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STUDENT VOICE

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Senate election brings new leadership

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The elections for Student Senate are right around the corner and it will be up to the students to decide who they think will best represent the entire student body.

Voters will have a choice between two candidates for Senate president and three candidates for Senate vice president.

The candidates for president are Bobbi O'Brien and Samuel Tauchen. Both candidates are members of Greek organizations at UW-River Falls.

O'Brien is currently serving as the Greek representative on Senate.

Vice presidential candidates include: Riley Haynes, Elliott Kann and Carlan Strand.

Haynes currently holds a position as first-year representative on Senate. Both Kann and Haynes bring some more of the Greek life to the elections.

Strand, the incumbent, is

running for re-election.

All presidential and vice presidential candidates were asked via email why they are running for Senate and what they are advocating for.

"The reason I am running for president is to bridge the gap between senators, faculty, community members, and most importantly, students. My primary goal is to build a relationship with the students and be able to earn that respect," said Tauchen.

"Students need a voice and good representation, and I feel I have the ability to communicate with them effectively and bring their ideas to the Senate. Something I would like to accomplish if elected president is student involvement in Senate decisions," said O'Brien.

"I know the position well after my experience this year. I hope to continue to advocate for as many students as possible, and also want to continue to ensure that Student money is spent wisely," said Strand.

"It is a position that can-

not be taking lightly for the opportunity to offer involvement to give back to the students. I want to offer premier leadership that represents the student body and campus organizations by increasing awareness of the importance and ability of Student Senate," said Kann.

"I chose to run because I am passionate about serving UWRF to the highest degree possible. As vice president I wish to serve my fellow students by considering the thoughts and opinions of students from all viewpoints, and representing each of them equally on the Senate floor," said Haynes.

Student Senate Advisor Paul Shepherd explained that the elections are very important and students need to be made aware of that.

Some students may question the Senate's relevance to them and opt not to vote.

This could be a big part of why for the past few voting cycles, UWRF has seen less than 10 percent of students voting.



Maggie Sokoloski/Student Voice
Student Senate is student-elected every year to ensure that the UW-River Falls student body feels adequately represented by their peers. Elections begin April 2.

"Student Senate really is the voice for all students and the decisions they make have the ability to affect everyone whether they feel those effects or not," Sheperd said.

This semester Senate has made some important decisions about budgeting, raising student segregated fees, and how to spend down reserve accounts.

Senate member and Elections Commissioner Ben

Blanchard stresses that Senate is more important than people think.

"We are blessed in the state of Wisconsin to have as much power governing our own university as we do. Many of the faculty and staff here at UWRF pay attention to what is said and done on the Senate floor."

On Monday, April 2 at 8 a.m., the polls will open. An email will go out to everyone

currently enrolled at UWRF that will include a link, which will take you to a survey that acts as your ballot. Once your ballot is completed and you submit it, it records the results automatically.

Voting will close on Tuesday, April 3 at 4 p.m.

The results of the election will then be reviewed and posted at 5 p.m. that day. The new Senate will take over at the end of April.

Dance Theater performs for campus



Maggie Sokoloski/Student Voice
The UW-River Falls Dance Theater performed its annual spring concert. They complete their series of performances on March 31. Guest choreographers and dance theater alumni created pieces that explore structures and various foundations of human relationships through dance.

Primaries set for Tuesday

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Next week's Republican presidential primary in Wisconsin is important for young people, say several UW-River Falls students and a political science professor.

The Republican Party is holding a primary election on Tuesday, which is one of many primary elections being held across the country, to narrow down the Republican candidate that will run against Democratic candidate, President Obama.

The candidates that will be on the ballot are: Mitt Romney, Newt Gingrich, Ron Paul and Rick Santorum.

"Students need to pay attention to issues that matter to them," said John Evans, political science professor at UWRF. "They need to try and look at or separate the rhetoric that the candidates say."

All candidates have general ideas addressing the most talked about issues and what they each plan to do about it, for example, the economy, according to their official websites.

The most important issues

to them, said several students, are the economy and education. Seven of 15 students responded with knowing about the issues and where the candidates stand on certain issues, including the economy and education.

On Romney's official website, www.mittromney.com, three categories are outlined under the "issues" tab; jobs and economic growth, foreign policy and smaller, smarter, simpler government.

For the "jobs and economic growth" category, Romney wants to "rebuild the foundations of the American economy on the principles of free enterprise, hard work and innovation," according to his website. "He is calling for a fundamental change in Washington's view of how economic growth and prosperity are achieved, how jobs are created, and how government can support these endeavors."

Romney wants post-secondary education to be achievable no matter what kind of college it is. "College must be available and affordable," stated his website. However, Romney does not

outline a plan for achieving this educational goal he set up.

Gingrich's overall idea towards jobs and the economy is about creating a "pro-growth strategy," according to his website newtingrich360.com, "to balance the budget, pay down the debt and create jobs."

Regarding education, Gingrich proposes that if students graduate from college early, they should get an automatic scholarship of the money that it would have cost them for the years that they skipped, according to his website.

Paul's website, www.ron-paul2012.com, talks about how he will reduce government spending, increase the worth of the dollar, allow offshore drilling, eliminate income, capital gains and death taxes, and opposing all unfunded mandates and unnecessary regulations on small businesses and entrepreneurs.

These are just a few of the things that Paul would do in regards to the economic challenges. Paul did not mention anything on his website about

See Polls page 3

UW-Madison professor imparts knowledge about free speech

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On Tuesday, April 3, UW-Madison Professor Donald A. Downs will be giving a public lecture on the subject of today's academic freedom and free speech climate in universities across America.

Downs is a professor of political science, law, and journalism at UW-Madison. The lecture will be focusing on the subject of academic freedom and free speech in regards to last year's State Capitol protests against Governor Scott Walker.

Free speech is a right that is

vital to universities because it provides students with the opportunity to expand their knowledge, encourage the pursuit of elusive truth, and develops critical thinking, according to Downs.

"Good higher education should expose students to all ideas and scholarly thought. This means that one-sidedness, orthodoxy, and discouragement of dissent due to traditional bias or political correctness are harmful to education and short-change students," Downs wrote in an email.

Although the protests in

Madison have become less prominent as they were a year ago, Downs states that he believes that the protests should be less one-sided and that both views of the labor issue in Wisconsin need to be heard, instead of the public mostly hearing about the anti-Walker position.

"If free speech were truly alive and well, all views would be out there more prominently for public consideration. The press has been better in this regard, presenting more sides than just the anti-Walker posi-

See Madison page 3



UW-Madison's website
Professor Donald Downs of UW-Madison will be a guest speaker at UW-River Falls and will be discussing the uses of free speech on campus and in the community. He leads these presentations for groups around the country to encourage people to find their voice.

Barefoot campus walk aims to raise awareness

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On Thursday, April 5, UW-River Falls Falcon Programs will be putting on the event TOMS One Day Without Shoes walk to raise awareness.

This event is an international event which usually takes place on April 10. UWRF is participating earlier for convenience reasons, said Courtney Haas, who is the Falcon Programs community service programmer.

TOMS Shoes is a one-for-one shoe company that donates a pair of shoes to a child in need over seas whenever a pair of shoes is purchased through them. The event is to bring awareness to what kids overseas are going through when they don't have shoes.

"The day we spread awareness of the impact a pair of shoes can have on a child's life by taking off our own. Why? Millions of children live without proper footwear, exposing them to injury and disease every day," stated the TOMS Shoes website.

