



BEHRMAN, PAGE 6
Softball looks to defend WIAC title

PFENNING-WENDT, PAGE 5
Satisfying your sweet tooth with chocolate cookies

HARKNESS, PAGE 8
'Iron Lady' depicts famous leader



STUDENT VOICE

March 2, 2012

www.uwrfvoice.com

Volume 98, Issue 16

Tourney Time!

Men's, women's basketball both enter NCAA tournament for first time in history Women travel to take on Coe Men host Edgewood at Karges

Ashley Goettl
ashley.goettl@my.uwrf.edu

Two senior players on the women's basketball team that have already reached 1,000 points in their careers, and another has already broken the career rebounding record. This strong senior class has helped lead the Falcon women's basketball team to their first Division III NCAA Tournament appearance since the 1995 season.

The Falcons earned an at-large bid to the tournament after posting a 21-6 record.



No. 23 Tiffany Gregorich averages 13 points per game.

With a 21-win season, the at-large berth came to no surprise to Falcon Coach Cindy Holbrook.

"Although you never know what happens when the decision is up to a committee, we knew we had a great chance with a great record and a tough schedule," said Holbrook.

The Falcon women will play Coe College at 5:30 p.m., on Friday at the University of St. Thomas.



No. 35 Maranda Dohrn averages 11.2 rebounds per game.

Coe won the Iowa Conference Tournament with a 79-59 win over Simpson College on Feb. 25. This gave them an automatic berth into the NCAA Tournament. They enter the tourney with a 20-7 record.

Guiding the Falcons into this year's tournament has been a senior class that has already achieved several milestones.

Both Tiffany Gregorich and Alise Holst have reached 1,000 points in their careers. Maranda Dohrn, another senior, set the all-time career rebounding record for UWRF.

"We have really received great leadership from our senior class. They provide balance and they truly compliment each other," said Holbrook.

Holbrook is in her 13th season with the Falcons. This is the first time she has ever coached in the NCAA Tournament.

As a player, Holbrook led UW-Stout to the NCAA and NAIA tournaments all four years she played.



No. 31 Nikki Guhr has started all 27 games for the Falcons.

She is the only person to have been named Wisconsin Intercollegiate Athletic Conference (WIAC) Coach of the Year (2001) and WIAC Player of the Year (1994).

However, while the team has had a successful run so far, both Holbrook and her team know that the Falcons are in the tournament to be fierce competitors.

"We just need to play smart, hard, and to our strengths. If we do that I think we can go far in the tournament," said junior Brittany Gregorich.



No. 20 Brittany Gregorich has made 80.3 percent of her free throws.

Brittany Gregorich, who is a sister to teammate Tiffany Gregorich, is second on the team with 75 assists.

Tiffany Gregorich was just named to the All-WIAC first team for the third straight season. She leads the Falcons in scoring, averaging 13 points per game. She also leads the team with 61 steals.

Not far behind her is Holst, who after earning honorable mention to the All-WIAC team a year ago, earned first team honors this year. Holst averages 12.9 points per game.

Dohrn also earned honorable mention to the All-WIAC team. She was also named to the All-Defensive team. Dohrn has grabbed 303 rebounds this season and leads UWRF by av-



Sally King/Student Voice
Tiffany Gregorich has been one of the top performers for the women's basketball team. The senior guard leads the Falcons by averaging 13 points per game.

eraging 11.2 per game.

Although the Falcons have not played Coe this season, Holbrook knows that the Falcons match up well against the Coehawks.

"We are two very similar teams. But as long as we get balanced scoring and do the things we've been doing, along with getting great help from our bench, we will be all right. This (the Falcons) is a great team that is fun to watch," said Holbrook.

While the opponent may have changed, the Falcons aren't planning on changing what they have already been doing.

"Preparing for Coe will be the same as preparing for any other game. We will watch film on them and go over key things that they do, but when it really comes down to it we just have to play as a team and do things right," added junior Nikki Guhr. Guhr is one of four Falcons to have started and played in all 27 games. She was also named to the WIAC's All-Sportsmanship team.

This is UWRF's fourth appearance in the NCAA Tourney and the first since the 1995 season.

The team also qualified for the tourney in 1987-88 and again in 1988-1989.

In 1995, the team lost at UW-Whitewater, 72-71. In 1988 the Falcons lost to St. Norbert, 79-78. In 1989 the Falcons beat St. Norbert, 93-74, but lost a second round game to UW-Eau Claire, 83-73.

With this year's squad that has already achieved so much, there is no telling how far the Falcons will soar.

Ashley Goettl
ashley.goettl@my.uwrf.edu

They say the third time is the charm. Just ask the UW-River Falls men's basketball team.

Although it may have taken the team until the third try this season to beat UW-Whitewater, the Falcons made sure to beat the No. 8 ranked team in the country when it counted: in the Wisconsin Intercollegiate Athletic Conference (WIAC) Championship game.

With the victory comes an even bigger prize: For the first time in the program's history, the Falcons will host the first two rounds of the Division III NCAA Tournament.



Jessie Behrman/Student Voice
Shane Manor has been the Falcons' top scorer this season. He averages 17.5 points per game.

The Falcons continue their historic run as they host the first round of the NCAA Tournament against Edgewood College at 8 p.m. Friday at the Karges Center. The team earned the WIAC's automatic berth to the tournament by defeating the No. 1 seed, UW-Whitewater, 64-58 in the WIAC Championship game on Sunday.

This marked the first time in school history when the team has won the WIAC Tournament. The Falcons came into the tournament as the No. 2 seed.

The Falcons return to the NCAA Tournament for just the second time in school history. The last time the Falcons were in the final field of 62 was last season, but the Falcons lost to Illinois Wesleyan in the first round, 83-76. Jeff Berkhof, who is in his sixth season as head coach at UW-River Falls, said that last year's experience will help this year's squad as it prepares to take on Edgewood.

"Getting that experience last year was great, but now this year with the group of kids we have, we are looking to go out there and do something," said Berkhof. "With the group that we have and with the way we are playing right now, there is no reason why we can't go far."

The Falcons will not have to go far, in terms of travelling, as UWRF will host the first and second rounds of the NCAA Tournament in the Karges Center, a tough place for opposing teams. The Falcons hold a 10-1 record at the Karges Center this year. Their only loss at home was on the final day of the regular season in a 55-53 loss to UW-Whitewater on Feb. 18.

However, Berkhof said he knows that with the strength and leadership of his team, the Falcons are in a position that enables success.

"We have four seniors that work extremely well together," Berkhof said. "Brian (Kimble) at the point is a great leader for our team. Aaron Anderson is a great presence on the outside. Wade Guerin is our big guy inside, and Shane Manor is very versatile and brings a lot to our team. Our other starter, Ollie White, has also been a big contributor to our success."

Manor leads the team in scoring, averaging 17.5 points per game. He was just named to the All-WIAC First Team for the second consecutive year. Manor also leads the team with 31 steals and 17 blocks. Guerin, who earned honorable mention to the All-WIAC team, leads the team in rebounding, averaging 7.7 per game. He also averages 10 points per game.

All Falcons starters landed on one of the All-WIAC teams. Manor was the lone first team selection, however Guerin, Anderson, Kimble and White all earned honorable mention. Anderson was also named to the All-Sportsmanship Team.

UWRF will take on Edgewood College for the fifth time in school history. The all-time series between the two schools is knotted up at 2-2. Edgewood, which is located in Madison, comes to the Karges Center with a 22-6 record. The Eagles won the Northern Athletics Conference playoff title with an 80-72 win over Lakeland College to earn the conference's automatic berth. Seniors Kent Fauote and Ben Wiseniewski lead the Eagles in scoring, averaging 15.6 points per game. Edgewood has also played Whitewater. The Eagles fell to the Warhawks by a score of 79-51.

However, both Berkhof and Guerin said that while the opponent may change, the game plan will remain the same.

"We will continue to do what we've been doing all season long, since day one back in October," Guerin said. "We will be watching a lot of film on Edgewood, practicing hard and with a purpose, and continue to get stronger in the weight room."

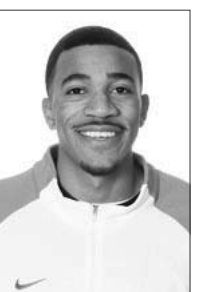
Teammate White agreed. "We need to take it one practice at a time, and enjoy the experience," he said.

The Falcons come into the NCAA Tournament ranked No. 17 in Sunday's D3Hoops.com poll. Edgewood is not ranked in the top 25.

On Friday, the quest for the national title will begin.



No. 1 Shane Manor averages 17.5 points per game.



No. 5 Brian Kimble has 48 steals this season.



No. 34 Wade Guerin averages 7.7 rebounds per game.



No. 3 Aaron Anderson has made 45 three pointers this season.



No. 33 Ollie White has shot 58.3 percent from the field.

Residence Life guarantees smooth housing sign-ups

Melinda Mendez
melinda.mendez@my.uwrf.edu

Over the last three years there have been around 2,480 students living in the residence halls. With this many students the University has a housing sign-up process to keep things running smoothly.

“The housing sign-up occurs in multiple phases,” said Julie Phelps, assistant director of Residence Life facilities and administrative services. “The first phase starts in November and goes through May.”

In this phase, students go online to fill out our contract for the next academic year. In this contract they can state their preference for roommates and special housing

options. The next phase starts in January where all current residence hall students must go online to renew their contract to reserve a space in the halls.

Suites. This is broken down into three sub-phases. These sub-phases are bed/same suite sign-up, different suite sign-up, then open suite sign-up for anyone who is eligible to live in the suites.

The next phase is South Fork Two. Only students who are eligible to live in this sophomore housing option are able to sign up.

“The final phase is when we go back to traditional halls,” said Phelps. This gets split into sub-phases as well. They are same bed/same hall, different bed/same hall and any hall.

After this process, dates

and times are assigned to the hall sign-up process to ensure that only the students who are eligible to sign-up at that time are doing so. This is all controlled through a housing management system.

