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STUDENT VOICE

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Students show little zeal for Senate elections

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Student Senate election petitions are now in and the campaigning has begun. However, UW-River Falls students show a disinterest in the upcoming elections.

Spring means a new Senate election and campaigning is starting to begin with sidewalk-chalk explaining about who is running and when to vote. It is up to the candidates running to let the students of UWRF know they are running and how to vote for them.

The original deadline for the petitions was March 9. The deadline was extended due to a lack of candidates said Ben Blanchard, Senate election commissioner.

“President Halverson and I felt that by extending the deadline by an additional week that we would be able to get a few more people to run,” said Blanchard in an email.

With extending the deadline, there were 10 more candidates added to the 14 other ones. Each of these candidates needed to have a petition signed by either 50 or 100 (if running for president or vice president) students in order to be considered.

“We both felt that a more competitive race would help our candidates feel more accomplished and focused should they win their elections,” said Blanchard.

However, after interviewing a few students about the elections, they had no idea there were even elections for Senate. Most knew that there is an organization called Senate, but the majority did not know who was running for Senate or if elections were taking place now.

A freshman and biology major, Thu Nguyen said, “I

like to think that they [Student Senate] reach out to students but they are excluding the majority of students from knowing what is going on.”

On the Senate website, their mission statement says that they want to meet the needs of the students and represent them as a whole.

Senate represents the UWRF students and talks about issues that the students of the campus care about. When asked if they know what issues Senate talks about, students said no.

“I am not sure what they talk about and only know the information from what I read from the paper,” said Marshall Benzine, a sophomore and chemistry major.

A sophomore and psychology major, Alisha Dybedahl said, “I wish I was more informed so I can be aware of the issues they talk about.”

If students want to be informed with what Senate is talking about, they can go to the Senate website and look at the agenda and minutes or go to the weekly meetings or to a binder that is placed in the Involvement Center.

One sophomore and agriculture major, Garrison Kirker said that he would like to run for Senate in the future.

“I feel like I should make the campus better for future generations and students have their own rights,” said Kirker.

Only two of the 10 students interviewed knew about Senate. One student was a freshman and the other was a senior.

“I don’t believe there is a disinterest in Student Senate, rather, there are few people who want to put the time and energy into making the University the best it can be,” said Blanchard. “It can be stressful at times but I feel it is extremely rewarding.”



Megan Rodriguez/Student Voice
Tyler Halverson, right, will be participating in the debate between the College Democrats and the College Republicans. Halverson will be representing the Democrats. This year’s debate topic is the recall election of Governor Scott Walker. This annual debate has become a tradition on campus and a way to bring the two groups together.

Campus debate pits students’ political ideas against each other

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The College Democrats and the College Republicans will be battling it out on March 26 at UW-River Falls. This debate is an annual event that has gone on at the University for a long time.

This year’s debate will focus both on the Budget Repair Bill that Governor Scott Walker signed into last year as well as his recall election. Republican and Democrats will debate whether or not Walker’s policies have hurt, or helped the state of Wisconsin and education in Wisconsin.

Debaters for the Democrats will be Tyler Halverson and Lauren Evans, both students at UWRF. Hannah Carlson and Luke Affolter, students at the University, will be debating for the Republican side. John Evans, a political science professor, will be moderating the event.

“It has historically been used as an avenue to educate the campus population on the platform of our respective parties,” Halverson said. “There have been various issues debated over the years. This issue is important as it directly affects the campus.”

“Scott Walker and his allies in the legislature have drastically cut state aid to higher education,” Halverson said. “This directly affects students and they need to know that.”

The Budget Repair Bill that was passed and signed into law last year has had a significant impact on both UWRF as well as the entire population of the state of Wisconsin. Not only does it deal with education, but it has an impact on our economy here in Wisconsin.

“In some aspects this very

topic we are about to debate has a national flavor to it,, the entire nation is watching Wisconsin and waiting to see what happens,” Affolter said. “It is also believed that the Walker recall results could set the political tone for the presidential election in November.”

Audience participation is not only allowed at these debates, but it is encouraged for people as well.

“This is the part of the debate that I am most excited about because it allows everybody to exchange ideas in a civil, ‘no fear environment,’” Affolter said.

Students are encouraged to have an opinion on important topics, and leaders are free to share their personal viewpoints without retribution. There is always a diverse group of people who show up to the debate.

“I feel like there will be a

lot of professors from UWRF as well as teachers from local schools,” said Affolter. “Of course we hope that students will attend the debate because this does have an effect on them.”

It is the hope that the general population will also attend, as debates can be a great forum for people to express their views as well as maybe become more informed with the important political issues around us.

Wisconsin’s recall effort started on Nov. 15 with activists gathering more than 300,000 signatures in 12 days. This number went up to 507,000 in just a month. Activists trying to recall Governor Walker will need 540,208 signatures in order initiate a recall election for the first-term governor.

The debate starts at 7:30 p.m. at the Kinnickinnic Theater in the University Center.



Maggie Sokoloski/Student Voice
Student Senate meets on a weekly basis and is open to the public. Senate encourages student input in the upcoming election so they can better represent students.

UW-River Falls stays positive after budget cuts

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The University hopes to maintain quality education despite an 11 percent base budget reduction. Recent budget lapses have made it increasingly difficult to provide funding for units that are important to the University.

There were 72 budget requests totaling \$4,136,736 submitted. The requests came from four key areas including: the four colleges, academic affairs units, non-academic units, and University wide strategic initiatives.

The process for the 2012-2013 budget focused heavily on prioritizing from the small committee levels within academic departments up to the budget review and recommend committee.

“There were undoubtedly

tough decisions made by department chairs, deans of the colleges, and many others in order to make sure only top priorities were sent forward,” said Budget Director Elizabeth Frueh.

With decreased state funding through General Purpose Revenue, many departments on campus have already had to reconstruct budgets and make cuts that may have repercussions.

The burden of the decreased amount of funding available will be shared by all units, but ultimately it comes down to losses of services, facilities, programs, etc. which will directly affect students.

“Recently, rising tuition has not come close to off-setting reductions in state support, leading to less course availability, potentially larger classes, and ultimately, lon-

ger time to degree for students. For the future of our State, the goal needs to be quality higher education that is also affordable. In the current environment, it is very difficult to achieve that goal,” said Chancellor Van Galen in an email.

Things like small class sizes are used to promote UW-River Falls. If changes in those aspects have to be made because of budget lapses and decreased funding, it may become difficult for the University to compete for students and keep enrollment up.

“State funding decreases mean that tuition becomes a bigger part of the pie when looking at the amount of money available. Students are essential to the University because of the tuition dollars they bring in,” said Dean of the College of Arts and Sci-

ences Brad Caskey.

The College of Arts and Sciences is a big player in the budget. It foots the bill for general education and almost all of its money is in personnel. Caskey explained that a major issue the college faces is that really all it has to cut is faculty.

The idea behind prioritizing within the budget was that ultimately funding would go towards using resources most effectively.

“We’ve had a budget cut every year that I’ve been here. We just have to plan that it will happen and do what we can to maintain the quality of education,” said Caskey.

In addition to prioritizing, the University’s strategic goals were used as guidelines in the budget process. There

Dance Theatre performance features guest choreography

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The UW-River Falls Dance Theatre will present its Annual Spring Concert at 7:30 p.m. March 27-31 in the Davis Theatre at the Kleinpell Fine Arts (KFA) building on campus.

The concert is a unique blend of faculty, guest, and student choreography offering a wide array of styles ranging from traditional Puerto Rican “Bomba” to contemporary modern dances presented by 35 dancers and a 10 member technical crew.

Guest choreographers and dance theatre alumni, Ric Suarez, Torrian Amie and Rana Kuebker, have created pieces that explore structures and various foundations of human relationships. Jane Kasper and Troy Dixen will perform a humorous yet poignant piece while swinging on a hammock. UWRF dance faculty member Mari Kline-Kluck has cho-

reographed two dances, including “Dereliction” which incorporates projections using Isadora, a graphic programming software that provides interactive control over digital media. The emphasis of this software is on real-time manipulation of digital video that allows technology to interact with live performance creating projections based on the dancers’ movements and placement on stage.

This year’s concert will include the work of two professional guest artists from the Twin Cities: Stuart Pimsler and Kari Mosel. “Islands” choreographed by Stuart Pimsler, was originally created for the Contemporary Dance Theatre of Cincinnati and explores the complexity of homelessness. Pimsler, director of the Stuart Pimsler Dance and Theatre Company founded the company with his wife, Suzanne Costello in New York 32 years ago. His work has been presented throughout the United States, Canada, Europe, Israel, Taiwan and Russia. Pimsler has been the City Pages

“Artist of the Year” and honored with Choreography Fellowships from the McKnight Foundation as well as the National Endowment for the Arts. Guest artist Kari Mosel has choreographed for UWRF Dance Theatre for three years. She has been a professional dancer in the Twin Cities for eight years. Currently, Mosel is a member of the Stuart Pimsler Dance and Theater and Shapiro and Smith Dance Company. Her work this year for Dance Theatre titled “A Word With You Dear” requires the dancers to express intense facets of personal relationships.

Student choreographers Brooke Gusa, Kyra Scanlan, Laura Chandler and Kristen Beardsley have choreographed a wide variety of pieces that deal with joyfulness, getting thrown off your groove and controlled danger. The concert will also include the traditional Puerto Rican dance “Bomba” set by dance faculty member Karla Zhe and performed by 10 dancers and percussionist Derek Westholm.

This performance is a result of field study research by Zhe and UWRF students in San Juan, Puerto Rico with the Cepede family known internationally as the exponents of Afro-Puerto Rican who have passed the traditional dances of the Bomba and Plena from generation to generation.

