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University of Wisconsin **River Falls**

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UW System Board of Regents visits UWRF

The Board of Regents

Education Committee

has gone as far as

providing a lengthy

184-page agenda to be

discussed Thursday

morning.

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The UW System Board of Regents will be paying UW-River Falls a visit April 9 and April 11, an occasion that only happens once every seven years.

The Board of Regents, which governs the UW System, visits a UW campus every two months; UWRF is often lost in the rotation. While the visit will be almost all about business, it also presents a chance to exhibit the campus and highlight its best attributes.

"It's a very good opportunity to showcase the university and its strengths," said Blake Fry, special assistant to the chancellor. "They rarely get up to this part of the state."

Fry also said that most board members seldom visit the region because of busy schedules, and the fact that most board meetings are often on the other side of the state in Madison, Milwaukee or Green Bay.

"It's an opportunity for them to learn more about what happens at each of the universities," Fry said. "And to learn what makes each campus and university great."

All but one board meeting is open to the public, making it easy for students or faculty members to attend and possibly voice an opinion. Two sessions will even be broadcasted statewide via a live-streaming webcast,

which will be available for all eyes and ears across the state at www.uwex.edu.

The webcast will be organized and filmed by current UWRF film students. The webcasts are set to be filmed on Thursday, April 10 from 1:15 p.m. to 3:30 p.m., and on April 11 from 9 a.m. to 11:30 a.m.

All 18 Board of Regents members and a select number of committees

will be making the trip to River Falls, and a lot of planning has gone into this visit. The Board of Regents Education Committee has gone as far as providing a lengthy 184-page

agenda to be discussed Thursday morning.

"Expect the visit to feel like a small political convention," Fry said.

According to the UW System Board of Regents website, a presentation will be made to the Capital Planning and Budget Committee regarding a potential reformation to the

> UWRF Campus and Mann Valley Farms. The Education Committee will also be deciding on the approval of a computer science major at UWRF.

> At 1:15 p.m. on Thursday in the Riverview Ballroom of the University Center, Chancellor Dean Van Galen will lead an hour-long informational

presentation called "The University of Wisconsin-River Falls: Pursuing a Pathway to Distinction in the St. Croix Valley." The presentation will highlight many of UWRF's best attributes.

Current UWRF students will be heavily involved in the chancellor's presentation, as student-made videos have been prepared for the event. A discussion about the University's strategic direction will follow the presenta-

The UC will be paraded often as the majority of the activities will take place in the Riverview Ballroom and St. Croix Room, putting the modern facility on display. The Board of Regents will have their lunches in the Falcon's Nest.

According to Jane Radue, Board of Regents executive director and corporate secretary, Friday morning's board meeting will cover an update on recent events and news from around the UW System, a student spotlight and a multitude of reports from five different committees.

The next campus-hosted Board of Regents meeting will take place on June 5 and 6 at UW-Milwaukee.

Planned renovations increase campus efficiency

Niki Hovatter

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Students and faculty will be able to enjoy a more efficient campus as plans continue to be made for the renovation of Rodli Hall and the Campus Mall, according to Dale Braun, campus planner of Facilities Planning and Management.

The renovation for Rodli Hall is scheduled to take place sometime after construction of the Falcon Center this summer and is anticipated to cost \$15 million. It will provide a central location for a variety of student services.

Renovations to the Campus Mall are an ongoing process. Both projects are part of the Campus Master Plan, a strategic outline of improvements to campus over the

next two decades.

"The whole idea is to improve services for students," Braun said. "The services that are good now will get even better.'

New sidewalks will be created on campus to make it more accessible and safe for students and staff. The area outside of the University Center will be redesigned to allow for more student organization activity.

The roof will be taken off of Rodli Hall and interior walls demolished, in order to make way for a new student center. Students will be able to get many of their needs taken care of in one location. Much of the unused space currently in Rodli Hall will

See Campus Master Plan page 3



Photo used with permission from Campus Planning Renovation for Rodli Hall and the Campus Mall is set to begin sometime this summer and will cost \$15 million.

Bachelor of Fine Arts Senior Exhibits displayed on campus







Desi Danforth/Student Voice

As a part of the Bachelor of Fine Arts degree seniors must create an exhibit for Gallery 101, which is located in the lobby on the main floor of the Klienpell Fine Arts building. Left is a piece by senior Phil Reed called "Please Say When." Above are pieces by senior Rome Gonstead called "Torso" and "Window to the Music Room." These and other senior exhibits are available for viewing from 10 a.m. to 8 p.m. Monday through Friday and from 2 p.m. to 4 p.m. on Sunday.

ED Talks comes to UWRF campus as TEDx

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Next year, TED Talks will be closer than ever for the UW-River Falls community. TED Talks will be on campus, in the form of a TEDx conference.

"TEDx is the name for an independently organized TED event. TED has their conferences and events in New York, the TEDx are independent groups that are organizing TEDlike events," said Paul Shepherd, Director of Student Life.

Student Life is leading the effort to get a TEDx event on campus. The first step is to get a TEDx license.

"You have to apply for a TEDx license, and it's officially approved by the TEDx organization, but they don't provide any assistance in making the event happen. We applied a few weeks before Spring Break," said Shepherd. "It's a pretty extensive application process, and I've completed that application and have been in contact with the folks at TED who are reviewing it, and everything looks good. It's just a matter of time."

Once approved, Student Life will put together a committee of faculty, staff, and students to plan the event and recruit speakers.

Shepherd said the committee will hopefully be in place by the end of this semester.

Sarah Stoneburg, a junior and intern at Student Health Services, said she is excited about a TEDx event coming to campus, especially for the health services department.

"I think that it would be very interesting to have an event like that to come to campus," said Stoneburg. "I think the department (Student Health Services) would like to get involved in something like that."

Speakers for the event could be faculty or students from UWRF, or speakers from outside the community.

"I think what's cool about doing this on a college campus is that we have a lot of faculty doing amazing research that the campus doesn't really get to hear about," said Shepherd. "If we have to go out and recruit outside speakers we could certainly do that. I think it would be cool to have a mix of faculty, staff, students, and outside people."

If the TEDx event happens on campus, it would take the place of the Wyman lecture series, but not the Wyman performing arts series. However, Shepherd said that this comes with one caveat.

"The only difference is with TEDx, this

is one of the rules from the organization in New York, is that you cannot pay speakers to come to a TEDx event. It's supposed to be about community and creating this free exchange of ideas," said Shepherd. "It would make recruiting a little different, but hopefully there would be incentive because a lot of TED speakers on their website are discovered through the TEDx process."

UWRF would become the third school in the UW System to host a TEDx event, along with UW-Madison and UW-Milwaukee. At Milwaukee, the planning process is 100 percent student run.

"We have an advisor but we haven't met with her, we will one she gets back to the country. But even when she does get back, all of the leadership and planning is done by students," said Mike Sportiello, the content coach for the Milwaukee TEDx conference.

Similar to what Shepherd said, the Milwaukee event is reaching out to faculty, staff and students already on the campus.

"To recruit presenters, I made a Google docs form from which people can nominate themselves or others," said Sportiello. "Most of the recruiting has been from reaching out to people we know that we think have a great story that fits our theme, or reaching out to people we don't know and trying to explain exactly what we want from them.'

Shepherd said the University of Minnesota runs its event in a similar way, but planning under Student Life may be more beneficial

than an entirely student run process. "It's an organized group of students, similar to a student organization (at Minnesota). They do it independently, so it isn't an arm of the university like Student Life," said Shepherd. "When I was talking to them, they seemed to think we might have an easier go of it because we're a part of the University and not just a group of students."