“First and second year students not living on campus in the halls as mandated by the two-year residency requirement set by the (Wisconsin) Board of Regents, may commute from their parent’s home,” said Phelps. Student’s parents home must fall within the approved commuting distance set by Residence Life.

Upper-class students may commute as well, living in off-campus rental houses and or/apartments. Residence Life is not involved with the process of finding a place off-campus; they only work with on-campus housing. They do

have a link on their website called places4students.com. This is a website which helps off-campus students find affordable housing.

A few years ago the enrollment was so high that some students were living at hotels, but this is definitely not the case this year. Enrollment is low this semester and the University will be taking Johnson Hall offline for the 2012-2013 school year. According to the Residence Life’s website, Johnson Hall will be closing for major facility improvements and renovations.

Students who are planning to stay in their dorm during break will need to remember to sign up for break housing. No student will be allowed to stay on campus during a break without first register-



Charissa Squire/Student Voice

Sarah Solinger, Christina Solinger and Casey Kemper, are among the many students who live on campus.

ing and signing a contract. Student’s request for housing will only be reviewed during business hours, which is Monday through Friday 8 a.m. to 4:30 p.m. If a student does register over the weekend, there request will not be

answered until the next business day. For more information on the sign up process and all other housing information students can go online at <http://www.uwrf.edu/Housing>.

UW-River Falls works toward campus inclusivity

Ashley Hall
ashley.hall@my.uwrf.edu

Inclusivity and diversity at UW-River Falls has become an issue that not only students actively participate in, but faculty and staff also play a big part in as well.

Some faculty and staff have made it their top priority to make sure inclusivity and diversity is represented and showcased on the UWRF campus.

The Diversity and Inclusivity Committee, which is part of Faculty Senate, are discussing ways to bring guest speakers to campus to talk about related issues and are also looking into the hiring processes for faculty and staff and making them more inclusive.

“We are always engaging and trying to do programming,” said Cynthia Kernahan, the chair of the Diversity and Inclusivity Committee.

There was a speaker brought to campus last month to talk about the stereotype threat. The office of Equity, Diversity and Inclusion partnered with the Diversity and Inclusivity Committee of Faculty Senate, used assistance from the UW System Minority Retention Grant to make this possible and accessible for UWRF students, faculty and staff.

These recent committees, events and issues have sprung up because of past inappropriate actions made by members of the campus community.

“The community rallied through hate,” said Blake Fry, special assistant to the chancellor.

Negative actions were taken and made into positives by the UWRF students through a process of change. On campus today, there are committees, clubs and offices that address issues of inclusivity and diversity.

“Things have been getting better overall,” said Chief Diversity Officer of the Equity, Diversity and Inclusion Office Andriel Dees, in an email. “Our community continues to grow in awareness of the importance in understanding each other and the various perspectives and backgrounds that make our community diverse.”

Students are also making sure that the University is allowing programs and groups to promote diversity and inclusivity across campus.

“I feel like the University has done a good job at promoting inclusion and diversity on campus due to many programs and organizations the University has provided for students who may feel excluded, students who feel they do not have a voice, and minorities groups,” said Zee Lue Xiong, president of the Asian American Student Association, in an email.

The UWRF campus offers many programs for students of all backgrounds to be involved together and work towards a more diverse and inclusive campus.



Megan Rodriguez/Student Voice

Andriel Dees, chair of the Inclusivity and Diversity Committee, works to promote inclusivity on campus.

The director of Student Life, Paul Shepherd said, “I think our strength on campus when it comes to inclusivity and diversity are the programming opportunities that are offered for all students.”

Student Life offers information and events on their website for students. They are invited to go there and read about how they could get involved with the diverse life on campus. Offering events and groups to students and faculty of the University is very important in maintaining a community on campus.

“What we as students and staffs do need to recognize, is that people who do feel exclusion, minorities and people of color, may have had a prolonged painful experience with inclusion,”

said Xiong. “It may be difficult for individuals to break out of their shells to feel the inclusion and diverse feel on campus.”

The different ways campus will be notified of events or groups to join is through Falcon Daily or by word of mouth. Sometimes the faculty and staff will be notified in meetings and be made apart of them.

“Currently our main project is working to set up an event to make inclusivity and diversity more widely known around campus so that students are educated on the matter and prepared to stand up if need be,” said Kayla Edstrom, the Student Senate Inclusivity and Diversity Issues director.

News briefs

UW-River Falls Student Accounting Society offers free income tax assistance

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 paper 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. 28 and March 6, 19, 26 and 27. The clinic does not include help with electronic filing.

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, contact DeWald at 715-425-0620 or email steven.e.dewald@uwrf.edu.

Global Perspective Concert Presented at UW-River Falls

New York Philharmonic tuba virtuoso Alan Baer will perform with the UW-River Falls Symphony Band and University Band at 7:30 p.m. on Thursday, March 8 at the William Abbott Concert Hall in Kleinpell Fine Arts Building on the UWRF Campus.

Director Kris Tjornehoj will lead the Symphony Band with selections “Eternal Father, Strong to Save” by Claude T. Smith, “Four Norfolk Dances” by English composer Philip Sparke and “The Mad Major March” by Kenneth Alford. University Band, directed by Gary Bird, will perform “Someone to Watch Over Me,” Selections from “Chicago”, and “Northern Lights March” by UWRF faculty composer J. Michael Roy.

Alan Baer joined the New York Philharmonic in 2004, as Principal Tuba. He was formerly Principal Tuba with the Milwaukee Symphony Orchestra, London Beach Symphony Orchestra, and Louisiana Philharmonic Orchestra. He has performed as a featured soloist, touring Japan and several countries in Europe, including Switzerland, Austria, Spain, Germany and France.

The concert is open to the public. Admission is \$5 for adults, \$3 for seniors, and \$2 for students with a valid student ID.

For further information, contact Tjornehoj at kristin.tjornehoj@uwrf.edu or call the at 715-425-3183. Visit <http://www.uwrf.edu/MUS/> for additional concerts and information.

River Falls Police/ UWRF Police Department

Feb. 20

- Jonathan David Atwell was reported as having accidentally breaking a window in the Nelson Center.

Feb. 24

- A Magna mountain bicycle was reported stolen from the bicycle rack at Parker Hall.

Music professor Barnett’s trial rescheduled due to weather

Ashley Goettl
ashley.goettl@my.uwrf.edu

The jury selection and trial of UW-River Falls music professor Thomas Barnett has been postponed until April 11 due to concerns about potential snowfall.

Jury selection was to begin Tuesday in the St. Croix County Circuit Court in Hudson. Barnett is charged

with second degree sexual assault of a child and false imprisonment following an alleged incident at the Hudson 12 Theatre on Aug. 16, according to the criminal complaint.

Defense Attorney Timothy O’Brien said that both lawyers and Judge Eric Lundell agreed to postpone the trial because there were questions about whether the witnesses or jurors could make

the scheduled three-day trial if weather conditions worsened.

The Twin Cities and western Wisconsin were under a winter storm warning Tuesday into Wednesday evening, according to the National Weather Service office in Chanhassen, Minn.

“We didn’t want to go into the second day of the trial and have to postpone it,” O’Brien said. “Therefore, we

just decided to postpone it altogether instead of starting it and then worrying about whether people could make it for the second day or not.”

There were no legal reasons for the postponement, according to O’Brien.

Barnett’s trial will now begin at 9 a.m. April 11 in the St. Croix County Circuit Court in Hudson.

Editor’s note:

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

Social media program shows student success

Deanna Baisden

deanna.baisden@my.uwrf.edu

University Communications has now joined hundreds of universities across the nation in using the new social media program, readabout.me, which allows students to publicize achievements and activities they have earned throughout their college career.

Readabout.me, a program offered by readMedia, provides students the opportunity to create an online profile that can display a history of work experience combined with personal stories about collegiate awards and accomplishments that are submitted by the university in the form of a badge.

Similar to foursquare, these badges now allow the University Communications office a streamlined way to process large press releases to students' hometowns, said UW-River Falls Communications Marketing Specialist Amy Christensen. Students can share their profile and awards with family, friends and potential employers.

"Students do not have to claim their online profile on readabout.me if they don't want to. However, doing so helps create an official record of awards you have earned while attending UWRF and students also have the option to add their own activities in as well," said Christensen.

Students will now be receiving an email notifying them if a release about them was sent out, and the email will contain a link directing the student to their badge and story on readabout.me.

"We have just done releases for things like dean's list, graduation, and various awards that areas have submitted to us in the past month since we launched the program. So those are the only students that have had access to a readabout.me account to date," wrote Christensen in an email. "However, beginning next fall, we will be running our complete enrollment through the system and all students will have the opportunity to activate their account then, if they desire. If they want to start their account sooner, they can contact me and I'll be happy to get them started."

ReadMedia originally approached the Admissions Office about implementing the readabout.me program. Admissions passed along the program to University Communications, a more suitable fit with the offices responsibilities of handling both social media outlets and press releases.

"ReadMedia contacted our office and presented their program options. We felt readMedia was worth pursuing at River Falls because our students are very involved

and we thought it would be a great way for them to showcase their college accomplishments," said Admissions Counselor Jennifer Sell.

Junior Amanda Buchanan was recently awarded a badge on her readabout.me profile for being on the dean's list last semester. Although she thinks this site is a valuable tool for students, she questions how many universities and potential employers also use the site.

"For soon to be graduates, I question if employers look up interviewees on the site. If so, the site could be very beneficial to graduates," said Buchanan.

There are currently 464 universities across the nation that are on readabout.me, four of those being in the UW System.

"These profiles are also cacheable in Google, which means, if a potential employer Googles your name this is something that would potentially come up about you," Christensen wrote in an email. "A lot of students get themselves into trouble with other things they put out there about themselves in social media and this will give a potential employer something positive to read about them."

More information about readabout.me can be found at <http://go.uwrf.edu/readMedia> or by contacting Amy Christensen at (715)-425-3787.

