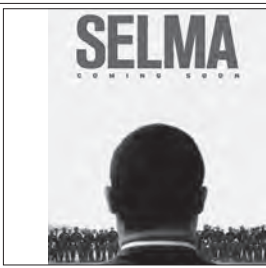




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Men's hockey sweeps UW-Superior, but faces difficult stretch run.

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'Selma' provides timely history lesson for film audiences.



# STUDENT VOICE

University of Wisconsin River Falls

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## North Hall auditorium delay taken in stride

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When spring semester started on Jan. 26, the auditorium renovation in North Hall was supposed to be complete and ready to host classes, but the chairs were absent.

The renovation was on track for completion before the start of spring semester with no major delays.

Then, at the last minute, the chairs failed to be delivered. Those classes scheduled to take place in the auditorium had to be relocated to alternate locations on campus in a hurry.

The situation was resolved before many professors or students knew of the issue. Finding an alternate room to accommodate eight classes with approximately 400 students at the last minute could have been a crisis, but UW-River Falls Registrar Daniel Vande Yacht smiled and said: "It went very smooth," when asked about the process.

200 Rodli Commons hadn't yet been repurposed and was open, enabling Vande Yacht to shift the displaced classes there. He gave high praise for the hard work and problem-solving to Michael Stifter, the executive director of Facilities Planning and Management, and Tim Thum, senior facilities engineer at UWRF.

A longshoreman slowdown on the West Coast prevented the new chairs from being delivered on time. It seems the chairs were just waiting to be loaded and shipped. The dockworkers, part of the International Longshore and Warehouse Union, hasn't had a labor contract for eight months and engaged in a series of labor slowdowns. A strike was avoided but not before a slowdown stalled the completion of the

North Hall auditorium renovation. Beth Ross, a UWRF professor of animal and food science, was one of those displaced. Her temporary classroom is in Rodli Commons.

"The delay caused by the strike was not disruptive to my class in the least," Ross said. "The announcement of the delay was made well ahead of the first day of class. This allowed ample time to notify

the students about the change via D2L messaging and eSIS. The Registrar's Office and the Campus Reservations Office have been exceedingly supportive and responsive to any questions or concerns."

Amanda Young, one of the UWRF students displaced by the delay said: "I wasn't even aware there was a change of plans at the last minute. The Rodli classroom is

a good space. Why can't they use any old chair for the auditorium?"

According to Stifter, these chairs are different. They are wired and are high tech with the ability to use with computers or any other device which requires electricity.

"No one on campus appears to have dropped the ball," Stifter said. "[The chairs] sat in port for what appeared weeks, especially over the

holidays, and the work slowdown, as we understand, on the West Coast with the longshoremen basically brought things to a screeching halt."

Stifter gave much credit for the last-minute solution to Vande Yacht and Janet Hansen of the Registrar's Office, along with Thum. In return, Vande Yacht praised Stifter and Thum as the heroes of the situation.



Amara Young/Student Voice  
**North Hall auditorium construction is nearly complete after a lengthy delay on a shipment of modern chairs.**

## Proposed UWRF engineering program receives feedback

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UW-River Falls, along with UW-Stout and UW-Eau Claire, have proposed a new engineering program to be incorporated between the three universities, but has received negative input from other UW chancellors, according to the Wisconsin State Journal.

The new engineering program would offer new degree programs in agriculture engineering and environmental engineering. The proposal argues that there are not enough engineers in the northwestern part of the state.

"UWRF already has a strong degree program in agricultural environmental technology, and this is a logical next step to further strengthen the university's programs in [science, technology, engineering and mathematics] areas," said Chancellor Dean Van Galen in an email.

Chancellors from UW-Madison and UW-Platteville, each with existing programs, have spoken out against the idea, and explained that the five current schools that offer engineering programs can be expanded. They also argued that the new program would cause unnecessary costs.

Importantly, with this new program, students would not need to transfer to a larger

university, like Madison, to get an engineering degree.

"Students could finish their dual degrees in their home location, and not have to worry about going to a bigger school like Madison," said Dr. Rellen Hardtke, engineering coordinator. "Students can't always pack up and leave their jobs, friends and family."

According to a study done by Harvard University, college students are more likely to pick a university that is closer to home than going farther away. Students that attend a university closer to home are likely to save thousands more rather than going to school farther away.

"About 72 percent of UWRF students come from within a 100-mile radius, and

### The new engineering program would offer new degree programs in agriculture engineering and environmental engineering.

this new program would be more likely to attract those students," Van Galen said.

UWRF would offer high-quality engineering programs in a student-centered environment. This would make the campus attractive to potential students.

"100 percent of our en-

gineering students are employed upon graduation, and this new program would be an added bonus to UWRF," Hardtke said.

This new program wouldn't have an impact on tuition rates, and current staff would teach the new courses. Over time, some faculty may be added to meet student needs.

The program will be presented in front of the UW System Board of Regents on Friday, Feb. 6, and if it's approved, the planning for the program can move forward.

UWRF also offers an engineering camp for teenagers that are interested in science, technology, engineering and mathematics disciplines. The program is put on by Madison and UWRF, and is hosted on the River Falls campus for students that are entering the eighth grade.

Students will live in the residence halls and eat in the campus cafeteria. They will also participate in hands-on activities, and get the opportunity to travel to local companies and engineering facilities to see what an engineer does in real life situations.

"There would no impact on the engineering camps for teenagers in the short term with the addition to this program, although it may be interesting to work with Eau Claire and Stout on a camp in the future," Van Galen said.

## First ever Opportunity Fair hits campus later this month

Brooke Brokaw  
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The first ever Opportunity Fair will be held at 10 a.m. to 2 p.m. on Thursday, Feb. 19, in the Riverview Ballroom in the University Center, and will feature 72 different on-campus jobs, internships, summer positions and volunteer opportunities.

"When I look at the list of the organizations attending, one of the things I'm incredibly impressed with is how much true resume-building is comprised in the 72," said assistant director of Career Services McKenna Pfeiffer.

Because this event offers so many different opportunities, Pfeiffer admits that coming up with the right name for this event was a difficult process.

"There are so many things that we're trying to categorize and it couldn't sound anything close to the Career Fair," Pfeiffer said. "From the title, people might not know all that it encompasses."

This event is a partnership between Career Services and Student Life, and will replace what used to be the "on-campus job fair."

"It's great to collaborate. You can make great experiences for students versus having all of us do a bunch of work for all of these separate events," said Student Life Service Coordinator Amy Lloyd. "It would be less exciting to walk into a room of

10 people's tables versus 72. It's being strategic and working across campus with other departments."

The Opportunity Fair is open to all students, but will be targeted towards those still looking to build their resumes.

"I don't really have anything to put towards my resume, so attending this event would be a good start," said freshman student Michael Funes.

Students will find this event to have a relaxed feel and are encouraged to come as they are. Professional attire is not required. For students who may be nervous when speaking to professional representatives, Communication Studies Professor Steve Phalen offered some helpful advice.

"Acknowledge that nerves are okay," Phalen said. "Understand that these professionals are here because they want to be and have an interest in you. Also remember that they are people too."

When students are speaking with professionals, they should also keep in mind that the first impression is important. Students are encouraged to create a "30-second commercial" for themselves consisting of their name, major or minor, and potential career interests.

Big Brothers Big Sisters Program Coordinator Lisa Thompson, who will be attending the event, said: "When I speak to a student

for the first time I look for someone who is enthusiastic, clearly interested and curious."

The event will provide students the opportunity to enhance their professional communication skills and network through speaking with organizational representatives.

"When speaking to representatives, confidence is important," Phalen said. "Be honest about your goals, strengths and weaknesses. Try and reframe your weaknesses so they become possibilities that can benefit you and the employer and grow from them."

Organizations attending will be from the local area, River Falls, Hudson, Stillwater and Woodbury.

"It's a great opportunity to learn what's out there, specifically in this community," Pfeiffer said.

Students are encouraged to attend because they have nothing to lose and so much to gain.

"It's really important to gain experience," Lloyd said. "It's important to do well in the academic world, but a lot of people do well in the academic world so how are you setting yourself apart? These are all things that undergrads need to think about."

For more information about the fair, go to: [www.uwrf.edu/CareerServices/EventOpportunityFair.cfm](http://www.uwrf.edu/CareerServices/EventOpportunityFair.cfm).



# News briefs:

## Sustainability efforts recognized at UWRF

UW-River Falls has earned a “STARS Silver Rating” in recognition of its sustainability achievements from the Association for the Advancement of Sustainability in Higher Education (AASHE).