Shepherd said that there is discussion on whether or not to have the event on one day, or having multiple smaller events through the

"Doing it sporadically through the year, the event might be kind of short. The great thing about the TED experience is that full conference experience," said Shepherd. "I think that to do just short snippets, you wouldn't experience that full piece."

If any students or faculty are interesting in joining the committee to help plan the TEDx event, they should contact Shepherd.

Emergency Alert System upgrade benefits UWRF

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Last August, the Emergency Alert System was upgraded for the UWRF, making it more efficient, according to Jason Winget of DoTs.

The upgrade made the system almost completely automated. It included replacing fire alarm horns with speakers in every university building, allowing voice communication during emergencies. About 70 exterior fire alarm speakers were set up to cover 90 percent of the campus, according to Facilities Engineer and Project Manager Alan Symicek.

The upgrade began with the fire alarms and expanded to a feature that allows for emergency alert voice communication campus-wide. Now there is a speaker in every building and dorm room so students and faculty can hear it during emergencies and react according to the directions given to them through the speakers.

The goal of the upgrade was to get a campus-wide network for all the fire alarm panels. They are now all connected via fiber-optic network so alerts can get to the fire department, said Symicek, who has coordinated with contractors and overseen the design

since the start.

Symicek said the last upgrade was in 1995 and most systems are built to have about a life span of 20 years. The new project took 16 months to complete.

The Facilities Management and DoTs worked together for this system upgrade. Symicek said the campus police and River Falls Fire Department are thrilled and the new system has been well received.

"I think the response has been good," said Symicek. "I haven't gotten a lot of feedback but everybody we've talked to has said it seems like a nice feature to have, especially with the unfortunate things that are going on at university campuses these days around the country."

A benefit from the new system is that officials can isolate certain buildings and directly communicate with anyone they need to during an emergency. They can give students directions on what to do for that specific emergency and get help where it is needed. The new system is working so well that other universities are beginning to follow this same model, according to Winget.

The campus radio station, WRFW, is benefiting from the system upgrade, according to WRFW-FM General Manager Richard Burgsteiner. In the old system, student DJs had the responsibility of sending and receiving tests for the EAS and a lot of the times it would be forgotten, which is not acceptable by federal standards. The new system does this on its own.

"The best advantage for this new unit is that it's pretty much fully automated," said Burg-

The tests go off every Monday at 2:55 p.m. and every first Wednesday of the month (times vary depending on location and can be found at http://www.uwrf.edu/Facilities/). These tests are carried out by Wisconsin Emergency Management in Madison, Wis., and the National Weather Service in Chanhassen, Minn.

Other tests are administered during odd hours causing disruptions for students living in dorms or studying in buildings. These alarms go off due to scheduled feedback given by television and radio stations that rely on advertising revenue and need to fit the required alerts into programs where it will have

the least amount of interference, said Winget. Raishma Majeed, a junior at UWRF, remembers a time she was disrupted from an

alarm being tested. "I was studying for a test and they went off," said Majeed. "It took me out of the zone and it was really distracting."

Students can expect more alerts for severe weather alarm testing as spring approaches. The upgrade has not changed the frequency

of the tests but there were a few more tests administered in the beginning of fall semester of 2013 to make sure the new system was working properly.

A full list of times and dates that the EAS is scheduled to go off can be found at www. wpr.org/eas or go to http://www.uwrf.edu/Facilities/ and click on "fire alarm testing" for the days and times they are scheduled to be

Winget stresses that students need to sign up for emergency text alerts in order to stay safer around campus in case of an emergency. Students can get directions on emergency management and how to sign up at http:// www.uwrf.edu/emergency/.

News briefs:

Wyman series presents best-selling author, Rath

The final Wyman Series event will feature a lecture by best-selling author Tom Rath presenting "'Eat Move Sleep': How Small Choices Lead to Big Changes" at 7:30 p.m., on Wednesday, April 16 in the Riverview Ballroom in the University Center. The event is free and open to the public.

Rath will review his latest research about the impact of choices on our health, life, and work. Rath will share his personal story about his battle with a serious illness for the past 20 years, and describe how this journey led him to accumulate a wealth of research about the impact of eating, moving, and sleeping on our health and everyday energy.

Rath serves as a senior scientist and advisor to Gallup, where he previously led the or-

ganization's work on employee engagement, strengths, and wellbeing. He is also known for his previous work including #1 New York Times bestseller "How Full Is Your Bucket?," "Strengths Finder 2.0," "Strengths Based Leadership," and "Wellbeing: The Five Essential Elements."

A O&A session and book signing will follow the lecture. Books will be available for purchase at the event.

For more about Rath and his book, "Eat Move Sleep," visit http://www.tomrath.org/.

For more information on these events or accommodations, call 715-425-4444 or visit go.uwrf.edu/wyman.

Pulitzer-Prize winning writer to speak at UWRF

Bob Woodward, two-time Pulitzer Prize winning investigative reporter and non-fiction writer, will be the keynote speaker for the UWRF Third Annual Scholarship Benefit Dinner to be held on campus Friday, May 2.

Community members and university supporters are invited to attend the Scholarship Benefit Dinner. The evening will begin at 5 p.m. in the University Center with a buffet dinner followed by a program and keynote address by Woodward at 7 p.m. in Abbott Concert Hall in the Kleinpell Fine Arts building. Tickets are \$45 and can be purchased online at www.uwrf.edu/risingtodistinction or by calling 715-425-3505.

Woodward is currently serving as assistant managing editor of the Washington Post where he has worked since 1971. Throughout his 40-plus year career with the Washington Post, Woodward has won nearly every American journalism award, including the Pulitzer Prize for his reporting on the Watergate scandal in 1973 and a second Pulitzer for his work as lead reporter on the aftermath of the Sept. 11, 2001, terrorist attacks.

"UWRF is thrilled and humbled that Mr. Woodward is willing to visit our campus to help raise funds for our students," said Chris

Mueller, assistant chancellor of University Advancement and president of UWRF Foundation. "The Annual Scholarship Benefit Dinner has indeed become a signature event for the university."

The first two Scholarship Benefits raised more than \$375,000 in scholarships for UWRF studentss. In 2013-14, the UWRF Foundation awarded more than \$777,000 in scholarships, the third highest among the thirteen universities in the UW System.

"The support of our alumni and friends for our Rising to Distinction campaign and events such as the Scholarship Benefit Dinner has been overwhelming," said Chancellor Dean Van Galen. "I cannot begin to express my gratitude, as I see what a significant and perpetual impact our dedicated supporters have on our students."

For more information on the Scholarship Benefit Dinner, contact Katie Koets in University Advancement at katie.koets@uwrf. edu or call 715-425-3545.

River Falls Police/UWRF Police Department

April 2

• Tyler Robert Schoenfelder was fined \$263.50 for operation of a motor vehicle off the roadway from South Third Street to Spruce Street. Editor's note: Information for this

section is taken from River Falls Police and River Falls Police Department

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Campus Master Plan: Renovations to take place

From page 1

be repurposed and become more efficient.

Many departments, including Financial Aid, will have to move from their current locations to Rodli Hall. Barbara Stinson, director of Financial Aid, supports the renovation. "We need to plan on campus long-term

what is best for students," Stinson said. The change will require some classroom

buildings to be absorbed into other buildings on campus. Fast Copy, which was previously located in North Hall, will have to move its location to another new building. Mark Andrle, supervisor of Printing Services, said he is not in favor of the change.

He said the current location provides enough space for the large printing machines and an accessible parking area for Fast Copy customers. He is concerned a new location may not provide the same resources and anticipates that the changes will affect business.

