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UWRF Campus Farm undergoes renovations to improve classroom learning experience

Sophia Koch

Falcon News Service

The UW-River Falls Campus Farm is undergoing renovations that will make it more usable as a classroom, while also preparing the way for more extensive changes down the road.

The Campus Farm is located just south of the main campus of UWRF, and is largely dedicated to horse operations through the animal science program. The farm includes various barns, pastures and arenas, and is used for breeding, raising and training horses, as well as putting on rodeos, shows and sales.

The area is also often used as a laboratory classroom, but because it was not designed with that purpose in mind, teaching classes at the Campus Farm is less than efficient. That is where the renovations come into play.

“We’re at that point where something has to be done now to make it usable,” said Dean Olson, associate dean of the College of Agriculture, Food and Environmental Sciences (CAFES).

The pavilion building, which includes some classroom and lab spaces, does not have a room big enough to comfortably fit full-sized classes. Instead, Olson said, the structure is divided into a series of smaller rooms. The plan is to take out a bunch of the dividing walls and to put in new technology, such as a screen for presentations, that will allow classes to run more smoothly.

In the past, professors have had to teach in the academic buildings on the main campus and commute to the Campus Farm to give demonstrations. Putting a functional classroom in the Campus Farm, Olson said, will free up a lot of space in the academic buildings and make the teaching process more efficient. This is important for the animal science program, considering the steady increase it has been experiencing since at least 2012 and the fact that it has the most enrollment of all programs within CAFES, according to the UWRF enrollment report.

Other updates include repainting, replacement of the ceiling and basic utility work. The old tile flooring will also be replaced, largely because it is made of asbestos (which can potentially cause lung problems when it begins to degrade, according to the Environmental Protection Agency). Total costs for the renovations are going to be between \$10,000 and \$20,000, and funds are coming from a combination of private donations and money set aside by the CAFES dean’s office.



Samantha Decker/Student Voice

The UWRF Campus Farm is currently under construction to have a space to better serve as a classroom.

All of this is part of a larger effort, called the Laboratory Farm Master Plan, which aims to do more complete renovations on both the Campus Farm and the Mann Valley Farm (which is located along County Highway MM just west of River Falls). The Campus Farm has a lot of structural issues, Olson said. Old glass windows allow for a lot of heat loss, as do doors that lead directly outside without a vestibule to trap air, and the roof needs to be completely torn out and replaced.

Some of the pig facilities at the Mann Valley Farm, said Bill Connolly, director of the lab farms, are in even worse shape. The farrowing barns (where the piglets are born), the nursery and the finishing barn (where the pigs are brought up to market size) were built in the late 1970s and early ‘80s, and were not intended to be used as long as they have been.

“We should have had a new, I’d like to say, 10 years ago, 10 to 15 years ago,” said Connolly. “This building is just... it’s archaic. Its useful life is long past.”

Of the two lab farms, the Mann Valley pig buildings are in more dire need of repair, but because of funding issues, their renovation is going to be put off. The pig facilities, Olson said, need to be completely demolished and rebuilt, which is an expensive project to undertake. By contrast, the horse facilities merely need to be remodeled. This is still an expensive project — Olson tentatively estimates that it will cost less than \$1 million — but smaller projects like the renovations going on right now can get the ball rolling without having to get approval from the UW System.

The current project is already well underway. The Campus Farm was closed for the spring semester, and the demolition process was begun over J-term and is now nearing completion. Construction will continue over the summer, and the newly renovated classroom, Olson said, is scheduled to be reopened come fall semester.

Anxiety rates climb among students at UWRF, nationally

Katie Galarno

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Anxiety rates among students at UW-River Falls have been on the rise in recent years, keeping the university on par with national trends.

In 2015, 43 percent of UWRF males and 63 percent of UWRF females polled said that they had experienced overwhelming anxiety in the past year, according to the most recent American College Health Association’s National College Health Assessment (NCHA). This is up from 31 percent of men and 53 percent of women in 2009.

Diagnosis and treatment for anxiety are also on the rise at UWRF, with 11 percent of men and 22 percent of women polled saying they had been diagnosed or treated for anxiety in the past year. The 2015 rates were approximately double 2009’s rates, up from 6 percent and 11 percent, respectively.

Alice Reilly-Myklebust, director of Student Health and Counseling Services at UWRF, said that UWRF tends to match national averages, and anxiety in students is no exception. She said that trying to determine why students are more anxious is a complicated issue, as it is likely due to many things, including being overscheduled, being constantly connected to social media and not getting enough sleep.

“There are a lot of expectations, family expectations, societal expectations about what we should all be doing,” Reilly-Myklebust said. “It’s complicated, and I would guess that anybody could speculate on some of the different reasons why [anxiety rates are climbing].”

For the students who utilized UWRF’s counseling services in the 2015-2016 academic year, anxiety was the No. 1 concern, overtaking depression for the first time.

National results show similar trends. Just over 50 percent of the students who used their campus counseling services reported anxiety as a concern, according to a recently published survey by the Association for University and College Counseling Center Directors (AUCCCD). A total of 529 campuses were involved in the study, including UWRF.

This rise in anxiety rates is matched by a rise in the number of students utilizing campus counseling services for mental health reasons in general, Reilly-Myklebust said.

“There are more students coming to us with more mental health issues, more significant mental health issues, and more students have been in treatment or on medication prior to coming to college,” Reilly-Myklebust said.

With a higher percentage of the student body seeking counseling, 7 percent in the 2014-2015 academic year, Student Health and Counseling Services has had to work to keep up. A

13 percent increase to the office’s segregated fee for the 2017-2018 academic year was approved by the Student Senate in February, and Reilly-Myklebust said part of this increase will go toward hiring a new counselor to keep up with counseling demand.

As this group of increasingly-anxious students prepares to enter the workforce post-graduation, Reilly-Myklebust said that long-term negative effects of anxiety can follow and impact one’s overall wellness.

“If you’re really anxious, so you’re not getting sleep, you may not be getting physical activity,” Reilly-Myklebust said. “You may not be connecting with people because you’re so anxious, so you’ve lost that social connectedness. It sort of depends on how your anxiety impacts you.”

Reilly-Myklebust said that taking the initiative to make a counseling intake appointment to see a counselor is a brave step. For students who might not be comfortable with that yet, there are a number of other options, like group and art therapy. Events like Pet Therapy on the first Friday of every month and the pre-finals week De-Stress Fest are held on campus, and spaces for relaxation and meditation can also be found in Hagestad Hall.

Information cards part of UW-River Falls campaign to teach faculty, students about active shooter situations

Destrey Zarfos

Falcon News Service

The UW-River Falls Police Department, along with the Emergency Management Team, is finding new ways to provide the campus community with information on active shooter situations.

Most students at UWRF have already received training on how to react in the event of an active shooter at their previous schools. UWRF Police Chief Karl Fleury said he understands that most faculty and staff have not.

“When I was going to school we practiced the tornado drills, the fire drills. We never practiced active shooter because that was not what was going on in our society or in the world. We didn’t have the terrorist events or different things. That has changed,” Fleury said. “With that change, we have to implement active shooter training, and have that type of notification system in place, and that’s what we’re doing to make sure we stay up to date with it.”

Fleury and the Emergency Management Team at UWRF have put together a folded card, about the size of a credit card, with instructions on “Surviving an Active Armed Assailant.”

The card details how to respond, what to do when law enforcement arrives and information that should be provided to law enforcement or a 911 operator. There is also a section on how to be prepared with a link to a training video. The card includes the phone numbers of the UWRF Police and the Director of Risk Management.