STARS, the Sustainability Tracking, Assessment and Rating System, measures and encourages sustainability in all aspects of higher education. The UWRF campus is a microcosm of community and is committed to modeling the values, principles and practices of sustainability.

Campus sustainability initiatives include: alternative fuels and transportation; energy and water conservation; and recycling, composting, and waste reduction. UWRF was one of the original institutions that participated in the beta testing for the initial development of the STARS ranking tool.

“This marks the third year that UWRF has been recognized at the silver level, building on our score each consecutive year,” said Michael Stifter, UWRF executive director of facilities planning and management.

With more than 650 participants on six continents, AASHE’s STARS program is the most widely recognized framework in the world for publicly reporting comprehensive information related to a college or university’s sustainability performance. Participants report achievements in four overall areas: operations, academics, engagement, and planning/administration.

Unlike other rating or ranking systems, this program is open to all institutions of higher education, and the criteria that determine a STARS rating is transparent and accessible to anyone. Because STARS is a program based on credits earned, it allows for both internal comparisons as well as comparisons with similar institutions.

Most recent and previous STARS reports for UWRF are publicly available at <https://stars.aashe.org/institutions/university-of-wisconsin-river-falls-wi/report>.

For more information on sustainability efforts at UWRF, visit <http://www.uwrf.edu/sustainability> or contact Stifter at 715-425-3827 or email [michael.j.stifter@uwrf.edu](mailto:michael.j.stifter@uwrf.edu).

## UWRF hosts annual Science Olympiad

More than 900 students representing 33 high schools from Wisconsin, Minnesota, and North Dakota competed in the annual Science Olympiad competition at UW-River Falls on Jan. 24.

The 61 teams competed in all 23 National Science Olympiad events as well as the five trial events from Wisconsin.

A team from Mounds View, Minnesota, High School took top honors in the large team competition with teams from Wayzata, Minnesota, High School and Menomonie High School placing second and third respectively.

Medford Area Senior High won the small team competition, followed by teams from Boyceville and Shell Lake high schools.

UWRF hosts the tournament to provide an opportunity for the students to hone their skills before they compete in Science Olympiad regional tournaments.

“We want to encourage and support enthusiasm for studying science, as well as showcase UWRF as a destination location for studying STEM [Science, Technology, Engineering and Mathematics],” said Earl Blodgett, tournament director and physics professor at UWRF.

Information about the tournament and a list of the participating schools is available at <http://www.uwrf.edu/PHYS/olympiad/index.cfm>. Full results of the tournament will be

posted to the same site in the coming days. For further information on the UWRF Science Olympiad tournament, contact Blodgett at 715-425-3196 or [earl.d.blodgett@uwrf.edu](mailto:earl.d.blodgett@uwrf.edu).

## ‘Bowls for Hope’ event benefits BRIDGE

Early each year, UW-River Falls works with the community to raise funds through the ‘Bowls for Hope’ event, and the proceeds raised from the event help a worthy organization make a difference in the St. Croix Valley.

This year, BRIDGE for Community Life, Inc. has been selected as the benefiting organization. The 2015 ‘Bowls for Hope’ event will be held at 5-7 p.m. on Tuesday, March 10 at UWRF.

For an entrance fee of \$25 for adults and \$5 for children age 12 and under, participants at the event may select and keep a bowl created in ceramic/pottery classes at UWRF, River Falls High School, Meyer Middle School, the Renaissance Academy or by area artists. Attendees may also sample, at no extra charge, soups donated and served by area restaurants. Guests may then vote for their favorite soup. Live piano music will also be provided throughout the evening.

The 2014 ‘Bowls for Hope’ event raised \$6,600 for Grow to Share, Inc. Since 2010, Bowls for Hope has raised more than \$28,000 for St. Croix Valley charitable organizations.

BRIDGE collaborates with school, county and community youth serving agencies in providing lifelong learning opportunities for youth and others with disabilities.

Participating restaurants include: Bo’s ‘N Mine, Coach’s Bar & Grill, Copper Kettle, Dish and the Spoon Café, Junior’s Bar & Restaurant, Kilkarney Hills, Perkins Family Restaurant & Bakery, River Falls Hospital Sodexo Dining Services, South Fork Café, UWRF Sodexo Dining Services, West Wind Supper Club, and Whole Earth Grocery.

Tickets can be purchased at the River Falls Chamber of Commerce office or by contacting the UWRF Chancellor’s office at 715-425-3201. Tickets will also be available at the door. Purchasing tickets in advance will guarantee a bowl.

For more information on BRIDGE for Community Life, Inc., visit <http://bridgeywd.org>.

For further information on Bowls for Hope, visit <http://www.uwrf.edu/BowlsForHope> or email [mary.vangalen@uwrf.edu](mailto:mary.vangalen@uwrf.edu).

## Faculty awarded grant for Kinni research

Assistant professor of conservation Jarod Blades and Jill Coleman-Wasik, assistant professor of environmental science, at UW-River Falls were recently awarded a UW System Undergraduate Research and Discovery Grant.

This grant program is an outgrowth of discussions of the UW System Board of Regent’s Research, Economic Development and Innovation (REDI) Committee. The grants are meant to help build capacity at the UW campuses for undergraduate research that has the potential to lead to innovations generated on campus.

Blades and Coleman-Wasik will create a Kinni Watershed Consortium (KWC) to better coordinate research efforts, engage the community and ultimately lead to the implementation of organized best management practices for the nearby Kinnickinnic River.

The river, which has been designated as an “outstanding resource water” by the Wisconsin legislature, faces ongoing pressures and changes related to land use, population

growth, environmental degradation and climate change.

Undergraduates will be involved in a number of ways. They will assist in the development of the Kinni Watershed Consortium framework by developing the Web-based portal and the associated public symposium. Other students will be actively involved in a research project monitoring the water quality and habitat of the Kelly Creek Preserve.

The project is a collaborative effort between UWRF, the Kinni River Land Trust (KRLT), Trout Unlimited, and the Wisconsin Department of Natural Resources (DNR).

Students will also be part of the team that conducts an online/mail survey to explore the public perception of the Kinni watershed, helping to guide public priorities and future research needs. For more information, email [laura.walsh@uwrf.edu](mailto:laura.walsh@uwrf.edu) or call 715-425-3535.

## UWRF hosts summer teen engineering camp

Wisconsin and Minnesota teenagers with an interest in math and science can explore engineering when they attend a week-long summer camp on the UW-River Falls campus.

UWRF and UW-Madison’s College of Engineering will host Camp Badger Exploring Engineering on July 12-18 for students entering eighth grade in the fall.

The camp provides an introduction to the jobs and careers of various engineers with the goal of sparking an interest in science, technology, engineering and mathematics disciplines (STEM). Participants will live in the UWRF residence halls and eat in the campus cafeteria for the duration of the camp.

Each day campers follow a 12-hour schedule of activities, all facilitated and chaperoned by university faculty and college students. Popular activities are field trips to local companies and engineering facilities. Activities also include project-based exploration, hands-on exercises, team-building projects and small-group discussions. All campers receive a workbook with questions designed to guide journaling and discussion of their experiences. There are no tests.

This summer marks 17 years of successful camp sessions in Madison and the fifth summer on the UWRF campus. In addition to the camp session held in River Falls, there are five sessions held on the Madison campus, and one at UW-Oshkosh.

Interested students should submit their application materials no later than March 9 to be considered for the limited spots available in each camp session. Successful applicants will demonstrate determination, creativity, problem solving and time management skills, as well as the ability to get along well with others in a team environment. Cost for the full week, including lodging, meals and field trips, is \$595 per student. Campers are responsible for transportation from their homes to campus and back. Need-based scholarships are available.

For additional information, including application forms, visit the website at [go.uwrf.edu/CampBadger](http://go.uwrf.edu/CampBadger) or contact Angela Whitaker in the UWRF Outreach and Continuing Education Office at 715-425-3261 or by email to [angela.whitaker@uwrf.edu](mailto:angela.whitaker@uwrf.edu).

## UWRF undergrads ‘Commit to be Fit’

Beginning in February, River Falls’ Meyer Middle School students will spend the first minutes of their day jumping rope, dancing Zumba, and practicing resistance training thanks to the Wisconsin Medical Society Foundation and UW-River Falls.

UWRF recently received more than \$2,200 in grant money from the Wisconsin Medical Society Foundation to establish the school’s first Commit to be Fit program.