At 6 p.m. on April 5, those participating in the event will have a 1-mile barefoot walk around campus followed with a concert from Dave Herdan and the Bad Habits Brass, according to Haas.

"What we will be doing is a 1-mile walk around campus barefoot to raise awareness about what these kids overseas are going through when they don't have shoes and what types of

illnesses they get because of it and after the walk we'll be coming back to the University Center for a concert and there will be free food and a lot of different things going on," Haas said.

Haas said that UWRF participated last year through the Actionist Network, where leader Cammy Nelson asked Falcon Programs to help. Falcon Programs took on the event this year so they were able to use some of their budget to help put on a larger event, Haas said.

Senior Cassie Kienbaum talked about the event and the unique way of raising awareness on the UWRF campus.

"Yes I've known about the event for a couple years, if I'm free that day I will be participating, I think it's a good way to spread awareness, it's a good discussion starter, like, why aren't you wearing shoes? People will notice it," Kienbaum said.

Herdan said he hopes the concert brings in more people for the event.

"The Bad Habits Brass was asked to play for the event because of our recent success in the River Falls community. We are a fun band that pairs really well with the One Day Without Shoes event. We're hoping we can bring in a few people for the concert," Herdan said.

The event is free for the campus and public and no sign up is necessary, Haas said. Falcon Programs has been working with TOMS Shoes and will be doing a two day shoe drop in Haiti this summer as well.

- River Falls Police/
UWRF Police
Department
- March 17**

 - A bike was reported stolen outside of Parker Hall.

March 18

 - A bike was reported stolen outside of May Hall.

March 23

 - Andrew Stephen Huot was cited \$263.50 for underage consumption outside Stratton Hall.

March 25

 - Matthew Thomas Blair was cited \$263.50 for underage consumption at Stratton Hall.
 - Mallory Amber McFee was cited \$263.50 for underage consumption at Stratton Hall.

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

Students asked to wear hoodies for justice day event

Several UW-River Falls student orgnaizations are asking students to wear a hoodie to stand up to injustice.

The Black Student Union, Falcon Programs and Student Affairs are sponsoring an event titled "Hoodies for Justice Day."

The event is in remembrance for the shootings in Florida and Wisconsin.

Students are urged to wear a hoodie or hooded shirt all day on Monday, April 2, to stand up to injustice in solidarity for Trayvon Martin.

There will be a thought-provoking forum on "The Right to Kill: A Campus and Community Forum on Recent Shootings in Florida and Wisconsin" with a rich panel of diversly educated individuals with criminal justice and law backgrounds.

The forum will and discussion will take place at 5 p.m. to 6 p.m. on April 2 in the Kinni Theater at the University Center.

News briefs

UWRF upgrads fee payment agreement

All students must sign the updated fee payment agreement prior to registering for future terms.

Fee payment holds for the new agreement were placed March 28.

Students must check for holds prior to registering.

Electronically signing the fee payment agreement in eSIS will remove the fee payment agreement hold immediately.

Please read the agreement before electronically signing; there is a change to the payment policy.

Beginning in fall 2012 there is a \$75.00 late payment fee for not paying tuition on time.

A minimum of one-third of fall charges after subtracting pending financial aid is due by Aug. 31, 2012.

Students can plan ahead financially for next year by completing the FAFSA now. For more information contact billing.finaid@uwrf.edu.

Changes come to rolling deposit access

Remember to "roll" your registration deposit in eSIS to fall 2012 prior to registering.

Students can currently access the "Registration Deposit" page from your eSIS Student Center>Account Inquiry, Registration Deposit tab. Please be aware that access to this page is moving to the eSIS Student Center on April 4.

On or after April 4 use the Registration Deposit link on the Student Center page to remove registration deposit holds prior to registering for fall classes.

Only the location is changing.

The process will remain the same. Deposit holds will be removed immediately after completing the rolling deposit process. For more information contact billing.finaid@uwrf.edu.

UW-River Falls students inducted into physics honor society

Eleven UW-River Falls students were inducted into the UWRF Chapter of Sigma Pi Sigma, the national honor society for physics, on March 23.

Students inducted include: Derek Bauer of Hudson, Noah Biros of River Falls, Peter Brudzinski of Woodbury, Minn., Joseph DeCarlo of Stillwater, Minn., Daniel Frank of Deer Park, Wisc., Jedith Hanson of Kennan, Wisc., Sharon King of Farmington, Minn., Thomas Lengyel of Loretto, Minn., Jacob Olson of Trego, Wisc., William Ryan of St. Paul, Minn. and Matthew Schmitt of Somerset, Wisc.

The society formed in 1921 to recognize academic achievement in the study of physics, to encourage interest in physics and to promote an attitude of service of its members. The UWRF chapter has inducted 386 members since it was chartered in 1975.

Chapter advisor is Physics Professor Earl Blodgett.

Members of the UWRF chapter of Sigma Pi Sigma have gone on to careers in physics, engineering, teaching, medicine and an amazing range of different career paths.

They are all linked in a common fellowship, however, based on a passion for physics honed at UWRF.

More information about Sigma Pi Sigma can be found at <http://www.sigmapisigma.org/about.htm>.

UW-River Falls students present research in state capitol

Six students from UW-River Falls recently presented the outcomes of their undergraduate research experiences at the Wisconsin State Capitol in Madison.

The presentations were made on March 7 as part of the ninth annual UW System "Posters in the Rotunda: A Celebration of Undergraduate Research." The event featured presentations from more than 100 undergraduate students representing campuses throughout the UW System.

The participating UWRF students presented their research to fellow students, faculty mentors, and local dignitaries including state representatives Dean Kundson and Erik Severson, State Senator Sheila Harsdorf, and OEM Fabricators, Inc. president and UW System Board of Regents member Mark Tyler. The students were accompanied on the trip by faculty and administrators from UWRF including Chancellor Dean Van Galen.

For additional information, visit <http://www.wisconsin.edu/posters> or contact Blake Fry at 715-425-3711.

Three-Day western dressage horse clinic offered at UW-River Falls

Community members can learn western dressage from the "Master of the Flying Lead Change" legendary horse trainer Jack Brainard through a weekend advanced horsemanship clinic offered at UW-River Falls June 8 to 10. Registration is limited to the first 15 applicants.

The clinic, held at the UWRF Lab Farm, will cover the essentials to learn basic cowboy or western dressage and advanced horsemanship and would not be appropriate for problem or starting horses.

The clinic begins each day at 9 a.m. and goes until 4:30 p.m. with a lunch break from 12 p.m. to 1:30 p.m.

"Jack Brainerd has been helping people for decades ride a better horse by becoming a better rider," said Debra Martin, a longtime local rider and member of the American Quarter Horse Association and the Northern Lights Versatility Ranch Horse Association. "He has developed a manner of training a horse one step at a time that can quickly bring a horse up the training scale. Some horse people claim that you can't teach someone to 'feel' what a horse is doing, but I believe those people have never worked with Jack Brainard."

Brainard of Tioga, Texas, has long been known for his contributions to the equine industry and his lifelong commitment to horses and the people who enjoy them, Martin said. He has bred and trained horses for more than 53 years and has judged for a variety of national horse associations for more than 40 years.

The registration fee for participating riders is \$700, although individuals who want to observe or audit the course may pay \$25 per day or \$60 for a three-day pass.

Register online or request a paper registration form.

Lodging, transportation and stabling costs are not included in the registration fee.