The week will culminate with a 30-year Dance Theatre reunion beginning at 4 p.m. on Saturday, March 31. Dance Theatre alumni from all areas of the country, including Washington D.C., Texas and California, will be back on the UWRF campus. Information about the reunion can be obtained by contacting the UWRF Alumni Relations office at 715-425-3505 or 877-258-6647.

Tickets are \$5 for students/seniors/children and \$7 for adults. Tickets are available from 10 a.m.-2 p.m. March 19-30 at the University Box Office in KFA or by calling 715-425-3114. Tickets may also be purchased before each performance beginning at 6 p.m.

Campus crime put into perspective

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Junior Cammy Nelson got her laptop stolen late last semester from the cubbies outside the University Center commons.

Nelson’s stolen laptop contributes to the 62 property damages and thefts reported for the 2011 year, according to the UW-River Falls police reports.

So far for the 2012 year, there have been approximately 16 thefts and property damages reported to the University Police. Chief of Police Dick Trende, whom has been working in law enforcement for over 40 years said that compared to other UW campuses, UW-River Falls numbers of crime reports are on the lower end.

“When you look at our campus we actually are at a lower rate for alcohol issues and crime compared to other campuses,” Trende said.

There have been about 16 crimes reported this year, including thefts and property damage. There are a lot of unique reports this school year described as: threatening messages, harassing text messages and unwanted touching/grabbing.

In 2011 there were 25 drug related reports and, so far reported in the 2012 year, there have been three drug related reports.

Trende said he is concerned about drug use on campus, and that there have been more complaints about marijuana use.

“What I am concerned about are when people use intense drugs. Hallucinogens have been a problem in the past, as well as meth. Any illegal drug is illegal for a reason,” Trende said.

There have been fewer alcohol risks reported than usual Trende said. Three underage consumption reports have been accounted for in 2012. There were 40 underage consumption reports for 2011 while 138 liquor law violations were reported in 2010.

There is no explanation for the lower



Sally King/Student Voice
Dick Trende, chief of campus police, said that UWRF accounts for less crime when compared to other UW schools.

amount of liquor violations this year. Trende said that drinking may be the same, but it may also be that students are just not getting caught.

“We have a zero tolerance with underage drinking,” Trende said.

Marlyn Feyereisen, a resident assistant in Hathorn Hall, said she thinks that students come into college with a preconceived notion that it’s going to be all fun and games. Now that the first semester is past, the low number of crimes could result with the fading of the partying. The enforcement of underage consumption helps prevent the mixture with driving, Trende said. According to Residence Life, more strict policies were recently implemented for on-campus living in 2009.

“We have a good community with student housing and Residence Life with an intervention team,” Trende said.

The community shares information and an agreed approach is made to handle crimes and underage drinking. Resident assistants handle the situation first, and contact the University Police Department if they need assistance, Trende said.

Event to honor Rod Nilsestuen legacy

A conference March 30 in River Falls will explore important agriculture and conservation themes as it honors the legacy of the late Rod Nilsestuen.

The Rod Nilsestuen Legacy Event will be held from 8:00 a.m. to 4:00 p.m. at the UW-River Falls University Center. The theme will be “Feeding the World, Sustaining the Land, Inspiring Cooperative Action.” Long-time Wisconsin agriculture and business leader Tom Lyon will be master of ceremonies.

Nilsestuen, who earned his undergraduate degree at UWRF, was Wisconsin secretary of Agriculture, Trade and Consumer Protection at the time of his death in July 2010. Prior to taking that role, he was a cooperative leader in the Midwest and nation, including serving as chief executive officer of the Cooperative Network of Wisconsin and Minnesota.

While secretary of agriculture, he made conservation of Wisconsin working lands a top priority.

Keynote speakers will be Jon Scholl, president of American Farmland Trust, and Martin Lowery, vice president of external affairs for the National Rural Electric Coop.

Scholl, an Illinois farmer who leads the nation’s major agricultural lands conservation organization, will explore the challenges American agriculture faces as it feeds the world while striving to conserve land and water resources.

A panel discussion will follow. Panelists include Wayne Nilsestuen, Rod’s brother and an official with USAID, a government agency that provides U.S. economic and humanitarian assistance worldwide; John

Rosenow, a Cochrane dairy farmer and a leader in efforts to address rural immigration issues; and Margaret Krome, policy director for the Michael Fields Agricultural Institute and a member of the Wisconsin Department of Agriculture, Trade and Consumer Protection Board. Former UWRF dean of agriculture Gary Rohde will moderate.

Lowery will speak on how cooperatives represent an economic system that empowers people, builds communities and helps to feed the world while sustaining resources. His presentation coincides with the International Year of Cooperatives.

A Panel on the Cooperative system will follow. Panelists will include Doug Wilson, chief executive officer for Cooperative Resources International; Tracey Dudzinski, board member for Cooperative Care of Wautoma, a home-care service provider in a multi-county region of central Wisconsin; and cooperative leader Christine Sukalski of Reiland Farms, in LeRoy, Minn., Judy Ziewacz, a Wisconsin cooperative and agriculture leader, will moderate.

The event will include a lunch and 4:00 p.m. reception. The lunch will feature an announcement about plans for the Rod Nilsestuen Legacy Fund, established in the wake of Nilsestuen’s death and overseen by the Ralph K. Morris Foundation.

The foundation has been cooperating with UW-River Falls on appropriate uses for the fund. Cost is \$100 for adults and \$25 for students. On-line registration is available on the Ralph K. Morris Foundation web site, www.ralphkormorrisfoundation.org.

News briefs

Public informational meeting Cascade Avenue Phase I—Spruce Street to Oak Knoll Avenue.
From Mike Stifter, director of Facilities Management
In 2008, the City of River Falls, in cooperation with the UW-River Falls and the Wisconsin Department of Transportation (WisDOT), developed a Concept Plan for upgrading Cascade Avenue. This Concept Plan was developed with input from the community including neighbors, students and others through three public meetings and a public hearing. Preliminary Engineering was completed in 2010 and two more public meetings were held to solicit input. Final Design was completed in 2011 and included another public information meeting. The City Council recently awarded a contract to Haas Sons Inc. of Thorp, Wisc., for Phase I of the project from Spruce Street to Oak Knoll Avenue. Work is scheduled to begin in April of 2012. A public meeting has been scheduled to provide an overview of the upcoming construction project and to answer questions related to construction of the project. The public meeting will be held at 6:00 p.m. on Thursday, March 22 in the lower level Training Room of the River Falls City Hall. Representatives from the Contractor, city and UWRF will be in attendance to discuss the

plan with individuals. A general presentation will be made at 6:30 p.m. followed by a question/answer period and more opportunities for individual discussions. The project website <http://www.uwrf.edu/CascadeProject/> provides more project information including answers to Frequently Asked Questions (FAQ’s), Twitter feeds, Facebook links, a feedback form and more.

Student Senate announces meet the candidates event/presidential debate
Student Senate Elections Commissioner Ben Blanchard and Student Senate President Tyler Halverson announced that a meet the candidates forum, along with a presidential and vice presidential debate will be held leading up to April’s Senate elections. The event will be held at 7:00 p.m. in the Kinni Theatre at the University Center. The event will begin with a social hour (food provided) in order to allow for voters to meet with candidates in an informal setting. “We are looking for a more relaxed atmosphere, allowing for students to meet with those who wish to represent them,” said Blanchard. The event will then segue at 8 p.m. to a debate format. This will include the presidential candidates and the vice presidential candidates. The debate will be moderated by Halverson and students will have the opportunity to submit questions before the debate begins. “This will be a great opportunity for students to get to know the candidates and make educated decisions prior to casting their ballots,” said Halverson.

Students cast their ballots the following Monday and Tuesday. Ballots will be sent via UWRF email.

S. Mark Tyler named Executive-in-Residence at UW-River Falls
S. Mark Tyler, founder and president of OEM Fabricators, Inc. in Woodville, Wis., has been named the UW-River Falls Executive-in-Residence by the accredited College of Business and Economics. Tyler will speak on “Defining and Achieving Success” from 2 p.m. to 3 p.m. on Tuesday, April 3, in the Riverview Ballroom at the University Center. His lecture is free and open to the public. In his address, Tyler will draw from his personal experiences to help you create your own definition of success. By sharing examples from his personal life and career, he will demonstrate that setbacks, failures and difficulties need not be barriers to success. OEM Fabricators, Inc., a contract manufacturer, celebrated its 25th anniversary in 2011. The company has earned several awards including Wisconsin’s Manufacturer of the Year, Medium Category in 2006 and the St. Croix Economic Development Corporation Business of the Year in 2004. Tyler is an advocate of technical education and higher education. He spends about half of his time in the workforce development arena. His recent board and volunteer service includes board president of the Wisconsin Technical College System; chair of the West Central Wisconsin Workforce Development Board and a member of the UWRF Chancellor’s Advisory Committee.

“The Executive-in-Residence program is invaluable in helping our students gain knowledge of the real world of business. Mark Tyler, with his accomplishments as a business leader and his interest in higher education, will be an extraordinary resource for our students,” says Glenn T. Potts, dean of the College of Business and Economics. The event is co-sponsored by the WESTconsin Credit Union. For more information, contact the College of Business and Economics at 715-425-3335.

Musician Noah Hoehn to perform at UW-River Falls
Noah Hoehn will deliver a harmonica and marimba performance starting at 7:30 p.m. Thursday, March 28 in the Falcon’s Nest at the University Center as part of the Wyman Performing Arts and Lecture Series. Hoehn’s singular vision to unite the sounds of new blues and marimba pop is accomplished with an incomparable live looping system. Harmonica and marimba are looped and layered upon a foundation of acoustic grooves freeing him to sing and play at the same time. To listen to music samples or to learn more about Hoehn, visit <http://www.noahhoehn.com/>. The event is free and open to the public. For further information or accommodations, contact Karyn Wells in the Office of Student Life at 715-425-4444.