Each weekday from 7:15-7:40 a.m., certified UWRF health and physical education undergraduates will lead students ages 11 to 14 in a fun, noncompetitive exercise program that is specifically designed to engage children who normally shun physical activity. The program will accommodate 60 to 100 students.

Faye Perkins, professor of health and human performance at UWRF, who applied for the grant, said promoting physical activity in young people combats the serious physical and mental problems caused by childhood obesity.

“Research shows that kids who are physically active are more focused in classes and do better academically,” Perkins said.

The program is endorsed by two local physicians, James R. Beix, and Amber Morgan, and is supported by Mark Chapin, principal

of Meyer Middle School. For more information, contact Perkins at 715-425-3966 or [faye.j.perkins@uwrf.edu](mailto:faye.j.perkins@uwrf.edu).

## UWRF becomes part of ‘I’m First!’ program

UW-River Falls is proud to be among non-profit Center for Student Opportunity’s (CSO) growing community of nearly 200 College Partners that share a commitment to supporting first-generation college students on their campuses.

Recognizing that students who don’t have a family history of higher education too often lack access to good information and support to navigate the path to and through college, CSO partners with four-year colleges and universities to promote and strengthen college opportunities for first-generation college students.

It is estimated that 24 percent of students enrolled in postsecondary institutions today are low income, first-generation college students. But nine out of 10 will not earn a bachelor’s degree six years out from high school. They drop out of college at four times the rate of their peers whose parents have a postsecondary education.

UWRF and CSO are working to change this trend. CSO’s ‘I’m First!’ project ([www.im-first.org](http://www.im-first.org)) is an online community for aspiring first-generation college students—and those who advise them.

The website, rich with student videos, blogs and advice, is an information hub through which students can research and connect with colleges like UW-River Falls and learn about campus programs that support first-generation college students.

UWRF is also featured in CSO’s I’m First! Guide to College, the only comprehensive college guidebook for first-generation college-bound students.

Many of the programs supporting first-generation students at UWRF are housed in the Academic Success Center (ASC). The ASC provides a variety of opportunities, allowing students to participate in those that align with their personal and professional goals. The ASC offers pre-major advising for students who are undecided about a major, the Student Support Services and McNair Scholars TRIO programs, tutoring services, Science, Technology, Engineering, and Math (STEM) Success mentoring, and Multicultural Student Services, all of which are made available to students free of charge.

This past year UWRF also launched the Falcon 5 program. Falcon 5 creates clear pathways for students to begin and continue their involvement at UWRF, a factor found to be critical to student retention and success.

‘I’m First!’ is also a campaign collecting YouTube video stories from first-generation college student and graduates—like First Lady Michelle Obama—that inspire and offer advice to the next generation of students who will be first.

For more information or questions regarding UWRF’s partnership with CSO and the I’m First! project, contact Anderson at 715-425-0699 or email [kristina.anderson@uwrf.edu](mailto:kristina.anderson@uwrf.edu).

## Prologue Journal accepting submissions

Prologue, the literature and art journal at UW-River Falls, is accepting submissions for its 58th edition.

Any student attending UWRF is encouraged to submit original creative work in the areas of literature and art. If selected, these submissions will be published in the Prologue Journal and showcased to members of UWRF and the surrounding community, representing some of the creative endeavors at the university.

Prologue accepts fiction, nonfiction, poetry, and screenplays along with visual art including drawings, sculptures, glasswork, ceramics, and fibers. One art submission will be chosen to appear on the cover of the publication.

Submissions are due Feb. 14 at 11:59 p.m. To submit, log onto this website, <http://green-submissions.com/246/prologueuwrf/index.php>, and upload your submission.

Prologue is distributed near the end of the academic year in late April or early May and is free of charge. A ‘Spring Exhibition’ will also be held around that time to showcase the work within the publication. For more information about Prologue, email [prologueuwrf@gmail.com](mailto:prologueuwrf@gmail.com) or find the Facebook page, UWRF Prologue.

### River Falls Police/UWRF Police Department

#### Sunday, Jan. 18

- Around 3 p.m. a cell phone was stolen from a safe in Hunt Arena.

#### Tuesday, Jan. 20

- A theft from a vehicle in Q Lot took place between 8 a.m. and 5 p.m.

#### Friday, Jan. 30

- There was a disturbance in Hathorn Hall at about 1 a.m.
- A bicycle was stolen from South Fork Suites bicycle racks.
- An underage alcohol incident occurred at 10 p.m. in Grimm Hall.

#### Saturday, Jan. 31

- In Hathorn Hall a fire alarm strobe case was broken and a property damage report was filed at 3 a.m.
- Property damage of a broken vehicle window was reported to have occurred overnight in N Lot.

#### Monday, Feb. 2

- A controlled substance report involving the possession of THC was reported at 9:30 p.m. in the Ames Teacher Education building.

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

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RIVER FALLS



# UWRF WiSys ambassador program announced

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The new WiSys program is bringing ideas into reality and UW-River Falls is one of the two pilot schools, according to the director of undergraduate research, scholarly and creative activity.

WiSys is a nonprofit pilot technology transfer program designed to bring together the UW System and provide support for students, faculty and staff who have new ideas, jobs or technology.

WiSys supports research, technology and development. Its goal is to link campus innovators with industry leaders as well as providing assistance with patents and licensing activities.

“Its an honor for our campus to be selected as one of the pilots. Technology transfer is the term that’s used when a new technology or new business idea or jobs have potential for creation or to be transferred,” said Elizabeth Schneider-Rebozo, the director of undergraduate research, scholarly and creative activity.

WiSys is modeled after UW-Madison’s WARF program that was created in the 1920s. WARF shares similar goals and services. WARF is

only available for Madison’s population. WiSys aims to bring the UW System together and share resources and ideas, with the exception of UW-Milwaukee and Madison, each having its own programs.

“The purpose ultimately will be to go system-wide as soon as next year, certainly within two years,” Schneider-Rebozo said.

Wisconsin has intellectual property laws that are unique to the nation. It gives more rights for new inventions and ideas to the creator than other states. The laws tend to focus more on the individual than the company, guiding inventors through the process.

“Nation-wide, the norm, if you’re working for an organization and you have an idea and you want to take it to market, that idea actually, in almost every case, belongs to the company that was paying you when you had the idea,” Schneider-Rebozo said.

UWRF has two WiSys ambassadors: Rachel O’Leary and Erin Sorge, both dairy science students. Their job is to help educate the community about intellectual rights. They spend five to 10 hours per month enhancing the understanding and awareness of WiSys across campus. They’ve received

training on intellectual property rights and laws as well as the technology transfer process.

“As an active research assistant on campus, I am excited about the opportunity to see projects my colleagues and I work on transform into products,” O’Leary said. “I’m particularly interested in helping WiSys become more proactive in identifying research and potential inventions.”

The goal is to have ambassadors on each campus and have the WiSys program available to all UW campuses. UWRF and UW-Parkside are serving as the home for the pilot program. The program will be brought in to each of the other comprehensive insti-

tutions later this year.

“The WiSys ambassador program is modeled on a similar program that WARF runs,” Schneider-Rebozo said. “Because of the idea

of bringing people from all over the system for centralized training, it will be very different from Madison.”



Amara Young/Student Voice  
UW-River Falls WiSys ambassadors Rachel O’Leary and Erin Sorge.

## ‘Sales Lab’ provides students with ideal sales atmosphere

Jack Tuthill  
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The business administration major, within the UW-River Falls College of Business and Economics (CBE), has a new emphasis called sales marketing, also known as professional sales, and after a large amount of research and funding, the CBE has introduced the Center for Sales Excellence Laboratory.

The Center for Sales Excellence Laboratory is known by most as the Sales Lab, which facilitates role-playing exercises and mock sales calls in order to assist UWRF professional sales students in fine-tuning their personal selling skills.

The Sales Lab has a recording device that tapes all mock sales calls and role-playing exercises.

Ozcan Kilic, associate professor of marketing, monitors the exercises from another room. Through the use of expensive software, Kilic can give feedback attached to the finished video so each student can see what they did right or wrong following the exercise.

Kilic also gives verbal feedback over an intercom during the role-playing exercises or mock sales calls. Kilic also shows the videos during classroom time so everyone can get feedback from their peers.

Kilic got the idea for a sales lab two years ago when he attended a faculty curriculum development workshop in Florida.

He said that through research he found that approximately 82 percent of marketing graduates eventually end up in a sales-related job after college, adding that an additional 66 percent of business graduates also work in a sales-related job.

“I thought we should have our students be better prepared for such a position,” Kilic said. “Only one sales class was offered during that time, it was ‘sales effectiveness,’ and I thought it wasn’t enough.”