Civil rights activist speaks at UW-River Falls



Karen Edlebeck/ Karen Kimberly Photography

Michelle Alexander, civil rights activist and an associate professor of law at the Moritz College of Law at Ohio State University, spoke on black equality and how minorities are treated in the United States corrections system on February 29 in the University Center Riverview Ballroom. This speech was given to students, faculty and community members, as part of the Wyman: Performing Arts and Lecture Series to educate the community on diversity related issues. Following her presentation, she held a question and answer session to address any questions about her lecture or race related issues in society.

Segregated fees increase in response to campus-wide department needs

Brittany Flatten
brittany.flatten@my.uwrf.edu

Students may see an increase in their segregated (seg) fees for the 2012-2013 academic year in response to the passage of four out of seven motions brought before the Student Senate.

Student seg fees as defined by Student Affairs are "charges, in addition to instructional fees, assessed to all students for services, programs, and facilities that support the mission of UW-River Falls."

Most of the increases asked for by all of the different departments were in response to cutbacks that had to be made in budgets because of loss of General Purpose Revenue (GPR) funding. Many people commented that if it wasn't for the hard economic times, they might not have asked for an increase.

The proposed increases had to first be discussed at the small committee level and were then brought before the Facilities and Fees Board for recommendation to the Senate. The final decision on all proposed increases will be made by the Chancellor regardless of whether they were passed or failed at the Senate level.

Of no surprise to the Senate was the high attendance of guests at the meeting. More than 50 people gathered in support of their corresponding programs or departments.

"I had heard before the meeting from people that they expected to have support," explained Vice President Carlan Strand. "The people who did show up were obviously passionate."

The majority of the guests at the meeting were there to support UWRF Athletics. The motion to increase Athletics' seg fee by \$2.50 was passed by the Senate with a vote of 20-2.

The proposed fee increases by the Creative Hours in Learning Development (CHILD) Center, Student Health, and Career Services

were the other three motions that passed. Both Student Health and the CHILD Center asked for a \$5 increase and Career Services a \$38 increase.

The fee increase for Career Services includes the creation of a committee of students to oversee this fee. The Senate determined that this was a good proposal as it encourages student involvement and gives students a voice in how their money is spent.

"As a peer advisor for Career Services I am able to meet with students one-on-one to help them in many career related areas. Without the seg fee increase, some peer advisor positions would be in danger of being cut and students would lose that beneficial service," stated UWRF student Laura Kropp.

The CHILD Center and Student Health motions passed 18-2 and 18-3, respectively. The CHILD Center has not asked for an increase since 2004 and this was definitely taken into consideration by the Senate in their decision.

"Even if the increase goes through we are still projecting a loss," said CHILD Center Director Minda Matthys. "This increase means we can keep the cost down for all families who are receiving care at our facility."

The motions for seg fee increases proposed by the University Center, Residence Life, and Dining Services failed after rather in-depth discussions that caused the meeting to last around three hours.

Cara Rubis, director of the UC, presented on the proposed increase. Senators asked specific questions about what the UC was doing already to cut costs, where cuts would have to be made if the motion failed, how much revenue the UC takes in and a few other smaller items. Rubis answered their questions, but ultimately the Senate wasn't fully persuaded and the motion failed.

Dining Services was a part of a much shorter discussion. Jerry Waller, assistant director of Dining Services, explained that money would be going back to Sodexo, to utilities, and for funding debt. The motion did not receive the 2/3 majority needed to pass, although the vote was close at 10-7.

Another long discussion was held for Residence Life. A few Senators thought that there were some unnecessary items included in the budget such as upgrades to Blu-Ray rooms and some landscaping projects. Sandra Scott-Deux, director of Residence Life explained that those items make up a very small part of the budget and the money is really needed for building updates for safety reasons and staffing. The vote came out the same as Dining Services and the motion failed.

"I believe the motion failed because, given the current economic conditions, today's students are concerned with any increase in costs to their college experience," said Scott-Deux.

Facilities and Fees Board Chair Beth DeLong, was disappointed in the discussions held for the motions. She has pleaded with the Senators to get involved at the smaller committee levels where the initial discussions take place and questions can be answered.

"Many of the Senators were uninformed about these motions brought before them and they admitted to that. The biggest problem was that they weren't focused on the big picture and were too busy picking at all the little stuff."

The Chancellor has asked Senate for a clear list of reasons as to why three motions did not pass. After receiving that list, he will then take the Senate's recommendations into consideration and make his decisions on how much more students will be required to pay in seg fees for 2012-2013.

Look at the

Student Voice online!

www.uwrfvoice.com

RCU Private Student Loan

When federal aid & scholarships aren't enough

College may be overwhelming, but paying for it shouldn't be. Start by applying for federal student loans, grants, and scholarships. Then if you need more money, an RCU Private Student Loan can bridge the gap.

Learn more and apply
www.rcu.org/loans



www.rcu.org

Helping students finance their education for 36 years



EDITORIALS

Students asked to gain cognizance of current social bullying issues

Bullying. We've all heard the term before. The Oxford English Dictionary defines bullying as being any form of overbearing insolence, personal intimidation, or petty tyranny. Bullying is manifested by the manipulation of force to affect others, particularly when the behavior is habitual and involves an imbalance of power.

In light of the recent school shooting at the Chardon high school in Ohio, that resulted in two wounded students and three dead, the Student Voice finds it pertinent to address the issue of bullying. Prosecutors have said that the student, T.J. Lane, 17, admitted to taking a gun to school and firing 10 rounds at students sitting at a cafeteria table early in the morning Monday, February 27. The New York Times reported that bullying and drugs were not related to Lane's motivations behind the school shooting, and that he did not target any students in particular. However, it is so hard to believe that bullying did not play any sort of role in instigating this horrific event.

School shootings, any incident where gun violence occurs at an educational institution, occur more often than one may think and is a topic of intense interest in the United States. School shootings have been conducted by students of all races and backgrounds, confirming that there is no way of profiling a certain "type" of student who could become a potential perpetrator.

Realizing that school shootings occur so often opens one's eyes to the harsh reality that bullying is, in fact, everywhere. Bullying can occur at school, at church, among family, at work, in neighborhoods and even between social groups, social classes and countries.

Bullying can be classified into two categories: direct bullying and indirect bullying (which is also known as social aggression). Social aggression, or indirect bullying, is characterized by attempting to socially isolate the victim. This isolation is achieved through a wide variety of techniques, including spreading gossip, refusing to socialize with the victim, bullying other people who wish to socialize with the victim, and criticizing the victim's manner of dress and other socially significant markers (including the victim's race, religion, sex, or sexual preference, etc.)

Ignorance and apathy fuel bullying. In ignorance of other's ideologies and social standings results in a complete lack of respect and tolerance. Far too many individuals are guilty of apathy, simply doing nothing when bullying is detected.

As a campus that prides itself on inclusivity, let's do something to stop the injustice and oppression.

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

STUDENT VOICE

- | | |
|---------------------|---|
| Editor | Ashley Goettl |
| Assistant Editor | Kara Johnson |
| Front Page Editor | Rebecca Rudolph |
| News Editor | Brittney Pfenning-Wendt |
| Viewpoints Editor | Arianna Schultz |
| Sports Editor | Ashley Hall |
| Etcetera Editor | Benjamin Lamers |
| Chief Photographer | Sally King |
| Staff Photographers | Charissa Squire
Megan Rodriguez
Maggie Sokolowski
Jessie Behrman |
| Cartoonist | David Recine |
| Chief Copy Editor | Samantha Mayberry |
| General Manager | Charles Korenchen |
| Ad Manager | Charissa Squire |
| Faculty Advisor | Andris Straumanis |

Read the *Student Voice* online at www.uwrvoice.com

The *Student Voice* is a student-written and managed newspaper for UW-River Falls, and is published Fridays during the regular school year. All editorial content in the *Student Voice* is determined by the newspaper's Editorial Board. The opinions expressed in editorials and columns do not represent those of the newspaper's advisor, student population, administration, faculty or staff. Letters to the editor must be 300 words or less, and include a first and last name and phone number. They can be submitted at 304 North Hall, River Falls, WI 54022 or to editor@uwrvoice.com. The *Student Voice* reserves the right to edit any material for content, libel or space. It also reserves the right to withhold letters. All letters, news releases, briefs, display ads and classified ads must also be submitted no later than Wednesday at noon. Because of high production costs, UW-River Falls community members are permitted to collect one copy of the *Student Voice* per issue. A single copy of the *Student Voice* is valued at \$1, and additional copies may be requested from the editorial staff by e-mail through editor@uwrvoice.com. Newspaper theft is a crime. Those who violate the single copy rule may be subject to civil and criminal prosecution.



David Recine/Student Voice

Science Museum offers educational opportunity



Sam Mayberry
Columnist

This past Saturday, I went to the Science Museum in Minneapolis with Falcon Programs. My friends and I decided to go to celebrate our friend's birthday, as she loves anything involving science. I had never been there before and I must say, it was a lot of fun!

We had a little glitch in our plan at first though because my other friend and I were unable to get tickets as they were sold out by the time we decided to go. We were bummed that we wouldn't get to spend the day with the rest of the group but we figured we'd have a fun Saturday on our own, too.

Fortunately, two people were looking to sell their tickets, as they were unable to make it to the event anymore. We graciously accepted the tickets and were excited to get to be with all our friends and celebrate a birthday.

When we arrived to the science museum we went to the Omnitheater first and watched a short movie called "Under the Sea." It was about life under the sea including the Great Barrier Reef off the coast of Australia.

It was neat to see the different types of animals that have made themselves a home in the sea and also to learn about how they are being endangered due to our climate changing. I have to admit, that I have a huge heart for animals so seeing all of them that are endangered kind of broke my heart a little bit.

However, it was educational and I found it very interesting so it was worth it. Not to mention the way the screen is set up, it feels like you are under water with the animals.

Scuba diving is now on my list of things to do before I kick the bucket.

After the Omnitheater, my friends and I decided to go to the Real Pirate exhibit. That was by far my favorite part of the museum and it was neat walking around learning about the lives of the pirates that were being featured.

The museum focused on the slave ship, Whydah, and how it was captured and turned into a pirate ship. It included artifacts from the actual wreckage of the Whydah such as actual treasure and even a bone of the youngest pirate on the ship, John King. The treasure was neat to look at, however; the bone was kind of creepy, in my opinion.