"I'm not looking forward to moving again," Andrle

After the Falcon Center is constructed and Rodli Hall is renovated, campus officials would like to add onto May Hall and create a new science building.

A new lobby is scheduled

to be built for May Hall,

after the Emogene Nelson

Building is demolished

this summer. The new area

will be handicap accessible

and have an elevator. Many

residence halls on campus

The change will require some classroom buildings to be absorbed into other buildings on campus.

> are currently not handicap accessible, but Braun says the University is

working to create a more inclusive commu-

The new science building will provide new resources for students and professors in physics, chemistry, biology and math. It will also allow related departments to have offices that are side-by-side, which will benefit students who have interdisciplinary majors.

"The labs we have now are okay, but don't let faculty use new technology to teach," Braun said. "The current building is based on a 1960s teaching method."

Dance Theatre offers artistic dance program to students

Miranda Hammel miranda.hammel@my.uwrf.edu

UW-River Falls Dance Theatre has been around for 30 years and is the only

modern dance company in the area that brings an artistic dance program to students who love to dance. With an idea that sparked

from Communication Studies and Theatre Arts professor Karla Zhe, the organization starts rehearsals in October and works towards the spring concert, which usually takes place in April. This year, the concert ran from April 2 to the 5 and contained several different dance pieces such as the Brazilian modern fusion section and variations of hip-hop with modern dance.

Mari Kline-Kluck, Ad-Hoc instructor in communication studies and theatre arts, was the co-director and artistic director this year. With her involvement in being co-director in Dance Theater for the past 10 years, Kline-Kluck said in a phone interview that there is no experience necessary and that the group looks for a variety of people with different backgrounds. The only "requirement" they ask for at auditions is a love to dance. Dance Theater is run like a professional dance company, it is nothing like the dance team on campus because there are no repetitious routines or competi-

On average they have a group of 30 individuals that make up the company, both men and women dance or help in the production of getting everything organized and set up. The performances are very diverse and can range from silly, to fun and to serious. Students choreograph the entire show, and decide on what they want their dance to portray. To be a choreographer though the student has had to have been in dance classes and involved in the company for at least a year. The company also has

Dance Theater is run like a professional dance company, it is nothing like the dance team on campus because there are no repetitious routines or competitions.

a strong involvement in the River Falls community.

"We certainly try to get involved on campus and in the community by taking part in homecoming activities, Relay 4 Life, Unity in the Community, an annual dance

festival for students from surrounding areas and many other activities throughout the year," Kline-Kluck said.

Morgan Stevens is a senior this year and is in her second year in Dance Theater. She did not have any prior dance experience before joining,

> besides involvement in two high school musicals.

"I love our dance theatre group! We are such a family, and there is

so much love, care, and support for each other. We were all very connected this year," Stevens said.

There are no major roles, everyone is treated as an equal. Stevens said that she feels no sense of competition between her and other members. The company is a stepping stone for those who want to pursue dance as a career, be it a teacher or on stage. Dance Theater strives to provide rich dance experiences and performances for River Falls and surrounding communities.

This year's spring production featured two professional guest artists from the Twin Cities. Marciano Silva dos Santos, the director of Contempo Physical Dance, had his piece, "Rush," performed by the dancers at the concert. Second is Whitney McClusky who is a director of Duniya Drum and Dance that features West African drum and dance. The piece Dance Theater featured was her piece called "Yankadi and Yamama" from Guinea West

"Honestly the devotion students have each year shocks me, it's amazing what they are able to pull off," Kline-

Tryouts are usually near the end of September, and members will work with students interested throughout the year to help them become better and raise their confidence. It is a time commitment, but Stevens said do not let that scare you away, you will not find a better, more supportive group of people.

"Dance Theatre is all about dancing out our feelings. Every piece has a point, a concept, and a story," Stevens said. "It's fun to look in-depth and try to figure out what the choreographer is trying to say and feel through the dance."

Digital, social media seperate international students from homeland news

International Student

Services on campus,

there are currently 165

international students

enrolled in UWRF.

Yueh-Hsing Weng

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The explosion of digital media has provided international students many ways to obtain news from their homelands, however, students tiptoe between actively or passively receiving news and information online.

University of Wisconsin-River Falls Journalism Professor Patricia Berg said, "The audiences (of social media) are what I would call, 'hyper-fragmented', so you get only topics that you're interested in."

Berg said that readers make very specific choices on the content they consume through social media. Therefore a declining interest in global news has affected how international news is presented in the mainstream media for international students to receive.

Young people (18 to 29 year olds) account for about a third of Facebook news consumers, according to research done by the Pew Research Center in 2013.

According to the International Student Services on campus, there are currently 165 international students enrolled in UWRF.

Bismarc Silva, 22, an agriculture junior from Brazil, who is currently on an exchange student program in UWRF. He states that he gets most information on the news back in Brazil through "discussions" on Facebook, now that he's in the U.S. Ichiko Mori, 21, from Japan, and a junior in the Teachers of English to Speakers of Other Languages (TE-SOL) program, said that she follows media organizations on both Twitter and Facebook to keep herself updated on Japanese news.

According to Berg, the news that is shown on Facebook are the popular ones selected by the audience's choice of preference. Therefore, it is more difficult for anyone to get a hold of "non-trending" news without doing some "digging" for it, especially for global news. She also said that she agreed on how the declining market of international news ratings has affected the need and use of foreign correspondents, given the fact that many news from abroad are "second-hand data," gathered through mainstream news organizations instead of having correspondents observe and report on first-hand infor-According to the

Jennifer Chen, 21, from Taiwan, is a senior in business administration, said that she usually learns about news back at home through an application from a daily newspaper in Taiwan called Apple Dai-

ly. However, since she is in America, Chen said that she also pays attention to U.S. media coverage on Taiwan.

"I feel like they're really neutral towards cross-strait affairs between Taiwan and China. "Chen said on how treaties and pacts were negotiated and signed between both Taiwan

and China. "Their perspective is quite blurry." Gilson Maia, 21, is from Brazil and majors in animal science., Gilson Maia, a 21-year old Brazilian, said that he learns about the news from mainstream Brazilian press websites. Maia questioned how American media re-

ports news on his homeland. Maia states that the "struggles" that Brazil is going through with the World Cup are merely pure "speculation" from the U.S. press. According to Maia, negative news such as protests from people is favorably reported on the World Cup through global media.

"When the media notice that, they show only protests, not the party of investment," Maia said. Which, in his point of view, Maia said, meant that no one was focusing on the benefits of the World Cup for Brazil at all.

As for Japanese degree-seeking student

Miho Fukuoka, 22, a senior in the UWRF TESOL program, social media is not a direct source for news either. According to Fukuoka, she obtains her news through an app called SmartNews. This application allows her to

browse through multiple Japanese news organizations. For her, learning about home is important, so she tries her best to update her information on Japanese news events. Yet, albeit her 1.5-year stay in the U.S., Fukuoka said that U.S. media and culture have not influenced her perspective towards Japanese news events.

"I listen to other perspectives, and compare them to mine." Fukuoka said. Fukuoka emphasized that the perspective U.S. media provides is only one of the many perspectives she considers in her mind.

Students like Fukuoka and Maia, who live

in countries with a much more liberal media, and are exposed to global media, hold on to their own national perspective when it comes to news events. However, this might not be entirely accurate for some students here. Joomin Huang, 28, is a South Korean student, who is currently studying as a junior in the UWRF music department, said that ever since the present Korean government took strict control over Korean media, it has been hard for him to obtain "accurate" news, which eventually lead him to a less active approach towards current events in his country.

site (Naver.com, an equivalent to Yahoo and MSN in Korea)," Huang said. "My Facebook is over-warmed, so I don't have enough time to collect them.'