Kilic received support from his colleagues, most notably associate professor of marketing Stacy Vollmers, and Darryl Miller, marketing and management chair, to establish the professional sales emphasis.

“Sales cannot be taught just through lecture, and the role playing is a pedagogy especially tailored for a sales program where the students have the opportunity to practice the basic selling skills they have learned in the classes,” Kilic said. “And during a process of various role plays they will be able to refine their personal selling skills and eventually be ready for different selling situations.”

When Kilic first started teaching professional sales classes he was renting a tripod and a video camera from tech services. Kilic would setup the equipment himself before class and the students would role play.

“It was not natural because they had to act in front of their peers which put a certain stress on them, so we thought we can do better than that,” Kilic said.

Kilic wanted recording capabilities in a natural environment for students to sell to a potential buyer. The buyers in the role-playing exercises would be behaving according to a certain scenario. With the implementation of the Sales Lab, this idea has come to life.

“Students, when they watch themselves behaving according to a scenario, or not according to a scenario, they see what they did wrong and what they could do better,” Kilic said.

Kilic has the ability to share video clips from mock sales calls and role-playing exercises with potential employers. Some employers, like Fastenal, an industry supply company based out of Winona, Minnesota, have become partners with the program.

“[The partners] support our program and they’re therefore entitled to observe the progress of our students who go through this program while they role play,” Kilic said. “And [students] eventually have a more realistic opinion about what they expect from a potential hire.”

Kilic says the CBE is in the process of improving its list of potential partners, which includes all the major employers in the St. Croix Valley, because partners are more likely to hire UWRF professional sales students who have collaborated with them.

“All the companies we have been in touch with, and who support us, are really intrigued because they want students to be sales ready,” Kilic said.

The Sales Lab has state-of-the-art technology, but the program only has one recording room available at the moment. Ideally, a university would have at least three or four sales labs so the role-playing exercises don’t interfere with so much classroom time.

“All the sales programs start with one room and eventually they grow really fast,” Kilic said.

Kilic conducted two years of sales research, in terms of what the potential would be for the implementation of such a program. He found that sales programs are growing throughout the nation. In 2007, there were only 32 programs nationwide, and now there is over 85, according to Kilic’s research.

Recently, Kilic visited Indiana State University in Terre Haute, Indiana, to see how its program was evolving.

He found that Indiana State has eight sales labs, and that the program had the capability to record actual sales pitches with real customers outside the classroom using similar technology.

“I’ve learned that one room is not enough,” Kilic said.

The professional sales emphasis could potentially offer advanced classes where students would have more opportunities to fine-tune selling skills, but because of low enrollment the classes haven’t been applied yet. While the Sales Lab has only been around since late last year, it has left an impact on students.

“I learned how to interact with potential clients, ask appropriate questions to discover a customer’s need, and what is expected of me as a sales professional,” said alumnus Drekal Hollins, a graduated business administration-marketing student.

Kilic urged students to contact him with questions regarding the Sales Lab or the professional sales emphasis. Kilic can be reached at: 715-425-3335.

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EDITORIAL

UW System budget proposal could have historic consequences

Gov. Scott Walker’s UW System budget proposal could have a lasting negative effect on UW-River Falls and the future of this university, and the current two-year tuition freeze isn’t doing the UW System any financial favors.

Yes, it’s nice to have the cheapest education possible, but not at the cost of UWRF staff or faculty. Without the possibility of even the smallest amount of tuition increase, the UW System yet again has to make budget cuts.

A \$300 million budget cuts means the loss of a countless amount of UWRF professors and instructors. Instructors who are currently under a one-year contract heading into next fall will more than likely have to find a new job at a different university. This is not OK, and neither is asking professors to teach one more class per semester. That’s, per week, three extra hours in class and dozens of hours grading homework and exams, as well as answering emails and preparing lectures.

The emphasis in the UW System is to recruit and retain students, yet here we are, gutted by budget cuts once again. Current and future students will not want to attend a university that may cut a program and layoff a favorite professor.

In lieu of the budget proposal, there has been speculation about changing the reciprocity agreement between Wisconsin and Minnesota. While this idea does not hurt the other UW System schools as badly, it would devastate UWRF, UW-Superior, UW-La Crosse and even UW-Eau Claire and UW-Stout. A large amount of students attend UWRF because of the reciprocity, the small class sizes and the unique organizations, but the reasons to attend a UW System school is diminishing by the day.

We recognize that this problem was not created by Chancellor Dean Van Galen or UW System President Ray Cross, but those who drafted the \$300 million budget proposal.

Van Galen was gracious enough to speak to those who wanted to listen on Feb. 2-3, in regards to the budget cuts, but morale among professors, instructors, faculty, staff, and even some students, is at an all-time low.

UW System schools clearly need to become a public authority, so each university can become self-regulated and decide its own budget. Clearly, what’s happening to the UW System is historic. Fall registration is said to be delayed a week or two because there’s some question about course availability going forward. General education classes are bound to be cut and there will be no one there to fill the void.

The budget proposal will eventually snowball out of control once it gets rolling downhill, unless collectively we pull together our resources and stop it.

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

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LETTERS TO THE EDITOR

Journalism alumna puzzled over recent Student Media Committee budget cuts

As a journalist and recent UW-River Falls graduate, it disappoints me that UWRF was contemplating cutting the Student Media Committee’s budget by more than 60 percent. Publications like the Student Voice, WRFW, Prologue and Focus On U give students the opportunity to be heard and give the university its character. If approved, the drastic budget cuts would have devastated all student media organizations on campus, along with the career goals of journalism and communications students. I wouldn’t have my current job as a reporter for a daily newspaper without my experiences writing articles and editing pages for the Student Voice. Gaining experience is vital for landing a communications job in today’s competitive market. Journalism professors and students are already working diligently with the sparse resources they have. The university wouldn’t be doing itself, or its students, any favors by cutting Student Media Committee’s budget.

Nicole Hovatter  
Journalism alumna

U.S. Peace Corps representative to appear at upcoming Opportunity Fair

As a regional representative for the U.S. Peace Corps, I’m interested in identifying Returned Peace Corps Volunteers (RPCVs) at UW-River Falls as faculty, staff, graduate students, or otherwise. Whether people served in the Peace Corps decades ago or just months ago, in Africa or Latin America, as health educators or business advisors, there is a community among RPCVs who devoted two years of their lives making a difference in another part of the world. Often, RPCVs continue to make a difference in their local communities in the U.S. by applying skills and experience gained while in the Peace Corps. I’d like to connect RPCVs with each other, with Peace Corps, and with hopeful volunteers. I’ll be in town on Feb. 19, for the campus Opportunity Fair and a Peace Corps information session. Details are available at [peacecorps.gov/events](http://peacecorps.gov/events). I look forward to meeting people while there, but I also encourage anyone to get in touch with me in advance at [jmcinerney@peacecorps.gov](mailto:jmcinerney@peacecorps.gov) or 651-210-2011.