Budget: UW-River Falls to maintain quality education

From page 1

are three goals which include: distinctive academic excellence, global education and engagement, and innovation and partnerships.

Frueh said that these goals are part of the Strategic Plan and are an integral part of the budget process. “We are really just looking at what is best for the college as a whole. It needs to be a collaborative effort and I am pleased to see that atmosphere here at UWRF.”

The budget must go to the chancellor for final approval and will be submitted to the University of Wisconsin System Administration by April 15. The budget must be approved by the Board of Regents and will be communicated to the campus by the chancellor before the 2012-2013 school year begins.



Charissa Squire/Student Voice
Caitlin Conley, left is the professional lead for Runway to Success, an event organized by Career Services, and Michaela Fox, right, is the Runway to Success coordinator.



Rebecca Rudolph/Student Voice
Last year students were able to participate in a photo shoot before the event. This year students can expect to interact with local companies again and be informed about how to create a professional brand at the runway show.

Runway to Success event teaches students to prepare, professionally brand themselves

Deanna Baisden
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Runway to Success is a professional fashion show that provides students with examples and advice of what is appropriate clothing to be worn in the work place and during interviews, according to the 2012 Runway Success Coordinator Michaela Fox.

The sixth annual Runway to Success event, hosted by Career Services, will be taking place on Wednesday, April 4 in the University Center Falcon's Nest.

Local retailers lend professional clothing for the event that UWRF students model for the show. This year the various retailers include: Jos. A. Bank, Buckle, Maurices, GAP, Francesca's, White House Black Market and Shopko. Land O' Lakes and First National Bank of River Falls are the financial sponsors for the event.

The theme for this year's event is "What's Your Brand?"

"As social media is becoming a bigger part of today's society, it's important to keep your professional and personal image separate. Creating a professional brand for yourself, including finishing it off with professional clothing, students can learn to sell themselves in their future professions," Fox said.

There will be four categories of clothing that will be displayed: Professional, Business Casual, Casual and What Not to Wear, along with half-time prize giveaways for students. Student models also will have an opportunity to purchase the outfits they model at a discounted price from the various retailers.

"First impressions are crucial and these examples will give students an edge in today's competitive job market," Fox said.

Career Services also offers a variety of assistance in preparing students for internships and the workforce, according to Career Services Director Melissa Wilson. Besides visiting their office, the Career Services website includes up-to-date resources spanning different majors, career fields, and alternatives to entering the workforce after graduation.

"Career Services prepares students who are job and internship searching in multiple ways. The office reviews resumes and cover letters for those applying to positions. The department also provides multiple trainings this spring offered in the form of events that will assist students in polishing soft skills that are necessary during the job/internship search such as dining etiquette, what professional dress should look like and how to dress for the interview, and how to navigate a networking event where both peers and professionals are in attendance," Wilson wrote in an email.

The event has been popular with students and has had good attendance in the past, according to Anne Moore, junior and Career Services info specialist who has also been a model in the show for the past two years.

"I think this really helps students to see what clothing is appropriate of events they take part in. As the show has examples of what clothing is professional all the way down to what not to wear. I see more and more people at the Career Fair in the fall that are starting to dress more appropriately," Moore said.

More information about Career Services and the Runway to Success event can be found at <http://www.uwrf.edu/CareerServices/> or by contacting the Career Services office at (715) 425-3572.

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Want to voice your opinion?

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letter to an editor at
editor@uwrfvoice.com



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UW River Falls

2012-2013

Student Senate

ELECTIONS

VOTE

Monday, April 2

Online polls OPEN at 8 a.m.

Online polls CLOSE at 4 p.m.

Tuesday, April 3

A link to the polls is sent via e-mail to all currently enrolled UWRF students

Amendment to the Student Association Constitution

A.

Article IX. Elections

Section 4. If the Student Association is a member of an organization funded by a mandatory refundable fee, a referendum must be held during the spring elections cycle on whether to continue the fee, every year that the fee is being assessed.

Questions about the election?

Contact: Benjamin Blanchard, Election Commissioner,
715-425-4444 or benjamin.blanchard@my.uwrf.edu

Division of Student Affairs

STUDENT ASSOCIATION
SA
Student Senate
www.uwrf.edu/StudentSenate

EDITORIALS

Student Senate debate approaching, all are encouraged to attend

As students wish spring break a fond farewell and become cognizant of the fact that we must embrace the rest of the seemingly short school year, we come to the realize have to start looking ahead to the future. As such, the Student Senate elections are rapidly approaching, and it seems to be the general consensus that far too many students are uninformed regarding such events.

What does the Senate do, you ask? Their page on the UW-River Falls website maintains, “We are students from all walks of life who have banded together to provide a voice for the student body. We actively use this voice in a variety of ways in all levels of government including on-campus, state and national issues. We advocate for problems that affect students on our campus but also for issues that are statewide.”

Next Thursday marks an important event in the election process, as a debate between candidates will be held at 7 p.m. in the Kinni Theatre at the University Center. All are welcome and encouraged to attend, in order to get a better feel for the individuals who could potentially be making big strides towards change on this campus.

The Student Voice would like to bring to light three potential issues to be discussed at this debate.

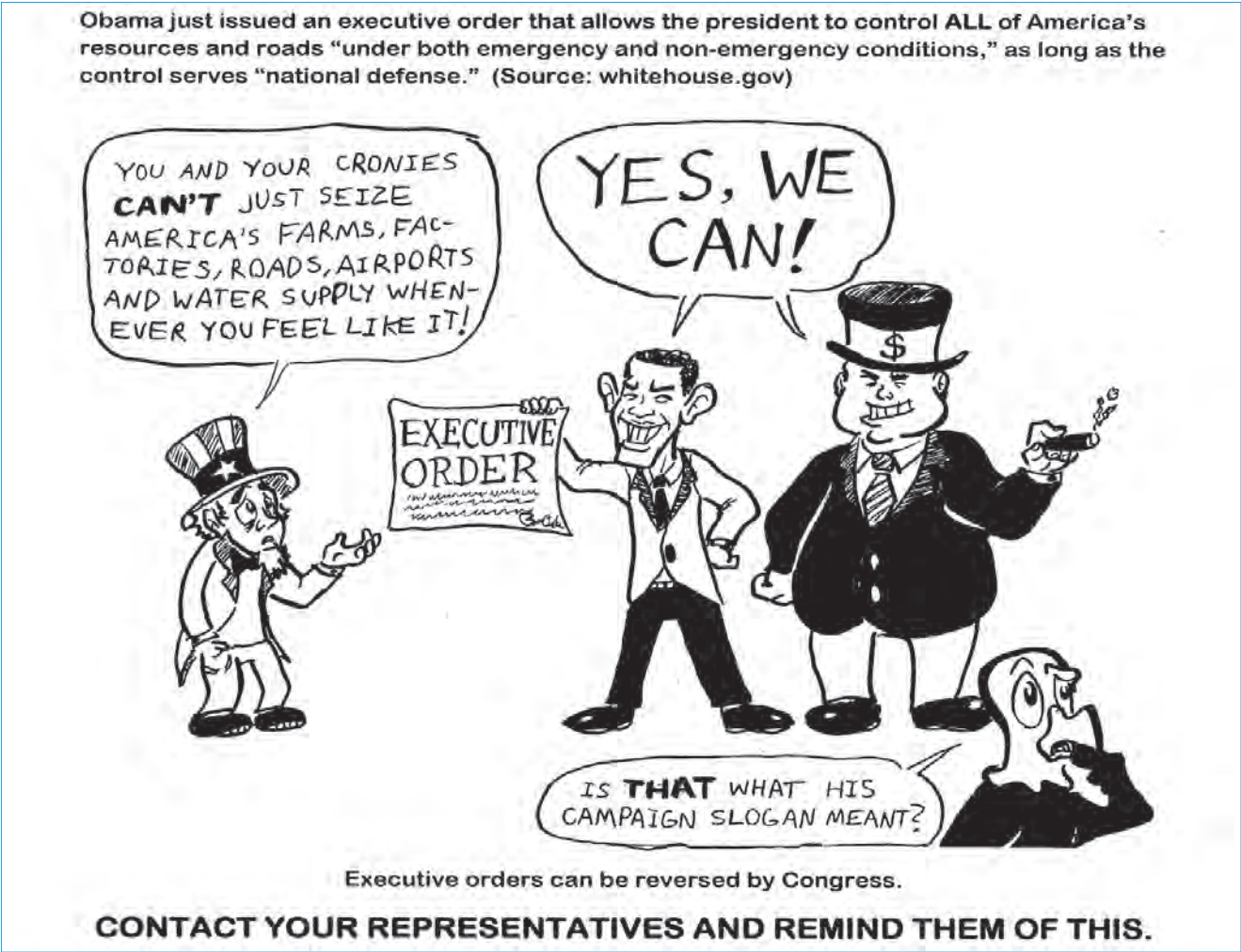
Firstly, we would like to see better student evaluations for teachers. All students are familiar with the process of filling out those bubble sheets at the end of the semester. However, we feel that these do not do adequately reflect the students’ opinions of their professors. We at the Voice firmly believe that there should be a section where students can write in comments.

Secondly, the Voice would like to see the Senate fill more committee positions. Some of these seats remain empty, and those empty seats just seem like missed opportunities for change.

Thirdly, we think that the Senate should be made more accessible or available to students. The weekly Senate meeting is open to the public, but somehow this does not seem like enough. If the Senate members could devise a way to elevate the level of student interest, we would deeply commend you.