"I usually just read news from the web-

"The U.S. make news about Korea protest, about president...but in Korea, they just prevent that news," Huang said. "I don't know which one is true, or which one is not."

Xiang Jue, a 20-year-old Chinese elementary education major, shares similar conflicts between Chinese and U.S. press as well.

"The Chinese press talks about how great China is, but sometimes I wonder if that's entirely true," Jue said. This is a result of studying in the U.S. and learning how the U.S media usually illustrates China and its experience in Communism. "This makes me more keen to learn about what others have to report on the negative sides of our country."

The Student Voice is hiring for next semester!

Applications are now available outside the Student Voice Office, North Hall 304.

Positions Include:

-Page Editors

-Editor

-Assistant Editor

-Columnists

-Staff Photographer

-Advertising Manager

-Chief Photographer

-Copy Editor

-General Manager

-Business Manager

Applications are due Friday, April 18 outside North Hall 304. Interviews will be held Wednesday, April 23. Contact editor@uwrfvoice.com with any questions.

EDITORIAL

Multiple physical education courses spark concern for student course registration plans

It is that time of year again where students are scheduling meetings with their advisors and planning out the next semester of their college career. We are sure almost every student can agree that it is stressful figuring out what classes you need and when the right time to take them will be. Not too mention you also need to actually register for the courses, which opens another whole can of tomatoes. What if by the time you get to register the classes you have in your course cart are all taken?

Eliminating courses that are, in our opinion, unnecessary, may alleviate some of the stress of getting your class schedule to work. This particularly pertains to the physical education requirements all students have to take while at UW-River Falls. While we agree that one PE course would be fine, three of them seems a little over the top.

The courses that are offered consist of things such as yoga, basketball skills, tennis, walking, bowling and several others. All of which students are capable of getting involved in being active with on their own without the help of a college course.

PE courses are generally only a half a credit and are only for half of the semester. While it is nice to have only a sevenweek course, it causes issues when registering for other courses since they generally are for an entire semester. The courses are generally 50 minutes long and are usually only available in the mornings, at least from our personal experiences. That means students only have about 30 minutes of full class time for PE due to having to change into/out of athletic clothes.

Another problematic situation that these PE courses cause is sweating. Nobody wants finish the rest of his or her day being that person who smells. With the courses generally only being offered in the morning, it conflicts with other courses that students may be enrolled in which forces them to go straight from PE to another class without having a chance to de-stink and de-sweat themselves.

We get that having a healthier lifestyle is encouraged on campus but it is also each person's individual choice on how they want to manage their healthy lifestyle. There are options on campus such as yoga, Zumba and other active activities that are provided for students if they choose to participate.

We do feel that it is fair to have one course that is designated to physical activity, so, perhaps a PE course that students are required to could be an entire semester long and worth more than half of a credit. Or, perhaps it could be beneficial to have a weekend PE course or more evening class options. This could eliminate the problem of interfering with other courses both scheduling wise and smelling wise.

In previous years, students were able to test out of the PE courses but that option was stopped due to the concern of not having the test out option consistant among all of the PE courses offered, according to an archived Student Voice article.. The concern of students healthy and active lifestyles also came into play when the decision was made. It would be beneifical to students if the test out option were to come back and made consistent throughout the list of courses offerred so that it would not interfere with the rest of their schedules.

In short, we feel that either physical activity can be done on students' own merit and time, the three required classes are cut back to just one or have more times available for the PE classes to be taken.

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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, administra-

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



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Senate Corner:

Senate reflects on positive year

Nicholas Vanden Heuvel

Ethics Chair

Well fellow students, our year is almost up; the elections have come and gone and finals are only weeks away. So to all of you, we wish you good luck and to keep on going, there is only a

month left.

This past year has been a good year for the Student Senate and we have accomplished a lot: We restructured our government in order to better serve the student body and to help us operate more smoothly and effectively, we have helped to renovate the involvement center in order to make it more accessible to students and to student organizations and we also did something which all organizations on campus can be happy about, and that is we updated AFAB policies, allow-

ing them to keep providing their wonderful services.

On top of all of that, we just finished with elections and they sure were interesting ones. First, this election was one of the closest victories we have seen and was also one of the largest turnouts that we have ever had. We would like to give our fullest congratulations to our new President Anthony Sumnicht, our new Vice President Shelby Hehr, and our new Secretary Joseph Schmidt. We are sure that all three of you will work hard in the up-coming academic year to make sure that Senate continues to work for the student population.

We would also like to thank all of you who ran and helped to make the election a close and competitive race. Without your attempts at campaigning, our election would not have been as competitive. To our new executives, congratulations and good luck in the future senate.

Be the first person to find Freddy's lost feather in this issue of the Voice and win two free movie passes to the Falls Theater! (105 S. Main St.)

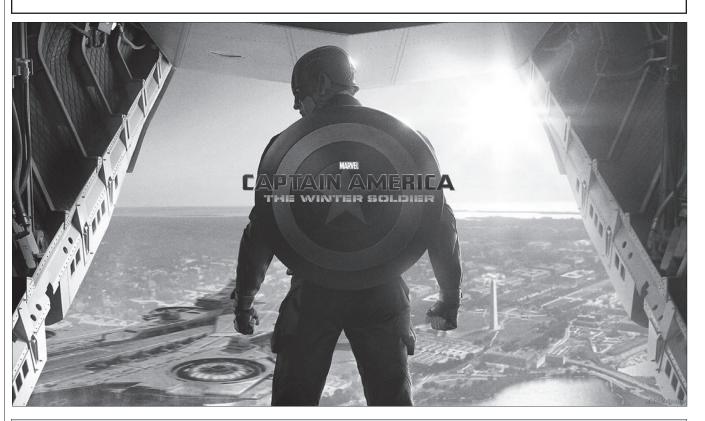
The first person to report the find to editor@uwrfvoice.com AFTER 10 a.m. Friday wins! The winner will be announced on the Voices account on Twitter @uwrfvoice

Playing April 4-17

"Captain America: The Winter Soldier"

7 p.m. & 9 p.m. daily (Sat. & Sun. 2 p.m.)

Congratulations to last week's winner, Austin Dahl!



Do you have something to say?

Write a letter to the editor: editor@uwrfvoice.com

Kinnickinnic dam licensing application sparks public discussion, possibilities for research

Columnist

On the evening of Monday, March Molly Breitmün 24, a federal relicensing hearing for the dams on the Kinnickinnic River below Lake George and Lake Louise was held at River Falls' City Hall.

It was standing room only as a great community discussion ensued.

Dr. Jarod Blades, assistant professor of Conservation and Natural Resource Management at UW-River Falls, personally applauds River Falls in fostering a public decision space: "The City did a fantastic job of opening the relicensing process with an inclusive and transparent public involvement process. From a social science research perspective, it would be exciting to build upon the public and community involvement process by exploring local and regional perceptions of the existing dams and potential management alternatives through survey, interview, and focus group methods. By understanding our public values, beliefs, and attitudes about the Kinni watershed, dams, potential removal, and the risks/ benefits surrounding these topics, we could enhance the dialogue between managers and the public and add insights into upcoming decisions pertaining to the watershed."

An overwhelming amount of people that spoke at city hall expressed the need for scientific data to properly weigh the impacts of both maintaining and removing the dams on the Kinni. To fully answer the questions the community brought forth, research should investigate the social, economic and environmental consequences.