After the cards were made, the next step was distribution.

“They were distributed to faculty and students. When there is new student orientation, they will be handed out there; when the next incoming class comes in, they will be distributed at those times when they have their freshmen orientation,” said Fleury. “It is a process that will keep repeating.”

“Our hope is that people either put it in their wallet, hold onto it or at least look at it and have access to it and review it. Even if we give them the opportunity to at least read it once through, they have some type of knowledge and some type of

exposure,” said Fleury. “That is one of things that we are looking at as a success, is the fact that it is getting that exposure out there.”

Alisha Coddington, a sophomore at UWRF, was able to pick up a card. Coddington attended high school at Baldwin-Woodville in Wisconsin and did not receive any active shooter training there.

“It was never something that we practiced and it never came up,” Coddington said.

Coddington saw the card and looked it over.

“I think it is important information to have,” she said, “especially since it is something I haven’t learned about.”

Fleury said the cards are all part of a process in keeping the campus community updated on safety procedures.

News Briefs:

Applied computing program coming to UW-River Falls

The UW System Board of Regents approved a Bachelor of Science in Applied Computing program April 7. The new degree will be available online through UW-River Falls and four additional UW campuses.

The program was developed in partnership with, and will be administered by, UW-Extension. The 61-credit online degree program will launch in September 2017, pending Higher Learning Commission approval.

UW online collaborative degree programs are designed to fill a recognized gap in the workforce.

“We interviewed computer and information technology professionals from diverse industry sectors,” said David Schejbal, dean of the Division of Continuing Education, Outreach and E-Learning at UW-Extension. “We found that in nearly every corner of industry, businesses can no longer operate competitively without skilled, perceptive IT professionals. This program is designed to help fill that gap.”

Computer and information technology represents one of the fastest growing fields in the United States. According to the Bureau of Labor Statistics, jobs in this area are projected to grow 12 percent from 2014 to 2024. Job titles such as computer support specialist, computer and information systems manager, systems analyst, security analyst, web developer, database administrator and software developer are among these in-demand positions.

“This is a unique and innovative program in that it focuses on the practical application of computer principles to address real-world problems,” said UW-River Falls Provost Faye Perkins. “Students will learn hands-on skills to analyze technical problems and develop forward-thinking technology-based solutions that will help individuals, groups and companies.”

Industry representatives helped shape the multidisciplinary curriculum. The online courses are designed to build technical and leadership skills, preparing graduates to solve real-world problems as part of a team.

Technical courses cover software design and development, database management, systems analysis and design and object-oriented programming, among others.

Leadership courses build a strong foundation in business and communications, focusing on accounting, human resources, marketing, project management and operations. As with all UW online collaborative degrees, for the final course, students apply what they learn in a hands-on capstone project at a business or organization. These projects often lead to job opportunities and valuable connections.

To learn more about the Bachelor of Science in Applied Computing program, visit appliedcomputing.wisconsin.edu.

UWRF student named ASABE Ag Engineering Student of the Year

UW-River Falls senior AnDrew McLean was honored with the Agricultural Engineering Technology Student of the Year Award at the March 29 meeting of the Wisconsin chapter of the American Society of Agricultural and Biological Engineers (ASABE) in Oshkosh.

After graduating from high school in 2004 and completing one year of college, McLean elected to enter the job market. He spent several years in various construction positions before deciding to return to school. The broad range of courses and the emphasis on hands-on, problem-solving skills in the agricultural engineering technology program appealed to him.

McLean did not grow up on a farm, but spent a lot of time on his grandparents’ hobby farm where he gained an appreciation for agriculture.

In his award application materials, McLean noted two highlights from his coursework to date. He said he enjoyed working with GPS units and sensors on the combine provided through the partnership with Case IH, and he found the trip to the Oxbo International manufacturing facility in Clear Lake to be very valuable. Oxbo develops, manufactures and services harvesting equipment for specialty crops such as berries, coffee beans and fresh market vegetables.

McLean, his wife and their two children live in Hudson, where they are active in their church and in various community service events. As a non-traditional student, balancing school and family life has been a challenge, but academic achievement is important to McLean and he has worked hard and earned grades that put him near the top of his class.

“Drew is a very deserving recipient of this award,” said

Dean Olson, professor of agricultural engineering technology and McLean’s academic adviser. “I am impressed with Drew’s ability to balance classes, work and family life. He is a pleasure to have in class, and I am proud of his accomplishments.”

McLean will graduate in December and hopes to pursue a career in design manufacturing with a focus on the business side of the process.

“I am excited to learn and grow in the industry for many years to come,” McLean said.

For more information, email laura.walsh@uwrf.edu or call 715-425-4714.

Lecture series at UWRF features Duchess Harris and Judy Freund

The Ann Lydecker Lecture Series is back at UW-River Falls with two talks set for next week.

Duchess Harris, co-author of “Hidden Human Computers: The Black Women of NASA,” will speak about the work of her grandmother, Miriam D. Mann, and the other “Black Human Computers” who were recently highlighted in the film “Hidden Figures.”

Harris’ lecture is free and open to the public on Wednesday, April 19, at 6 p.m. in North Hall auditorium. In conjunction with the lecture, The Falls Theatre in River Falls will hold a free community viewing of the film “Hidden Figures” on Tuesday, April 18, at 7 p.m. on a first come, first served basis.

Harris is an American studies professor at Macalester College and co-wrote the book with Sue Bradford Edwards detailing how black women in the 1950s made critical contributions to NASA.

A second event in the Lydecker Series features Judy Freund, a member of Sustain Hudson. She will speak about her work with sustainability through her talk “Think Global, Act Local” on how we can build social capital in our communities. Freund’s talk is Thursday, April 20, from 4:30-5:30 p.m., in the Lydecker Learning Center in the Ames Suites on campus. It is free and open to the public.

Sustain Hudson is taking action to challenge local institutions and community members to adopt and implement sustainable policies and practices that promote economic vitality, environmental integrity and community wide well-being.

The Ann Lydecker Lecture Series was created in the memory of the late UWRF Chancellor and features a speaker on the issues facing women leaders in many contexts both in academia and beyond. The series is made possible by Bill Lydecker, Ann’s husband, through the Ann Lydecker Lecture Series Fund of the UWRF Foundation.

For more information about the lectures, call Kathleen Hunzer at 715-425-3304 or email kathleen.hunzer@uwrf.edu.

UWRF receives Silver Rating for sustainability achievements

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 & Rating System measures and encourages sustainability in all aspects of higher education.

This is sixth year UWRF has completed the STARS report, which demonstrates an ongoing commitment to sustainability. UWRF aims to engage students, faculty, staff and the wider community, through hands-on educational and volunteer opportunities, to further expand its shared integrity as socially, economically and environmentally responsible citizens.

“Receiving a STARS Silver Rating allows us to celebrate our sustainability efforts as well as evaluate where we can improve our efforts,” said Mark Klapatch, UWRF sustainability and custodial supervisor. “The completion and evaluation of the STARS report gives us a roadmap for where to invest our time and energy going forward.”

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.

“STARS was developed by the campus sustainability community to provide high standards for recognizing campus sustainability efforts,” said AASHE Executive Director Meghan Fay Zahniser. “UW-River Falls has demonstrated a substantial commitment to sustainability by achieving a STARS Silver Rating and is to be congratulated for their efforts.”

Unlike other rating or ranking systems, this program is open to all institutions of higher education, and the criteria that determine a STARS rating are 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.