More information is available at www.uwrf.edu/ContinuingEducation/ or can be obtained by calling 715-425-3256 or 1-800-228-5607 or by emailing outreach@uwrf.edu.

April 3rd is Election Day in Wisconsin!

Polls are open from 7 a.m. to 8 p.m.

WHAT'S ON THE BALLOT?

On the ballot are candidates for local governments, school boards and judicial offices, as well as primary candidates for President

WHERE DO I VOTE?

Residents of South Fork Suites, Crabtree, Grimm, Hathorn, Parker, and McMillan Halls vote in the UNIVERSITY CENTER

Residents of Johnson, Prucha, May, and Stratton Halls vote at RIVER FALLS HIGH SCHOOL.

All other students can find out where to vote by visiting <https://vpa.wi.gov/>

HOW CAN I GET TO THE HIGH SCHOOL?

Student Senate will provide a shuttle to River Falls High School from 10:00 a.m. – 4:00 p.m. Shuttle pickup will be available between May and Prucha Halls (off of Spruce) and between KFA and Davee Library (at the round-a-bout)

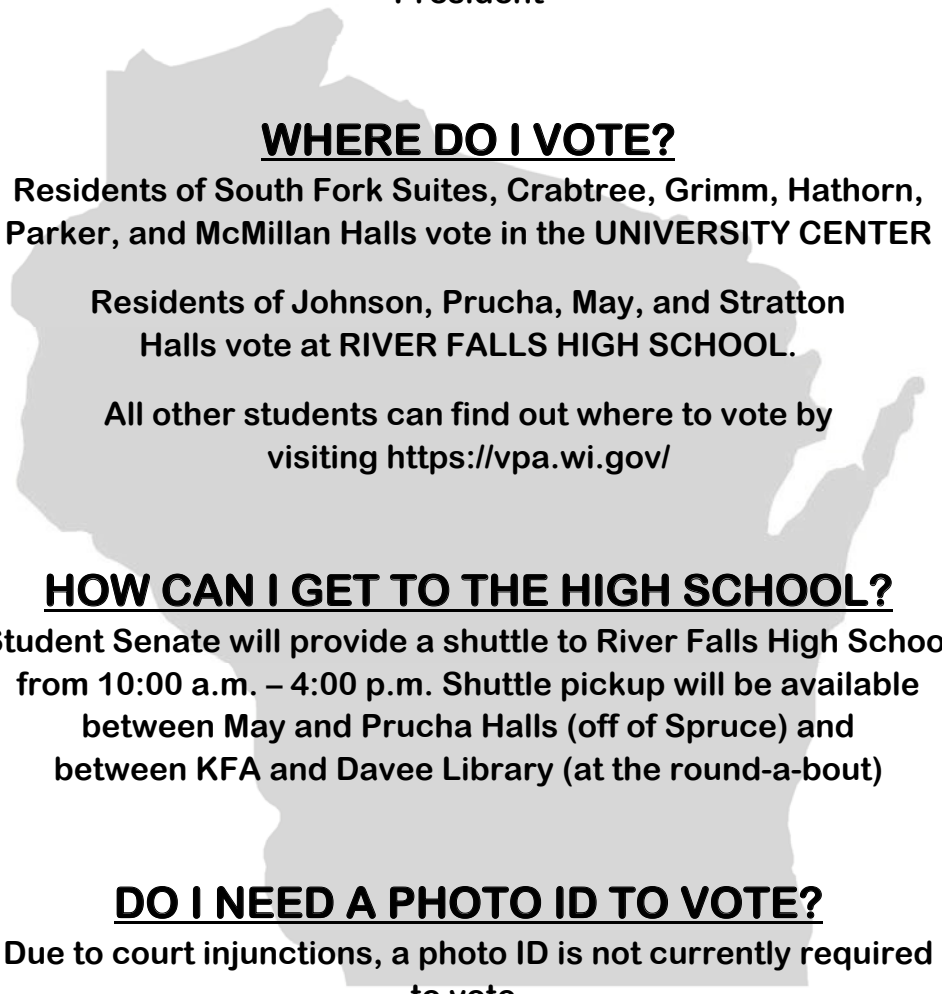
DO I NEED A PHOTO ID TO VOTE?

Due to court injunctions, a photo ID is not currently required to vote.

WHERE CAN I LEARN MORE?

The UW System Student Voting Guide for Wisconsin is available at www.wisconsin.edu/vote

Advertisement sponsored by the UWRF Chapter of the American Democracy Project



Cascade construction begins



Sally King/Student Voice
Cascade Avenue will be undergoing construction beginning April 4.

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The Cascade Project construction is anticipated to start Wednesday, April 4. All construction work is planned to get done this fall, said Director of Facilities Mike Stifter.

Construction will start on Spruce Street and Second Street, Stifter said. Construction will move from west to east on Cascade Avenue.

Fencing will be put up first and starting the April 9, will be the removal of asphalt and trees, that will be a two-week process, according to Stifter.

“If things go well, we could be wrapping up mid-fall, the biggest thing to work on for next week is pedestrian walk ways,” Stifter said.

Stifter said Fourth and Sixth Street would be ideal places for pedestrians. During construction, every other block will have crossing areas.

Vehicles owners will have access to all campus parking lots and dorms during the time of construction. Although, only residential traffic will be allowed on certain spots of Cascade Avenue when houses are unavailable

to get to in other ways, Stifter said.

“There shouldn’t be any problems, nothing we anticipate. Q lot is open all semester,” Stifter said.

Stifter said that everything on campus should be available all the time and all student lots will be free in the summer. For the rest of spring semester, there is \$5 per week parking permits available.

Operations program associate from the Police Department and parking on campus Wendy Penny said that at this particular time, a concern would be peoples’ knowledge of how to get around.

“I stress that there is a website just for the Cascade project and that will be updated daily so any changes that take place will be announced there. It’s a central place for the city to communicate with us and the campus to communicate with the community,” Penny said.

Routes and ways of access to all campus buildings are shown on the UWRF website. As well as a more detailed schedule of construction. Mid-April will be the start of initial utilities projects such as electrical and

water. These projects will be worked on while students are here and safe pedestrian walkways will be the most important, Stifter said.

Penny said that approximately 100 parking spots will be lost this school year but at the end of construction spots will break even.

“The current metered lot will be completely reconstructed and additional spaces will be there, the city will be vacating Third Street and the lot will then extend almost to the flag pole currently in front of North Hall and will be completely redesigned,” Penny said.

Junior Holly Davidson drives to campus and talks about the inconvenience of losing spots on Cascade Avenue.

“It’s frustrating since there’s already limited parking on Cascade, so any use of parking spaces due to construction offers a big inconvenience to commuters,” Davidson said.

The Cascade Project has been in the works since 2007 and had it’s last public meeting before the start of construction on Thursday, March 22 which brought about 25 people, Stifter said.

Polls: Professors encourage students to participate in primary elections

From page 1

education, except for the importance of homeschooling for younger children.

Lastly, Santorum does not outline any plan about higher education, according to his website www.ricksantorum.com.

However, cutting spending, a balanced budget amendment, lowered taxes for families and businesses, returning federal programs to states and promoting sustainable health care and retirement solutions for young and old, are some of the things that Santorum will be looking to achieve regarding the economy and jobs in America, according to his website.

Evans is reminding students to vote for the candidates that are paying attention to them and looking out for their interests.

“If students don’t vote, the candidates will not care about them. They will only care about those who vote,” Evans said.