We’re sure that there are many students on campus that can think of a few things they’d like to see changed. If you have an opinion, voice it!

We cannot reiterate enough times how fundamentally important taking an active interest in this campus is.



David Recine/Student Voice

Letter to the editor

Student Voice editorial board asked to apologize

The editorial published in the March 9th edition of the Student Voice written by the Voice editorial board was first of all not completely accurate, and second of all showed the board to not be open to other viewpoints on campus.

First, the editorial was written in a way that led the reader to believe the proposal to increase the Student Health Fee was failed by the Senate, when in fact the Senate passed the proposal by a wide margin. The editorial also showed obviously that the editorial board at the Voice is pushing an agenda.

To quote the March 9th editorial, “Having contraceptives freely available to students is something that shouldn’t even be an issue.” The editorial board reserves the right to have that opinion, but at the same time the editorial board does not speak for all of campus, and in fact may not even speak for a majority of it.

To demonize senators who have a different viewpoint

than you does not mean they are not representing the student body, but instead are representing a different portion of the student body.

For the editorial board to believe that they alone represent the views of the student population as a whole at best represents arrogance and at worst represents elitism. Instead of demonizing student senators you do not agree with you should be applauding senators for debating issues that matter to campus, and bringing different viewpoints to the table.

The University setting is supposed to be a market of free ideas, and when the Student Senate is functioning at its best that is exactly what it is. The Voice editorial board needs to get off their high horse, and realize that there is not one view worldview on campus, but in fact multiple.

Carlan David Strand
Student

American solider reacts to Afghanistan deployment

Jason Larson
Columnist

We have been at war for over 10 years. Throughout that period of time military personnel have been deployed to Iraq, Afghanistan and a whole plethora of other countries in

support of them. Some soldiers have had one deployment. Some soldiers have had two deployments.

A surprising amount has had three, four, or even five deployments, where as some soldiers have never deployed and never will. I served in Afghanistan under a soldier who was on his fourth deployment. He spent 10 months in Kosovo, 10 in Iraq, another 12 in Iraq and 10 in Afghanistan.

He loves deployments. He loves the good times, the bad times and everything in between. He’s not addicted to combat, or anything for that matter (except sugar), he just enjoys the challenge of performing difficult tasks under pressure and is good at it.

I proudly served under him for his fourth deployment and would proudly serve under him for his fifth and sixth as well. For whatever reason he is better at handling the stress and fatigue than most other service members; deployments have little effect on him. I have met few people who are similar.

What about the rest of us? The service members who are affected by multiple deployments? And what about the service members who just cannot handle it?

Ideally in each chain of command the superiors of the unit have a good handle of the capabilities and limitations of their subordinates. Ideally they would recognize the signs of combat fatigue or stress and not deploy soldiers who are exhibiting these signs.

Unfortunately, the reality is that in the units where soldiers are most likely to be suffering from combat fatigue or stress, are the units which have high deployment tempos.

These signs are likely to be ignored due to the high demand for experienced soldiers. Soldiers who may not be able to handle another deployment are forced or coerced into deploying again and again and again.

Those units are right, to a certain extent. Experience is huge in these theaters of operation. I was a mess my first mission. I did not know where to stand. I did not know where to look. I did not know what to say, what to do and my report was nothing short of embarrassing.

It was not until after about three months that I felt like I was making significant contributions to the unit’s efforts. That is three months of wasted productivity because I had not deployed before.

Units are tempted to cut out those three months by only deploying experienced soldiers, drawing from a pool that, if only experienced soldiers are ever deployed, cannot grow any larger.

This is how Staff Sergeant (SSG) Robert Bales, the suspect in the recent killing of 16 Afghan civilians, ended up on his last deployment even though he arguably should not have.

This is how Staff Sergeant (SSG) Robert Bales, the suspect in the recent killing of 16 Afghan civilians, ended up on his last deployment even though he arguably should not have.

So what happens when a soldier snaps? Well, we are going to find out. As the Afghans would say, the Army and the Obama administration are caught between a cliff and a tiger (the phrase rhymes in Pashto). Afghans as a whole are likely expecting SSG Bales or whoever is found guilty to be executed.

This would be hard for the American public to swallow. Haven’t there been enough deaths of military service members? Can we really allow one that could be prevented so easily? I hope not, but not executing the one responsible for the killings would be an even tougher sell to Afghans who are accustom to capital punishment for crimes such as these.

Arguably, a lot of the reason why there has not been a violent reaction to the news of the killings in Afghanistan is because Afghans are taking it for granted that whoever is found responsible will be executed. Americans do not understand Afghan culture but Afghans really do not understand American culture, especially our sense of patriotism and nationalism.

I expect that we will see violence in Afghanistan if the news were to break that SSG Bales was found guilty and was not to be executed. This is something that the Army and the Obama administration are going to have forefront in their minds.

Which is better? Killing one of our own soldiers who did something wrong to potentially save the lives of others and our mission in Afghanistan, or preventing the death we know we can prevent, potentially costing the lives of others and the mission in Afghanistan?

The second option is what will likely happen. I doubt he will be sentenced to capital punishment in the first place and even if he is, the Army of the Obama administration will likely step in and prevent the sentence from being carried out. However, this is not the best option and, yes, there is another one.

I vote for option C. The option where we hold whoever committed the atrocities responsible for their actions in a manner that we, as a nation, are comfortable with.

A manner not condemning them to being a statistic, a manner preserving the life of other service members still in Afghanistan and not to mention relieving the stress that caused the “snap” in the first place.

I vote for pulling out of Afghanistan all together and letting the Afghans deal with what is left. It is their country and ultimately their responsibility. We are soon approaching a point where our presence in itself is going to be destabilized.

We tried to help. We tried to do the right thing and we might very well have succeeded. We will not know until we take that leap of faith and give Afghanistan back to the Afghans.

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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.

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Dear Rachel: stress induced students seek help



Rachel Woodman
Columnist

*Samantha asks:
How do you control
your anxiety during
stressful times?*

For many college students stress is a part of everyday life. Managing time between class,

homework, extracurricular activities, work and a social life is enough to drive anyone bonkers. So with the quizzes, exams, projects and presentations threatening to stress you into a frenzy, it’s reasonable that you would feel anxious. If you’re in the market for a solution and want to know the best ways to tackle stress and combat anxiety then read on.

When stress causes your anxiety, study your stress first and anxiety second. Helpguide.org says that the first step to managing stress is identifying the sources of stress in your life. Be honest when doing so.

It’s easy to add to your own stress and not realize it nor attribute the cause to yourself. If you are procrastinating then don’t mistakenly accuse the task of being the cause of your stress; properly accuse the procrastination.

Start a stress journal to ensure you are finding all the stressors in your life and write exactly what you think stressed you and the feelings you had surrounding that stressor.

There are many ways to cope with stress but some can make your problems worse. Helpguide.org says that drinking too much, overeating, undereating, taking pills, sleeping too much, or procrastinating are unhealthy ways to maintain your

stress and to follow the four A’s instead. The four A’s stand for: Avoid, Alter, Adapt and Accept. When managing stressful situations you can either change the situation or change your reaction. -Avoid unnecessary stress by saying “no,” avoiding people who stress you out, avoiding hot-button topics and paring down your to-do list. -Alter the situation by being assertive but willing to compromise and expressing yourself. -Adapt to the stressor by looking at the big picture and adjusting your standards. -Accept the things you cannot change by looking for the upside and learning to forgive.

Aside from employing these guidelines make sure to make room for fun in your life. Everyone needs rest and relaxation so don’t plan up all of your time with things you have to do, make room for things you want to do also.

Anxiety is “your body’s way of tell you there is something in the environment in need of your attention,” states Cornell University’s Understanding Academic Anxiety study skills resource. Anxiety causes a rush of adrenaline and decrease in dopamine. This causes your heart to beat faster and you to be overly aware of these feelings.

If staying calm isn’t your forte and you find yourself feeling anxious, instead identify which component of anxiety you are experiencing. Academic anxiety has four components: worry, emotionality, task-generated interference and study skills deficits.

If you worry too much and think negatively then the best way to combat this is to think productive thoughts think realistic thoughts, and use positive imagery to keep you going. If you suffer from emotionality then you suffer from physical biological symptoms of anxiety such as an increased heart

beat, sweaty palms and muscle tension. These symptoms can be relieved with muscle and breathing relaxation exercises. If you suffer from task-generated interference then you have unproductive behaviors that prevent your success during certain tasks such as staring at the clock, getting stuck on a question, or any other unproductive time consuming activity. If you have study skill deficits then you feel anxious because your poor study habits will result in poor grades and you are consciously aware of this. Both task-generated interference and study skills deficits can be remedied by speaking with someone in the Academic Success Center, a study skills provider or tutor. Although stress and anxiety can feel overwhelming, the moment you decide to take control of it and your situation you will reduce it. Feelings of stress occur when you feel your life is out of your control.

You feel that you have too many tasks to do and not enough time to do them in and you’ll never catch a break. As soon as you make a plan, stick to it, and take control of your life your anxiety will subside. So make a manageable and fair to-do list for today, breathe easy and get working and all will fall into place.

Thanks for the question, Samantha. 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.com/rachelresponds 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!

Expand your thinking:

To-do lists resolve student home sickness quandary



Jaime Haines
Columnist

Many of us spent the majority of our lives considering “home” as the house we lived in with close family; the place to return to no matter what the day was like.

It was a safe, comfortable place due to its familiarity. However, once we stay at college for the majority of the year, we start to connect with this new home and disconnect with our original home.

While we live at college, life at home goes on and changes. Our families create memories without us and they may treat us differently when we visit; suddenly, college students may find that home no longer feels so homey. While these changes can be difficult and frightening, there are ways to reestablish that at-home feel.