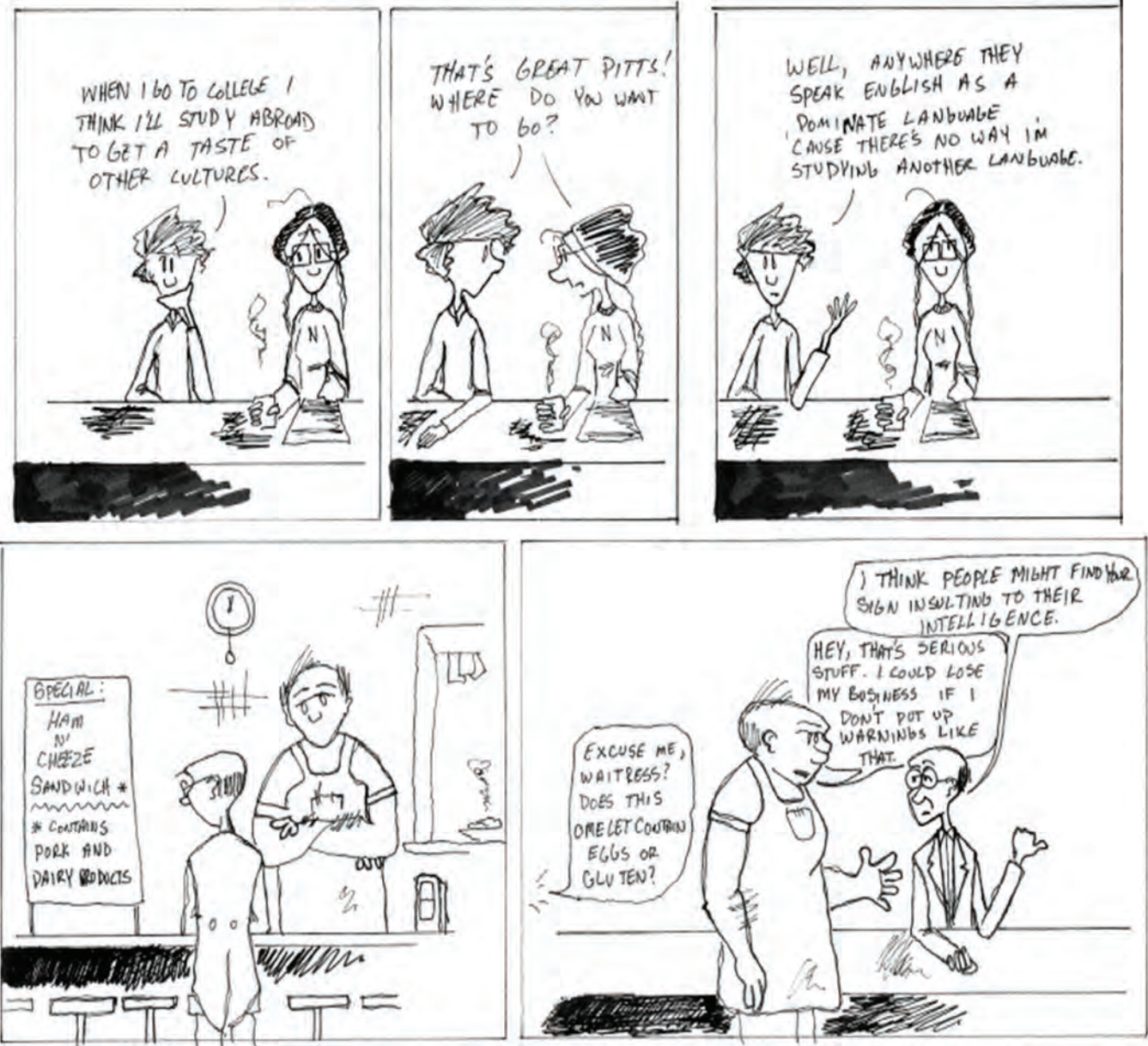
Janice McInerney  
Peace Corps recruiter

UW-Marathon County student sees flaws in Gov. Walker’s budget cuts

For a few years now, the government of Wisconsin has been discussing a potential move to have the budget cut for the UW System with a potential to close some of the two-year campuses across the state. Gov. Scott Walker has been talking recently of having an “arena” built with a price tag of upwards of \$200 million, while also proposing a \$300 million budget cut for the UW System, which includes both the two-year and four-year campuses. As a current UW-Marathon County student, I strongly feel that a budget cut proposed by Walker of 13 percent from our campus would not help our education, but instead, it would hinder it. Secondly, I feel that doing so would unlikely lead to any UW System school to close. Therefore, I don’t fully understand why Walker and his office think it’s a wise idea to potentially close two-year campuses across the state. We have not only paid to come to this university but we also came here to earn an education which we have worked our entire lives for, only to see it potentially be torn down in front of our very eyes. Budget cuts do nothing for the student population; it only puts the weight of advantages for the “big wigs” in Madison, who are higher than the educational needs, standards, and choices of the entire UW System. As I have learned, we are the future of this country, and closing campuses will not do anything positive for the future generations of not only Wisconsin, but also the entire country. Walker’s 13 percent cut is an extremely high amount that no school in our system should need put up with. This was enabled by Act 10 of a 2011 law enacted by Walker that eliminated the collective bargaining agreement for most of Wisconsin public workers. For all of you sports fans, you should know that the \$200 million that is being put aside is for a new arena for the Milwaukee Bucks, who have not even been contenders for an NBA title in nearly 40 years. Because of this, there is no reason the Bucks need a new \$200 million arena while \$300 million may get cut from the UW System budget in the next two years. On top of that mess, a whopping \$928 million shortfall is expected for the state. This massive shortfall offers no help to the UW System whatsoever. UW System students, regardless of what university they attend in this state, deserve nothing short of an excellent education, whether it be at a four-year or two-year campus. One of our state senators, Senator Jon Erpenbach, said that cutting \$300 million from the UW budget is essentially “taking an ax to one of the best things this state has to offer.” In closing, what I ask of not only my fellow students at UW-Marathon County, but at each and every one of our UW campuses across the state, I ask that if this massive budget cut gets passed, that we all sign a petition to get this repealed. We as UW System students deserve not only an excellent education, but also the funding to do so. Please consider putting your signature on the online petition website at [www.change.org/petition](http://www.change.org/petition).

Charlie Havlovick  
UW-Madison County student

Be the first person to find Freddy’s lost feather in this issue of the Student Voice and win two free movie passes to the Falls Theatre!  
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# STUDENT voices

What are you most excited about this semester?

Compiled by Carmella Everhart



Jack Tuthill

“I’m looking forward to that very last final of my life.”



Jack Haren

“A bullet-proof, satisfying column. But that’s nearly impossible.”



Cristin Dempsey

“Working with composer Johan de Meij in Symphony Band and graduating at the end of this semester.”



Natalie Howell

“Learning how to properly put together the front page [of the Student Voice].”



Kris Bradley

“For it to be done! That’s awful, I sound like a senior.”



Emily Johnson

“Publishing Prologue and graduating!”

## Sustainability organization hopes for 80 percent drop in greenhouse gas emissions within 35 years

Daniel Saunders

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The science is conclusive: 97 percent of peer-reviewed scientific articles state climate change is caused by humans and greenhouse gas reductions must begin soon.

In many ways, scientific research is perfected by the devils advocate. Regarding climate change, that devil has run out of credible arguments. Debating the reality of climate change and its connection to humans is a waste of time. It’s time to start discussing how we can benefit from the economic shifts that will come with climate change.

In the next 35 years, every country on earth must play a large role in preventing the Earth’s temperature from rising 2 degrees Celsius. Since the beginning of the industrial revolution, the earth has warmed roughly 0.8 degrees Celsius. Strenuous and repetitive research has been done on the consequences of a 2 degree Celsius temperature increase.

Scientists from NASA, the agency that got us to the moon, which has publicly stated climate change is an immediate threat comparable to ISIS; the United Nations; the International Panel on Climate Change; both the Pope and the Dalai Lama; have all declared that we are at a point with very little time left to act, and that it is imperative we do so quickly.

80 percent reductions in 35 years. Climate change is not just an environmentalist’s issue: it’s a problem that will affect us all. To think we can set aside this issue for a future generation to deal with is absurd and irresponsible.

We have the ability to quantify our current petroleum consumption and the solutions for reducing our consumption. Likewise, we can project the consequences of our consumption. The overwhelming consensus is that if we increase the Earth’s temperature by 2 degrees Celsius—or 3.6 degrees Fahrenheit—the end results will be far worse than even environmentalist thought not long ago.

There will be comprehensive famine and water shortages due to droughts; more frequent catastrophic coastal storms, and significant rises in sea level that will cause millions to migrate away from cities like Miami (where natural tides already cause flooding), New York City, and Washington D.C.

Most importantly, climate change will break its unnoticeable backbone into pieces far too small to pick up and put back together: the earth’s natural cycle.

In 2012, the Fossil Free divestment campaign was started by 350.org. Since the campaign started, thousands of divestment campaigns have sprouted to advocate for the divestment of fossil fuels, resulting in 23 universities, 69 churches, 37 municipalities, and 43 institutions pledging to divest from fossil fuels.

The number 350, in 350.org, stands for 350 parts per million of carbon dioxide. For a brief perspective, over the last 800,000 years, the fluctuations in co2 parts per million (ppm) has been between 180 and 300 ppm. James Hansen and his researchers at NASA concluded that “2 degrees of warming is a prescription for long-term disaster.”

Hansen resigned due to the inaction the U.S. has shown towards climate change and was arrested for civil disobedience in response to the inaction our most powerful leaders.

Last July, our ppm of co2 hit over 400 and is rising at a rate of 2.1 per year. After hearing that, did I think it might be a little late for anyone to do anything about it? Of course, but, the Environmental Corps of Sustainability (ECOS) was created, and concluding there was no chance for change was not an option.

The science says we had a glimmer of hope; if we act soon, we could still prevent a 2 degree rise in Celsius and have a high quality of life similar to the one we live today.