“We are very proud to have achieved a STARS Silver Rating for our sustainability accomplishments,” Klapatch said. “We look forward to watching our sustainability efforts grow and improve through the STARS program and hope that we will soon reach the STARS Gold Rating.”

The UWRF STARS report is publicly available on the STARS website 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 email mark.klapatch@uwrf.edu.

University Theatre presents ‘STUFF II: Consumption Dysfunction’

Seventeen years ago, the UW-River Falls University Theatre created an original comic show that talked about the dangers of consumerism and its effects.

University Theatre now announces its production of “STUFF II: Consumption Dysfunction.” The production is an original sketch comedy created by a student acting company under the direction of UWRF Theatre Professor Ken Stofferahn and guest artist Joshua Will.

Performances are set for April 20-22 and 27-29 in the Blanche Davis Theatre in the Kleinpell Fine Arts building. All performances begin at 7:30 p.m. and are open to the public.

Through improvisation and theme exploration, the company of students has developed and written a series of satirical sketches. The production incorporates music, movement, and video into a nontraditional evening of entertainment.

The student acting company consists of Nick Churchill (Minnetonka, Minnesota), Thomas Heid (New Prague, Minnesota), Jessica Strabel (Siren), Jana Knudsen (Prior Lake, Minnesota), Jack Groskreutz (Elko New Market, Minnesota), Gina Strzyzewski (Manitowoc), Grant Morrison (River Falls), Tiffany Schwichtenberg (Victoria, Minnesota), Emma Johnson (Shoreview, Minnesota), Nate Brown (Forest Lake, Minnesota), Corey Fern (Shakopee, Minnesota) and Mya Ennis (New Richmond).

Tickets are \$10 for adults, \$8 for seniors (60+) and \$5 for students with UWRF ID and others under 18. The Box Office, located in Kleinpell Fine Arts, is open weekdays from 10 a.m.-1 p.m. beginning April 13. On performance days, the Box Office opens at 6:30 p.m. Tickets can be purchased in person, by phone at 715-425-3114 or online at marketplace.uwrf.edu.

Student Senate Update: April 11

One motion was voted on at the Student Senate meeting on April 11.

Student Shared Governance Modernization Act: A motion to modernize the UW-River Falls Student Government Association (SGA). Changes include the creation of the Student Senate Finance Committee and changing the cumulative GPA requirement for SGA members from 2.25 to 2.5.

• Passed: 16 in favor, 1 opposed, 0 abstained.

The information in this update comes from the minutes posted to the Student Government Association FalconSync page every week. The Student Senate meets every Tuesday at 7 p.m. in the Willow River Room of the University Center.

Weekly UWRF Crime Report

Thursday, April 6

- Parking violation complaints were filed at 860 E Cascade Ave at 3:15 p.m.

Saturday, April 8

- Completion of a warrant was attempted at McMillan Hall at 9:18 a.m.
- A drug complaint was filed at Johnson Hall at 9:11 p.m.

Monday, April 10

- Property damage from a motor vehicle accident was reported to have happened on April 6 at 860 E Cascade Ave at 5 p.m.

Tuesday, April 11

- Suspicious activity was reported at the Chalmer Davee Library at 12:03 a.m.

Editor’s Note:
Information for this section is taken from the UW-River Falls Police Department incident reports.

Campus Events Calendar:

- Cohler Coffee Concert: Oleg Levin, Piano**
Friday, April 14, noon-1 p.m.
Abbott Concert Hall, Kleinpell Fine Arts
 - Karaoke**
Saturday, April 15, 8-9 p.m.
Falcon’s Nest, University Center
 - Ag Day on Campus**
Tuesday, April 18, 10 a.m.-7 p.m.
University Center Mall and 200 Agricultural Science
 - Diversity Dialogue: Microaggressions**
Tuesday, April 18, 3-5 p.m.
Apple River Room, University Center
- Bingo**
Wednesday, April 19, 11 a.m.-noon
Pete’s Creek, University Center
 - Duchess Harris: Human Computers**
Wednesday, April 19, 6-8 p.m.
North Hall Auditorium
 - Judy Freund: Think Global but Act Local**
Thursday, April 20, 4:30-6 p.m.
Mill Suite, Lydecker Learning Center
 - RADD Jazz Series: 2017 Earth Day Concert**
Thursday, April 20, 7:30-9:30 p.m.
Abbott Concert Hall, Kleinpell Fine Arts
- Visit uwrf.edu for a full schedule of events**

Local weekly newspapers continue to struggle

Matthew Clark

Falcon News Service

The restructuring of a regional media company has some concerned about the continuing decline of local newspapers. Rivertowns Newspapers, owned by Fargo-based company Forum Communications, is a group of a weeklies serving parts of Wisconsin and Minnesota with 10 publications including the River Falls Journal, the Hudson Star Observer and the Red Wing Republican Eagle. Recently, the organization began reducing staff and consolidating its editorial positions. At least three head editors were let go including Phil Pfuehler of the River Falls Journal and Ray Rivard of the New Richmond News. Chad Richardson, former editor of the Hastings Star-Gazette, was also relieved of his current position as the group’s news director and replaced by Anne Jacobson, editor of the Red Wing Republican Eagle. Attempts to contact these former editors, as well as current staff, were unsuccessful. In an email, Jacobson said only that Rivertowns was “still in the design stages” and declined to

comment further. Restructuring may signal trouble for the regional weekly group as small newspapers around the country continue to struggle with shrinking advertising revenue and the growth of digital media. According to the Pew Research Center, in 2015, circulation of daily newspapers dropped 7 percent and advertising dropped 8 percent. Weekly newspapers, including alternative papers like the New York City’s Village Voice and Seattle’s The Stranger, also have experienced declines in circulation and advertising revenue. In 2015, the Pew Research Center found circulation for the top 20 weeklies in the country had dropped 11 percent. Michael Norman, professor emeritus and former chair of the UW-River Falls journalism program, said the demise of regional newspapers has an impact on people in small communities who want to keep track of their local elected officials. “Weeklies do the type of reporting that isn’t glamorous — it’s not The New York Times, it’s not network news — but it really is the bread and butter of what journalism is really all about,” Norman said. Readers of Rivertowns newspapers may have observed ear-

lier warning signs as the organization had already taken steps toward a new direction. The Hudson Star Observer’s office in Hudson was closed, with all operations relocated to the River Falls Journal’s office in River Falls. However, the River Falls office also isn’t safe as the company has been looking to unload the paper’s 20,349 square foot office building. Just north of downtown River Falls, the property is currently listed at \$1.8 million. Norman said there isn’t a quick way to solve the demise of weekly papers, but a stronger digital presence may help. “I haven’t seen a model that allows a free standing newspaper in a rural area to survive unless they also go online,” Norman said. However, Norman said a strong digital initiative likely won’t stop the decline of weekly newspapers. “I think (the future) is very bleak and I think anybody working for a weekly now will tell you the same thing,” Norman said. “There’s just no financial model that’s going to keep it solvent.” As of now, all of Rivertowns papers continue to be published.