Evans said that the way the

Republican Primary is being dragged out is not the most ideal situation because they are beating each other up right now.

“The more this stretches out, the more they are beating each other up,” said Evans. “They need to vote on a candidate already so the Republicans and Democrats can beat up on each other.”

Of the 15 students that were interviewed, 10 knew about the presidential primary election in Wisconsin. Seven of those students knew who was running and where the candidates stood on issues that mattered to them. All 15 students plan on voting in November once the Republican candidate is voted upon.

“I am most likely going to wait to vote in November and wait to see who gets through the primaries,” said Greg Ridley, a freshman and business administration major.

The idea of waiting until the Republican candidate is decided upon was the general consensus amongst almost all the students interviewed. However, the issue the eight

students had when it comes to knowing who is running was that they have no extra time to pay attention to what is going on now.

Answers such as “it’s too time consuming” and “I don’t have time to research now,” were a common response as to why.

One student, Kelsie Palm, a junior and elementary education major said that she would vote in November.

“I don’t know if I have a good knowledge of what they stand for but I know more about the negative than the positive,” said Palm.

A Minnesota resident who voted in the Minnesota Presidential Primary that was held in February, Sean Rolison, who is a junior and psychology major, stressed that being informed and involved is the only way to create change.

“If you do not involve yourself, they it will go to everyone else’s decision,” said Rolsion. “At least you have a voice when you vote, that’s how you voice who you want to lead in this government.”

Madison: Events in state create grounds for free speech discussions

From page 1

tion. Otherwise, free speech is alive and well, if not as diverse as would be optimal,” Downs wrote.

John Evans, UWRF professor of political science, states that learning and intellectual development in the university setting cannot occur without an environment that allows intellectual freedom of thought and expression.

“Of course free speech is not unlimited. Classrooms and campuses should be places with decorum and civility and debate and discussion should adhere to that. There are also different understandings about what is speech and

what is free speech. This is a lot of what Professor Downs will be talking about,” Evans said.

Student Luke Affolter states that although free speech is important on any college campus, it is impossible to exchange ideas if society cannot do so fairly and without fear of retribution. Affolter is not convinced that professors have the right to cancel class and/or encourage students to attend protests, when regarding the Governor Walker protests.

“There are several students who either support Governor Walker and his policies or they just don’t care. Why should they have to miss class because their professor

wanted to go to the protest?” Affolter said.

Downs decided to study the issues of academic freedom and free speech as a result of witnessing, throughout his experiences as an undergraduate and at UW-Madison, the consequences that occur when free speech and though is not defended or promoted.

“For example, speech codes at Wisconsin—which we fought against and prevailed—made critical examination of many issues taboo. Free speech is not mana from heaven. It has to be defended and espoused,” Downs said.

The lecture is scheduled to begin at 6:00 p.m. in the Kinikinnick Theater of the University Center,



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EDITORIALS

Students encouraged to demonstrate respect as residents of River Falls

The Student Voice editorial board feels it necessary to once again reiterate how important it is to maintain a sense of respect for the UW-River Falls campus, fellow students, professors and all staff, as well as the town of River Falls.

The issue of littering has once again become troublesome around campus, as many students seem to be complaining about the lack of compliancy when it comes to using trash receptacles and ashtrays.

According to the UWRF website, the development of a non-smoking policy was based on faculty, staff and student deliberations and recommendations. The recognition of the substantial health risk that occurs when people are exposed to tobacco smoke was a critical consideration in the formation of this policy. Smoking is not allowed in any campus building or state vehicle; and effective Jan. 1, 2004, smoking is banned within 25 feet of all campus buildings.

Being that it has been over eight years since the onset of the 25 foot rule, you would think that the observation of this use would be regularly practiced. We here at the Voice urge students and staff to be cognizant of this rule, out of respect for your cohorts here at UWRF.

As part and parcel of such, we also encourage students to be respectful of fellow classmates as well as professors. Texting in class is not only an annoyance to the professor, but also to those sitting around you. Please, for the sake of the sanity of the other individuals in your classroom, cease your texting!

Another way to show respect for UWRF is to become involved in student affairs. A great way to do so is to actively participate in the Student Senate elections, which are to take place early next week. By doing your research and understanding the values and goals of each candidate, you can vote appropriately to aid in the process of making change. There are far too many students on this campus who do not vote in these elections, or even know that they are going on. Part of the experience of attending a university is becoming aware of all that it stands for and how exactly it operates.

Showing support for various athletic teams on campus is also a great way to demonstrate UWRF pride. It seems to be the general consensus that far too few students take an active interest in Falcon athletics.

So, students of UWRF, remember to take pride in this University by showing respect for all others and actively participating in campus events.

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

STUDENT VOICE

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Read the *Student Voice* online at www.uwrfvoice.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@uwrfvoice.com. The *Student Voice* reserves the right to edit any material for content, libel or space. It also reserves the right to withhold letters. All letters, news releases, briefs, display ads and classified ads must also be submitted no later than Wednesday at noon. Because of high production costs, UW-River Falls community members are permitted to collect one copy of the *Student Voice* per issue. A single copy of the *Student Voice* is valued at \$1, and additional copies may be requested from the editorial staff by e-mail through editor@uwrfvoice.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

Letters to the editor

Republicans manifest women's rights

Condoms and the birth control pill allowed women and men of my generation to plan when and how many children they will have. Unfortunately the Republican party of today opposes the American people controlling their own reproductive choices. Republican backers have gone so far as to call women whores if they want to use birth control. Not one of the Republican presidential candidates has had the courage to stop these attacks on women. Their silence indicates that they lack the courage to stand up against special interests. In Wisconsin, Scott Walker and the Republican party have gone so far as to oppose teaching about birth control, and want to institute criminal penalties for teaching about condoms and the birth control pill. It is time to stop the Republican big government attacks on women. This year I will be supporting candidates that protect my rights. This year I will be a voter. I will support candidates for the County Board and City council that will protect our reproductive health clinic in the April 3 election. I will be a voter in the recall elections on May 8 and June 5 and support candidates that understand the importance of birth control.

Lynn Linder

Students encouraged to vote in upcoming elections

Wisconsin will be holding local elections and the presidential primary on Tuesday, April 3. UW-River Falls students who are U.S. citizens and have lived in Wisconsin for 28 days (including those who live on campus) are eligible voters in these elections. Due to redistricting there are two polling locations for students who live on campus. If you live in Johnson, May, Prucha, or Stratton, voting will be at the River Falls High School on Cemetery Road. Others on campus residents can continue to vote in the University Center. To find your polling location and view a sample ballot for other locations check <https://vpa.wi.gov/>. You may register to vote the day of the election if you are not already registered. You must bring proof of residency such as a tuition statement, utility bill, or lease to register on the day of the election. If you have questions about what you can bring or other voting issues please contact the City Clerk at 715-426-3408 or the Deputy Clerk at 715-426-3419. This year I will be on the ballot for Pierce County Supervisor District 5. This district includes the residence halls Johnson, May, Prucha, and Stratton and the area between Cascade and Johnson Street to the west of Main Street. UWRF students are important contributors to River Falls and Pierce County. Our local government needs to recognize the unique role of the University in our community and work to protect the needs and rights of students. I will continue to work to make sure that county services are available and accessible to students and that our economic development takes in to consideration the need for student employment in the area. Of direct importance to many students is the county reproductive health clinic. I will continue to ensure funding for these services and make sure that they are available. If you have any questions about county services please contact me at 651-269-1274 or at plunkettwi@gmail.com. Thank you, I appreciate your vote on Tuesday, April 3.