They also have people dressed up as pirates walking around the exhibit who made it entertaining and they even had demonstrations on how to make ropes for the ship. Towards the end of the exhibit they even had a small-scale pirate ship you could walk around on which was probably my favorite part of the exhibit.

We spent a little over an hour walking around the pirate exhibit and then we made our way around the rest of the museum, including the musical stairs, which my friends and I found entertaining.

We walked around the dinosaur exhibit, the light exhibit and the biology section of the museum before we made our way to the gift shop and then headed back to the bus to return to UW-River Falls.

It was a really fun experience and my friends and I really enjoyed the trip. It was definitely a nice break from school and a fun way to celebrate our friend's birthday.

We are looking forward to more trips that Falcon Programs has planned for the UWR student body and we are hoping we can make it another fun weekend activity in the near future.

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

Leap Year nurtures cultural traditions around the globe



Cristin Dempsey
Columnist

the intercalary or the bissextile year, an extra day is added to the calendar every four years in order to keep the calendar synchronized with the astronomical or seasonal year.

Scientifically, seasons and astronomical events do not have an amount of days that equal a whole number.

This means that if the calendar was the exact same number of days every single year, it would start to not line up with the astronomical event, and therefore, it would drift from the event it was supposed to track. Inserting this one extra day into the year assists in keeping track of the calendar days in association with seasonal or astronomical events.

The leap year is the Gregorian calendar, a calendar that adds 29 days to February instead of the usual 28, making the year have 366 days.

In a normal year, the exact amount of days during that year equals up to 365.25 days. This is shorter than a regular solar year by almost six hours. This also means that the Earth does not orbit around the Sun in precisely 365 days, it takes a little longer than that.

Normally, years that are divisible by 100 are not leap years, unless they are also divisible by 400. For example, 1600 and 2000 were both leap years, but the years 1700, 1800 and 1900 were not leap years. The 0.000125 difference between the 366 day Gregorian calendar and the 365 day

traditional calendar means that in about 8,000 years, the year will be a day shorter than it currently is.

Another example of a leap year calendar is the Hebrew calendar, a lunisolar calendar. This calendar adds a 13th lunar month that is added seven times every 19 years. This also adds to the normal 12-month season and helps so that the seasons do not drift through the seasons too rapidly in the normal 12-month calendar.

Along with the leap year occurring every four years, different parts of the world have created their own traditions to observe the astronomical occasion.

For example, in the British Isles, women have made it a tradition to only propose marriage on the leap years. This tradition was established in the 19th Century and has been a tradition ever since.

In Denmark, the tradition is similar, except that they may also propose marriage on the bissextile leap day, February 24. If they face refusal, they must be compensated with the gift of 12 pairs of gloves.

In Finland, if a man refuses a woman's proposal on Leap Day, then he must purchase fabrics to give her so she can make a skirt.

On the contrary, in Greece, marriage during a leap year is actually considered unlucky. One in five Greek couples will avoid getting married during a leap year.

Many people around the world have a tradition involving drugs, as February 29 also marks Rare Disease Day, but I hope that it can be used as an example to stay safe and make good choices not only on Leap Day, but throughout the entire leap year.

Cristin is an English major and music minor from Eagan, Minn. She enjoys writing, playing the flute and swimming. After college, she would like to pursue a career as an editor.

Along with the leap year occurring every four years, different parts of the world have created their own traditions to observe the astronomical occasion.

Find Freddy's Feather!

Be the first person to find the lost Freddy the Falcon Feather in this issue of the Voice and win two free movie passes to the Falls Theater!

The first person to report the find to editor@uwrvoice.com AFTER 10 a.m. Friday wins.

Dear Rachel: Poor college student seeks advice



Rachel Woodman
Columnist

Dear Rachel,
I am a poor college student looking for a good time during spring break. However, I want them to be cheap but also a lot of fun. I was thinking of going to a big city in the Midwest

such as Chicago, Indianapolis, Minneapolis or Madison. Do you have any ideas on what activities people could do over spring break so they aren't just sitting around playing video games all week?

Sincerely,
Broke

Great question, Broke! Just because your dough is limited doesn't mean your adventure needs to be. Spring break doesn't just have to be a time to play video games without homework interruption. And for those of you who gave up COD, Skyrim, Reach, Battlefield 3 or Mario Bros for Lent, you may already be looking for other options.

Having a small budget means you are probably not traveling off to Cozumel for a week of debauchery. However, fun, friends, sleeping in and vodka all taste the same no matter where it's had. From a few hundred dollars to a few pennies there are options for everyone.

If your budget is \$500 or more then you can easily book a hotel for four to six nights with friends and split the cost of gas to get there. Hotels can seem pricey if you're the only one paying but splitting the cost two, three or four ways can make a nice hotel affordable. Consult your favorite booking site for a hotel that fits your needs and book straight from the site. I always find great deals on Orbitz.com.

You can book a four star hotel in the heart of Chicago

for \$130 to \$250 per night on Orbitz. Bring more friends to lessen the cost and have extra fun. When night-life turns daylight, head out and see more of Chicago. Visit the Lincoln Park Conservatory and Zoo, Millennium Park and Buckingham Fountain for free. Check out other fun and free attractions like these at gochicago.about.com.

Indianapolis is less expensive than Chicago with rooms starting around \$100 per night yet still within a mile or two from the center of Indianapolis. Be sure to get a taste of the city by visiting the Indianapolis Motor Speedway and Hall of Fame Museum as well as the NCAA Hall of Champions. And for a taste of something old try strolling down cobblestone streets in the Lockerbie Square District where you can view 19th century buildings.

If you're looking to keep the mileage to a minimum, there are plenty of places to stay here in the Twin Cities. You won't have to go far to get wet and wild. Visit the Water Park of America and purchase a day pass for \$29.95 Sundays through Thursdays or on Fridays and Saturdays for just \$5 more. You and three friends can stay at the Radisson for four nights with day passes to the water park for \$249 each. Check out other combination specials at radisson52.reachlocal.net. Then head next door to the Mall of America to get your shopping on.

Remember that there's more to a vacation then just the walls of your hotel, pool and continental breakfast – even if it includes hot waffles. Be sure to get out, explore and see what makes the city you're staying in unique.

If all the above ideas don't strike your fancy then maybe hotels just aren't your style. That's OK, perhaps a classy camping affair would be. Visit midwestweekends.com to find inexpensive spring break trips with access to modern cabins, state parks and reserves in the Twin Cities, Midwest, Wisconsin and Iowa.

If you're a student on a mission and would like an opportunity to do something more robust with the extra time you'll

have away consider giving back to the community. Volunteering is a great way to meet new people and still have an unforgettable experience.

Although this year is booked, next year is open to look into the Destination program here on campus. With this program you can travel domestic or abroad and volunteer to work with refugees, rebuild communities, protect the environment or aid in disaster relief. If a year away is too far away then look locally for a way to get involved. Visit handsonwincities.org to find a stream of volunteer opportunities every day and sign up for what interests you.

No matter where you go research the area before you get there so your dining decisions don't end in a dining disaster. When last minute choices arise download Urban Spoon to your smart phone so that you can toggle through local cuisines and budget and find real reviews by other Urban Spoon users. This app has never failed to give me tons of options, contact information and an accurate assessment of what to expect.

No matter what you decide to do with your week away from campus remember to have fun and be safe. Travel with a friend and never alone. Traveling to a new place shows your love of adventure but don't be so adventurous you can't find your way back.

Thanks for the question, Broke. Anyone may submit questions, concerns or quandaries to questionsforrachel@live.com. Please send them right away if you'd like to see them in the next Student Voice. Don't forget to like "Rachel Responds" on Facebook and follow "RachelResponds" on Twitter.

Rachel is a senior majoring in marketing communications and minoring in journalism. She loves to work hard, play hard and use cliches!

Milwaukee Brewers' Ryan Braun defeats drug allegation



Benjamin Lamers
Columnist

Milwaukee Brewers fans everywhere heard the great news that Ryan Braun would be available to play the first 50 games of the season.

For those of you who didn't know, Braun was facing a 50-game suspension after testing positive for Performance Enhancing Drugs (PEDs) after the first round of the National League (NL) playoffs. Like all athletes, Braun vehemently denied having taken any PEDs stating that we would have hit 70 home runs if he had. Braun went on to win the NL Most Valuable Player (MVP) award at the end of the season with his future very much in doubt.

After that initial test, Brewers fans heard nothing from Braun or Major League Baseball (MLB) until this past week. For the first time in baseball's history a player successfully

appealed his 50 game suspension and won. However, the method in which Braun won has been placed under scrutiny.

Many rumors have circulated, but no one has really come forward to tell the entire story. Originally there was a rumor that Braun was taking prescription steroids, but did not inform the MLB about it. If that were the case then Braun would still be at fault.

However, the common report after Braun was exonerated was that he won his appeal based on a technicality in the rule. After the ruling came down, Major League Baseball issued a statement that they "vehemently disagreed" with the decision on Braun. Clearly, MLB felt that it had enough evidence to suspend Braun for 50 games. As it stands, we still do not know if Braun took PEDs or not. The only person who truly knows is Braun himself.

The bigger issue at hand is what this means for Major League Baseball. With Braun winning his appeal this has set a precedent for other players who test positive in the future. If Braun can win his case on a technicality, as is alleged, then what can stop other players from doing the same? Baseball will need to find a way to close that loophole to prevent other

players from doing the same thing.

Obviously, this whole problem could be fixed if someone would tell the truth. Braun continues to deny that he took any PEDs and, for all we know, he could be telling the truth.

However, many baseball purists worry that somewhere down the road Braun will admit to having taken PEDs and that he got away with it. An incident that would ruin the reputation of the game which baseball has tried so hard the past five years to repair.

I for one choose to believe that Braun is innocent and that he was wrongfully accused of taking PEDs. However, there will be many who doubt Braun's story. Whether or not he actually took steroids, Braun's reputation has been destroyed by these allegations and he will probably never return to his former status.