When you go home, do a few physical actions to transform your seemingly visitor status to live-in family member again. The simplest way to do this is by completely unpacking, especially if you are home for more than a weekend.

By reclaiming your bathroom drawer instead of living out of a suitcase, this relocation will immediately feel more permanent and welcoming. Assuming your siblings did not take over your room, make your room feel lived in with favorite

items such as photo frames, posters and memorabilia; while it seems pointless to put items on display that you plan to bring back to school, it can make a huge difference. If you did lose your room, do the best you can to make your new area your private space again.

Once you have your space reclaimed and feeling welcoming, work on establishing a routine. An obvious yet nevertheless unsettling realization is that life went on while you were away at college. Your family has their own routines and habits, and if you can work yourself into some of those, you will stop feeling out of place.

While they are at work or school, preoccupy yourself with your own to-do list (go to work, volunteer, do schoolwork, or catch up on a favorite TV show). If you are feeling especially disconnected, do household chores, yard work, or hobbies you did not bring to school—things you can only do at home.

After your full day, when they return home, you are ready to join in their coming-home routine of dinner or a movie and exchange of stories.

With these nightly catch up sessions, take the time to appreciate your family from your new role as a college student. It is natural for your family to treat you differently when you arrive home. Work on combining your old role as an at-home child with your new role as a temporary resident.

The more you talk to your family, the more old bonds with reform and new bonds with strengthen. Hang out with them as a group during their normal routine, but also search for some one-on-one time with each member to help further a

connected feeling. For a touch of familiarity, ask your parents what rules there are now that you are at home again—many will still have expectations, and may even give you a chore or two. While that does not seem ideal, it does help you see that they still view you as their child; this will never change, and the reminder can really help.

After a few days pass and home begins to feel familiar again, make sure that returning to college does not undo all of your hard work. Keeping in touch with your family helps a lot.

Follow their activities through texts, emails, or calls. Furthermore, keep your at-home feeling strong by visiting more often, especially if you only went home on breaks. Additional interactions make a huge difference.

When you return home, keep in mind that it may seem unfamiliar at first; however, you can re-install a homey feeling by making your physical surroundings more comforting, creating a routine and reforming bonds between yourself and your family members.

It may take some work and getting used to, but feeling at home again will always be worth it. Most importantly, remember: while your house will change over the years, your family will always remain your home.

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

STUDENT VOICES

If you could change one thing about UW-River Falls, what would it be?



See Lee,
sophomore

“Second hand smoke whenever I open my window. I feel like people should follow the foot rule.”



Maggie Peterson,
sophomore

“How many people go home on the weekends, it seems like the halls are always deserted!”



Logan Boettcher
freshman

“I wouldn’t have the dorms so far away from everything else. I’d put them by Hathorn.”



Joel Anderson,
sophomore

“Pay as you go meal plan.”

UW-River Falls Symphony Band hosts special guest



Cristin Dempsey
Columnist

On the Thursday evening just before we all left for spring break, the UW-River Falls Symphony Band and University Band performed a March concert.

This was not just any mainstream, ordinary concert, however. The bands had the great honor of accompanying guest soloist Alan Baer, the principal tuba player of the New York Philharmonic Orchestra.

No one truly realized until after the concert just how big of a deal it really was to have Baer perform here with our bands. Having one of the best tuba players in the world come to the small town of River Falls is something every person in both bands should be proud to acknowledge.

Alan Baer began studying for his undergraduate degree at the Indiana University of Pennsylvania. There he studied with Gary Bird, who is now the director of the University Band. He then went on to complete his Bachelor of Music degree at Cleveland Institute of Music, under the teachings of Ronald Bishop.

He went on to complete graduate work at various schools, including Cleveland Institute of Music, University of Southern California, and California State University at Long Beach, where he studied with Tommy Johnson. He also taught while in Long Beach, conducting both the University Tuba Ensemble and Brass Choir.

Baer joined the New York Philharmonic Orchestra in 2004 and has been the principal tuba player ever since. Prior to his years with this highly prestigious ensemble, he was the principal tuba player for the Louisiana Philharmonic Orchestra, Long Beach Symphony Orchestra, and the Milwaukee Symphony Orchestra.

While in Milwaukee, he also taught at the University of Wisconsin-Milwaukee, serving as an adjunct professor of tuba and euphonium and also conducting the Tuba/Euphonium Ensemble. He has also performed with various other ensembles, including but not limited to, the Chicago Symphony Orchestra and the Los Angeles Philharmonic.

Along with the time Baer puts in to performing with the New York Philharmonic Orchestra, he also puts time towards teaching at the Juilliard School, the Manhattan School of Music, and the Mason Gross School of the Arts at Rutgers University.

He is not unfamiliar with serving as the honored guest soloist for an ensemble. Prior to his appearance here at UWRF,

he has served as a guest soloist for ensembles in Japan, Switzerland, Spain, Austria, Germany and France. His immense talent is not only known here in the United States, but also around the world.

At the March 8 concert, Baer played two pieces with each of the bands. With the Symphony Band, he was the soloist for “Concerto for Tuba and Wind Ensemble” and “La Virgen de la Macarena.” For the University Band, he was the soloist for “Bolivar” and Gershwin’s famous “Someone to Watch Over Me,” which featured a smaller group to accompany him.

I play flute for both bands, so I got to share in the great honor of accompanying Baer. The music he played was extremely difficult, with many runs and fast tempos. But Baer made it seem so easy with such talent.

He played every note so effortlessly and it sounded beautiful. You may think for being such an amazing musician, he would be stuck up and more or less a “diva.” He was not at all! He was so down-to-earth and seemed like such a friendly and approachable guy.

He was not afraid to loosen up and joke around a little bit. There was not one person in that room the night of the concert that was not in awe of his gorgeous tuba playing or his genuine personality. Performing next to the best tuba player in the world that night is an experience that I will always remember.

Having him there that night is hugely in part to Bird, his former teacher. To see both of them interact with one another, teaching each other things, was amazing. It is important to thank our directors, for they are the ones that make it possible for such prestigious musicians to come and perform with the bands.

Both bands are now sight reading music and preparing for the last concert of the year at 7:30 p.m. on Thursday, May 3 in Abbott Concert Hall at the Kleinpell Fine Arts building. This next concert will feature guest soloist Jason Ham, a euphonium player for the West Point Military Academy, with music composed by Johan de Meij.

This concert will also feature a premier concerto with de Meij, so it is sure to be another amazing performance that you will not want to miss. The Symphony Band is under the direction of Kristin Tjornehoj and the University Band is under the direction of Gary Bird.

*All biographical information was obtained from the March 8 concert program.

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.

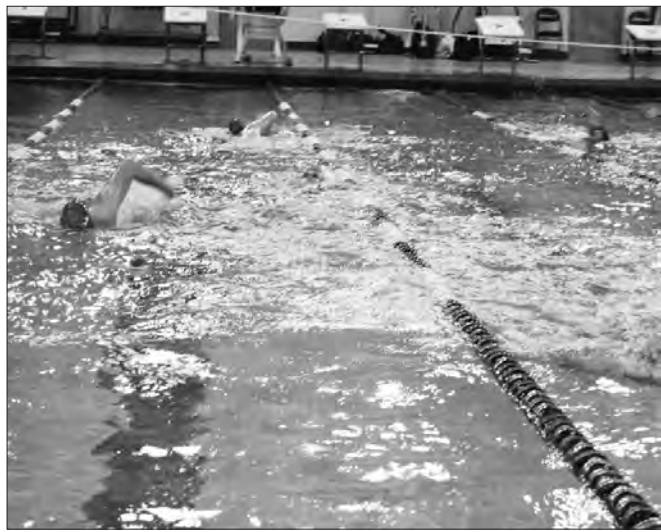
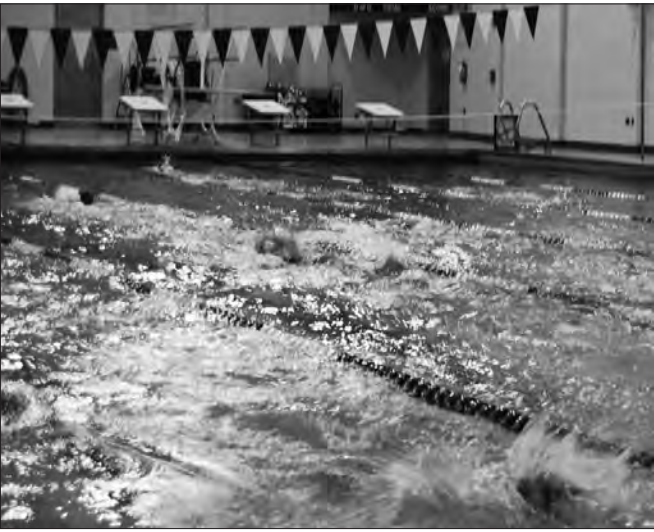
Swimming and diving face challenges in WIAC