As some big retail stores close, new opportunities are opening up

Zach Bares

Falcon News Service

Several large retail stores around the region have closed in recent years or are undergoing major restructuring because of shifting consumer needs. Business and marketing departments at UW-River Falls are aware of the changing landscape and are teaching adaptation. There are a few reasons for the recent spike in store closings, according to Michael Fronmueller, chair of the UWRF business and economics department. The first reason is it’s the time of what Fronmueller calls the wheel of retailing. Small, independent retail stores turn into larger ones and then some people decide that’s not for them anymore. “People say this is getting impersonal. I’m not getting the service that I want or I’m not getting the specific personalized attention that I want,” Fronmueller said. Consumers are looking for one of two things. They either want cheaper prices or they want a satisfying experience. Fronmueller used the company Wal-Mart as an example. “They have found their price niche,” Fronmueller explained. Most people don’t expect to find a ton of customer service when they enter a Wal-Mart, he said, but they always expect low prices and in that area, Wal-Mart has succeeded. UWRF professor Ozcan Kilic specializes in management and marketing, and he agreed that purchasing habits have changed. “There are so many different ways for companies to reach customers now,” Kilic said. Companies now have to really define their target market and figure out the best way to attract those customers. Kilic said that younger generations have become much more likely to purchase products online, so companies have adapted. “Nike now allows people to try on sneakers online through

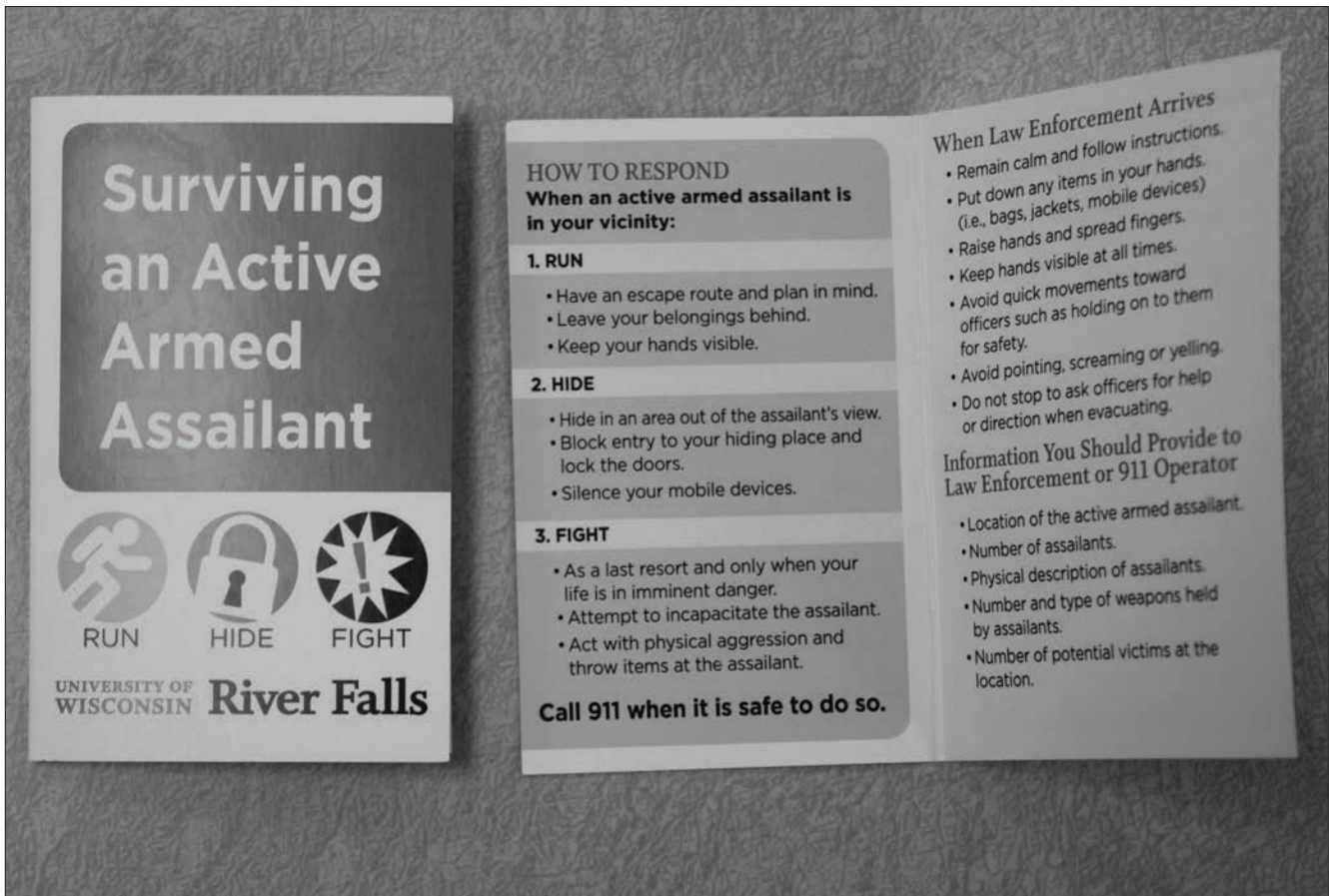
one of their mobile apps,” Kilic said. UWRF offers a direct marketing course, and Kilic said he thinks it gives a good base for what companies do. “The main purpose of direct marketing is to create an immediate response. There are five venues,” Kilic said. The five different venues for contacting consumers are mail, catalog, email, telemarketing and online marketing. However, companies can only employ these strategies after figuring out their target market. Target markets are identified by analyzing demographics, where the industry sits in terms of demand and people ready to purchase, and industry competition. Fronmueller said that understanding customer needs should be the first priority of any company. Market research also is important. “It’s about balancing creativity and watching what others are doing to be successful,” Fronmueller said. Even though it may seem as though the opportunities are decreasing, it’s actually an exciting time to be going into business, he said. “Individuals based on their particular interest can be very successful,” Fronmueller said. Students, or anyone, going into business must understand that customer needs are always changing and they need to be ready to adapt. The same trends that can be seen in the United States are happening globally as well. “People in South Korea have become so busy that they can order their groceries on their phone and when they get home from work, it’s there waiting for them on their front step,” Kilic said. Kilic, whose home country is Turkey, said that he’s amazed at the similarities when he travels back and forth between the countries. The opportunities are endless, he said, but people just have to find them.

Information cards part of campaign to teach about active shooters

Continued from Page 1

“This is something that we have to keep fresh and keep that knowledge out there. Our campus turns over every year. We have new students coming in every year. We need to make sure that we are able to have the message out there for everybody so they are familiar with it,” Fleury said. When it comes to safety procedures and preparation for an active shooter situation, Fleury said he wants to stay ahead of the game. “It is our due diligence to do what we need to do to keep

our campus community informed and safe,” he said. “We are not immune to it. It can happen anywhere, any time, any place. If we are not prepared for it, if we don’t do those steps, if we don’t make sure that we have these things in place, then things could turn out a lot worse. We hope to never have to use this.” The cards were given to students in residence halls and can be picked up at campus buildings like the University Center or the Police Department and Parking Office located in the Regional Development Institute building.



Safety cards, which can be found in the Regional Development Institute building and the University Center, give instructions on what to do in an active shooter situation.