Regardless, Spring Training has started and, fortunately for Brewers fans, Braun is ready to go. It should be an interesting season.

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

STUDENT VOICES

If the presidential election was held today, who would vote for?

Dylan Asp, sophomore

"Gingrich, because I like his name."



Brandon Wipperling, sophomore

"Obama, just because."



Jedith Hanson, junior

"Obama, I don't know the Republican's positions yet."



Frankie Knuf, freshman

"Gingrich, because my family likes him!"



Ashley Morhea, junior

"Obama!"



Compiled by Charissa Squire

Reading literature provides tranquility



Amanda White
Columnist

We are now well into the spring semester, and I don't know about you, but I am swamped with homework. There are exams, papers, reading and projects to work on, which compete for my time

with work, class and sleep. However, I have one fool-proof method to stay happy and relaxed during stressful times, which I discovered as a 4-year-old. I am a voracious reader. Ever since I discovered that particular skill, I have been reading everything. Books, newspapers, magazines, advertisements, signs, you name it and I will read it. My sign reading used to drive my mom crazy because as we would drive down the highway I would inform her of all the restaurants and stores.

I also got in trouble for reading at school. Every year it seemed as if there would be a book I couldn't put down and so I would set it on my lap and read during class, or I would put it inside a textbook or notebook to hide my dirty habit better. I was obviously the cleverest kid around, but those teachers always found me out, and each year I would get chewed out for not paying attention. Oops.

I used to read all the time, but once high school was in the picture I was too busy to think, let alone focus on any reading that wasn't for a class. I had a strict schedule that I adhered to religiously, in fear that if I didn't, I wouldn't do as well in school or I would miss something important. High school was all work for me, so college started out the same way. I stopped reading anything that wasn't for class. My parents were worried when they found out since reading had been so important to me for so long.

Last semester was the easiest semester I have had in a really long time, mainly because I was only taking 12 credits, a relatively low workload when compared to the mountains of class work of previous semesters. However, I still avoided my long-neglected books. Since I had purchased my first television, I watched cable whenever I finished my homework, which was quite often. I must have watched seven to eight hours of television a day last semester.

After a couple months of obsessively watching TV, I was bored. The allure of cable had disappeared. Also, the last Harry Potter movie had been released on DVD. This may seem like a totally unrelated incident, but I assure you it had great effect. The Harry Potter series was the first set of books I ever fell in love with. Sure, I read tons of other books before delving into the world of Harry Potter, but no other books sucked me into the story like Harry Potter. I don't even remember what age I was when I first read "Harry Potter and the Sorcerer's Stone," just that I was younger than 11. My mom had purchased the first four of the series, intending to read them, and when they sat there untouched I claimed

them as my own. I think my best friend had discovered them first and implored me to read them.

I did, and quickly became obsessed. I had finished the first four some time before the movie adaptation was released, and when I saw the first movie, I was enchanted (no pun intended). I was 11 at the time, so I was the same age as Harry and his friends, which made his world all the more real to me. As Harry grew up in the movies, I grew up with him. I eagerly awaited the release of the last three books and the all the movies, and by the time the seventh, and last, book was released, I was thoroughly and forever more a Potterhead (the name concocted for a Potter fan). My family and I were on a road trip at the time of its release, and we were driving through South Dakota on our way to Yellowstone National Park. I persuaded my parents to stop in a South Dakota town so I could pick up my brand-new "Harry Potter and the Deathly Hallows" copy. By the time we reached our hotel in Yellowstone, less than 12 hours later, I had finished the book and was on the phone with a friend, rehashing every detail. I remember sitting in the backseat bawling my eyes out because the book was over and my parents being slightly more than alarmed.

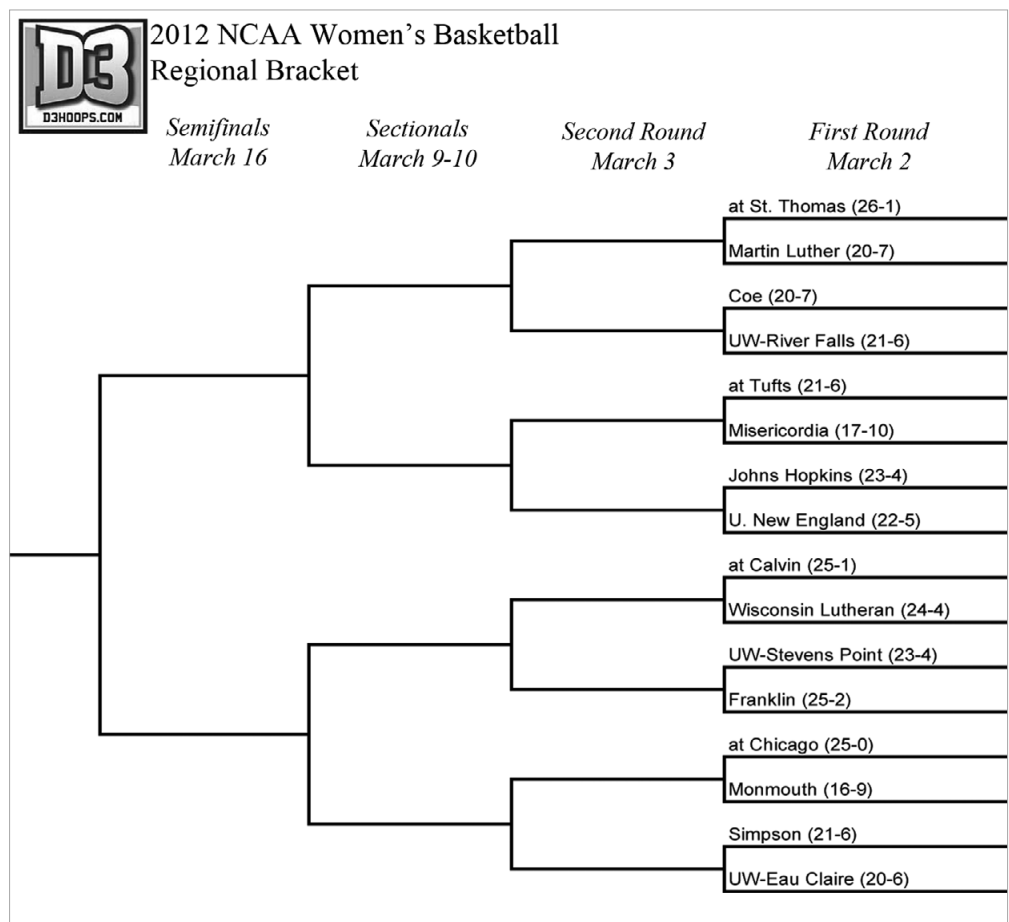
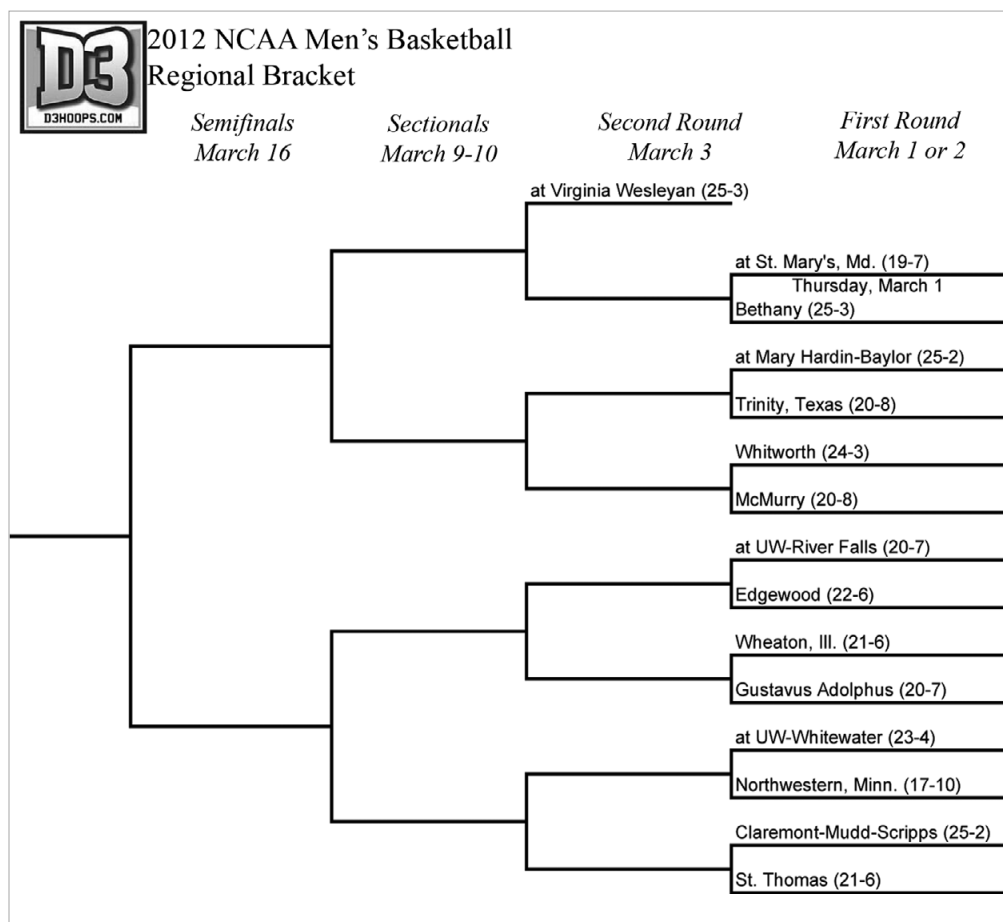
I realize I have just rambled on about my love for Harry Potter, but I needed to set up just how important Harry Potter was to my childhood. So when the last movie was released last semester, I realized it was over. There would be no more books, no more movies, and no more new adventures to go on with Harry, Ron, and Hermione. I had delayed my good-byes to Harry Potter because I didn't want to admit how torn up I was about it.