Jessie Behrman
jessie.behrman@uwrf.edu

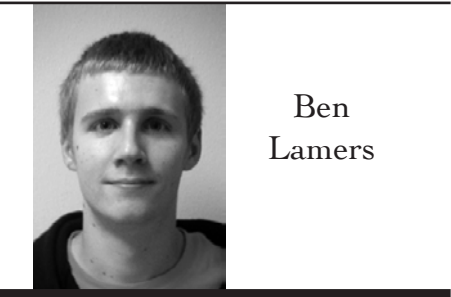
The Falcons swimming and diving teams are striving to improve in the competitive Wisconsin Intercollegiate Athletic Conference (WIAC). Both the men’s and women’s teams finished the 2011-12 season in sixth place, both behind UW-Oshkosh as predicted, according to the UW-River Falls website. Head Coach Ryan Hawke said the team had a very good year. “We had 20 performances on the top 10 list and three school records were broken,” Hawke said. Out of the nine WIAC schools, only six of them have swimming and diving teams, making it harder for the Falcons to be more competitive. Hawke says if UWRF competed within the Midwest Conference or the Minnesota Intercollegiate Athletic Conference, they would finish in the top half or middle. “The WIAC is a very tough conference, and we continue to finish in the bottom,” Hawke said. Senior Justin Arenson said there is at least one team every

year from the WIAC that is on the men’s or women’s top 25 nationally ranked teams list. The Falcons are unique in the conference in that they have a smaller team compared to other WIAC schools. “We have to be prepared to swim back-to-back events to have a chance at beating certain teams. Having a smaller team puts us at a slight disadvantage but that does not mean that we have poor athletes,” Arenson said. Hawke said he is proud of the close-knit team they are. He said a lot of other teams segregate because of the huge size. “All of our swimmers interact and hang out as a one team, they support each other in the sport and with academics,” Hawke said. Hawke said recruitment for next year is looking promising with 10 interested males and 10 females. He said recruiting without a pool on campus is not an issue. He seeks out individuals looking to major in something UWRF offers. The school does a good job selling itself, and has more appealing aspects as a small school in a small town

depending on what the students are interested in, Hawke said. “Another major factor that impacts the continuation and recruiting of swimmers is the team itself. We are closer than ever, and we constantly support each other in and outside of the pool,” Arenson said. Hawke said that he admits not having a pool on campus does hurt the team personally, in that practice times are inconvenient. The pool used at River Falls High School is a better option than the one previously used at the University, Arenson said. “The old on-campus pool wasn’t able to support a dive team, the high school pool meets depth regulations and we are able to have a diving program. It also has eight lanes, the old pool only had five lanes,” Arenson said. The Falcons continue to strive to beat Oshkosh and bring in recruits to be part of the team, Hawke said. The women’s team will be losing three females while the men’s team will lose two.



Sports fans support individual players instead of professional teams



Ben Lamers

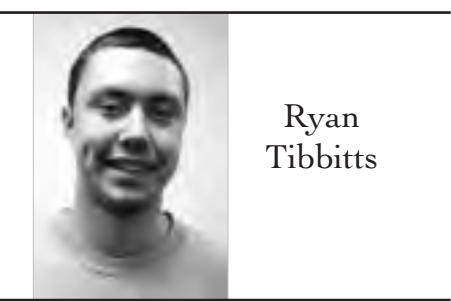
game Braun failed to impress and didn’t register a hit. That, however, is not the point. See, the game was against the San Francisco Giants. What does that have to do with anything, you ask? Well, obviously when Braun was up to bat the Brewers fans cheered him, but the Giants fans booed Braun. Obviously, this is in no small part to the fact that Braun tested positive for Performance Enhancing Drugs (PEDs) but managed to win his appeal before Spring Training began. The interesting point is that Braun was booed by Giants fans who, only a few years ago, were more than happy to cheer on Barry Bonds, who I think we all know was on steroids. Sports fans are hypocrites. There is really no way around it. It all depends what team you are cheering for. The exam-

ple with Braun makes that clear. Giants fans were willing to look past what Bonds had allegedly done, but were unwilling to do so when it came to Braun. In the same way, I distinctly remember Brewers fans booing Bonds during his home run chase and, obviously, cheering Braun when he returned for Spring Training this year. Fan hypocrisy is also relevant in football. For years Brett Favre had dominated the Minnesota Vikings, making it almost impossible for the Purple People Eaters to have any success in the division. Vikings fans were not all too fond of Favre. However, when Favre signed with the Vikings he instantly became a Minnesota sensation. At the same time, he was also vilified by the Packers fan base. Amazing how quickly fans’ views can change. A more recent example comes in the form of new Denver Broncos quarterback Peyton Manning. For 14 years Manning, outside of Indianapolis, was labeled as a choker and someone who could not win when it really counted. However, the second he was released by the Indianapolis Colts, 12 different teams contacted Manning about his services. Fans of teams were a buzz hoping they could get the legendary quarterback to come to their team. Suddenly, someone who couldn’t win when it counted turned into a player who could

win a Super Bowl with a better team. Manning and Favre open a whole different can of worms as well. Player fans. These are “fans” who cheer for a certain team, mostly the local team, then switch when their favorite player switches. For Manning this is less of an issue because the Colts and Broncos have no real interaction. However, with Favre going to the Vikings there were major problems. I remember reading a news story about a life-long Packers fan, from Ashwaubenon, Wis., who bought season tickets for the Vikings when Favre signed. Really? In the world of sports that isn’t OK. You do not cheer for a rival team because of one player. A real fan sees that player as the enemy. Regardless, fans never see anything in the same way. I’ll admit that I hated Randy Moss as a member of both the Vikings and the New England Patriots. However, when the rumor surfaced last summer that he might be coming to the Colts, obviously he didn’t, I was all for Moss coming to town. In the end it all comes down to wanting our team to win. And most of the time we want to see it done regardless of what players are leading the way.

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

March filled with madness in college basketball, free agency in NFL



Ryan Tibbitts

love as two No. 15 seed Cinderella stories, Norfolk State and Leigh both won first round games. Despite this, Peyton Manning and the NFL free agency frenzy have taken over the headlines providing the real “March Madness” and showing why the NFL continues to dominate every other sport in terms of popularity. This could be in part that as I and everyone else who loves a good upset story started to pack our bags for one of the No. 15 seed’s bandwagon as they lost just two days later, but that is beside the point. Now let’s get down to why everyone is so wrapped up in free agency this year. It all started when the Indianapolis Colts cut ties with Peyton Manning, one of the greatest to play the game, at the

beginning of the month. It was the Miami Dolphins who were supposedly going to make a “splash,” this free agency and go all-in for Manning. They scared off Manning, however, when they traded their star receiver Brandon Marshall to the Chicago Bears. When it was apparent that Manning was not going to be a Dolphin, they thought they could still easily pick up former back-up Packer quarterback Matt Flynn who was the next best available. They offered Flynn an embarrassingly low offer and Flynn signed with Seattle instead. The Dolphins turned themselves into the laughing stock of free agency so far and have only ended up with washed up quarterback David Garrard who was not even on a team last year. The 49ers turned into an instant front-runner for Peyton Manning when they signed a motivated Randy Moss and Mario Manningham at wide receiver to go along with Michael Crabtree, Vernon Davis and Frank Gore. This was to make a powerful offense on a team that is stacked on defense as well. If the 49ers could have landed Manning, they would have instantly been the Super Bowl favorite. After losing in the Manning sweepstakes, they might not have anyone to manage this powerhouse of a team.

The Broncos came swooping in and landed Peyton Manning. The Broncos have invested big time into the quarterback who no one knows is healthy for sure or not. They gave the 36-year-old Manning a five-year deal worth \$96 million. If Manning is only 50 percent of what he used to be though, it will still be an upgrade from Tim Tebow. Manning is like having an offensive coordinator on the field and the Denver Broncos are instantly a contender in the AFC. Unfortunately, with all this “Tebow Mania” has started right back up after he was traded to the New York Jets. While all this was happening the biggest defensive signing since Reggie White also occurred. Former Houston Texan, Mario Williams, signed with the Buffalo Bills. If their quarterback Ryan Fitzpatrick can play at the level he was two years ago than the Williams signing will surely spark the Bills to possibly being able to compete with their tough division foes, the New England Patriots. This NFL offseason has been a wild ride so far and has left fans in excitement, speculation, and anticipation for next year. Sorry college hoops and every other sport, but there is just no beating the NFL.

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

Senior spotlight

Right-hander Rose Tusa pitched in all nine of the team’s games during the softball team’s spring trip to Florida. Tusa finished 3-2 and recorded three saves. She pitched 36.2 innings and allowed 33 hits. She allowed 15 runs, 12 were earned. She walked only five batters and allowed just four extra base hits, all doubles.

Information taken from the UWRF Athletics website.

Goettl named WIAC Player of the Week

First baseman Ashley Goettl was named the WIAC Player of the Week after the Falcons’ spring break trip to Florida. Goettl hit .481 during the trip going 13-27. She had two doubles and two homers and finished with 11 RBI. She hit safely in every game but one and had four multiple hit games. She walked three times and handled 76 chances in the field with just one error for a .986 fielding percentage.

Information taken from the UWRF Athletics website.

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‘21 Jump Street’ fails to stand out in theaters

Combine “Super-bad” with “Police Academy” and you get “21 Jump Street.” This self-referential, mostly irreverent action/comedy is good for some solid laughs, but tired gags and a few too many flat jokes hold it back from greatness.

Based on a television series from the late 80s, “21 Jump Street” is about an undercover police squad that recruits young-looking officers to pose as high school students. But unlike the series, the movie abandons drama and morals in favor of f-bombs and glorified drug trips. The movie opens in 2005 with socially awkward Schmidt, played by Jonah Hill, asking out his high school crush to the prom. After she turns him down, cool-kid Jenko, played by Channing Tatum, is on hand to rub salt into his wounds. Flash forward to after graduation and both men are enrolled in the police academy.