The world can change in the blink of an eye, as our generation has seen with the birth of social media. Seven years ago, the iPhone was released. In many ways, I find it difficult to remember what it was like without a device similar to a computer in my pocket. ECOS and I want to have that exact feeling within the next decade when thinking about the use of fossil fuels.

As the founder of the Fossil Free Falcons (FFF) and ECOS, I’ll tell you there is one common mind-set in every member: comprehensive action on combating climate change cannot begin soon enough.

As difficult as it is to comprehend, the fact is that the global community must reduce greenhouse gas emissions 80 percent by 2050. This is the only way to prevent the temperature from rising 2 degrees Celsius.

FFF turned into ECOS for one main reason: it doesn’t matter how environmentally conscious one is, all of us will continue to use fossil fuels until it is less expensive to use renewable resources. ECOS advocates for a systematic change that doesn’t create our energy from tar-sands or natural gas, but from renewable sources, such as solar or wind energy.

Since the fall semester of 2013, ECOS traveled to three events. The first was in Pittsburgh, Pennsylvania, for “Power-shift,” a conference that had over 10,000 students learning about the direction of our energy industry.

The second was in Washington D.C. for “XLdissent,” where 398 students were arrested for civil disobedience in front of the White House to show their dissent of the Keystone XL pipeline expansion. The most recent was to New York City, where the “People’s Climate March” happened with over 310,000 people marching through the streets of Manhattan from Central Park to the United Nations headquarters.

All because we have 35 years to decrease our carbon emissions by 2050.

FFF was started in the spring of 2013 to advocate for UW-River Falls to remove their investments, or to divest, from the worst 200 fossil fuel companies in the world, as rated by 350.org. UWRF has roughly \$150,000 invested in oil and gas companies, not including the commingled mutual funds. This means UWRF supports and benefits from a growing fossil fuel economy, while the product produced is the cause of the climate crisis.

The federal government subsidizes oil and gas companies with over \$600 billion every fiscal year, yet the renewable energy sector is wide open with no large corporations to point to as a staple of the green energy industry. Our nations policies and investments don’t correlate well with the certain direction of one of the most critical sectors of any economy: the energy sector.

Thirty-five years is a very short period of time for a revolution in energy sources. Modern culture runs on fossils fuels. Our culture is also quite driven by a materialistic need for the better. The great upside is that the technology to be carbon neutral and have our better materials at the same time is in our hands.

If done quickly, the solutions to climate change could become our advantage. Being on the forefront of manufacturing products that lead to climate change solutions could be the defining factor of the U.S. economy for decades to come. Instead of a couple thousand short term jobs thanks to the construction of a pipeline like Keystone XL, or the Sandpiper Pipeline in northern Minnesota, why not significantly invest in infrastructure that combats climate change and would create millions of jobs in return?

The fossil fuel companies’ profits and the humanitarian consequences could be analogous to the health of a money tree. The companies keep drilling the oil and hope it sips up every drop before the well dries out and no longer makes a profit, with no legal regard to the health of the consumer or producer.

Conversely, if I were to have a money tree, collecting the money until the tree dies would be my core business model. But, if I want my money tree to grow in its natural environment, a 2 degrees rise in global temperature would cause the tree to die at an earlier age than expected.

Consequently, the oil companies would continue to profit on the natural industrial cycle, while I suffer monetarily due to the earths changing natural climate.

ECOS isn’t exclusively about divestment, nor is it only about going to marches and conferences. Climate change is here to stay, as is ECOS. To truly make a difference, a vote, or a change to a more efficient light bulb or battery, won’t be enough. Neither will waiting for the evolution of our politics.

To have an 80 percent reduction in greenhouse gases by 2050, our generation must ignite a movement that partisanship cannot defeat; that defines our generation as the one who fought for the health of our planet and the quality of life for generations to come. ECOS is about a hope to be on the right side of the history books.

Research was contributed by Molly Kinney and Jack Haren.

Daniel Saunders is a UW-River Falls student and founder of the ECOS club.

Check out the Student Voice online at uwrfvoice.com.



# Men’s hockey eyes another WIAC championship

Bryan Tester  
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The UW-River Falls men’s hockey team started the season off better than any other in school history winning 14 games in a row.

Since then, the Falcons have hit a bit of a bumpy patch going 3-4-1 in its last eight games after a few unlucky bounces, and a couple of off nights. Last weekend, however, the Falcons got back to original form, scoring seven goals in a two-game home sweep of the UW-Superior Yellowjackets.

Although the Falcons boast an impressive record of 16-4-1, the WIAC is the only conference in Div. III men’s hockey that doesn’t have an automatic bid into the NCAA Tournament. This means that every game matters for not only the Falcons but every team in the WIAC.

The Falcons have four games left in the season after last weekend’s sweep. Head Coach Steve Freeman says these games are huge.

“There’s a lot of pressure on our program and everyone in this league to win as many games as you can,” Freeman said. “We know the heat just keeps getting turned up every weekend and we know we can’t stumble.”

With a bye this upcoming weekend, the Falcons will have a chance to heal some bumps and bruises from the past few weeks. Following the bye week, the team will have four conference match-ups which will decide who wins the WIAC. Not only will the four games decide the WIAC, but these games will also help to see if anyone gets a bid into the NCAA tournament.

Currently, to earn first place in the WIAC, the Falcons will need to win at least three of its next four games in order to take the crown. UW-Stevens Point is currently sharing

first place with the Falcons. With six games remaining in the season, the Pointers have an opportunity to claim sole possession of first with a slip up by the Falcons.

In second place, by one game, is the always dangerous UW-Eau Claire. After sweeping the Falcons on its home ice, the Blugolds have six games to move up and make a serious impact in the WIAC with a series this weekend against Superior.

On its return to the ice after the bye, the Falcons will go on the road to take on UW-Stout in a two-game conference series. The Falcons defeating the Blue Devils 7-3 back in early December after an impressive showing by sophomore forward Mitch Kontny, who scored two goals in the victory.

Senior forward Tom DeBace says this series shouldn’t be taken lightly.

“I think they will come ready to play Friday night, but as long as our effort and competition level is the same as it was last Saturday against Superior, they will have a tough time competing with us,” DeBace said.

UWRF will close out the seasons with one game against Stevens Point and Eau Claire, respectively. The Falcons are 1-1 against the Pointers this season, and UWRF will look to win the series to help earn a NCAA tournament bid. The Falcons will look for a redemption on the Blugolds’ home ice.

After the bye week, the Falcons look to come out guns blazing, and leading the pack will be the captains Blake Huppert and Alex Murphy. In his senior campaign, Huppert has 12 points which includes five goals.

Leading the team offensively is freshman forward Kyle Gattellaro with 17 points and in 21 games played; Gattellaro has 10 goals with



Jack Haren/Student Voice

**UW-River Falls sophomore forward Mike Dietrich handles the puck for the Falcons. There were over 750 people in attendance for the 3-1 win over UW-Superior on Friday, Jan. 30.**

7 assists. Between the pipes, junior goaltender Tanner Milliron has been the workhorse for the team, playing in every game in his first season as the starting goaltender. Milliron is

having an impressive season with a 1.89 goals against average and .931 save percentage.

The WIAC tournament will start Friday, Feb. 27. The location is

to be determined as it is based on the higher seed. Falcons last home game is Feb. 20, on senior night against Stevens Point.



Jack Haren/Student Voice

**Blake Huppert (senior), Mitch Kontny (sophomore), and Matt Wurst (sophomore) celebrating with the rest of the team on the bench on Friday, Jan. 30, at Hunt Arena. The Falcons beat the UW-Superior Yellowjackets 3-1 on Friday, and 4-1 on Saturday. Men’s hockey will resume play at 7:05 p.m. on Friday, Feb. 13, against UW-Stout at home.**



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# Men’s basketball wins on ‘Suits and Sneakers’ night

Trenten Gauthier  
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A night of collegiate basketball at the Karges Center led to a UW-River Falls men’s basketball 90-76 victory over the visiting UW-Superior Yellowjackets on what was deemed “Suits and Sneakers” night.

The Falcons ran away with the game late in the second half, yet, off the court the focus was on defeating a more evil foe: cancer. “Suits and Sneakers” night brought awareness for cancer research and shed light on the effect cancer has on people everywhere.

“Suits and Sneakers” night, a nationwide event put on by many programs across the U.S., is designed to show support for the “Coaches vs. Cancer” program, which has been around for over two decades since its inception in 1993. Over \$87 million has been raised in the fight against cancer.