So around the time of the DVD release, I was browsing YouTube and came upon the movie premiere footage where all the big stars of the movie thanked everyone for their experiences, and J.K. Rowling, the magnificent author, stepped up into the spotlight. Her speech was a tear-jerker, yet it is near the end where she says something I will never forget: "Whether you come back by page or by the big screen, Hogwarts will always be there to welcome you home."

I was speechless. Actually, I could probably speak if I tried, but my excessive crying was getting in the way. It was then I realized that it would never be truly over. Generations upon generations of kids, teenagers, and adults alike will continue to discover the wonderful books and depart on a journey so unlike any other it will make their heads spin. And I also realized that I could depart on that same journey, no matter how many times I have completed that journey, and I can relive the magic that inspired and awed me as a young girl, and will continue to as a young woman.

Harry Potter was the beginning of my childhood habit that I may have abandoned for a short time, but it is also the beginning of my adulthood habit that I hope will never be abandoned. Needless to say, I read everyday for at least an hour, snuggled in my loft with a clip-on lamp emitting a soft glow, while my roommate sleeps and the hour grows late. I may be losing sleep, but I have never been happier.

Men's, women's NCAA tournament brackets



D3Hoops.com

The above brackets represent the regional pairings for the UW-River Falls men's and women's basketball teams. If the Falcons win their bracket they will advance to the Division III Final Four. The men's team will play their first round on Friday against Edgewood College at Karges. The women travel to St. Thomas to take on Coe College.



Women's hockey hosts the semifinal game of NCHA O'Brien Cup

The women's hockey team is hosting the semifinal game of the NCHA O'Brien Cup at 7:05 p.m. Friday, March 2 at Hunt Arena. The Falcons come into the game as the No.1 seed. Their opponent, Lake Forest, comes into the game as the No. 4 seed. The winner will play in the championship game on Saturday, March 2 at Hunt Arena. The game is set for 4:05 p.m.

Upcoming Sporting Events

Friday, March 2

Women's basketball vs Coe College (NCAA Championships) at 5:30 p.m at the University of St. Thomas.

Women's hockey vs Lake Forest College (NCHA O'Brien Cup Semifinals) at 7:05 p.m.

Men's basketball vs Edgewood College (NCAA Tournament) at 8 p.m. at the Karges Center

Saturday, March 3

Men's track and field at UW-Stevens Point Qualifier at 10:30 a.m.

Women's track and field at UW-Stevens Point Qualifier at 10:30 a.m.

Women's hockey at NCHA O'Brien Cup Finals TBD

Sunday, March 4

Softball vs University of Saint Thomas (DH) at 10 a.m.

Information taken from the Athletics website

Softball coach returns after four years to lead UWRF

Jessie Behrman

jessie.behrman@my.uwrf.edu

Faye Perkins returns to head coaching the defending Wisconsin Intercollegiate Athletic Conference (WIAC) regular season and playoff champion Falcon softball team after four years off.

Perkins coached the Falcons for 19 years when in the summer of 2007 she was asked to step in as Interim Dean for one year with no time to coach, Perkins said.

"I'm glad to finally be back, it was supposed to be one year and it turned into four years," said Perkins.

Chancellor Don Betz asked Perkins to step in as Interim Dean of College of Education and Professional Studies for one year. The provost then resigned the next year, thus Perkins moved up to Dean of College of Education and Professional Studies for one year. After two years of search and screen for a replacement, Larry Solberg was hired and Perkins is back to coaching.

Assistant Coach and UW-River Falls alumna Jody Gabriel stepped up as head coach during Perkins absence and received WIAC Coach of the Year in 2011. UWRF alumnae Pam Latterell and Ashley Bertrand helped Gabriel as assistant

coaches, and will be assisting Perkins again this year. Gabriel is now the head coach at Macalester College.

The Falcons return this season with eight of ten starters back and gained four freshmen. Eleven players received numerous awards in the 2011 season, according to the UWRF website.

The Falcons are coming off their best season in school history as WIAC champions. The team hosted and went undefeated in the WIAC tournament last season with a 4-0 record.

According to the National Fastpitch Coaches Association, the Falcons are ranked 21 in the Division III top 25 poll.

Senior infielder Jamie Klein said the team is a group of very talented athletes all working hard towards the same goal: to win conference.

"Team cohesion is going to be a big thing like it was last year. We will always have to practice and play hard but being able to trust coaches and teammates I believe is one of the biggest contributors," said Klein.

Perkins said the team has to continue to be committed to working hard to have the success like they did last year.

"I expect nothing less than I always expect for the team, hunt for the conference championship, to move onto the

NCAA Championship, that's always the expectation," said Perkins.

The Falcons have a strong core returning this year and the team's annual spring break trip to Florida anticipates a strong schedule as they will be playing 10 games, said Perkins, as well as a strong season ahead.

Perkins explained that the competition of the WIAC is always tough. In the 2011 season, four out of the nine teams in the conference advanced to the NCAA tournament.

Senior pitcher Rose Tusa said last year's success comes from the team's hard work, dedication, all of the elements of the team working together and a great coaching staff.

"Every team in the WIAC will be after us and we need to know we are better and perform like we are better every pitch of every game," Tusa said.

The team will be losing four seniors after this season, Tusa, Patty Olson, Klein and Jessie Bester. The team will have to continue to keep up the hard work to make up for these spots, as well as the four freshmen will have to step up.

"We have an excellent and fun team this year and the drive to win, and as long as we act on that I don't have a doubt that we can win," said Tusa.



Jessie Behrman/Student Voice
Emily Olson prepares to take a cut at practice at the Knowles Center. The UWRF softball team opens the season as the defending WIAC Champions. The Falcons are currently ranked No. 21 in the nation.

UWRF school spirit lacks as Falcons dominate winter sports



Ryan Tibbitts

This is an exciting time to be a River Falls Falcon sports fan.

The women's hockey team is on fire coming off two shutouts in the first round of the NCHA playoff hockey game against Eau Claire and will be hosting Lake Forest this weekend in the semifinals.

The men's hockey team had a strong year and was nationally ranked most of the year but was upset in the first round by the Eau Claire Blugold men's team.

The men's basketball team just went down to Whitewater and won the Wisconsin Intercollegiate Athletic Conference (WIAC) championship game and earned themselves a bid to the NCAA tournament.

The women's basketball team also will be in the NCAA tournament, making it the first time in school history that both the men and the women's basketball teams will be in the dance in the same year. The first two rounds of the men's tournament will be hosted right here at River Falls and the team is hoping that the Karges Center is going to be crazy!

The lack of school spirit that has been shown around this campus is almost sickening.

Earlier this year a friend and I, both freshmen, were ecstatic about going to our first Falcon football game. We thought we would have to fight for a seat and went a whole hour early just to come to the sad realization that we were the only ones there that early and that the games never got packed.

The people at the game were mostly parents and there was no real dominant student section to be found.

I had a similar experience later in the year when I decided to go to the basketball team's white-out event. I went and bought white shorts and got all dressed in white excited to cheer and pump up the team. When I got

there, I realized that no one really got into the whole white-out idea and the gym was pretty empty.

The basketball games throughout the year did have a little more support than football, but it was not until the last regular season game of the year that the gym was packed full of loud and rowdy students.

The men's hockey games were usually full of supporters and the fans often cheered and gave the Falcons that home ice advantage that can be so important and give a huge momentum boost.

I was left disappointed once again, however as the biggest game of the year for the Falcon's hockey team came in the first round of the NCHA playoffs against Eau Claire and the student section was the smallest of the year. I still cannot wrap my mind around why the biggest game of the year had the smallest student section!

Now I realize that this is not a Division I school and I might be asking for too much or living in a dream world thinking that there should be a rocking student section for every sporting event and every game.

I understand that many students are busy and might not have a lot of time. Being in a Division III school has a special feel to it though.

There are players on these teams that we have in our class or see in the lunchroom. There is a more personal feeling to the student-athletes that we watch being in a small school.

Get out to Hunt Arena and cheer the women's hockey team off. Go to Karges and watch the men's team on the biggest stage of the year. Possibly even make the small half hour drive to St. Thomas to cheer on the women's team.

These athletes have put in hours of sweat, dedication and pushed themselves to new limits they did not know they were capable of.

They have rose to the occasion time after time all year and in the one of the biggest weekends in Falcons sports history, it is our job as classmates, friends, and fans to go out and cheer our butts off this weekend!

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

Lifestyle Enthusiast on the town:

Traveling mountain trails initiates nickname

Most know me by my given name. Others, namely hikers, know me only as Bard, or, in its formal manifestations, Bard the Changeling.

The name Bard the Changeling, my trail name, was awarded to me in two parts during a 1,000 mile trek of the Appalachian Trail in 2010.

It all began in Pennsylvania on the third day as I was marching at a fast clip. Light green ferns covered the forest floor as far as I could see for a few miles. The rocks, boulders actually, corrupted the trail for the entire Pennsylvania section. Those boulders house all sorts of snakes: black, copperhead, timber rattlers and more.

Hours earlier, I was loitering on an ancient dam



Christopher Pagels
Columnist

cracked and covered with moss when I noticed a copperhead in one of the broken crooks. I antagonized it for some time with rocks and sticks.

Well, when I was walking among the ferns, finally gaining a good stride, a loud rattling noise spoke up from the ferns. "What the f—k," I yelled falling back into a tree then onto my 37-pound pack. The maneuver of falling onto your pack is what we in the business call "turtling." Crab-walking back a few feet I jumped up; the rattling was

less pronounced.

Taking off my pack, I found a long branch and proceeded with caution towards the rattling. Two feet from where I was a moment ago was a coiled blue timber rattler, rare and petulant. Its tail stuck straight in the air next to its head above the coiled body.

Despite the increase frequency of the rattle, I shoved the stick under the snake like digging up earthworms and flung it some dozens of feet off the trail.

The same incident with many cousins happened to the snakes and I through the next seven states. A couple miles later, I met three weekend warriors, professional working types that probably had all of their gear hand-picked by Jim the sales clerk at REI.

After telling them the tale of the rattler, they asked me

if I had a trail name and told them I didn't. They declared me Bard on the spot.