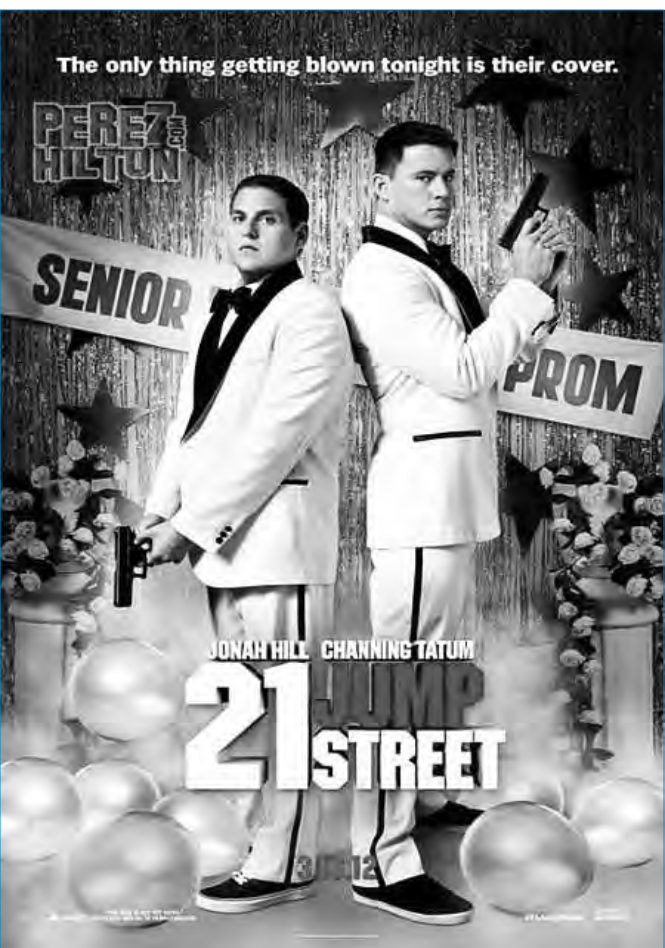
Michael Brun
Reviewer

Schmidt and Jenko make a textbook odd couple. Schmidt’s book smarts help him to ace his exams, while Jenko’s athleticism helps him to excel at physical challenges. Ideally their strengths would combine to make a perfect partnership, but the duo’s shared immaturity puts them at odds with the chief, played by an unfortunately underutilized Nick Offerman. While they may not be suited for normal police work, Schmidt and Jenko are perfect candidates for the revived 21 Jump Street program. So with new identities they are enrolled in a local high school to find the source of a new synthetic drug. “21 Jump Street” is at its most funny when poking fun at youth culture. On the first

day of school, former prom king Jenko tries to reclaim his throne of popularity by throwing his backpack over one shoulder, which he refers to affectionately as “one-strapping,” and identifying the social cliques. Jenko recognizes the jocks, goths and nerds easily enough, but he soon discovers that much has changed since 2005. The cool kids are now a group of hybrid car-driving, environmentally conscious do-gooders. Suddenly the intelligent, thoughtful and tolerant Schmidt, while once an outcast, fits in perfectly. Although their mission is relatively simple—and is often repeated to them by Ice Cube playing the role of the angry captain—Schmidt and Jenko soon venture off track. After getting caught up in the daily life of high school, they find themselves hosting a party and getting hit on by teachers. Just as the characters lose focus, so too does the movie start to derail. Undercover police work gives way to

high school hijinks and an unlikely love story between Schmidt and a student. There are laughs to be had, but much of the proceedings feel like they could be outtakes from any number of teenage party movies. Before the plot grinds to a boring halt, the third act kicks in and turns “21 Jump Street” into a surprisingly violent action movie. The shift in tone is jarring, and dominated by a cringe-inducing bad car chase featuring some of the tackiest computer animation in recent memory. Rehashing ideas from the 80s is a stale trend, an opinion clearly shared by the writers of “21 Jump Street” who regularly poke fun at its concept and source material. But less meta-humor and more originality would have propelled this adequately funny movie into the realm of classic comedy.

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.



‘A Thousand Words’ makes for lighthearted family fun

Eddie Murphy’s movie, “A Thousand Words,” at first glance did not look that interesting. Though out of all of the movie choices available, this one seemed the most interesting.

I’ve always been fond of Eddie Murphy. He’s funny and always seems to play a family man. This is exactly his character in “A Thousand Words.” Murphy plays workaholic Jack McCall. McCall is a literary agent from Hollywood that uses his smooth talking skills to get what he wants out of his clients. Though this time, it did not work so well to his advantage. He messed with the wrong man. When McCall tries to get “New Age” guru, Dr. Sinja’s book published, he lies to the doctor and winds up having a magical tree spring up in his backyard. This tree is called a Bodhi



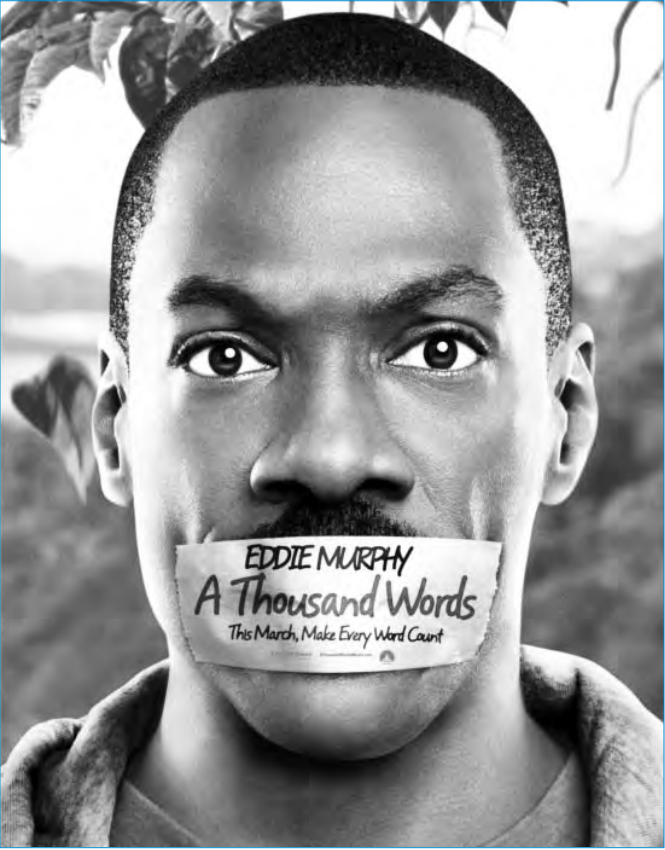
Samantha Harkness
Reviewer

tree, and it only has a thousand leaves on it. The leaves represent the thousand words that McCall has left to speak before something awful happens. Every word that McCall says causes one leaf to drop and suddenly a thousand words doesn’t seem like a lot. As soon as the last leaf drops from this cursed tree, McCall will die. He must find other ways to communicate with the people in his life, or the consequences will be dire. At first, Murphy’s character does not believe what this tree can do. It turns out that whatever happens to the tree,

happens to him as well. He pushes the limits and causes many leaves to fall in the first few minutes of the tree’s existence. Throughout the film, McCall struggles to balance work and his family, all while trying not to speak. He uses action figures to help him take a meeting over the phone, and while that works, his work life goes down hill after that. While at a lunch meeting, the tree is being watered, which causes McCall to get wet, and at another meeting, his gardener tries to poison the tree to kill it, which causes McCall to have the sensation of being high. What happens to the tree, happens to Jack. After getting fired and watching his wife leave him, as she is frustrated with his lack of communication, Jack goes in a downward spiral.

The next day, only a few leaves remain on the tree. After visiting his mother in a nursing home, he decides to use his last words to make amends in his life. He uses the final three words to forgive his deceased father for abandoning his family. McCall collapses, supposedly dead. Suddenly he wakes up and feels like a new man. The movie has a happy ending. He had a new job and his family came back. I did really enjoy this film. It had a good message about not taking the people you love for granted. It also showed the importance of communication both at home and at work. It was a cute movie. If you want a light comedy, “A Thousand Words” is a great film.

Samantha is a journalism major. She loves reading, writing and watching movies.



Earth beginning to run out of non-renewable energy resource

News flash—the helium on planet Earth is now “dust in the wind,” figuratively speaking. For those of you who do not know what helium is, maybe you shouldn’t be in college. It is an element on the periodic table and is a colorless, odorless and non-toxic gas.

Yes, it is what you inhale from a balloon and allows you to talk like “Alvin and the Chipmunks” for a few seconds. So why should all y’all care? Here’s the deal, helium is important to our everyday lifestyles.



Ashley Hall
Columnist

Helium is used in specialized refrigerators, Magnetic Resonance Imaging, also known as MRIs, to fill blimps and balloons, cooling medium for nuclear reactors, gas for supersonic wind tunnels (so cool), and in a nut-shell, used to grow other things for pressuring liquid fuel rockets and used for some other stuff, too. You’re probably thinking,

well this is a no brainer, just go to the helium mine with a jar and collect more already. Wrong. In order to “mine” helium, which is next to impossible, it escapes when we drill for natural gas and oil so that is the only time we can harvest it. Once it escapes into the air, it’s hasta la vista, baby. As you may recall from your chemistry days, helium is a non-renewable resource but it is the most abundant

resource in our universe. This means it is in space so we have to go out there and get. Beam me up already then. Wrong again. If you may not recall, NASA is no longer technically in business because of President Obama’s new budget funding plan. Word is, only private companies who can pay to send astronauts into space will benefit. The problem with the new budget, returning to the moon is not going to happen

in 2020. And this, friends, is where the problem lies. The sun is giving off helium-infused solar winds but our atmosphere keeps us from capturing it. Those winds are also hitting the moon as well, which is trapping the helium inside the lunar soil. We have been wasting this non-renewable resource in balloons for the past 50 to 60 years and just now realize we might need it. The government has been stockpiling helium, selling it for cheap and trying to get rid of it. The average cost of the amount of helium that fills a regular sized balloon is estimated to be \$100, according

to scientists. I don’t know about you, but I will be contacting the nearest party supply stores and buying as much helium as I can from them. In 20 years I intend to sell back that helium to the government and retire early. I am no fortune-teller, but maybe there will be technology advanced enough to replace the need for helium in the near future. Maybe I too will finally get my hovercraft board and be able to hover around with Marty McFly.