Natalie Howell/Student Voice

Grocery stores changing as customers demand convenience

Lisa Erickson

Falcon News Service

The way people are now grocery shopping is forcing the region’s retailers to try new things. The internet made it easy for people to buy books, clothes and tools. The latest trend in online shopping is groceries. Amazon.com makes it easy to buy goods that don’t spoil easily, such as cereal or laundry soap, but it can’t ship fresh produce—yet. However, local grocery stores can. Stores can have groceries ready for pick up or delivered directly to door steps soon after a customer places an order using a website or mobile application. “We don’t have many people using the grocery shopping app yet, but I think it will be growing in the future,” said Dawn Kobs, assistant manager at Family Fresh Market in River Falls. People can now shop from home and drive over to pick up groceries at the store without even getting out of their car. Family Fresh has partnered with My Web Grocer. Ordering is easy and after a confirmation is received, staff will do the grocery shopping and have the groceries ready when the customer arrives at the store. They bring the groceries out to the customer’s car. According to the Food Marketing Institute (FMI), over the last year, more customers are using apps to help them shop, save money and even have grocery stores help them eat healthier. “The most popular items are definitely our fresh produce and grab and go items,” said Terri Bennis, vice president of perishable food operations at Twin Cities-based Kowalski’s Markets. What shoppers are looking for has been changing rapidly over the last two years. According to FMI, more shoppers are not as loyal to one grocery store chain as they have been over time. Two-thirds of all shoppers are likely to bypass stores closest to them for stores that offer lower prices, but are farther away. FMI also found that it’s millennials who like to shop online. Online retailers are contributing to grocery channel fragmentation, which is driven by millennials, according to FMI’s annual report. Not only are online stores competing for shoppers, but so are newer smaller grocery stores, such as Aldi and Trader Joe’s.

Aldi serves more than 40 million customers each month in 35 states. Locally, Aldi has stores in Hudson, Stillwater and now in New Richmond, which opened in December. “We are pleased to bring our first store to New Richmond to help customers get high-quality products at everyday low prices,” Matt Lilla, Faribault division vice president for Aldi, said in an interview with the New Richmond News. “We challenge shoppers to switch from national brands to our high-quality exclusive brands and save up to 50 percent without compromising. As important as price is, the only way to attract and keep shoppers is to have quality products.” Recently, Aldi announced plans to invest \$1.6 billion into remodeling its stores. The new designs are based off of customers’ desire for more focus on fresh foods and more produce. Meanwhile, high-end grocery stores are meeting customers’ demands with new and trendy fast food items that have a home-cooked feel. They are also remodeling the bigger stores to have stores within stores. “We have redesigned our stores to fit the way shoppers shop. People really want easy meals,” said Bennis of Kowalski’s. The stores are being redesigned to fit customers’ buying patterns. “We are seeing a big shift in convenience,” said Bennis. People want their food chopped or prepared so it is ready to cook when they arrive home. Another new concept in grocery shopping is fresh restaurant-style quality foods on the spot. Four of Kowalski’s stores now have a pasta program that offers fresh food made fast. People get to choose what kind they want in pasta, meats and fresh vegetables. Then, the dish is cooked within 3-5 minutes fresh in front of them. “The digital era has really changed how we shop,” Bennis said. “I’ve been in the food industry longer than I would like to admit, and just when you think you have it figured out, it all changes.”

EDITORIAL

Voting for future of UWRF important in campus election

The UW-River Falls Student Government Association will be holding its election from Monday, April 17 through Friday, April 21. Not only are we as a campus choosing who will represent us in student government next year, but we’re also voting on the future of sustainability on this campus.

Of course, the ballot items that people are talking about the most are president and vice president. Five candidates in total are running for these positions, and they all have different areas of focus when it comes to the issues. It’s important to examine what matters to these candidates and consider what it is you want from a student body president and vice president.

This kind of research is crucial when it comes to electing student government officials, because the Student Government Association has the power to do everything from passing student organization budgets to creating programs like the Safe Ride Home Program.

On that note, these elections bring forth the chance to vote for all positions on the Student Senate, including the senators for our individual colleges. These senators do have voting power, and that can’t be overstated. This is just another exciting opportunity, and we shouldn’t take that for granted.

Also on the ballot is a referendum to see if students support the creation of the Greenovation Fund, a \$10 student fee recently passed by the Student Senate that would go toward sustainability efforts on campus. That’s a small price to pay when considering the plethora of possible uses for the fee, like purchasing solar panels and adding more water bottle refill stations on campus.

It’s important for students to show their support for this, because campus administration wants a 15 percent voter turnout, roughly 750 students, in order to justify asking the UW System Board of Regents to approve the fee for this fall.

The student government represents us, and the current candidates have a wide range of issues they’re pushing. Reach out to them if you feel there’s an issue important to you that isn’t being addressed, and vote for who you want to see in charge next year.

We encourage you to do your research and vote, but don’t stop there. We suggest that, no matter the outcome, you follow what student government does for the rest of the year. Attend their weekly meetings, or even follow the Student Voice’s live tweets, and make sure you’re just as aware of what’s happening as they are.

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

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

The *Student Voice* is a student-written and managed newspaper for UW-River Falls, and is published Fridays during the regular school year.

All editorial content in the *Student Voice* is determined by the newspaper’s Editorial Board. The opinions expressed in editorials and columns do not represent those of the newspaper’s advisor, student population, administration, faculty or staff.

Letters to the editor must be 300 words or less, and include a first and last name and phone number. They can be submitted at 304 North Hall, River Falls, WI 54022 or to editor@uwrfvoice.com.

The *Student Voice* reserves the right to withhold material for content, libel or space. It also reserves the right to withhold letters. All letters, news releases, briefs, display ads and classified ads must also be submitted no later than Wednesday at noon.

Because of high production costs, UW-River Falls community members are permitted to collect one copy of the *Student Voice* per issue. A single copy of the *Student Voice* is valued at \$1, and additional copies may be requested from the editorial stall by email through editor@uwrfvoice.com.

WISCONSIN NEWS PAPER ASSOCIATION Newspaper theft is a crime. Those who violate the single copy rule may be subject to civil and criminal prosecution.

Ask Colleen: Living with your friends

Colleen Brown

Advice Columnist

Dear Colleen,

I’m moving into an apartment with one of my friends. I’m really nervous because I’ve heard people say that living with your friend isn’t a good idea. I don’t want to ruin this friendship. With my past living situation it wasn’t with any of my previous friends, so I didn’t really have any expectations. Any advice?

From,

Wants to be a good roommate

Wants to be a good roommate,

If you are already feeling this way, you should definitely talk to your friend right away. Getting it out in the open that you’re worried that this might change or possibly ruin your friendship is important. That way, you two can talk about your concerns before you even move in with each other.

I’m sure they are probably feeling the same way. Living with someone is completely different than just being friends with him or her. You are really going to get to know each other, like really well. You’ll know each other’s good and bad habits, what ticks them off and if they are really as clean as they said they were when you agreed to live with each other.

I’ve lived with both complete strangers and my friends and they both have their ups and downs. When living with someone who wasn’t your previous friend, you kind of always have to be on your best behavior. You want to make a good impression and overall be a good roommate, especially in the residence halls when your living space is basically a 5-by-5 jail cell.

But after you live with each other for a while, you start to become more comfortable and your guard slowly starts to come down. Plus, it’s exactly like what you said before: You don’t have any expectations when it comes to living with someone you didn’t previously know. You go in blind and

figure it out as you go.

Living with your friends is a totally different story. Don’t get me wrong; it’s really fun! You always have someone to hang out with or someone to tag along when you go to the store.

Personally, I think it’s harder to tell my friend to clean up or actually was a dish for once. I don’t want to start any drama and create tension in the place that I’m living. When it’s a friend, sometimes it’s easier to not say anything for the sake of keeping the peace.

However, I would argue that not saying anything in order to keep the peace does the complete opposite. I’m going to be a mom for a second, but you have to address these issues right away. I think we’ve all experienced a bad roommate, and the longer you hold it in, the worse it gets.

As far as you and your future roommate, my best advice would be to talk to them before you move in about how you’re feeling. Just get these feelings out in the open. That way, you both will be on the same page.

When it comes to actually living with each other, make sure to spend time apart! Like I said before, it’s fun because you always have a friend around, but there is such thing as spending too much time with someone. Find different hobbies and make sure to socialize with people besides each other.