Head coach for the Falcons, Jeff Berkhof, who recently won his 100<sup>th</sup> career game, was in high support of the event in which \$160 was raised.

“It’s a fun event to be a part of and an opportunity for coaches to bring attention the American Cancer Society’s fight against cancer,” Berkhof said. “Hopefully people are reminded to make healthy living choices in regards to their nutrition as well as being active and taking care of their bodies.”

Shooting from the floor the Falcons dominated, tallying 58 percent for the entire game with five Falcons getting into double figures including CJ Lewis, Grant Erickson, Jon Christensen, Eli Rockett and Garret Pearson.

Most notably, Christensen had 12 rebounds to go with his 12 points as he notched his third double-double of the season as the Falcons moved to 8-11 on the season and 6-4 in the WIAC.

The Falcons are currently in a tie for fourth place in the WIAC with UW-Oshkosh.

Christensen, a junior from Elko, Minnesota, spoke of how this game can be a stepping-stone for not only the team, but for cancer awareness as well.

“It’s a great thing for us as a team to get this win and move up in the conference, but mainly for the cancer awareness night,” Christensen said. “I think it is a great thing for the NCAA to put something like this on to promote awareness, it’s the one thing we as a team can help do to help people who need money in the efforts to beat cancer.”

The Falcons were not the only team to participate in this “Suits and Sneakers” event. Superior Head Coach Paul Eberhardt also took part in the event and cancer has influenced his family and his life.

“I think it’s a great opportunity, I lost an aunt to breast cancer, a grandmother to breast cancer, both



Kathy M Helgeson/University Communications

**Junior forward Jon Christensen finds his way around a UW-Superior defender. The Falcons defeated the Yellowjackets on Wednesday, Jan. 28, in the Karges Center. The men’s basketball team hosts UW-Oshkosh at 5 p.m. on Saturday, Feb. 7.**

my wife’s mom and grandmother both to breast cancer, so it hits home for me,” Eberhardt said. “So as coaches, if we can help raise awareness, why not? It’s just a great opportunity so we can raise awareness and kick cancer’s butt.”

The next Falcons home game is the “Alumni Game” at 5 p.m. on Saturday, Feb. 7, at the Karges Center against the Oshkosh Titans.

# Track and field teams place in top three at Falcon Winter Classic

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The UW-River Falls men’s and women’s track and field teams put on a good show during the 2015 Falcon Winter Classic on Saturday, Jan. 31.

Both teams finished in the top three in Saturday’s meet at the Knowles Center, with the men’s team finishing second and the women’s team finishing third. There were many strong performances by both teams with a total of six first place finishes, three by the men and three by the women.

Before the meet, Head Coach Matthew Cole said he wanted to see who the competitors were on the team and who was going to step up to the competition.

The first place winners for the men’s team were juniors Daniel Borash and Shane White, and senior Windsor Molnar. Borash won the one-mile run event with a time of 4:22.17. Molnar won the pole vault event with a height of 14-5 ½, even though it was far from his best vault in his Falcon career.

“I haven’t really felt like I could hit a new [personal record] until this meet, so, if anything really improved my confidence, it was the way my vault felt, not anything to do with the meet,” Molnar said.

White finished first in the 55-meter hurdles and was 0.35 seconds away from a program record in the event.



Kathy M Helgeson/University Communications

**Sherahlynn Linkert competing in the 55-meter hurdles event at the Falcon Winter Classic. The women took home the bronze at the meet held at the Knowles Center.**

“Records are meant to be broken,” White said. “There’s always something for me to work on in such a technical race, but I feel with hard work and dedication I can go out and break the record. For now, I’ll just keep practicing and take every challenge one hurdle at a time.”

For the women’s team, two of the three wins came from the relay teams. The 4x200-meter team finished with a time of 1:48.07, placing first. The other women’s relay team to win was the 4x400-meter team with a time of 4:12.17. Sophomore Sherahlynn Linkert placed first in the 55-meter hurdles. She also came close to breaking a program record with a time of 8.62, 0.30 seconds away from the record. For a young women’s team, getting third place is a good sign of the potential the group has.

“This track and field team is a blast to be a part of and I can’t wait to see what this season, and future seasons, will have in store,” Linkert said.

The men’s and women’s teams were able to get contributions from a variety of events. The men’s team finished with a total of 130 points which was 72 points behind the first place University of St. Thomas. The women’s team had a total of 98 points which was 75 points behind first place Macalester College. Both winning schools are located in St. Paul, Minnesota.

It was also a recruit visit day for UWRF as many recruits watched some of the strong performances by the track and field team. Both teams will travel and compete in the Wartburg College Select at 8 a.m. on Saturday, Feb. 7, in Waverly, Iowa.



# Eating disorders receive much-needed attention

Molly Kinney

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The start of February typically conjures thoughts of chocolate, bouquets of flowers and all things romantic. It’s also the start of Black History Month, to remember the culture and heritage of the black community. Lesser known, though, this week marks the start of Eating Disorder Awareness Month, as well, specifically the week of Feb. 23 through March 1.

For 27 years, Eating Disorders Awareness Month has helped bring attention to the over 24 million Americans who suffer from some type of eating disorder. Anorexia, bulimia, and compulsive binge-eating are the most common. In our beauty obsessed culture, however, fad diets like ‘cleanses,’ ‘detoxes’ and ‘clean eating’ are causing disordered eating rates to rise. Orthorexia, for example—an obsessive fixation on righteous eating—is new, and not officially recognized by the American Psychiatric Association, but can become as dangerous as a “real” eating disorder very quickly.

Many people hold a misconception that eating disorders are merely a result of vanity, when they are really a very complex psychological problem. There is not one consensus about what exactly causes eating disorders, but it is believed they often stem from the need for a sense control over one’s life, as a way to cope with past trauma, or social anxiety issues. Eating disorders affect both the young and the old, men and women, and people of all races, but they are especially common in college-aged women. A 2006 survey found that around 20 percent of college students said they previously had eating disorders, yet over 82 percent refused to seek help. Eating disorders have the highest mortality rate of any mental illness. Unfortunately, only around 10 percent of all people affected receive treatment.

I went through a struggle with food a couple years ago. Starting college is difficult for anyone, but under the extreme pressures of moving away, working in a new city, paying rent, missing friends, constant studying, and trying to figure

out who I am, the only way I felt any control over my life was through my body and what I was doing to it.

I became a vegetarian, never ate breakfast, and avoided eating out whenever possible. I had really strange habits when I did eat, like a “rule” to never eat anything with over 10 grams of sugar. I drank coffee constantly and smoked cigarettes to suppress hunger. I often went running in the middle of the night so my roommates wouldn’t notice how much I worked out.

I looked forward to writing in a journal about what I hadn’t eaten that day, and felt a really sick sense of accomplishment as my collar bones became more pronounced. While a lot of people gain the freshman 15, I went from weighing around 130 to 105 pounds in the first half year of college.

I knew what I was doing was unhealthy, but thought of it as just a bad habit. Like many people who live this way, I tried to hide it, but people close to me caught on. My parents noticed how thin I was when I came home, and my boyfriend noticed my strange eating patterns. When they confronted me, I started eating more, if only to please them at first. Fortunately, over time I was able to develop more regular habits without the help of a professional.

Unfortunately, not all are able to overcome such a problem when it gets too serious. I realize that my case is not nearly as severe as what many people go through, but any degree of abnormal eating should not be taken lightly. If you think someone you care about has disordered eating patterns, there are a number of ways to approach the situation. The National Eating Disorders Collaboration website highlights exactly how you should go about addressing your concerns.

Firstly, be prepared for an unpleasant encounter. Aside from just being uncomfortable, the person could very likely feel angry, embarrassed, guilty or ashamed of the confrontation, or may deny that they have a problem altogether. Make sure you are educated about the problem before approaching them to talk about it.

You should try to use—and avoid—certain types of language

when having a conversation of this magnitude. The National Eating Disorders Collaboration recommends using statements centered on “I” rather than “you,” to highlight why you are concerned, rather than what they’re doing wrong. Try to get them to talk about how they feel, rather than the problem directly and, of course, be a diligent listener.

It’s important that this conversation does not revolve around food. Again, eating disorders at their core are not really about the desire to be thin, but psychological issues and a distorted self-image. Talking about food takes the focus off that person’s real emotional and mental problems.

Do not place blame on to the individual; instead of saying “you’re making me worried,” try “I am so worried about you.” Try not to use manipulative or threatening statements, as this will only deter your loved one from discussing the problem further.