Anecdotal evidence of the historical presence of a metalplating factory led some citizens to worry about the toxicity of the sediment that has accumulated in the reservoir lakes. Research into the records of private enterprise that occurred in this area as well as sediment core sampling of the lakes would be prudent amongst other measures.

Another citizen, who wishes to remain anonymous, considered the high snapping turtle population density in Lake Louise. Although snapping turtles are not endangered nor are they the darlings of environmental causes, this citizen posited that the turtles would lose habitat if the lakebed drained back into a dynamic river way. Conversely, it was also weighed

that native black ash, silver maples and frogs might find their habitat expanded if the dams were removed. These are all valid points that need to be backed with impartial data collection.

An economic study that could unravel uncertainty about the dams might consider the annual cost of maintenance of the dams versus the gross cost of dam removal and river restoration. The study should look at how long, or if at all, would it take to recoup the cost of removal due to no longer having to maintain the dams.

The Kinni serves as a central feature of the River Falls' community identity. Some citizens see that identity as always including Lake George and Lake Louise. Others envision an evolution of the identity by returning the area to cascading falls. The Kinni has long been of great economic value to the community and local businesses; research is needed to project what the effect might be on tourism and other services and products if the dams were removed.

At the city hall discussion, a comment was made suggesting the council room was full in part due to UWRF students simply showing up for extra credit. While this may have been true for some students, others like the members of the UWRF student group, Environmental Corps of Sustainability (ECOS), were there because of their concern for the future of the Kinni.

UWRF is an invaluable resource for trustworthy data, education and energetic volunteerism. Even if UWRF's contribution were a preliminary product that led to confirmation by professional consultants, the value to students and their relationship with the greater community and the Kinni would be immense.

Dr. Blades shared his personal perspective on the possibilities: "Through the use of UWRF's new Active Learning Center, we might be able to provide opportunities for expanded public involvement and a space for interactive community forums where the public could actively deliberate with scientists, community leaders, local interest groups, and students. There are also ample opportunities to explore biophysical, ecological, and economic topics related to the dams. Research questions could be related to water resources and water quality, wildlife habitat (e.g., avian and fishery), recreation and tourism, power production and economics, and other ecosystem services. Regarding the discussion of dam removal, a particular interest of mine would be related to ecological restoration, how the watershed functions currently, and how that could change under alternative management scenarios."

UWRF's campus, nestled on a Class I trout stream, is ripe for maturing as a living laboratory. Many classes in the College of Agriculture, Food and Environmental Sciences already use the South Fork and the Kinni as fantastic hands-on learning opportunities. Hydrology students have been collecting water quality, temperature and turbidity data above and below the dams for many years. The Entomology students visit the Kinni at least twice within a semester to collect both aquatic and land insect specimens.

From Dr. Blades' individual perspective, "The process of relicensing the two Kinnickinnic River dams through the Federal Energy Regulatory Commission (FERC), and the community-wide discussion about potential dam removal, represents a unique research and community engagement opportunity for UWRF. This rare process (every thirty years) is an opportunity to reaffirm and enhance the science-management-community partnerships that exist between the university, City of River Falls, and interested public stakeholders. The university has the capacity to potentially engage in a comprehensive, interdisciplinary evaluation of the complex social-ecological systems surrounding our dams, and explore potential alternatives for the short- and long-term."

Citizens, students, faculty and non-profits have all entered the discussion. Their continued communication and collaboration could lead to sound research to guide the community in coming to the best decision possible.

Please contact Molly Breitmün at molly.breitmun@gmail. com for constructive feedback and/or opportunities in participation and collaboration.

Molly is a non-traditional student majoring in conservation with a minor in GIS. Her interest in campus sustainability was fostered by becoming an undergraduate fellow for the St Croix Institute for Sustainability Community Development as well as by her peers in the Student Alliance for Local and Sustainable Agriculture

STUDENT voices

Now that Student Senate elections are over, what issue do you want Senate to tackle next?

Compiled by Maggie Sanders



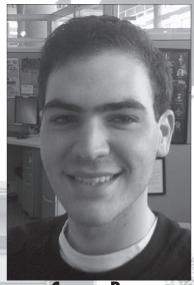
Ji Yeon Ryu Junior **Political Science**

"I want the Student Senate to help recruitment of students to get future jobs, because it's hard to get a job."



Sarah Grimaldi Freshman **English Secondary Art** and Studio Art

"I didn't know whe had a Student Senate until the elections came around. I want to know more about them and what they do around campus."



Connor Born Junior Marketing **Communications**

"They should focus on expanding the opportunities for students in the Involvement Center. They should also be more involved and not be elusive on campus."



Meng Yang Freshman

Computer Science "I don't know much about them. They should put more information out about themselves."



Nicole Sparks Sophomore Social Work

"I didn't hear from Student Senate until they started sending emails for the election. They should be more involved with campus."

NCAA Division III Week comes to UW

Ryan Tibbitts ryan.tibbitts@my.uwrf.edu

What does it mean to be a Division III collegiate athlete?

Hard work on and off the field, community service and striving for success in the classroom are all things that four UW-River Falls Falcons came up with when asked this question.

Greg Ponick, a senior at UWRF who has competed in two sports, and is finishing up his track and field career this spring, said he has learned it takes a lot of extra time to be able to do what he loves to do.

"To be a Division III athlete, you have to put a lot of hard work and dedication into what you love to do, especially for your school. In the end, that hard work that you put in pays off for achieving many goals and successfully receiving a high reward in the competition," Ponick

These athletes put in this work on the Div. III level without receiving scholarships, which makes

competing at the Div. III level different from Div. I or Div. II. The athletes play for purely the love of the game. Starting sophomore quarterback Ryan Kusilek, who is in the middle of his Falcon athletic career, says that it is why he feels Div. III athletics is extraordinary.

"I think being a Div. III athlete is a very special thing. There's obviously no scholarships, so everything we do for our respective sports is because we are self-dedicated and self-determined," Kusilek said.

This year UWRF will be taking part in the Third Annual NCAA Division III Week. Div. III week is an opportunity to publicly celebrate and promote the ways in which Division III members have provided a well-rounded collegiate experience

not only for approximately 180,000 student-athletes currently playing sports at the Div. III level, which is the NCAA's largest division, but for the hundreds of thousands of their predecessors who have competed since Division III was formed in 1973-74, according to the NCAA. This year is also the 40th anniversary year for NCAA Div. III athletics.

To celebrate this year, the Falcon Athletic Department will hold events scheduled on Saturday, April

From 1-3 p.m., the Athletic Department will sponsor a community celebration at the Ramer Field Sports Complex with Hunt Arena to be used in case of bad weather. Events include family yard games and the chance to watch the UWRF softball team play UW-Superior or the UWRF track & field Invitational. Both of these events are set to start at noon. Those attending are

encouraged to donate canned goods that will be donated to the River Falls Community Food Pantry.

Assistant Athletic Director Crystal Lanning said UWRF has typically tried to tie in community events with a home sporting event to get people to go to the games. This is also the first year athletics has aimed at tying in the community to help celebrate accomplishments of Falcon athletes during Div. III

Lanning, who has been involved in Div. III athletics her entire professional career, said that the academic achievements of the athletes and their service to the community are two things that have really impressed her.

"I have seen so much extra work being put into the academic time. More athletes are getting above a 3.0 GPA. Athletes only need a 2.0 to be eligible for their sport but 3.0 is what we have kind of set here as the standard and we have seen that number grow every semester," Lanning said.