Trust me, everything will work out with your friend or soon-to-be roommate. The fact that you are concerned and proactive now is already a good sign that you respect the situation. You want it work out and to create a living space that is harmonious for the both of you.

Good luck, and remember that keeping the peace means that you’ll have to keep quiet. And holding in all those feelings only leads to one thing: an explosion of emotions. Speak up when issues arise and face them together.

Best,

Colleen

Colleen Brown is a senior at UWRF going for an English literature degree. One thing that makes her qualified for this advice column is that she is a college student trying to make it through, just like everyone else.

Long distance relationships make us consider the definition of true love

Li-Yuan Hsu

Columnist

I don’t believe in long distance relationships, and neither does my ex-boyfriend. So it’s not surprising that we broke up peacefully before I came here. We didn’t want to be bound by each other.

I knew it sounds ridiculous that we decided not to even try, but I still believe it was a wise choice. In my country, there are so many stories that prove that distance is the killer of romantic relationships. For instance, girls always fall in love with other guys while their boyfriends are fulfilling their four month mandatory military service.

Therefore, I felt surprise upon finding out that most of my friends studying abroad have long distance relationships. One of my friends told me that she felt more intimate with her boyfriend because they started to discuss some deeper issues that they had never talked about when she was in Taiwan, such as trust and future plans.

Her story reminded me of an age-old adage: “Absence makes the heart grows fonder.” I started to think that maybe a long distance relationship is possible, and I wanted to know how it could work.

I found a study online that proves that absence does make the heart grow fonder. According to a study published by the Journal of Communication in 2013, conducted by L. Crystal Jiang and Jeffrey T. Hancock, long distance relationships lead to higher levels of intimacy. Couples in long distance relationships have more meaningful interactions than those who see each other on a daily basis.

Jiang explained that long distance lovers have limited face-to-face interactions. In an effort to keep the romance alive,

couples will engage in more frequent communication and discuss deeper issues, just like my friends told me before. I think that sort of intimacy is not about physical or sexual intimacy, but psychological and spiritual.

Apparently, a long distance relationship is a challenge for true love. Only the right people can overcome it. I am certain my ex-boyfriend was not the right guy for me, because he was a playboy. That’s why I gave up before trying. Luckily, separating between two countries made me realize he was not suited for me and gave me a chance to end the relationship.

For those of you who might want to know what exactly a long distance relationship is like, there is a movie called “Going the Distance.” I think it does a great job of describing the possible situations that arise in a long distance relationship, including being more afraid to be cheated on, finding it harder to resist the temptation from other people and dealing with the sacrifice of keeping the relationship. The most important thing that movie points out is that a long distance relationship makes us rethink the definition of true love.

Now, I believe long distance relationships are possible for two reasons. First, advanced technology makes long distance relationships easier to maintain. Distant couples can use more channels of communication, such as free video chat and social media. Second, you need the right person. Just like my friends said, distance means so little when someone means so much.

Li-yuan Hsu is a senior majoring in journalism and finance. As an exchange student from Taiwan, she is interested in American culture. Her hobbies include watching movies, traveling and writing. She used to be a reporting intern at a TV station and a journalist at a student-run newspaper in her home country.

Nut allergies can make eating difficult

Bethany Lovejoy

Columnist

My father owns a restaurant in small town Minnesota, where you rarely hear anyone mention an allergy of any kind.

When I was 15 and helping in my father’s restaurant, I remember the dismay of having to throw out my perfectly-sliced ham for an out-of-towner’s sandwich because it had just barely touched tomatoes. My dad explained with irritation that she had mentioned having a tomato allergy; therefore, we had to be extra careful with her food.

A few months later, I had my first allergic reaction to nuts, having eaten a 2 pound bag of chocolate covered almonds. I broke out in a painful rash, and I spent all night throwing up and all week absent from school. My mother was horrified.

Despite having allergies, I was nonchalant about what I ate up until college. Sure, I was allergic to both tree nuts and peanuts, but it wasn’t like a stray piece of nut would kill me. I was a young adult; therefore, I was inherently immortal.

Then I went to college.

See, a funny thing happens when someone goes to college, particularly a college with an all-you-can-eat section. I ate everything. I’d always loved food, and it was like heaven. Long gone were the careful preparations of my dad in his commercial kitchen and the consideration of my mom; all of the food I devoured was made for absolute mass consumption and not for a young woman with a nut allergy.

I woke up in December during my freshman year and took a bite out of a muffin I had gotten from the Commons to have

for breakfast. By my third class of the day, I could hardly speak and ran back to my dorm to take my allergy pills. I looked in the mirror and my entire neck mirrored Dorothy’s ruby red slippers from “The Wizard of Oz.” My roommate freaked out, my boyfriend was weirded out and I was personally grossed out by the strange texture of my now-red neck.

I called my mom that night and told her what happened, and she warned me to watch what I eat. So I tried.

Over the course of the past two years, it has steadily gotten worse, a lot of which is not the fault of our food provider, but my own.

In the first semester of this year, I had gotten sick a few times, enough to learn to never trust baked goods again. I learned very quickly that sometimes what is marked as a blondie is actually a brownie, and muffins hold many evil secrets. I talked to the school, and they told me to drop my meal plan if it got too bad.

I did not drop my meal plan, because I live on campus. I work on campus, two jobs this semester and three last semester; all of my friends also eat in the Commons. There is a social aspect that I feel is very vital to my being that makes me want to eat with other people.

I learned to eat stir fry the first semester, because you always know what is in it and you can always decide what you would actually like to eat. Buffalo mac and cheese is my favorite, while chicken alfredo with cooked broccoli and actual garlic is a close second. They implemented sauces the second semester, and I was over the moon. I can assure you with all confidence, I cannot pronounce Szechuan, but man, I love Szechuan.

Continued from Page 4

But, even in a world where there is amazing Szechuan sauce and the awesome soy sauce, there is still peanut sauce lurking in the background. Sometimes the spatula doesn’t get dipped in cleaner or hasn’t been changed in a while, and sometimes small bits of the sauce get on my plate. It doesn’t upset me. I’ve worked in food, and I know that things like this happen.

I go home, and there’s a pomegranate-colored rash on my throat that will last for a week. The wind hits it and it burns.

I found out in October, when I broke my nose for the umpteenth time, that I had to have it fixed to give me a little more time before my airways swell too much for me to breathe. I listened to people who were supposedly my friends tell me

that I broke it on purpose because I am a low self-esteem human who wants a new nose. I don’t bother to explain it’s because my airways have been swelling up, because at this point it isn’t the concern of anyone except me. I love my nose, and I don’t want it to change, but the world cannot be Bethany-proof. Therefore, I must become world-proof.

So, what is the solution? Do I have any mass answer for all the other people in this school allergic to nuts and slowly dying? Not for the school, I don’t.

I’ve worked with food; I know how it goes. Sometimes it’s not completely safe, and that’s all right. A worker should not be discredited for my abnormality. The women who work at the stir fry station are awesome, and I love them for letting me put anything in their tiny pans.

My solution is I watch.

I look as closely as possible, and I just hope that it’ll be

okay. If something really worries me, I speak up. I make sure to have an EpiPen and am considering doing therapy for my allergies this summer. I take candy with words written in languages I don’t speak and try them. I accept offers of candy bars from friends who don’t know and hope; I don’t expect anyone to cater to my needs exactly. I read anything that seems suspicious and I understand that at the end of the day it may happen.