If you feel they need more help than you can give, recommend they seek a professional. We are lucky to be so close to of the best eating disorder rehabilitation centers in the country: the Emily Foundation in St. Paul, Minnesota, a nonprofit organization offering in-patient treatment for many types of eating disorders. Our campus counseling services are always willing to help with such issues as well.

I still struggle with body image, as most people do. But, after dealing with this extreme, I’m at a much better place in my life. I’m still a vegetarian, but from an “eco-friendly,” healthful perspective, rather than restricting food consumption for just that. I still work out, but because I enjoy it, rather than to lose two more pounds. However, I don’t think I would have been able to completely beat this problem if those close to me hadn’t spoken up. In addition to Valentine’s Day this month, let’s celebrate those who have overcome this struggle, and promise to try and help those who have not yet.

Molly Kinney is a journalism student with a political science minor. When she is not writing, she enjoys reading, camping, music and exploring new cities. In the future she would love to travel the world and cover politics for NPR.

## ‘Selma’ provides a timely cinematic Martin Luther King Jr. Day lesson

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Amongst the racial tensions that are brought up in our society today, the film “Selma” may give us something that is tried and true but it rings all the more true today with its reinvigorating story and believable characters.

Martin Luther King Jr. (David Oyelowo) is accepting an award for inspiring peace amongst a populace wanting freedom, but on the opposite ends of the Earth, peace is being shattered by a bomb that kills three young black girls in a church. When seeing this chilling opening to the film the audience stays silent as King Jr. must face this tragedy.

Facing this new fear in the black rights movement, King Jr. makes actions to rally a peaceful protest in Selma, Alabama, and to combat the prejudiced police department there. Through the time we spend in this movie each actor brings their own personal grace to the screen. Oyelowo heads the film and manages to encapsulate all the features that made King Jr. a great leader, while even touching upon the traits of him we have never considered before; King has his doubts about the movement, about whether any change will come from this, and that even if it does it will only be a drop in the puddle for all civil rights.

Peering into this side of the influential civil rights leader made for a fresh and humanizing take on his life that addressed just how stressful and hopeless a journey like his even seemed.

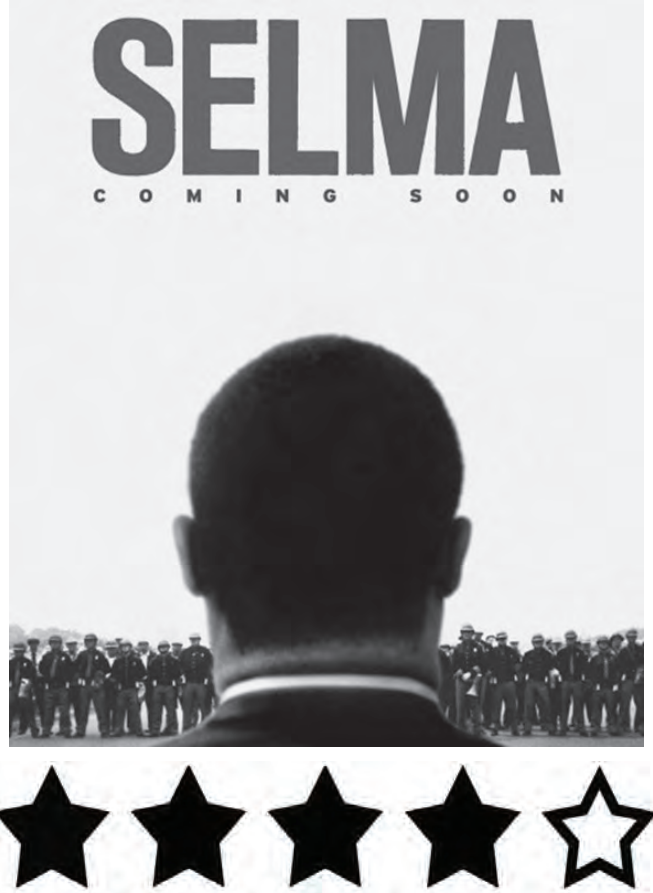
As King Jr. makes his journey to fight against the fear mongering and discrimination perpetuated in the Selma police force. He is flagged by people from all backgrounds who share his vision. These people help to create the backbone of this film’s impact and message.

Those who kept an ear to the ground for this movie know that Oprah Winfrey plays a role, and while that role is important in some regard, many actors take up roles of regular people, some of whom suffer through the intolerance and hatred along with their fellow men of a different color.

The small performances peppered throughout this film help to really supplement the movement that King Jr. created during this time, and each is helped along with the direction. Director Ava DuVernay commands the trials and marches King Jr. faced with great respect and raw realism.

Each scene where protesters are marching feels grand and powerful with the marching of people and staccato of feet, set to gospel music that rallies them to a cause. What DuVernay does in “Selma” is something exceptional to see and can even bring a tear to your eye when one sees every protester get beaten down into the dirt.

My only complaint that goes to this film is that it does feel like something done before. Films that try different things and experiment with the genre should be allowed more atten-



tion in this world, and this film’s messages and direction have been seen elsewhere, even if it is done well.

But the messages of “Selma” are timely. With events like the Ferguson riots and the subsequent shooting of civilians by police that followed months after and are still given attention to this day.

“Selma” serves as a reminder that prejudice cannot be extinguished easily; it lingers at the backs of minds and can cause people to do very irrational things. Despite that, “Selma” respectfully reinvigorates the ideals of peaceful protest and change that King Jr. preached in his day to change all that.

By the end of my showing, something interesting happened: there was clapping. It wasn’t loud, nor was it quiet, but it was a respectful clap from the audience; a recognition, an acknowledgement, an understanding of the film’s message and the greatness that can be inspired in not one but thousands. For “Selma,” I think it did its job perfectly.

Ryan Funes is a junior at UW-River Falls majoring in journalism with a minor in art history. In his personal time he enjoys all facets of popular culture, discussing the influence of the media, and desperately trying to find the chance to sing a drinking song with all his friends.

## Staying up all night backfires next morning

Natalie Howell

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Last week, a friend of mine and I decided that we were going to pull an “all-nighter,” even though we both had 8 a.m. classes the next day.

Although I can’t seem to find the logic of why we did it now, at the time it seemed like one of the best ideas anyone has ever had. We stayed up, watched movies, chatted about random things, drew pictures and, most importantly, didn’t sleep. It seemed like a lot of fun at the time, but when morning came and our daily lives were forced to continue, we paid the ultimate price. To sum up my feelings the next day, I was convinced that I was going to die.

Now, when we’re young and in college we seem to always think that all-nighters are the best thing ever and that we can handle them, but that is simply not the case. That’s why I’m here to tell you why all-nighters are the worst.

The first reason why all-nighters are the worst is the illusion that you will get anything done during the time that you are supposed to be sleeping. I pulled an all-nighter strictly for the reason that “it will be so much fun,” but many people decide not to sleep in order to get some much-needed work done. We tend to look at all-nighters through rose-colored glasses and see ourselves finally catching up on our work and freeing ourselves of the burden that comes with procrastination, but we live in the real world. In this world when we don’t sleep we tend to lose our minds.

When you’re tired you’re not going to be as productive as you want to be, it’s just a fact. As the night wears on, you will become sluggish and not be able to focus on your work because all you will be thinking of is the amazing moment when your head finally hits your pillow and you can drift off into dreamland. Now consider this: are you really in your right mind after going through an entire day and then refusing to sleep? The answer is no, you are not. So then why do we think that we will be able to work to the best of our ability when we keep hallucinating that a pink manatee is dancing around the room to jazz music?

My next reason for why all-nighters are the creation of the devil is because of how you feel the next day. Oh, through pure will-power and strength you managed to stay awake the entire night? Congratulations, now go and work another full day on exactly no sleep. Your eyes hurt because closing them for more than a second will cause an eternal slumber and trying to do any logical thinking will only result in the worst headache ever experienced. All-nighters are only OK if it’s perfectly acceptable that you sleep all through the next day.

I know that we’re college students and are supposed to be invincible, but I think it’s time for all of us to face facts: all-nighters are the worst and nobody should attempt them. It’s safe to say that sleep is one of the best things ever, so why deprive ourselves of it? It’s okay to admit that we spend every minute of any given day thinking about our beds and how great it will be to climb in them and drift off to sleep, not having to deal with the stresses of college life for a couple hours.

So here is advice from someone who thought that she could pull off an all-nighter and not die the next day: don’t do it. You’re thinking illogically and need to go to sleep. You’re welcome.

Natalie Howell is a sophomore journalism major from Rochester, Minnesota. After graduation, she hopes to get a job working for a newspaper.

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