Junior soccer player, Alex Swatloski said it has been repeatedly preached by their coach to help out in the community and stay successful in the classroom. "To me, being a Div. III athlete is all about playing the sport that I love. I have put a lot of time into it over the years in a competitive environment and still have time to work towards my dreams off of the field, in the classroom."

Lanning said that this year more than ever teams have been involved in the community. One team that has especially stood out in this area is the women's basketball team. Kate Theisen, a freshman on the women's basketball team, said she was intimidated about coming to college and having to meet a new team but has gained transferable skills, friendships and the Div. III level has given her the opportunity to keep playing the sport she loves.

"Being an athlete at the Div. III level gives you the opportunity to do so much for the community. The basketball team here has really instilled that into our values and being able to give back in any way is just phenomenal," Theisen said. "All in all being an athlete is so much more than playing your sport day in and day out, which is a common perception, but it's about the relationships you form and the values you gain by being a part of a community."



Kathy M Helgeson/University Communications Brooke Lauritzen pitches to opponent. The Falcons play 12 p.m. Saturday, April 12 vs. UW-Superior at home.



Kathy M Helgeson/University Communications Taijon Ferrel gets running start before pole vaulting. The track teams will compete at 12 p.m. Saturday, April 12 at home.

Intramural spring season threatened by weather

Alexa Hilt

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With 33 intramural softball teams and 14 ultimate Frisbee teams signed up and ready to play this spring, there are high hopes that these teams will be able to compete against each other in a full season of nice weather.

Last year's spring intramural season was cancelled due to snow and cold weather all the way into early May. Mother Nature has been posing a threat for sports recently, and the recreation department is hoping that last year's cancelled season and this year's deceitful weather will not cause any issues for the spring sports season that is already underway.

Skyler Harmon, the student recreation manager, says the only change they have made to spring intramurals so far is pushing the start date back from Monday, April 8 to April 10.

"We think the ground will warm up enough by the end of the week where it might be a little chilly and wet, but will still be playable,"

Harmon said. "By the end of the season and playoffs, we expect much better weather."

UW-River Falls has offered intramural

sports to students for over 60 years and during both fall and spring semesters. They have sports such as flag football, indoor volleyball, and women's broomball as their main leagues during fall semester, and softball, ultibroomball and five on five person basketball during spring semester.

Al Trenary, a senior at UWRF, has been playing intramurals on campus for the past four years and is hoping for good weather for his softball season.

"The weather really effects the spring season of intramurals because the snow always

"One of the best parts of the program is that between the competitive and recreational leagues, it provides an opportunity to compete with others, or just play for the sake of it without a lot of pressure

and expectations," said Skyler

Harmon, the student recreation manager.

stays later than expected," Trenary said. "Even when the snow melts, the grounds are completely soaked. I just hope it stays warm enough to keep the fields dry and is nice enough outside to enjoy

playing." of weather when it comes to the win-

ter and early spring months in Wisconsin, students are eager to take a break from the everyday stressors of classes, homework and tests and get outside and play.

"Intramurals is a great stress reliever and provides a break from a lot of the things that can happen in college life," Harmon said. "It's also an option for students to exercise and stay healthy in a fun environment. One of the best parts of the program is that between the competitive and recreational leagues, it provides an opportunity to compete with others, or just play for the sake of it without a lot of pressure and expectations."

Even with overall drops in numbers when it comes to campus wide enrollment, the recreation department has seen a pretty consistent amount of enrollment in their leagues, a minimum of 30 percent each season. "It's nice to be able to go to a university like UWRF that perplexing changes offers a wide variety of intramural sports to everyone," Trenary said. "I think all of the players are looking forward to a fun and successful season and hopefully some nice weather to."

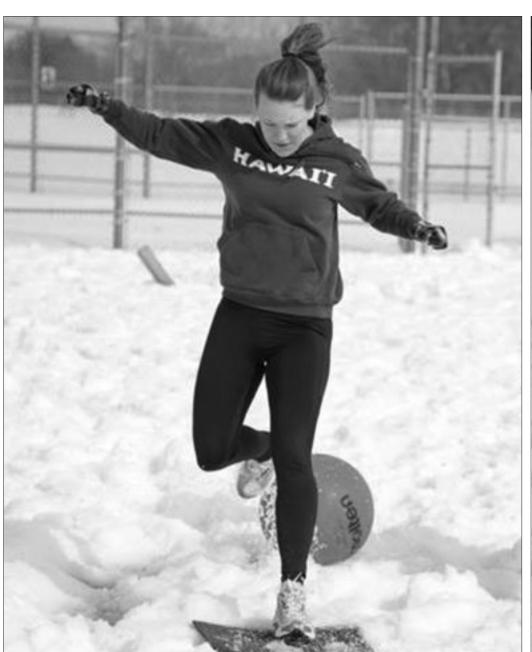


Photo submission by UWRF Recreation and Sport Facilities

Photo submission by UWRF Recreation and Sport Facilities
UWRF student Samantha Wolter catches the ball during the Intermural kickball tournament on March 28 at the IM Complex from 3 p.m. to 8 p.m.

UWRF student Candace Hoelzel kicks the ball during the Intramural kickball tournament on March 28 from 3 to 8 p.m.

Examining dangers of sun damage

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The Skin Cancer Foundation reports 69 percent of early basal cell cancers are associated with tanning beds. The foundation also cautions a 75 percent increased risk if tanning beds are used before age 35.

Spring and summer are coming and now is the time to educate and prepare for the dangers of exposure to UV rays from natural or artificial tanning. UV radiation is only a small part of the sun's rays but is harmful to humans. The Skin Cancer Foundation and The American Cancer Society agree, sun damage will age skin without skin cancer being present. David Nelson, a dermatologist in Hudson, said, "Sun protection is one of the easiest ways of preventing age related skin changes." UV radiation from the sun is a proven carcinogen, doing damage to the skin. Carcinogens are substances capable of causing cancer. Any sun

exposure gives off a dose of UV radiation according to Nelson.

The Skin Cancer Foundation, the American Cancer Society, and the National Institute of Health all agree on a few basic dangers of sun exposure:

- Sun damage is accumulative.
- Once you have exposure to UV rays the damage starts.
- It is important while you are young to protect your skin every day because damaged skin will become loose, saggy, and wrinkly as you age.

• Sun damage can occur from natural sun or UV rays at the tanning salon. Tanning beds, booths, and tanning lights of any kind, give off even stronger UV radiation than the sun itself.

The American Cancer Society reports basal cell skin cancer, the most common type of skin cancer, is treatable if caught early. All types of skin

cancer from basal cell, squamous, melanoma and other varieties can be fatal without treatment. As many as 170,000 cases of non-melanoma cancers are attributed to tanning beds. Also, The Skin Cancer

The Skin Cancer Foundation attributes 90 percent of visible signs of aging to UV rays from the sun or tanning beds.

> Foundation attributes 90 percent of visible signs of aging to UV rays from the sun or tanning beds.

Drew Reese, manager at Sunrise Tanning in River Falls, said he believes people could tan responsibly. He likens himself to a bartender. It is his duty to cut off service to those people that go overboard with tanning. Reese admits sun damage occurs to some degree anytime you tan. He recommends, "Moderation is the key for everything in life." Reese went on to say

tanning is good because it provides vitamin D, helps skin conditions, and combats depression.

Nelson disagrees. He stated the benefits of tanning are minimal and people can receive any health benefits

in healthier ways. A Seasonal Affective Disorder narrow spectrum light can give enough Vitamin D to help alleviate depression without UV rays,

and tanning does not significantly help skin conditions according to Nelson. Concerning the concept of tanning he said, "Goth looks good, I wish it was still popular."