Ben Plunkett

Candidate sets priorities for Alderwoman-At-Large position

My name is Lauren Evans. I am a 21-year-old marketing communications major at UW-River Falls. I have worked closely with non-partisan organizations like Students for a Fair Wisconsin and the Midwest Permacultural Institute to find my purpose in society as an artistic entrepreneur. I grew up in north Minneapolis with my three brothers and single mother. My interests include: the outdoors, sustainable agriculture and the arts. River Falls is a place where an interdisciplinary life can prosper. As a candidate for Alderwoman-at-Large, my top 10 priorities are to:

1. To be an intermediary between UWRF and the city of River Falls.
2. Looking into the reduction of property tax by utilizing integration of our local institutions.
3. Provide representation for women, students (K-college) people of color and other minorities in the city of River Falls.
4. Build our small businesses.
5. Integrate the dialectical perspective to the way decisions are made.
6. Integration of place-based learning into our educational facilities.
7. Grasp knowledge of how to develop a successful community.
8. Serve taxpayers by providing opportunities to better our community.
9. Increase access to healthier living integrating recreational activities in community programs and local CSAs.
10. Laugh More.

Lauren Evans

Transfer student reveals displeasure in Student Voice coverage

I am just writing in response to the many articles that have been in the Student Voice since last fall regarding the budget at UW-River Falls. It seems to get a little old after a while always hearing about budget shortfalls and the effect it is having on students here at campus. In the article last week it was quoted by someone as saying, "We've had a budget cut every year that I've been here." I don't see any reason then too be continuing to always talk about the budget in the paper if it's not new news. I am a transfer student here since last semester and I hope people who are always talking about the budget problems realize this is one of the most affordable Universities in this whole area. I understand many people may be opposed to increasing the tuition at UWRF, I am not one of them. Even with an increase in tuition this university would still be very affordable for this area. It's the same problem that any business out there would have to deal with. Raise the cost of what you are selling or make some sort of financial cost cutting measures. As a business your trying to attract customers and/or keep the ones you have, same thing as the college here. So if you look at the college budget situation just like any business, I don't see what the big problem is here. I would hope that Alumni, Administration, Faculty, and people who have been involved with UWRF for a long time would decide what they want this University (business) to offer us as students and make the appropriate financial decisions. As in business, if you have something fantastic to offer at a good price, people will flock to buy it. Go Falcons!

Chris Marlow

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@uwrfvoice.com

AFTER 10 a.m. Friday *wins*.

Dear Rachel: controversial beliefs affect students



Barnabus Flemming asks: “What do you do when someone spews their beliefs in your face?”

Your day starts off on the right side of the bed, you’ve finally remembered

to put your pants on one leg at a time, you woke up early enough to both shower and put on a fresh set of clothes, and you’ve finally hunkered down to your ironic bowl of Trix cereal. Then it starts.

Maybe it starts from the room over, table over, or from the friend across from you, but it starts. The tumbling of opinionated words sometimes mixed with facts and other times entirely free of them.

Maybe you add your own thoughts or perhaps you’ve been pulled in for your input but somehow you’ve gone from perfect morning to perfect headache. For the best way to check yourself before you wreck yourself read on.

Everyone has likely heard the term “deal breaker” in reference to relationships. Everyone has certain ideals they need in their significant other. Once they realize that other person doesn’t have those ideals then the relationship needs to end.

However, deal breakers don’t exist in relationships alone, they can also exist in friendships. If one or both parties hold

a strong opinion about a certain topic and cannot accept a differing opinion, then this can end a friendship. If that person works with you, has class with you, or lives with you that can pose a real problem.

The best thing to do is avoid highly controversial topics such as religion, politics, abortion or anything else you or the other party have strong feelings about if you know the conversation will result in an argument.

In *Dealing With Different Types of People*, Tejvan said, “There are few things in life really worth arguing about, so just avoid bringing up the topics that they will give their in-terminable lectures on. You are probably not going to be able to change their mind directly.” You must accept that some opinions cannot be changed.

Why are opinionated people so quick to jump down your throat? In *Conversing with Highly Opinionated People*, Loren Ekroth, Ph.D., said, “A large part of the problem in talking with opinionators is that so many of them are personally identified with their opinions (or dogmas and ideologies.) When they discover that your opinion is different from theirs, they may personally feel challenged, as if you are question- ing their intelligence or character.”

Opinionated people view your disagreement with their opinion as if you are beginning an argument and doubting their intelligence. Be sure to never talk down to anyone when they express their opinion. Doing so will only inflame the situation.

For you to clash with an opinionated person it’s quite likely

that this person thinks you are highly opinionated yourself. To ensure that you are not perceived this way remember to listen before speaking.

Larry Barkan, author of *conflictresolution.net*, said that aggression begets aggression and listening encourages listen- ing. He suggests listening to the entirety of the opposing view with the intention to agree. By “agree”, he means to gather enough information to understand where that person is coming from and why they feel as they do.

After this, agree with the person’s reasoning and then state your opinion. Speaking with someone with this level of re- spect is the best way to turn what could be an argument into a conversation.

So when your morning breakfast, your class, your walk, your work, or your sports talk gets interrupted with a contro- versial topic, try first to change the subject and secondly to actively listen before responding.

Ensuring that you are not acting as opinionated as the opinionator themselves is the only way to ensure respect and grace in this situation. Happy conversing and may the “odds be ever in your favor.”

Thanks for the question, Barnabus Flemming. Anyone may submit questions, concerns or quandaries to questionsfor- rachel@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.

Expand your thinking: Biofield therapy extends health of strained students



Jaime Haines
Columnist

When people feel pain, anxiety, depression, frustra- tion, fatigue and other such symp- toms, they seek treatment from doctors, therapists or psychiatrists. These professionals often use medication or talk therapy to manage symptoms.

Unfortunately, medication comes with detrimental side effects and risks while talk therapy may take many weeks to become really helpful. Because of this, people may view their options as few and undesirable. However, the United States is slowly adopting more eastern health approaches, “Healing Touch” being one of them.

Healing touch is a biofield therapy; it deals with the magnetic/energy field around the body. Typically, the client lies clothed on a massage table for 15-60 minutes while the practitioner uses either off body touch (hands close to the body but not touching) or a gentle (still) touch; it is not a

massage. As a pamphlet for healing touch explains, practi- tioners works to “clear, balance, energize and support the human energy system to facilitate and support healing for the whole person: mind, body, spirit” with the different touches. Essentially, healing touch works to clear and balance energy fields (or auras) and energy centers (chakras) so that the body is in an optimal state to heal.

Healing touch is used to help patients through experiences with cancer, heart disease, immune functioning, pain, recov- ery and psychological aspects like anxiety and depression. It is meant to complement the current treatment clients are receiving for their problems, although for problems like mild pain or anxiety that do not demand medical attention, it may be sufficient alone.

While the effectiveness and results of healing touch varies a bit from person to person, much like any medical treat- ment, research consistently shows that it helps patients with these and other problems to feel better both physically, men- tally and spiritually.

In addition to helping with a variety of problems, healing touch is an excellent option to try because it is non-invasive, effective, non-toxic and economical. Since it only needs a

patient and a practitioner, the procedure can be performed in many settings without the use of injections, surgery or medications. Because of the very nature of the process, there are no known side effects or interactions.