And Bard I was, just Bard, for 600 more miles until I hit the White mountains of New Hampshire. In April, before hiking the trail, I meticulously planned how many miles on each day I was to hike. For example, on May 31, I was to hike 23.6 miles in New York from Pochuck Shelter to Wildcat Shelter or on August 3, 14.4 miles in Maine from Potaywadjo Spring to Crescent Pond.

Things didn't go according to plan. This was just as evident when ascending several mountains and thousands of feet in addition to the long miles I expected of myself. In the midst of the Whites, I befriended some older hikers who I would start the day out with, but warned them I was going to hike 17 miles or some junk only for them

to see me smiling eight miles away at the shelter. These older hikers were called Flatlander and Kite and Piper, a married couple. Piper took to calling herself my trail mom, always looking out for me in the trail logs.

After repeating this process several times throughout New Hampshire, I had finally told them that I would leave them in Gorham, a trail town. Staying at a hostel on the opposite side of town to their motel, I decided to take a double zero, zero meaning day off.

When I was waiting for my ride from Golden Waldo, I saw my friends passing by in a van towards the trailhead. They were 10 minutes ahead of me by the time I got to the trail.

I ran fast, but stealthily over the flats before the mountains started to ascend.

Finally, I saw the familiar

blue shorts and t-shirt of Flatlander. Creeping up a few feet behind him, I was going to tap his shoulder, but my foot broke a twig and he turned around.

I wasn't able to startle him like the rattler, but we exchanged smiles and hearty handclasps as he hallooted to Kite and Piper who were up the trail. "You know Bard; you've changed your mind quite a bit recently. We, Kite and Piper, got to talking and started referring to you as Bard the Changeling."

So it was that in casual reference I was called Bard, but when people saw me when they didn't expect to, especially at a shelter I didn't say I was going to end up at, hikers would hold their arms out towards heaven like the returning of the prodigal son and declare, "Bard the Changeling."

'Act of Valor' unlike any other movie experience

I'm finding it hard to fit "Act of Valor" into a specific genre. It is certainly a war movie, although a rare breed that defends military action as honorable and necessary.

It also features a number of action movie tropes, but without the flashy bravado and invincible hero. And its depiction of military hardware borders on documentary.

Simply put, "Act of Valor" is a unique experience.

The movie stars a team of Navy SEALs—played by real, active-duty team members—with orders to stop a terrorist plot against the U.S. Their mission sends them hunting bad guys across the globe, from militias in Somalia to Mexican drug cartels.

The advertisements for the movie focus heavily on the use of actual Navy SEALs as stars. The most prominently featured are Chief Dave and Lt. Cmdr. Rorke, whose



Michael Brun
Reviewer

friendship provides the movie's emotional core. Their acting chops are distractingly limited, but the sense of camaraderie they convey is convincing enough to redeem their performances.

The standout performance comes from the SEAL referred to as Senior Chief. In one scene, he interrogates a drug trafficker played by experienced actor Alex Veadov. The Chief dominates the screen, overshadowing his professional counterpart in every way. The dialogue and editing is spot-on, creating the movie's most riveting and memorable scene. It is

remarkable that the most intense part of a movie starring real soldiers is just two men conversing across a table.

Of course the movie features a heavy dosage of action sequences as well, and the attention to detail was clearly a priority for the producers. From equipment to tactics, the action plays out with the technicality and realism of a Tom Clancy thriller.

The focus on weaponry borders on fetishism, featuring shots like a minigun spewing bullets in slow motion.

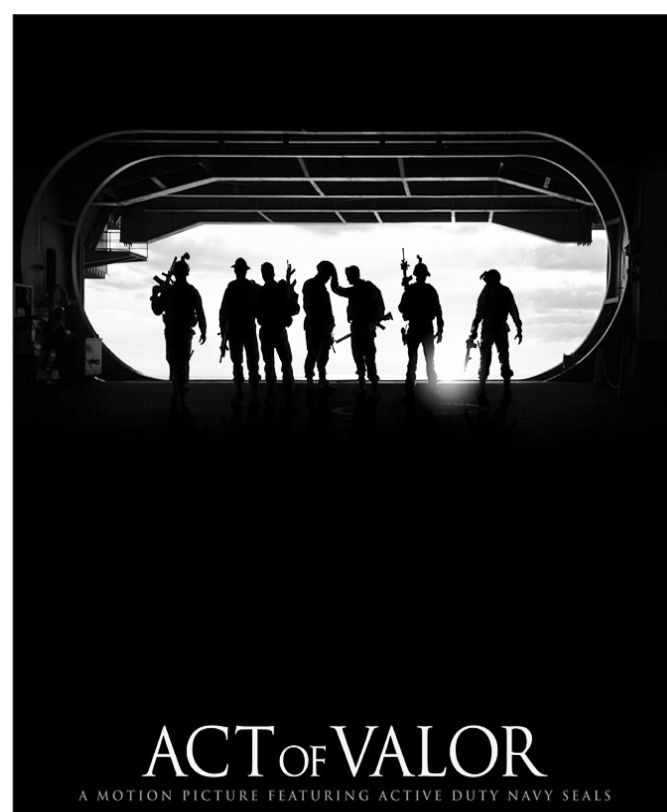
Rookie directors Mike McCoy and Scott Waugh, deliver competent action scenes, except for an over reliance on point-of-view shots. Like a first-person shooter video game, the action frequently cuts to a shot looking down the barrel of a SEAL's rifle as he takes aim to bring down targets. Perhaps it will appeal to fans of military video

games, but I found the effect quickly becoming stale.

Although "Act of Valor" is structured like an action movie, it lacks the lightheartedness of movies like "The Expendables" or "Rambo." For instance, early in the movie the SEALs find themselves being chased by a truck full of hostiles. A direct hit from a missile sends the truck flipping through the air as a fiery mess.

In a normal action movie, this would have been followed up with a catchphrase or tension-breaking shout, but not so in "Act of Valor." Instead, the SEALs just continue with their mission unfazed.

"Act of Valor" is primarily a tribute to the men and women of the armed forces. While not as polished as "Black Hawk Down" or emotional as "Saving Private Ryan," its heart is in the right place. Those who have served in the military, or know someone who has, will likely choke up at the end.



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 WRFW 88.7 FM.

Finding true happiness can be a challenge, worth it in the end

These past several months, I have written about different ways readers can improve their lives.

Ultimately, I try to share the knowledge I've gained in hopes that it will help someone else learn and change for the better. Because I feel very stable and happy with my life, I now want to help others reach the point I am at. However, I did not always want to help others, nor did I feel much happiness for several years.

Whatever the reasons, I eventually worked through my depression, and in comparison to those years, now feel like I am constantly walking around bursting with life, happiness and enthusiasm. Looking back at just this past year when I really turned my life around, I noticed a



Jamie Haines
Columnist

few key factors that contribute to my happiness. By sharing my story, I hope that you can reflect on and discover the keys to your happiness.

One of the most substantial contributors to my happiness is having a dependable support system. At first, my primary support came from my parents. Specifically, during my senior year of high school I began to open up to my mom and realized exactly how resourceful she is and how much I enjoy talking to her.

Then I came to college, met my boyfriend and now I

have his unconditional support and love as well. Add in a couple close friends and the world's most incredible Resident Assistant staff and there is never a problem that I have to solve alone. Knowing that these wonderful people are

always here for me has made a world of difference in my security and well-being. By putting myself out there and trusting people, I was certainly hurt, but I learned who to trust and established some lasting connections that made it more than worthwhile.

With a support system intact, I feel more comfortable with trying new things and pursuing my true passions.

College has opened my eyes to the world around me in all aspects of life. I participate in extracurriculars that I enjoy such as being an RA, Muggles United, playing intramural soccer, writing for the paper and Peace Dialogues.

In relation, I seek involvements that will allow me to learn and grow.

For example, I took the Controversies in Politics course last semester just to open my mind to opposing viewpoints on topics such as abortion and the death penalty. I also realize I spent most of my life unaware of diversity of any kind, and am excitedly trying to make up for that I missed over the years. The world is an incredible place

that I am only beginning to explore.

Besides opening my eyes to outer opportunities, college and the people close to me enabled me to take time to really reflect on who I am as a person. Over the summer and continuing into this school year, I managed to drastically change my personality. While all the elements I loved remained, the less desirable traits I possessed weakened considerably, and some new traits appeared all together.

At first this huge change seemed unexpected and a bit uncomfortable to me and those who knew me, we all quickly adjusted when we realized that my more accepting and reflective nature complimented rather than detracted from my typical excitable personality.

I also became a rather positive person because I learned how to change my negative

thoughts into constructive, positive ones. The mere decision to look on the bright side and to let go of negative or unchangeable events really changed my outlook on life both day-to-day and overall.

While all of these factors seem to easily fall into place when detailed out on paper, I can assure you that the actual road to where I am now was not at all simple. I hope that all of you take the time to reflect on what factors helped you change for the better, and always seek to continue improving yourself.

Remember that there is no one solution, but an infinite number of options to reaching happiness. No matter what life throws your way, remember to hold your head high and never give up.

Jamie is an exuberant puppy-lover and "House" addict. She plans to use her psychology degree to encourage activism and well-being through counseling, workshops, speeches and the written word.

HUDSON 12 THEATRE
520 STAGELINE ROAD - HUDSON, WISCONSIN
NEW RELEASES THIS WEEK
PLAY DATES 3/2 THRU 3/8

Project X (R)
2D & 3D Dr. Seuss' The Lorax (PG)

Now Showing
ALL movies in digital projection

Movie Hotline 715-386-9697
www.csctheatres.com

GENERAL ADMISSION \$8.50
CHILDREN (9-12) \$6.00
MATINEES (ALL SHOWS PRIOR TO 6PM) \$6.00
3D UPGRADE... \$2.50

3 BR APT AVAIL
9-1-12
Groups up to 5.
Micro, stove, fridge, d/w, a/c, washer/dryer in unit
LJS 715-629-7536

Find Freddy's Feather

Be the first to find the lost Freddy the Falcon feather in this issue of the Voice and win two free movie tickets.

email the Voice at editor@uwrvoice.com

Film details life of successful Prime Minister

“The Iron Lady” was one of the best movies I have ever seen. I can see why it was nominated for five awards. I think one of the biggest reasons I liked it so much was because it is based on a true story.