Even having to miss class to go back to my allergist this Friday, I’m not asking for a perfect campus where there are no nuts. Dear God, my boyfriend would die without trail mix to supplement his diet. Everyone deserves to eat what they want. I just must be ready in case I eat what I can’t.

Bethany Lovejoy is a sophomore majoring in creative writing and literature. She enjoys theater, snacking and sewing. She lives alone with 17 cacti.

Ice cream better left as indulgent treat, not diet staple

Lauren A. Simenson

Columnist

Halo Top Ice Cream first caught my eye when it appeared all over Instagram. The packaging is beautifully retro with accents of gold. Its signature metallic accent and the logo of a melting scoop of ice cream makes for the perfect Instagram aesthetic.

The packaging was not only a selling point for me, but the low caloric content and high protein value had people all over the internet raving. Forbes even wrote about this ice cream company.

I was pretty hesitant about the taste of this diet ice cream. Usually when something is low in calories, it is also low in taste. I naturally have an aversion to light or diet versions of desserts, as the concept of such an atrocity completely goes against my moral codes.

I firmly and unyieldingly believe that dessert should be decadent and wildly bad for you. That is literally the whole point of eating dessert, no? If I have already decided to commit to eating something with sugar in it, and I usually will always commit to that, I am going all in, no excuses.

I am utterly perplexed and often irritated when people try to modify my favorite meal of the day into a healthier version of itself. Why anyone would elect to use less butter, sugar or chocolate in something is far beyond my levels of comprehension. What is the point, I want to ask, of even deciding to eat dessert if what you are eating has half the fat it is supposed to have in it?

As much as I am dedicated to my pursuit of all that is full of sugar, even I will admit that this kind of lifestyle is a difficult one to maintain. Instead of cutting out ice cream completely, which as one of my favorite food groups, would be hard to do, I thought I would challenge myself to give diet ice cream an open-minded try.

I stood in front of the variety of flavors that were haphazardly stacked inside of the giant, glass-fronted freezers at the grocery store and set myself some parameters. I had to choose a brand that had just a few ingredients, had a natural or organic aspect to it and was “healthy” in some way. With visions of the many Halo Top Instagram pictures I had seen dancing around in my mind’s eye, I could already tell what I would be drawn to.

I selected Halo Top Strawberry, which, with its shiny gold lid and contrasting shades of pink, was the prettiest container in the whole freezer. This flavor boasted 280 calories a pint, 20 grams of protein, low-sugar, low-carb, low-fat and no

synthetic growth hormones in the dairy used to make it. I hit the challenge I set for myself and then some, I had thought. I only bought one flavor because it was almost \$6 for the tiny container and I am not a millionaire.

At home, I rescued the pink pint from my freezer, lifted the lid, ripped backed the white paper seal and plunged in a spoon. The first bite was icy. I noticed there was a lack of the creaminess that one gets from regular ice cream, and the taste did not improve from there.

Along with the crystallized texture of the ice cream was a faint flavor that was reminiscent of strawberry due only to the color of the treat and the faint fruity traces still left on my tongue. The flavor was basically bland, as if whoever made this had only ever had eaten a store-bought strawberry that was very out of season.


I ate a few more mouthfuls, and then I did something very unusual for me: I slid the mostly-full, golden-topped container back into the freezer.

Lauren Simenson is a junior majoring in journalism and communication studies. Her interests include eating dark chocolate, online window shopping and reading anything she can get her hands on. While not at work, at school, taking naps or doing homework, she likes to cook, canoe, fish and write.


STUDENT

voices


Compiled by Samantha Decker




Christopher Rost
Freshman
“Supernatural.”



Wendy Lowry
Sophomore
“How to Lose a Guy in 10 Days.”



Melissa Poncelet
Sophomore
“13 Reasons Why.”



Danielle Lewis
Sophomore
“Reign.”

What’s your favorite thing to watch on Netflix?

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 Theatre!

The first person to report the find to **natalie.howell@my.uwrf.edu** AFTER 10 a.m. Friday wins!

The winner will be announced on the Voice’s Twitter account: **@uwrfvoice**.

Falcon Athlete of the Week: Amber Galloway

Zach Dwyer
zachary.dwyer@my.uwrf.edu

Amber Galloway, a junior second baseman from Cottage Grove, Minnesota, finished the week with a spectacular hitting performance. Galloway went 8 for 17 on the weekend with a .526 on base percentage.

Against UW-Stevens Point, she had a grand slam in the third inning and then an RBI double in the fifth, driving in a total of five runs. In game two against the Pointers, she started the four-run rally in the bottom of the seventh with a home run and then ended the game on a walk off two-run home run to clinch a 6-4 win. On the week, she had 10 RBIs, two doubles, four home runs and a stolen base.

The Student Voice sat down with Galloway to discuss her monster performance at the plate and the confidence the team is gaining through its recent performances.

Q: What is the strongest part of your game?

A: The first half of the year was fielding, but by now it’s a mixture of both. My hitting has come along more from last year.

Q: Do you usually consider yourself a power hitter?

A: I’m definitely not a power hitter, but my goal is just to be consistent and stay that way. I wasn’t trying to be the hero or anything, because I know it’s a team sport.

Q: What worked for you to have so much success at the plate this weekend?

A: A couple of weeks ago, I changed over my swing a little bit. Now it’s locking in, and I’m seeing the ball really well, so it’s flowing to me naturally right now. I feel really confident and relaxed and not nervous or tense at the plate.

Q: What kind of confidence does this build for you go-

ing forward this season?

A: Knowing that every pitcher is “hittable,” whether you play [Luther] or not. I just need to keep practicing and doing my thing.

Q: What have you been most impressed with in this young team?

A: Our chemistry and the way that everyone knows their roles now. Building off of that and giving 110 percent in that role, whether it be starting or not starting, or pinch hitting and pinch running. We all get along really well, and everyone is genuinely having a lot of fun.

Q: Team hitting may have been a struggle to start the season, but what has helped it be so strong lately?

A: We’ve been live pitching at practice and building confidence, which helps a ton. I think everyone is seeing the ball really well, and because they’re having fun, it’s relaxing at the plate. We know it doesn’t matter who’s in front of us or who’s behind us because we’re going to get on and they’re going to hit us around.

Q: What needs to improve to beat top 10 teams like UW-Eau Claire and Luther?

A: I would say being more consistent as a team by having our hitting or fielding there at the same time and finding that happy medium with our offense and defense. Even going into both Eau Claire and Luther, we know we have nothing to lose in those games and can give it our all. We just need to go out and have fun, because what’s it going to do to stress out? Just because we’re not ranked doesn’t mean we can’t beat and play with them every single time.

Q: What do you think this team is still capable of this season?

A: I definitely think making the [WIAC] tournament and



Kathy M. Helgeson/University Communications

even winning the tournament [is possible] if we can play like we have this last weekend.

Close games result in first WIAC wins for Falcon softball

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The Falcons softball team had a strong home opener on Saturday, April 8, taking down UW-Stevens Point 9-8 and 6-4 to sweep the Pointers and collect its first WIAC wins of the year.

Both games came down to the wire, being about as close as can be on the scoreboard. Game one was a back and forth affair, with neither team being able to hold the lead for more than an inning.

UWRF put the game out of reach when it got its bats working in the fifth inning. Ali Murray, Mady Bunnell and Shan-nan Borchardt all scored to give the Falcons a 9-6 lead.

“Our hitting has really started to come together, and we were really locked in this past weekend. Our hitting was explosive, and we had the fight and the want to win,” Head Coach Amber Dohlman said.