Finally, healing touch is a very affordable option; practi- tioners typically charge \$40-90 for a one hour session, and some even offer one free session as a “trial.” Occasionally, insurance will cover the cost, although it is not common yet. Other than the slight cost, the extremely low-risk nature of healing touch makes it an excellent healing method to try.

While it is typical to feel skeptical of an unfamiliar healing method, remember the huge benefits and small risks involved in working to better your health. By learning more about the therapy, you can become more comfortable with it.

Unlike conventional medicines, healing touch can be used both preventatively and as a treatment to keep or restore a body to balance and health. So whatever your health con- cern or intention, consider this alternative medicine as your pathway to healing.

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.

Spring weather causes students to reluctantly procrastinate homework



Sam Mayberry
Columnist

Spring break has been over for about two weeks now and the second half of the semester is in full swing. This is the home stretch before summer and I can hardly wait. Studying can often be difficult during the last month or two of school, especially when you’ve got nice weather like it has been for the past few weeks.

When the temperature in March reaches between 40 and 50 degrees Midwesterners usually consider that a heat wave. However, with temperatures rising to 70 or 80 degrees lately, it’s kind of ridiculous. I’m not going to complain because I am a wimp when it comes to cold weather, but its kind of concerning for it to be this warm in March. Many people are wondering what it will be like in July or even August.

Will it be scorching hot or will it start snowing in August and September? I guess we will have to wait it out and see what happens as spring and summer make their appearance.

Living in the dorms when the temperatures are increas- ing past 80 degrees can be, well, gross. Having the window open can only do so much when the wind isn’t blowing in the direction of your room and of course air conditioning is out of the question.

Fans have become a normal part of my life here at college during the first month or two of the school year and at the end of the school year as well. While you are trying to stay cool, you can also take this time to enjoy the abnormally warm weather outside. Go for walks, go for a run or play Ultimate Frisbee.

If you have rollerblades or a bike on campus, this is the perfect time to make use of them and go for a long bike ride with friends or rollerblade around campus. Glenn Park is always an option as well; you can go take a walk down by the falls and around other places along the river.

The warm weather also creates a problem, at least for me,

when it comes to studying and doing homework. The closer the end of the semester gets and the nicer the weather, the more procrastinating I am tempted to do; I can imagine I am not the only one with that problem.

You could always grab your laptop, textbooks and note- books and take advantage of a nice day and study outside. There are plenty of open spaces around campus to make yourself at home: the grass, benches, tables and other places you may find.

This spring will certainly be an interesting one with the un- usually warm weather and with the uncertainty of what will happen with the weather in months to come. But making sure you take advantage of the nice weather while it is here could be a rather easy thing to do.

There are many options when it comes to spending time outside whether it is studying outside or just hanging out with friends; making the best of the last six weeks of second semester is important.

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

STUDENT VOICES

Are you planning on voting in the Student Senate election?



Katie Schuman, freshman

“Yes, I think that it’s important that everyone votes. There are some good candidates.”

Britt Johnson, senior

“I usually do, just because it gives us some voice in what happens.”



Rachel Johnson, senior

“I didn’t think about voting, I forgot that it was going on.”

Compiled by Rebecca Rudolph

Being active proves momentous for socialization



Cristin Dempsey
Columnist

Spring is fi- nally here. While it is true that we have experienced spring weather for a while now, it is nice to know that the season has finally ar- rived here in the Midwest. Everyone gets outside to enjoy the warm weather, and it is also a good time to get active after the long winter months

One way to get active and stay active is to go for a bike ride. Whether you are a professional biker or just got a new bike to ride around the neighborhood, biking is great exercise and a lot of fun to do with family or friends.

Many students bring their bikes to campus during the warm months of the year to ride around campus. Biking is also a great way to get to your des- tination faster. Take a bike ride around campus or into town, and there are also bike trails to use. There is one trail behind Hathorn Hall and also other trails around the area for a relaxing bike ride.

Another way to stay active during the warm months is playing a game in the quad with friends. It can be Frisbee, a board game, or a sport like baseball.

Even if you are not typically very athletic, playing a game is fun and is a way to enjoy the warm weather that does not stay around for nearly as long as we would want it to. It is a great way to cure boredom in between classes or after class if you are looking for something to do.

Even taking a simple walk is something to do to stay

Going to a movie is a fun activity to save for a rainy day or a late night when it is too cold or wet to spend outside.

active. On a nice day if you just want something to do as a stress reliever from classes and homework, just simply take a walk.

It can also be a good way to socialize with your friends, whether you need to get to know someone or you want to clear your mind and talk to a close friend. You can burn calories while also spending some good time with friends.

Many families also enjoy going up north either in Wiscon- sin or Minnesota to their lake home to get away from their busy schedules for a while. If you and your family own a cabin, it is fun to get a group of friends together and spend a weekend up at the cabin.

My family owns a lake home in Alexandria, Minn., and I love having the opportunity to take my friends up there during the summer. There is always a lot to do, like boating, fishing, swimming, or bonfires.

On a spring or summer night, it could be fun to go catch the latest movie. “The Hunger Games” is the hot movie out now, and I recommend everyone go see it. There is never a dull moment in that movie, and the events will keep you thinking after you have left the theater.

Going to see a movie is a fun activity to save for a rainy day or a late night when it is too cold or wet to spend time outside.

There are many activities to do in order to stay active dur- ing the spring and summer months. In between classes, after classes, and when classes are done for the year, it can get boring with nothing to do. If you are looking for something to do, get active and enjoy the warm weather. It is not here for long.

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

Track and field transitions to outdoor season

Jessie Behrman
jessie.behrman@uwrf.edu

The UW-River Falls women’s track and field team performed well this past indoor season, and the team is excited about what they can do in their upcoming outdoor season.

At the Wisconsin Intercollegiate Athletic Conference. Indoor Championships at UW-Stout that took place during the last weekend in February, the Falcon women placed sixth out of the nine conference teams. Second year head coach, Aaron Decker said that the team could have done better if not for some unfortunate circumstances.

“We should have been fifth. A few things did not play in our favor. Some athletes were sick and with the strength of the WIAC now, you have to have a lot of depth,” Decker said. The Falcons finished only seven points behind fifth place UW-Stevens Point.

Decker went on to say that a larger roster could have made the difference in where the team finished.

“We landed where we should have, but had we had everybody there, we probably could have been top four. It takes a team of 15 or 20 really good kids to take a stand and make an impact in the WIAC,” Decker said. “We have an adequate number to perform well, but we need to be a little bit deeper in quality.”

The indoor season saw the women’s team set three new school records and have one of its athletes qualify for the NCAA National Track and Field Championships in Grinnell, Iowa. Junior Alyssa Rasmussen finished in eighth place in the 400 meter run which qualified her for All-American status. Rasmussen said that being an All-American was



Charissa Squire/Student Voice
Becky Ponick, Kara Stein and Liz O’Brien train for their upcoming outdoor track meet on Thursday, April 5. The Falcons will be taking on UW-Stout.

really important to her.

“It means a lot, it is a pretty prestigious award, and I am pretty excited about that. It just shows my hard work and dedication to track,” said the Delano, Minn., native. She attributed her success to her own effort in ad-

dition to her coaches and teammates. Rasmussen was also on the 2011 WIAC Scholastic Honor Roll.

Rasmussen’s head coach was impressed with her performance at the national meet.

“She had the consistency to come into the

meet and it takes consistency to be an All-American. She did it extremely well. She was thrilled,” Decker said.

The women will be moving outdoors beginning in early April and the head coach says that expectations remain lofty.