Gregory Goblirsch, a physician at River Falls clinic said in a prepared statement, "If you do not want to have old looking skin in your thirties and forties, protect your skin from the sun and avoid tanning beds now. Indoor tanning increases the risk of melanomas and other

skin cancers and it is not protection for the adverse rays of the sun."

In the FAQ section on the Indoor Tanning Association's website the question of UV rays is addressed, "Since the mid-1980s, there has been considerable public health concern and attention focused on the risks of overexposure to ultraviolet light. The indoor tanning industry shares this concern. However, in the course of this public debate, we believe that the risks associated with UV light have been overstated and the benefits ignored." The **Indoor Tanning Association** goes on to say the science will catch up and prove the physical and emotional benefits of moderate tanning.

The National Institute of Health released a 1995 study of 1,307 teens from 13 to 15 years old. This study found 40 to 70 percent of them had detectable skin damage. The American Cancer Society recommends: slip on a shirt, slop on some sunscreen,

slap on a hat, and wrap on sunglasses to protect the eyes and delicate skin around them All sources agreed light skinned, fair people are at higher risk for sun damage and skin cancers. Other risk factors include family history, an abundance of moles and freckles, residing in a high altitude, autoimmune diseases, certain medications and organ transplant patients.

The Indoor Tanning Association states they do not agree with the current science about the serious nature of UV skin damage and will wait until there is more study. The medical community warns of the dangers and suggests anyone going outdoors should have a 15 to a 30 SPF, sun protection factor, with water proof broad spectrum protection, reapplied often. A common skin cancer saying in the medical community is: slip, slop, slap and wrap.

Keeping active to deter stress from schoolwork

Stress can cause

many problems

ranging from

irritability to

heart disease and

many other health

problems.

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It is 3 a.m. and a college student procrastinated on a school project due in a matter of hours, the student is stressed out, tired and just wants to complete the project.

This is a scenario all too common to college students. According to a 2008 survey by mtvU and the Associated Press, eight in 10 college students say they had sometimes or frequently experienced stress in their daily lives. The survey also shows that school work had at the very least some impact on their stress. In the survey, 74 percent of students said schoolwork had "a lot" or "some" impact on their stress.

The amount of stress from being a college student can be extreme at times. The combination of school, work and social factors can add to the stress of a student.

According to The American Institute of Stress, stress is physical, mental or emotional strain or tension. Many things can cause

stress; something as small as taking a dog for a walk may cause stress or it could be something as big as an important meeting at

Stress can cause many problems ranging from irritability to heart disease and many other health problems. Even illnesses as minor as stomach pains and headaches can

lead to even worse symptoms if not dealt with in time. Feeling a lot of stress is bad for people but people still need some stress for their body to work well, according to the American Psychology Association.

For many students most of their stress comes from dealing with classes and school work. Kenzie Shira, a student at UWRF, is just one of many students who find that most of their stress is due to school. Shira said that on a scale of 10, where a one means little to no stress

and 10 means a great deal of stress; school

is a 10 and causes her the most stress in her life. Daniel Earl is another UWRF student whose stress comes mainly from school. On a 10 point scale, his stress was a seven when dealing with school.

With so much pressure put on college students, students need to know how to deal with stress. According to the APA, it is as

> easy as eating right, getting enough sleep and engaging in regular physical activities. Doing activities like meditation and exercising are good ways to get rid of some stress. If someone is overwhelmed with stress it may be a good

idea for them to meet

with a psychologist and talk with them about their stress. Many colleges offer student health services for those in need of help with health issues, including stress.

It is also important, though, to know when you are stressed and what the cause of your stress is. Identifying and preventing the stress from getting worse is key to avoiding health problems according to the APA.

UWRF students like Tel Mohen and Evan Loklwick deal with their stress by exercising and doing activities they enjoy. When asked how he deals with stress, Mohen said "I work out and do things I enjoy doing". Loklwick goes for runs when he is stressed out. Both students are good examples of how to deal with stress by getting exercise.

College can be a very stressful period for people. If a person has too much stress it may lead to health problems later on. Preventing stress from overwhelming people could make a difference between being happy and healthy or being angry and unhealthy. Making sure to manage stress is not difficult if a person follows what the APA said. If they follow the advice then they should not have to worry about stress.

Erasing social stigma against mental health differences

Nicole Hovatter nicole.hovatter@my.uwrf.edu

Mental health stigma is a national phenomenon that is also an issue at UW-River Falls: almost 50 percent of UWRF students believe others think less of someone who has received mental health treatment, according to a survey published by Counseling Services.

The Healthy Minds Study gauged responses from UW students on a variety of mental health topics and compared results with the national average. According to the results, 10 percent of UWRF students have had serious thoughts about committing suicide. Of those who have experienced suicidal thoughts, 41 have not sought assistance.

Those suffering from

mental illness sometimes criticize themselves for receiving treatment. The combination of these different stigmas makes it difficult for some to seek treatment. It is a barrier to recovery from mental illness, said Jennifer Elsesser, intake counselor at Counseling Services.

However, the perceived stigma is worse than the actual stigma. While 57 percent of survey respondents think most people view receiving mental health treatment as a sign of personal failure, only 18 percent of respondents personally hold that belief.

University officials have made it their goal to "address mental health from a public perspective" and "promote student helpseeking and reduce stigma", according to the survey.

"These stigmas create barriers between everybody," Elsesser said.

Mental health stigma has caused a disparity between the treatment of those suffering from physical ailments and those suffering with mental illnesses, Elsesser said.

Since mental health symptoms are not visible

Since mental health symptoms are not visible to others, mental health disorders are sometimes misunderstood

to others, mental health disorders are sometimes misunderstood. Those not affected sometimes judge individuals seeking mental health treatment. The beliefs that others view mental health problems negatively also perpetuate stereotypes.

Students and faculty at UWRF are working to reduce stigmas and their effects. Counseling services has made an effort to make its services more accessible and visible to students. The department has also created

wellness programs, like yoga and meditation that are highly visible.

However, Elsesser said that the message of reducing stigma is more readily received by students when other students are delivering that message.

Students have taken action by creating an organization called Active Minds.

President of Active Minds Brianna Pezon joined the organization because she wanted to become an advocate for mental health stigma.

"It's a fun-loving, understanding group of people who all strive to be better and make society better," said Pezon.

According to its website, the organization is "determined to eliminate the negative stigma surrounding mental health issues, and also determined to promote positive mental health and

self care". Members have organized several events on campus to reach out to students and are currently planning a random act of kindness week that is scheduled to take place shortly before finals week. The group plans to host several activities in the University Center to show students that everyone suffers from finals week

"The organization is helping students find a voice," Elsesser said, "and students see that counseling isn't so scary."

All students and staff are welcome to join the organization and students interested in helping reduce mental health stigma on campus are encouraged to join Active Minds and can contact the organization at uwrfactiveminds@gmail.

Those suffering from mental health issues can also schedule an appointment with counseling services at (715) 425-3884.

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Keeping up to date, informed with news

...it is our job

to recognize

when

something is

wrong and to

evoke change.

Ever since

Natalie

Howell I chose to become a journalism Columnist major, I decided that I should start

caring about what is going on in the world and start reading the news. In order to get informed in the most convenient fashion, I downloaded a news application and started reading it every day. Ever since then, I have learned a lot about our world that I would not have known without attempting to learn about it – the horrible mudslide in Washington, the missing Malaysian airplane and

everything that has been going on in the Ukraine. I have learned a lot, but one big thing I have learned, however, is how little other people care about the news.