Samantha Harkness
Reviewer

relationship with her son, Mark, and her daughter, Carol.

The movie is based upon the life and times of Margaret Thatcher, the first ever woman British Prime Minister. Meryl Streep definitely did a wonderful job of portraying Thatcher. She was able to embody all of the regality that Thatcher had.

The film begins with Thatcher in her old age buying a pint of milk, being unrecognized by the customers of the store. It is revealed that she is struggling with a mental illness, which causes her difficulty in distinguishing between the past and the present.

The major theme throughout the film is how her rise to power affected her family. Thatcher now has a strained

There are several flashbacks in the film that show Thatcher as a young woman in a lower-middle class society, wishing to make a difference in the Conservative Party. Other flashbacks show her engagement to her husband, Denis, life with her young children, and gaining a seat in the House of Commons.

In 1974, she became the Education Secretary, followed by the Leader of the Opposition, and then in 1979, Thatcher became the Prime Minister. As Prime Minister, she went through many trials and tribulations.

These events are briefly detailed in the movie as more

flashbacks. Some of these events include, the Brixton Riots, the Miner’s Strike, and the Falklands War. There were times where Thatcher is seen as being extremely popular, as well as extremely unpopular due to rising unemployment numbers in the 1980s.

One of the most traumatic events in the film show the bombing of the Grand Hotel in 1984. Both Thatcher and her husband, Denis, were in the hotel at the time. Though

they made it out alive, others were not so lucky. I was able to get sucked

into this story instantly. During the bombing scene I jumped a good few inches off of my chair. I jumped a few more times too. They were very intense moments.

I believe the best part of this movie was how it used

actual footage from the events that basically defined Thatcher’s reign as Prime Minister for 11 years.

The year in the film is now 1990. Thatcher is portrayed as a stubborn old woman, speaking aggressively towards her Cabinet members, and belittling her deputy. Her Cabinet eventually forces her resignation, which causes her bitterness.

The film ends with Thatcher packing up her late husband’s belongings, finally freeing herself in a way. She is freeing herself from being attached to her past. She washes a

teacup in the sink, and she walks away from the camera as the credits roll. I did thoroughly enjoy the film, though I did not care for how it ended. I know that Thatcher is still alive but I feel that the last scene wasn’t



as powerful as it could have been.

Overall, the film was incredible. Meryl Streep was fantastic, and I would not have picked anyone else for

the role of Margaret Thatcher. If you are a fan of history, make sure you see this film.

Samantha is a journalism major at UW-River Falls. She loves reading, writing and watching movies.

Utilizing chocolate for snacks

Just when spring seemed right around the corner, winter decided to get in one last go around. My suggestion: warm up and cheer up with some smooth hot chocolate. A lot of people turn to



Brittney Pfenning-Wendt
Columnist

chocolate as a pick me-up, a sensible choice as the effects go beyond your taste buds and release a decent amount of chemicals.

Many have heard the adage an apple a day, but what about a piece of chocolate a day? Studies have proven that certain types of chocolate in moderation can actually have a positive impact on your health. The key is choosing the right kind.

Chocolate is categorized by the amount of cocoa butter, chocolate liquor and additives such as sugar. To start, there is cocoa powder and unsweetened chocolate. Both are commonly used in baking rather than eating in the raw form and have strong, rich, and sometimes bitter flavors. The latter, unsweetened, is the base in all other chocolate forms besides white.

Dark chocolate contains no milk solids and the cocoa content can range from 30 percent to between 70 and 80 percent. Bittersweet, which the Food and Drug Administration defines as having at least 35 percent cocoa solids and semi-sweet, would also be considered dark chocolate.

The difference in sweetness is due to the lack of regulation of the amount of sugar in the chocolate. Don’t be surprised if one brand’s bitter or semi-sweet dark chocolate tastes a lot sweeter than another brand’s.

In terms of health, it is arguably the most beneficial. Being packed with flavonoids

that act as antioxidants, dark chocolate can help protect your heart from free radicals. In comparison, it contains about eight times the amount of antioxidants that strawberries hold.

The benefits extend to your cholesterol and blood pressure as well. According to Mark Stibich, Ph.D., in an article on Health Benefits of Chocolate, dark chocolate has shown to reduce LDL cholesterol (the bad cholesterol) by up to 10 percent and lower blood pressure in those who have been known to have high blood pressure.

Besides heart protecting qualities, it also stimulates endorphin and serotonin production, for pleasure and anti-depressant effects. All in all, moderate dark chocolate indulgence a day could benefit you.

Milk chocolate is usually much sweeter, making it a good candidate for candy bars. This variety contains either milk solids or condensed milk. Contents it holds are actually regulated with the U.S. requiring at least 10 percent chocolate liquor, 3.39 percent butterfat, and 12 percent milk solids.

Though many prefer the creamy taste over the bitterness of dark chocolate it would be hard to argue health benefits in milk chocolate.

White chocolate falls into the no health benefits category as well and often times doesn’t even taste like chocolate. With no chocolate liquor or cocoa products besides

cocoa butter as ingredients it has more of a vanilla flavor. Contents in white chocolate are also regulated, with a minimum set at 20 percent cocoa butter, 14 percent milk solids, and a maximum of 55 percent sugar. This type is great for many of the same uses as either of the above varieties such as candy, baking, and drinks flavorings.

Understanding the differences between chocolate varieties will help you choose which type to use depending on which type of flavor notes you are seeking. Pick your favorite and warm up with this recipe as you wait for spring.

Hot Cocoa Cookies:

- 1 c. butter, room temp.
 - 1 c. sugar
 - 2 eggs
 - 1 tsp. vanilla
 - 2 c. flour
 - c. cocoa powder
 - 1 tsp. baking soda
 - tsp. salt
 - ¼ c. marshmallow fluff
 - 1 c. chocolate chips
 - 1 c. mini marshmallows
- Preheat oven to 350°F. Cream the butter, sugar, eggs, and vanilla until fluffy. Add flour, cocoa powder, baking soda and salt, mixing until combined. Stir in marshmallow fluff.

Fold in chocolate chips and marshmallows. Cover and chill for 30 min. to an hour. Roll into 1 -inch balls and place on parchment paper lined cookie sheets.

Bake for 10-12 minutes making sure they are fully cooked. They will be sticky from the marshmallows so allow them to cool completely and possibly even stick them in the fridge for about 15 minutes. Gently remove with a spatula, let sit another 30 minutes.

Brittney is a business administration major with an emphasis in management. She also

Tourist bikes through Amsterdam

After getting a bit of time off where I went and visited my best friend who’s studying in Rome, I headed to Amsterdam to meet up with the rest of the International Traveling Classroom for another week of sightseeing and classes.

I was late coming in thanks to a delayed flight so I missed the tour that took us around the city and walked us through the infamous Red Light District. While I never made it out there on my own, I still ended up seeing Amsterdam in a way I never expected to.

Early one morning a group of us got together and decided to rent bikes. I was a bit terrified. I’m bad enough on my own two feet. Putting me on a bike is as bad as trying to get me on a balance beam or something else as equally as perilous and requiring actual skill, dexterity and balance to manage.

Instead of the bike gliding along gracefully as it does under the power of so many of the world’s normal, everyday functioning people, it tends to jerk along in the most awkward, wobbly and unstable motion imaginable. It’s a bit embarrassing if I’m being perfectly honest.

Lucky for me, I had a perfectly understanding group who was willing to put up with my obvious deficiencies as a cyclist, which made me a lot more comfortable in the saddle. I even started to enjoy myself after the first mile or two.

We left the bike rental place around 10 in the morning with images of canals,

windmills and glory in our heads. If you ask me, all three were achieved with flying colors.

We peddled our way along the incredibly bike-friendly roads of Amsterdam, criss-crossing with other riders, pedestrians and more people trying to walk their dogs than I could count. Amsterdam is best seen by bike.

It actually made me feel like a part of the city instead of someone just popping by for a quick look even if we were seated on orange monstrosities that practically screamed, “I am a tourist.

Please be annoyed with me.”

I felt like less of an interloper and more of a participant in the hustle

and bustle of the city. Biking is just a way of life in The Venice of the North. The streets tend to be narrow and crowded, making cars kind of useless. There are bike lanes everywhere and plenty of little alleys to cut in and out of the larger thoroughways.

After stopping for lunch while overlooking one of the canals and inciting an avian war with a few tossed bread crumbs, our little gang made its way to Vondelpark, the largest park in the Netherlands.

The place was gorgeous and filled with all sorts of people. There were people working out and playing

with their kids. There were people walking dogs and just chilling with their friends on the benches littered throughout the park. A handful of musicians had set up camp throughout various parts of Vondelpark and were playing a huge variety of instruments, from guitars and brass instruments to more traditional stuff like accordions. It was hard to resist dropping a handful of change into one of the more talented group’s cases.

After Vondelpark, some of the group doubled back to the hostel while the rest of us ventured on to the Anne Frank house, which was an unforgettable experience of a different sort that’s been discussed with much more skill and subtlety by other writers than I could ever muster in this little column. By the time we staggered into the hostel, we’d been out for nearly six hours straight of biking. I’m a full on convert now. I can’t wait to pedal my way all over creation when I get back to the States and make that length of time look like a joke. It was another chance taken that ended up turning into an amazing experience.

I’m starting to really wonder why people are so afraid of new experiences or even retrying things that weren’t for them in the past. It’s lead to nothing but a great time while I’ve been in Europe. I just need to keep this all in mind once I’ve made my way back across the pond.

We’ve just arrived in Berlin. I’m gearing up for what looks to be one of the most historically enriched parts of the trip and I couldn’t be more excited.

Chris is a journalism major 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.

Want to get the word out?
Advertise with the
Student Voice!
email
advertising@uwrvoice.com

Follow the
Student Voice
on Twitter at
www.twitter.com/uwrvoice