“I always set the bar high. I would like to see big things happen,” Decker said.

The head coach also spoke of a number of athletes that he thinks will have strong outdoor seasons including senior runner Becky Ponick and senior distance runner Katie Rydeen.

One of the main differences between indoor and outdoor track and field is that there are more events in the outdoor season. Events such as the steeplechase and discus throw are outdoor-exclusive. Decker says the Falcons can use those extra events to their advantage.

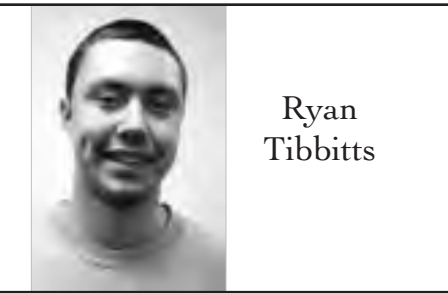
“When you look at the added events, we have athletes that compete in those events and grab more points in the conference meet which should elevate our standing,” Decker said.

Another factor that could bode well for the Falcons is that they will be hosting two meets this season. One of the two is a dual meet against UW-Stout, while the other is the Falcon Invitational featuring a total of 12 teams from Minnesota and Wisconsin. Decker says competing at home is very beneficial for a team.

“You know the facilities, the curves, and the runway very well. That makes it easier to relax and we see big performances when the athletes relax. It’s a big advantage,” Decker said.

The Falcons begin the outdoor season at home with the UW-Stout Dual on April 5.

Tebowmania, NFL soap opera continues to move across the country



With all the NFL drama that has happened this off season, it almost has a MTV show feel to it. Personally, I just want to watch good football and I try to convince myself that its all just media hype but I cannot turn away from it. This is the reason that the media keeps blowing up the Tim Tebow hype, because as much as everyone complains, there is not many people out there who actually are turning away from the TV.

The Tebow story is the most intriguing story I have ever seen in the sports world. Never has one player who plays the actual

game so average been this controversial. He is the butt of continuous jokes on the Internet, always a headline on ESPN, and has a big support base, lead by Skip Bayless.

I do not blame the Denver Broncos for taking a chance on Peyton Manning and trading Tebow. This was the best move for their organization. If Tim Tebow had landed with the Jacksonville Jaguars or the Miami Dolphins then I think he would have had a chance to succeed without too much pressure.

What I have a problem with is how Tebowmania just landed in the biggest media market in sports. In case you already forgot, the New York Jets ended their season in turmoil last season.

The New York Jets were coming off two back to back AFC championship losses before the 2011-2012 season, so they were a good team which people thought were real close to finally make to the push to the Super Bowl. Their head coach Rex Ryan, who

constantly has to make himself the center of attention, once again predicted a Super Bowl championship for his Jets team.

The Jets became a laughing stock finishing at a weak 8-8 record. Ryan came out publicly saying his quarterback Mark Sanchez was a great player and leader. The team did not agree as some of the Jets bashed Sanchez after the season saying he was lazy and a poor leader. Antonio Holmes the star wide receiver was fighting with many of his teammates and third string quarterback Greg McElroy took it upon himself to call the Jets team selfish.

What the New York Jets should have done this offseason is fire Ryan because he is not setting a responsible example for the locker room.

The head coach should not be running his mouth to the media but getting his team ready to play football without putting pressure on them. They should have hired some veterans who could lead in the locker room

and show the young stars what it takes to win in this league. They should have brought someone in who could help mentor Mark Sanchez and compete with him to make him better. Almost anything the Jets could have done would be a better choice than what they actually did.

By bringing in the Tebow circus, they just created an even bigger distraction to a team full of enough problems as it is. They bring in a guy who puts negative pressure on a quarterback who already does not have his whole locker room behind him. The first interception Sanchez throws this year will be followed by boos and Tebow chants. Just ask Kyle Orton if you do not believe me.

The New York Jets are sure to be one giant soap opera this year and unfortunately, I and the rest of the football world can do nothing but sit back and watch it unfold.

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

Sports Events

Saturday, March 31

Softball vs Gustavus Adolphus at Augustana Invitational at 10 a.m.

Softball at Augustana at Augustana Invitational at 12 p.m.

Sunday, April 1

Softball vs St. Norbert College at Augustana Invitational at 10 a.m.

Wednesday, April 4

Softball vs UW- Eau Claire (Doubleheader) at 3 p.m.

Thursday, April 5

Men’s track and field vs UW-Stout at 4 p.m.

Women’s track and field vs UW-Stout at 4 p.m.

Sandle wins triple jump national title



Photo by Kathy Hegelson/UWRF Communications

Mike Sandle jumped 50 feet 6 inches to become a National Champion at the NCAA Indoor Track & Field Meet. The meet was held at Grinnell College on Saturday, March 10.

Sandle is the first Falcon male track & field athlete to win a NCAA National title. He hit the mark on his fifth jump out of a total of six. His leap was four inches better than the second place finisher.

Sandle broke his own school record by one-half inch and earned All-American honors.

Information taken from the UWRF Athletics website.

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Lifestyle Enthusiast on the town:

Capturing lasting images at the Pacific Ocean



Christopher Pagels
Columnist

I passed a green highway sign that pointed west to Shelter Cove as I curled down in my Acura down this heavily forested part of northern California called the Big Sur. The road did switch-backs that converged into a one-lane randomly. Continuous 45 degree angles met perpendicular curls in flat landings repeatedly in a downward spiral to

the bottom of the Pacific coast. At the bottom of the ledge, the brake pedal held no resistance. Barreling down the hill with no conventional brakes left, I jerked the rarely used emergency brake 5-feet past the stop sign. My mind was a seven-10 split between finding a mechanic or a campsite. I drove on to find the latter. Steady hand on the e-brake, I stuttered my car cautiously down to the Kings Range Shoreline. Rolling into the overlook parking lot, I threw my arms up saying, “I’m done.”

Low tide licked the black sand beach below, cradled by two far-flung sea stacks in the formation of an amphitheater. The tide charts posited that the high tide would crest at 12:08 a.m. (mental error +/- five minutes). I set up camp a couple hundred yards away from the tide; I set the alarm for high tide just in case. On this trip, I soon came to the realization that “golden hour,” the first and last hour sunlight of the day, offered photo images with the highest contrast and depth of color. This was the last time I saw the Cali sun disappear over the Pacific. The deep yellow/orange cliffs snapped out the mushroomed sun like a wink,

and I winked back in good faith. B-r-r-r-r-i-i-i-n-g, 12:08 a.m. I slammed my hand against my phone. I then snapped my attention to the waves immediately replaced the alarm’s pitch. I sprang to my knees. The waves sounded close to my landlocked ears. I unzipped my one-person tent and peered out my miner’s lamp that bounced the rays off the salty white foam 100-feet or so away. I fell to a lump and awoke several hours later as the sun passed through the eaves of the pine trees that crowned the cliffs above. After I stretched off my sleepiness, I began to pack

my tent. As I lifted the tail of the tent a dark gray mouse jumped out in surprise. I jumped back too. The black canvas of sand as wide as a football field between the ocean spray and the cliff wall was no escape for a mouse compared to my young 20-something legs. The mouse and I danced; the mouse for life, I for curiosity more than anything. As I cut off each of his vain attempts towards freedom, I shifted my distance hot and cold like the veritable cat playing with the mouse it doesn’t want to eat by softly batting it around. One-step too close and the frail body crunched between the bed of sand and my hard

unyielding leather boot. Two pink fingers pinched the tail and whipped the small body into the morning foam. A pelican waddled near the waterline, deeper soaked black sand packed with the moisture of salt water, with its head bowed as a witness to my dance with the mouse. I ran back to the tent for my point-and-shoot camera. I came back for the maritime bird and caught it many times by the lens. With each forward step, I then took one step too many, then the pelican, the only other observer to the crime against nature, disappeared as well behind the deep blue backdrop in heavy flaps.

