Colin. He climbs through her window and comforts her as they fall asleep side by side. Personal-

ly, if I was under the amount of pressure that she was, I would probably lock myself in my bedroom too. She was lucky to know somebody like Colin.

I was told recently that the test of a good movie is if the audience is aware that they are in a theatre or not. This movie was so captivating. I was drawn into the story immediately. It made me feel sorry for Monroe because Sir Laurence and the rest of the British cast and crew did not give her a chance to shine. They needed to treat her with respect and be patient with her. True, she shouldn't have kept them waiting forever, but perhaps things would have been different if they had given her a chance.

All in all, I have nothing bad to say about this film. It was captivating and wonderful. Williams did an excellent job at portraying this beautiful woman and I highly recommend this movie to those who wish to take a peek into history.



my week with
MARILYN



Gingrich pushes past Romney in South Carolina to cloud GOP race

Amanda White

When I picked up my Sunday paper this past weekend, my mouth dropped open in shock: "Gingrich beats Romney" in the South Carolina primary. What?

For a couple weeks now I have been convinced that Newt Gingrich's run for the GOP nomination was on its last legs. Then he goes and wins a crucial primary state that will most likely dictate the rest of the Republican nomination race. "The

Huffington Post" featured a quote from Gingrich that implied, no, stated, that low-income children who received reduced-price or free meals at school should replace the "unionized janitors" in order to learn how to work hard.

That was the tipping point for me when I decided that Gingrich was going to be outvoted by the likes of Rick Santorum and Mitt Romney in the upcoming South Carolina primary.

Which is why his win, and a landslide win at that, did more than surprise me.

I was speechless. According to the Associ-

ated Press, Gingrich snagged the win for the South Carolina primary with 40.4 percent of the votes, with Romney coming in second place with 27.8 percent.

This is the first presidential election I have followed at all, since I turned 18 the year after President Obama's historic win as the first African American president. Therefore, I may be wrong, but a difference of almost 13 percent between first and second place seems like a huge difference that was totally unprecedented.

I say unprecedented because during the week before the vote was to take place, all of the remaining Republican nominees were traveling around the state,

staging rallies and speeches in order to gain more supporters. Gingrich held one of these important rallies in a hotel conference room that was able to hold 800 people. He ended up cancelling the event because so few people showed up.

Gingrich has quite a history on Capitol Hill.

After serving in the House of Representatives from 1978 to 1995, Gingrich became Speaker of the House from 1995 to 1999.

Perhaps his greatest accomplishment as Speaker was passing the first balanced budget since 1969.

However, Gingrich was often cited as a magnet for controversy, and amid dismissed ethics violations and

dismal Republican results in the 1998 elections, he resigned in 1999.

Despite Gingrich's challenges, he has managed to stay active in Washington, D.C., which leads us to this year's Republican nomination race.

Gingrich seems to be the odd duck in the pool of Republican nominees. He was raised Lutheran, a relatively moderate Christian denomination, but converted to Catholicism, which can't hold a candle to the religious zeal of the other candidates. Romney is a well-known Mormon, Santorum and Rick Perry, who just pulled out of the race last week, are both evangelical Christians.

So Gingrich may indeed

have an advantage over these other nominees because he is able to reach the maybe not-so-religious voters of America. Whatever the case may be, there is no doubt that I will continue to follow the fascinating Republican nomination race, made even more fascinating by Newt Gingrich's upset victory in South Carolina this last weekend.

Staying informed about candidates is important, especially to college students, as many of us will be voting in a presidential election for the first time. I know that I, for one, will be listening to all candidates' platforms to be an informed voter.

Find Freddy's Feather

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

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