As I have mentioned in my earlier columns, I am extremely awkward and therefore I am always looking for interesting topics of conversation to fill in awkward silences and cover up

my lack of social skills. Ever since I have started reading the news, I have been informing the people I converse with about the news and giving my opinion on it. Also, during this news informing session, I have learned a pretty significant thing -- people do not want to be burdened by the news.

I mean, I get it. Let's face it -- the stories that make the front page are mostly negative. The bad things that happen around the world -- corruption, death, disasters -- it is newsworthy. However, most of the time this kind of breaking news ends up leaving a foul taste in our mouths. We do not want to feel scared or worried or devastated. We do not want to stay up at night worrying about the future of our country and the future of the world. Why bother, right? We want to feel happy, so we

only want to hear the things that give us that warm, fuzzy feeling. We want to watch those heartwarming videos of soldiers surprising their families and we want to feel good about what is going on in the world. Even if that feeling is a bit misguided.

Now, as a future journalist, and just as a person, this scares quite a bit. Of course, I want people to care about what's going on in the world, because someday it will be my job to tell about it. I want people to care so I will be able to have a job and be successful in it. However, that is not the only reason I wish more people wanted to hear the news -- it would be pretty selfish of me if it was. The thing is, if we do not care about all the wrong

> that is happening around us, how are we going to ever change it? How are we going to find injustice if we are not looking for it, watching out not only for ourselves, but for those who do not seem to have a voice?

As citizens in a country where we have a voice that can be heard, it is our job to recognize when something is wrong and to evoke

change. There is no democracy without knowledge in what is going on around us. We get to have opinions, we get to vote and we get to protest things that seem crazy or unfair. But how can we do that if we do not recognize what is going on around us? Ignorance is not bliss, and the truth is that I never knew about all of the garbage that has been happening until I decided that it was my turn to get informed. So, to step down from my high horse, I will leave you with this: watch the news, pick up a newspaper or download an app because, as young adults in a country where we have a voice, it is our time to care.

Natalie Howell is from Rochester, Minn., and is majoring in



Desi Danforth/Student Voice

Junior Courtney Mahr, left, and freshman Toria Lodzinski peruse Time magazine. Staying informed about the world and current events is important to be able to vote as knowledgable citizens.

Surviving challenge of college-level coursework

Rachel Molitor

Columnist

busy these days! I have at least a couple papers a

large tests popping up like crazy. Every class seems to have an assignment due at once, my clubs have several important events and work has me scheduled a lot. I'm so stressed.

Sound familiar?

I'm sure most students have heard or felt this themselves at some point in their college career. I know I frequently have, and based on the exhausted expressions adorning my friends' faces these days, I know they have too. It seems like everyone is getting run into the ground. Even the professors and administrators probably feel the pressure as the semester crosses the half-way point and keeps on sliding. Life is just full of stuff; none of us really can find time to breathe. We just look forward to when the next project is done and groan when more is added to our workload. Sometimes it feels like no matter how organized you are, nothing will stop the inevitable crush.

If you have no idea what I am talking about, here are some reasons why this could be possible: one, you are a freshmen taking a lot of general education courses; two, you are lucky; three, you are super organized; four, you are taking the minimum amount of classes possible because you do not want to deal with this workload stress. Frankly, if you have managed any one of these, good for you. You do not really want to be dealing with what I am talking about. There could be more than the four reasons I mentioned; your homework hump month, as I have recently decided to call it, could simply be less stressful than I have described. But I am sure everyone has had those times where they have three tests in a week or a series of con-

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secutive projects. You look at your schedule and you just have no idea how you're going to survive this.

Well, as an almost senior and a person who likes to throw a lot on her plate, literally and figuratively, I have a few tips of the surviving

The first thing to remember for the rules on surviving and succeeding at the homework hump is to take care of yourself. This means physically, spiritually, mentally and emotionally; all of those areas PE 108 tried to make us remember. No matter how little time you think you have, if you want to survive this homework hump for any extended amount of time, you need to take care of yourself. I mean getting around eight hours of sleep, eating some vegetables, taking the stairs and reading a joke book. You need to be at your best. You may not have time for a fullfledged workout or sleep marathon, but make sure that you are at least attempting to be healthy. Get your heart racing, emotions calm and stomach full. This will help you focus on what you need to get done. Also, showers are

Something else to remember when you prepare for the onslaught of life is to have fun. This may seem counterintuitive as fun is something you do when you do not have homework and you need to concentrate on surviving the pile of homework that looks like it will crush you. However, having fun is important. Plus, it is not really living if you do not smile now and again.

So, my fellow Falcons, when you see the incoming homework hump day, week or even month, buckle up. You are going to have a bumpy, stressful ride. But hey, with some organization and luck, you will survive and be able to remember it with a somewhat forced smile. Look towards the future, put your hands on the keyboard and get ready to climb. You can do it!

UW-Washington County

UW-Waukesha

Exalted accordionist teaches students about life, music

Cristin Dempsey

Columnist

Last Thursday marked the 48th annual Commissioned Composer Project here at UW-River Falls. The Commissioned Composer Project is an event that takes place every March or April.

The UWRF music department brings in a composer, and a handful of students put on a concert featuring his or her music. This year featured the music of Guy Klucevsek, a famous accordionist originally from Pennsylvania. Guy has built an esteemed reputation on the accordion, and teachers and students alike were eager to play and work with him over the course of the week. Even though each student rehearsed with him for a short time, they enjoyed learning his music and hearing his personal experiences as a composer.

Klucevsek, as noted in his autobiography, got his start on the accordion after seeing it featured on television when he was just five years old. Since the accordion was so popular at the time, featured on hit shows in the 1950's such as the Lawrence Welk Show, he was inspired to follow in those same footsteps. He was able to convince his father to

buy him his first accordion, a 12-base accordion, and he was hooked. He started taking lessons in his own home from accordionist Joe Macko. He remembers fondly learning several simple, but popular tunes with Macko, including "In a Little Spanish Town."

Years later, while living

with his aunt and uncle, they found him perhaps the greatest American accordion player of the time, Walter Grabowski. Klucevsek admired Grabowski for his immense intelligence and talent: he took high interest in philosophers and even memorized Beethoven's symphonies by playing the recordings while he slept. While the same was not expected of Klucevsek, he did mention that he was still worked hard. He went beyond the popular tunes of his past to learn opera overtures, piano and violin concerti, and solo piano pieces. He also played well-known pieces such as "Carnival of Venice" and "Flight of the Bumblebee." While his training on these pieces was extensive, what Klucevsek took away most from Grabowski was the importance of musicianship and harmony.

Since receiving instruction from Walter Grabowski, Klucevsek has seen huge success. He has performed over 50 solo accordion pieces, a combination of his own

work and works that he has commissioned from, including Mary Ellen Childs, Bang on a Can and John Zorn. He has also performed at several venues and festivals, including the Lincoln Center, the Berlin Jazz Festival, Ten Days on the Island Festival and the San Antonio International Accordion Festival. In addition, he appeared on an episode of the children's show "Mr. Roger's Neighborhood." He is also credited with the formation of the "Accordion Tribe," a group of performing accordionists from around the world.

I was honored to be a part of the Commissioned Composer Project this year. My friend and I played one Klucevsek's duets, "The Landscape Listens." He decided to switch it up a bit, and we played the top part while he played the bottom part. I can honestly say that I have never done a flute and accordion duet before, but we really pulled it off. The commissioned piece was entitled "Big Top Suite," and it was the hit of the night. It combined several genres, including jazz and polka. All pieces were well-received by the audience, and performers enjoyed playing Klucevsek's music and getting to know him as a person.

Cristin Dempsey 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.

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