Appetizing bread recipies for the upcoming spring



Brittney Pfenning-Wendt
Columnist

Spring offers warmth, growth and new flavors. It’s great to let the cool spring air in through the window as the oven heats up the kitchen. It’s the perfect time of year for quick breads. They are versatile and simple. You can tweak the recipe where you see fit to make it your own. Add a touch of cinnamon, mix in some fresh fruit or add some cream for a unique flavor that is sure to entice taste buds. As the bread is baking, a

warm scent fills the air making everyone anticipate what’s to come. If you’ve never baked quick bread before, try it. The results are delicious and everyone will rave about it. Quick bread is unlike other breads in that they use baking powder and/or baking soda for leavening, rather than yeast. This difference in leavening agents results in a batter consistency rather than dough. Often when using yeast, the bread will require time to rise, and kneading before being placed in the oven. It’s important to note that baking powder and baking soda begin to release a rising property in the batter right away, which is why many

recipes call for the wet and dry ingredients to be mixed separately before combining the two. By cutting out time for rising and kneading you save a lot of time. Fillings and mix-ins for quick bread are pretty much endless. If you can think it up then it can usually be put in bread. Common quick breads are banana, pumpkin, cranberry orange, zucchini, rhubarb and cinnamon streusel. Think of what some of your favorite flavors are and figure out how you could incorporate this into a bread batter. Keep in mind the ratio of wet to dry ingredients so you don’t end up with bread that is too moist or too dry. When using produce in bread, I’d recommend looking into what’s in season as

well as trying for new flavors. Fruits are nice to add in the spring as new ones are beginning to appear on grocery store shelves. You may end up with something you don’t like, but it’s worth the chance. Usually if you like the ingredients you are putting in, they will taste fine mixed into the bread. If there is a particular spice you like, add a teaspoon or two, adjusting for strength of flavor. Strawberry makes for sweet afternoon bread with tea or coffee or even a breakfast treat where pumpkin gives that warm flavor. Right now rhubarb is just coming into season. It can be easily incorporated into bread alone or with other flavors such as strawberry, which is commonly seen with rhubarb

in pie. The basic idea is to create something that is yours. You want it to adhere to your tastes and flavors or the occasion you’re baking the bread for. Spend that extra time saved with quick bread and come up with something really fun. Here’s one of my personal favorites I always make right when the farmers markets open and fresh zucchini is available:
Zucchini Bread Ingredients
• 3 eggs
• 2 c. sugar
• 1 c. vegetable oil
• 2 c. grated zucchini*
• ½ tbs. vanilla
• 3 c. all-purpose flour
• 2-3 tsp. cinnamon
• 1 tsp. salt
• 1 tsp. soda

• 1 tsp. baking powder
*If you use overgrown zucchini you’ll need to peel and seed them before grating, but if you use small zucchini (which I recommend) you don’t need to peel or seed, just go ahead and grate.
Directions
1. Preheat oven to 325°F.
2. Beat eggs until frothy. Stir in sugar vegetable oil, zucchini and vanilla. Stir in remaining ingredients until well mixed.
3. Pour batter into two well-greased 9x5 inch pans.
4. Bake for about one hour. Cool 10 minutes or more in pan. Turn out onto wire racks to cool thoroughly before slicing.

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

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

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SA

Student Senate

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‘The Hunger Games’ has the odds in its favor



Michael
Brun

Reviewer

There were several times while watching “The Hunger Games” when I asked myself, “Wait, what?”

As a total novice to the “Hunger” mythos, I went into this movie with only a basic understanding of the plot—teenagers from a dystopian future being randomly picked to fight to the death in a twisted reality show.

That much I had down; but, I was not prepared for all of the rules governing the contest.

More than one third of this nearly two and half hour movie is devoted to explaining the rules of the Hunger Games. The competitors, called tributes, are randomly selected for their death sentence by raffle, conjuring images of Shirley Jackson’s “The Lottery.”

From here they are whisked away by maglev train to the Capitol, a bizarre cityscape as imagined by Marilyn Manson or Lady Gaga.

The unlucky tributes from the impoverished mining settlement of District 12 are Katniss and Peeta, played by Jennifer Lawrence and Josh Hutcherson respectively. The lavishness of the Capitol is alien to the teens, who treasure a piece of bread as a rare commodity.

Orientating the District 12 tributes to the rules of the game are an eclectic mix of actors, including Woody

Harrelson, Lenny Kravitz and a nearly unrecognizable Elizabeth Banks hiding behind a slathering of white makeup. The trio serves as mentors not only to Katniss and Peeta, but to the audience as well.

Although not as overt as in movies like “The Running Man,” criticism of reality television is an obvious theme in “The Hunger Games.”

As such, I would like to use “American Idol” as a point of reference. Granted, “Idol” is not about bloodshed, but I think the rituals behind the show parallel those of the Hunger Games.

Imagine trying to explain “American Idol” to someone from ancient Rome. There would be some common ground to make comparisons—it is like the Colosseum, only for singing—but the Roman would not have an appreciation for the cultural aspects of the show.

Rituals like laughing at the bad auditions, or tuning in only to listen to Simon Cowell’s blunt remarks, would likely be lost on an outsider.

That is how I felt while watching “The Hunger Games.” Like the hypothetical Roman above, I was an outsider. The movie presents its complex world as-is, with only scraps of information for viewers to piece together the full picture.

I found the experience challenging, but in the most entertaining sense. “The Hunger Games” does not cater to the lowest common denominator; rather, it presents just enough exposition to

drive the plot, while leaving room for viewers to analyze and interpret meaning and significance.

Perhaps readers of the source novel will experience it differently, but this movie set my imagination on fire.

Like the “American Idol” auditions, the pre-combat scenes offer a strange mix of emotion. There is a sense of wonderment and discovery, but it is contrasted by overbearing dread. As the competing tributes are introduced—like the unreasonably cute Rue, played by 13-year-old Amanda Stenberg—I could not help but smile.

But in the back of my mind I knew these characters would be cut by the end of the movie. And unlike “American Idol,” this means being murdered, maybe even by our heroes.

By the time the mortal combat gets underway, I was sufficiently sold on the premise of the “The Hunger Games.” I had become invested in the characters, and was genuinely interested to see how Katniss would navigate through such an impossible situation. Would she kill her friends to win? Or would she take death as an alternative to murder?

Then the movie lost me. Without giving away too much of the story, the rules of the game—which audiences just spent over an hour struggling to understand—are tossed out the window at the last minute to keep Katniss from having to make the hard decision.

Minor flaws like shoddy computer-generated attack dogs are easy to overlook considering the movie’s relatively modest budget,



but such a major cop-out from the basic premise of the plot left a sour aftertaste to an otherwise enjoyable experience.

That said, if “The Hunger Games” is what passes as



young-adult entertainment nowadays, then I am pleased. This is heartfelt, high-concept science fiction that will challenge viewers to think about making hard choices—even

if the characters get to skate around them for now. Bring on

part two.

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.

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