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

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Healthy food options available for the summer

With summer-weather in spring, it’s prime time for outdoor activities. The bike racks are filling up outside of residence halls, and more and more people are choosing outside paths over the gym for running. Biking, walking, running, rollerblading and outdoor sports are a great way to stay active, boost endorphin levels, and enjoy this great weather.

However, when exercising or playing a sport outside, it’s important to keep some things in mind to ensure a safe transition from indoor exercising or a more sedentary winter. Staying hydrated and maintaining a good balance of energizing food is crucial when spending a lot of time doing outdoor activities.



Brittney Pfenning-Wendt
Columnist

Having the sun beating down on you can do more than give you a sun burn when exposed for lengthy amounts of time. As your body is heated by the combined effects of the sun and exercising it produces sweat in order to cool down. As this sweat is produced you lose water, leading to dehydration if you’re not careful.

Take the precautions to remain well hydrated. According to the Institute of Medicine, men should be taking in about three liters (or 13 cups) while women should drink about two and two

tenths liters (or nine cups) of water per day. Keep in mind this number will vary depending on a number of factors including climate, age, weight and gender. If the temperature and humidity are especially high, a sports drink may be better for you as many will provide carbohydrates and sodium as well. The most important thing is to make sure you keep up with your hydration. This will help you feel better and less fatigued while enjoying your outdoor time. The other important step is getting enough energy rich foods in throughout the day to keep up with the amount of energy you are using up while exercising and playing sports. There are a lot of great foods for energy such as lean protein and carbohydrates. Lean protein will help you build and maintain muscles.

Grilled chicken and turkey are both great choices for protein. As for carbohydrates, these will give you a quick energy source; however it’s good to note the types of grains you are consuming. Registered dietician, Suzette Kroll, recommends that half of your grain intake per day should be whole grains. Keep in mind when selecting items listed as wheat and multigrain it’s important to read the label to make sure they are whole grains. Whole oats, such as oatmeal, contain a lot of good nutrients. This would be a good food to add to your menu if you are planning on a lot of activity. Containing fiber to give you a steady dose of energy is not the only positive aspect; these oats are also high in vitamin B which helps convert carbohydrates into usable energy. Take a look at the foods you are eating

as you may be surprised by some of the nutritional aspects and energy boosting characteristics. Consider increasing your intake of water and choosing some high energy foods to round of your meals or snacks. Making a few healthy changes will provide optimal results for your outdoor activities. Coconut Oat-y Energizers: Ingredients: • ½ c. butter • ½ c. brown sugar • ½ c. white sugar • 1 egg • 1 tsp. vanilla • 1 c. flour • 1 tsp. baking soda • ½ tsp. salt • ½ tsp. baking powder • 1 c. crushed Wheaties • 1 c. whole grain oats • 1 1/3 c. coconut Directions: 1. Preheat oven to 350°F. 2. Cream butter and sugars.

Add the egg and vanilla blending until smooth. 3. In a separate bowl combine the flour, baking soda, salt and baking powder. Add this to the creamed mixture until well combined. 4. Add the oats, coconut and cereal, stirring with a spoon. 5. Drop by half tablespoons onto greased cookie sheets. 6. Bake in preheated oven for 10-12 minutes or until lightly browned on top. Don’t worry if they are still pretty light as they will continue to cook for a while on the cookie sheets after you remove them from the oven. 7. Let cool on cookie sheets for about three to five minutes before removing to cool completely.

Brittney is a business administration major with an emphasis in management. She also has a love of cooking and baking for people.

Traveler discovers the importance of history in Europe

The International Traveling Classroom has spent quite a bit of time learning the history of Europe. We’ve talked about the Thirty Year’s War, countless numbers of monarchs and of course, the two world wars.

So much of our history lessons in school are centered on these two conflicts, specifically World War II. That’s a lot of talk without any real experiences to back any of it up or cement any of it in our minds. We know the dates and the details, but we rarely can see why these things are so important. Visiting a place like Dachau changed all of that, at least for me. For those who don’t know, Dachau is



Chris Rohling
Columnist

one of the many concentration camps that were started during the Nazi regime in Germany and the rest of Europe. It is not too far outside of Munich, where we were staying and was used as the model for the rest of Hitler and Himmler’s hellish camps. We got to the camp early in the morning and were joined by a guide who

was brimming with all sorts of interesting information about the camp. The second I stepped onto the grounds and saw the wide open space that used to contain so much pain and horror, all of the random tidbits of information I’d learned about the camps over the years hit me all at once. The hair on the back of my neck stood up and I was hanging on every word from our tour guide. The importance of this place ensnared me. There’s no getting away from the past. Even though Dachau was never used as an extermination camp, according to our tour guide, recent evidence has come to light

that shows the gas chamber at the camp may have been used to murder select groups of prisoners. We made our way through the room where prisoners were told to undress and then walk into the chamber itself. I can’t lie. It ruined me. It’s not an experience I ever want to have again, but it’s one that I’m glad I was able to have in the first place. There’s something about Europeans where they all just own their history. Berlin is full of monuments to those wronged during the reign of the Third Reich. German students are required to make visits to concentration camps. The people of Prague know that their city has layers and layers of history piled down upon it. While in a bar in Prague, I had the bartender

regale me with over 700 years of history that had happened in the old cellar where I was having a drink. They’re just aware of it, and that’s a good thing. In America, we really don’t have that. Yes, our country is relatively new, but it’s not like there haven’t been atrocities perpetrated by our ancestors or all sorts of things that have just been pushed under the rug so we can feel better about ourselves. Yeah, these things get mentioned in class, but how effective is that, really? Seeing all of the things I’ve seen in Europe and hearing Europeans talk about their past has made me feel like we’re just not doing enough. We very rarely discuss our history in anything except for broad strokes, and I feel

like that does so much of it a grave disservice. I don’t know how to solve this problem. I doubt anyone does. If more of an emphasis were put on education in our culture, then maybe it wouldn’t even be an issue anymore. History is often weirder than fiction, and much more vital. I know that when I get back to the states, there will be a few history books sitting by my to-read stack. We’re in Berchtesgaden, Germany, high in the Alps for the next week. The trip is starting to feel like it’s on the home stretch, but there’s still so much for us to look forward to.

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.

Fans rejoice as ‘The Hunger Games’ finally hits theaters

Unless you refuse to browse the Internet or watch television, you have most likely heard of “The Hunger Games.” Originally the first book in a trilogy written by Suzanne Collins, the movie adaptation hits theaters nationwide today, March 23. I have been waiting for this day for about four months. For my birthday last September, I received the entire trilogy but never found the time to start reading the books.

Once winter break started and Christmas was over, I reluctantly cracked open “The Hunger Games,” book number one. I am an ardent “Harry Potter” fan, which is why I was reluctant to start a new series. I was jealous of “The Hunger Games” because its time in the spotlight is just beginning, while my beloved “Harry Potter” is taking its last bow. But all the blogs I follow online and all my coworkers were always talking about this series being proclaimed as the next “Harry Potter,” and since I had the books, I



Amanda White
Columnist

decided I would read them with an objective eye, or a grain of salt, if you will. After I finished that first book the same day I started it, I was hooked. I spent the next week finishing the trilogy and excitedly discussing the plot and my favorite characters with my friends. After finishing the trilogy, I wanted to watch the first movie immediately. But I was forced, along with all the other fans of the books, to wait until the impossibly far-off release date. But now it is here. And the Internet has exploded with movie spoilers, iTunes has released the soundtrack featuring Taylor Swift and Kid Cudi, and talk shows are dedicating their precious airtime to interviewing the movie’s young stars. The movie premiered in Los Angeles last week and

Jennifer Lawrence, who plays the film’s protagonist Katniss Everdeen, was the talk of the town because of her liquid-gold cutout gown. And thousands, if not millions, of fans have already purchased their advance tickets to the midnight showings scheduled across America. I am just grateful I jumped on “The Hunger Games” train when I did because I am able to fully experience the movie as one who has read the books. I love comparing books and their movie adaptations, so I am beyond excited to see “The Hunger Games.” I learned how to love movie adaptations because of “Harry Potter.” Since the books were so long, it was almost guaranteed that something important and maybe even a favorite scene would be cut from the movie. Lots of people would watch the new “Harry Potter” movie and be severely disappointed. So to prevent those feelings, I have come to view

the book and the movie as two totally separate things. “The Hunger Games” is a book that everyone can enjoy. It is not gender-exclusive like “Twilight” tends to be, but it features a female lead that is one of the most powerful characters ever written. Everdeen is the protagonist living in District 12, the last of 12 districts ruled by the Capitol. The districts combined with the Capitol are Panem, the country occupying what was previously America. The Capitol, in order to prevent the districts from revolting, keeps them in poverty and once a year forces their children to compete in the Hunger Games as Tributes. Everdeen volunteers as the female Tribute from District 12 because her younger sister was chosen by a random lottery. Peeta Mellark, the baker’s son, is chosen as male Tribute, and together they join 22 other Tributes in a fight to the death. This book is so good. It is beautiful yet terrible, a com-



ing-of-age story like never before. The characters are vibrant and so well written that I became very attached to all of them. The book is thrilling and addicting, but it has its quieter moments as well. I have seen people of all ages, male and female, buying up this book and its sequels because they all, somehow or another, connect

with something in the story. Read this book, and then go see the movie. Or the other way around. Just acquaint yourself with this story because it is relevant. It isn’t just the next “Harry Potter;” it is a social narrative that is important for all to hear.

Amanda is a sophomore majoring in journalism. She enjoys film, theater, travel, music and reading anything and everything.

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