The second game was a completely different tale, with UW-River Falls trailing throughout and not being able to find its way around the bases until the seventh inning. But once Amber Galloway hit her second homer of the afternoon, the momentum shifted in favor of the Falcons.

“We didn’t give up and kept fighting even though we were down most of the innings. We knew we could get it back and never gave up in extras,” sophomore pitcher Payton Speckel

said.

The hitting may have been lacking in the first six innings, but Dohlman had confidence they still had a chance to even the game back up.

“It’s trusting that they were still swinging the bats hard but it was going to people. You have to continue what you’re doing and battle through it. We went back to Payton, and she shut it down and carried the team,” Dohlman said.

Three additional runs followed Galloway’s solo home run in the seventh, pushing the game to extra innings. Speckel continued her inspiring performance by allowing no runs in the crucial eighth inning. Speckel threw three strikeouts and allowed only three hits and no earned runs in her 3.2 innings of action in game two.

“I’m a lot more confident [this year] that I can strike out some of those girls. Shutting down those first two batters in that seventh inning was big,” Speckel said.

With the game on the line, Galloway stepped up to be the hero of the day and drilled a walk-off home run to left field to seal the sweep of Stevens Point. It was Galloway’s third home run in only two games, and it couldn’t have come at a more clutch time.

“Everything was working for [Galloway]. She hasn’t switched a lot of things from last year but has been swinging the bat hard and taking her cuts. She’s on cloud nine right now,” Dohlman said.

Galloway added her fourth home run of the weekend against No. 5 ranked Luther College on Sunday. The Falcons may have lost the series 3-5 and 0-10, but the team is making progress against top-ranked teams. The Falcons only lost by a combined four runs in two games against No. 9 ranked UW-Eau Claire last Wednesday.

“We’ve hung with two top 10 teams, and playing teams like this is only preparing us [for the WIAC]. We’re not just outplaying easy teams, and in the long run, it matters for competing in conference. I hope it gives us confidence that we can hang with the best of them,” Dohlman said.

The Falcons will finally have a chance to use their home-field advantage in the coming weeks as they compete against the rest of their conference opponents. They may be on the rise, but Speckel says they still need to improve to succeed in a competitive WIAC season.

“We can come out stronger in the first inning of each game by setting the tone and the momentum for the rest of the games. Even after that first game, you have to come out with a different attitude and pick yourself up to fight for the next one as if it was an entirely new game on a different day,” Speckel said.

The Falcons now sit at 8-15 overall and 2-2 in WIAC play. UWRF returns to WIAC action on Friday when it takes on UW-Stout in a doubleheader in River Falls. Game one starts at 2 p.m.

St. Paul Saints to play exhibition game in River Falls

Ace Sauerwein
Falcon News Service

First National Bank of River Falls Field will host its first taste of professional baseball when the St. Paul Saints come to town on May 13.

The Saints, affiliated with the American Association of Independent Professional Baseball league, will make their first trip into Wisconsin for an exhibition game against the St. Croix Valley League All-Stars, according to a press release from the team. The St. Croix Valley League is composed of 12 adult baseball teams from the region.

Killebrew Root Beer partnered with the Saints and the community of River Falls to help make the game a reality.

“Killebrew Root Beer is very excited to be working with the River Falls community to provide the 2017 St. Paul Saints Barnstorming exhibition game at the First National Bank of River Falls Field,” Jim Lundeen, president of Minnesota-based RJM Distributing, said in the press release.

The baseball field, which opened in 2014, is home to the River Falls Wildcats high school team and the River Falls Fighting Fish adult team. River Falls Baseball Council Board Member Fred Barr said that the Saints coming to town means a great deal to River Falls baseball.

“A lot of people are coming from Eau Claire, Menomonie, Woodbury, St. Paul to see the Saints,” said Barr. “When I said 2,000 people, we’re going to sell 2,000 people tickets, but we think there are going to be a couple hundred people walk up the day of. We could be pushing 2,500 people.”

Barr also said it will provide a boost to the town itself.

“It will be good for the economy. These people are going to the restaurants and the bars. Maybe stop and shop a little bit and stay in the hotels,” said Barr.

Having the Saints come to town was an idea the River Falls Baseball Council had for quite some time.

“We have to give credit to... after we got the ballpark built originally... Judy Berg with the Chamber of Commerce had reached out to the Saints and to try and arrange a barnstorm-

ing game. The Saints weren’t available that year, but Judy stayed on them and just her tenacity, just staying in contact with them,” said Barr.

The baseball field has already hosted a few marquee events. Last summer, River Falls was the site of the annual American Legion State Baseball Tournament. The River Falls Baseball Council is looking into booking future events similar to this one.

“(The) Saints, it’s always possible they’ll come back again. We think they will,” said Barr. “We’re excited to host another legion tournament in a few years. We’re planning concerts out at the ballpark and some other things like that. It’s such a great venue, so why not take advantage of it?”

On the day of the event, spectators will be able to catch batting practices from both teams and a home run derby prefacing the game.

The game is scheduled to begin at 4 p.m. The field is located in Hoffman Park East. Tickets may be ordered online at www.riverfallsbaseball.org.

Check out the Student Voice at
uwrfvoice.com
Follow the Student Voice
on Twitter
@uwrfvoice

Meet your Student Government Association candidates



Photo courtesy of Zain Kaiser

Zain Kaiser
Sophomore
Computer Science
Previous Position on Student Senate: At Large Senator
Running For: President and Vice President

Q: Why have you decided to run?
A: After talking to many of my peers, I was encouraged to run. I am confident that I can bring forth a change to the culture that surrounds our student government. As the status quo stands, our student government is disconnected from our students. That needs to change. Students need to be at the forefront of what we do, and as a student myself I am running to bring forth this change.

Q: What issues will you focus on if elected?
A: Firstly, I will be ensuring that we are spending directly on student organizations and programs that benefit students. From providing a ride service to the Twin Cities, to streamlining the student organization budget process, my goal is to ensure that our spending serves our students.

I will also revamp the fight against sexual assault on campus. Sexual assault is a critical issue on our campus. My goal is to fight it head on at our campus by implementing programs that educate students about sexual assault prevention. I will also make sure survivors on our campus receive the resources they need. I will work alongside our incoming violence prevention coordinator to fight sexual assault. This problem is very personal to me, and I pledge to dedicate my resources and time to removing it from our campus.

I will also be expanding dining services and library hours on campus. From increasing dining hours to implementing new venues, my goal is to improve the dining experience of students. Furthermore, the library hours are currently insufficient. My goal is to increase these hours to better serve students.

I will also work to make campus more accessible for students with disabilities. From advocating to make all campus buildings wheelchair accessible, to ending the stigma around learning disabilities, my hope is to empower our students with disabilities.

I also look to fight for academic programs on campus. In the past years, we have seen many of our departments across campus take a hit. One of my best friends had to transfer this semester because his academic program was no longer being offered. My goal is to stand up for these academic programs

on campus and help bring them back.

I will also cut unnecessary spending by the student government. Our student government’s primary goal should be to serve its students, and that’s why we need to reevaluate where the money is being spent and make sure it serves students. I will also be opposing fee increases that do not benefit our student body. Our students deserve a student government who will make sure that we stand by our students.

I will also support and better integrate Greek Life within campus. I will do so by implementing a Greek Life committee. My hope is to aid the Interfraternity Council in giving our Greek community a stronger voice on campus. I also hope to work alongside our Greek community by introducing the addition of a Greek Life senator on campus.

I will also support and help expand our athletic programs. With the addition of the Falcon Center, my goal is to utilize this facility by increasing our athletic programs and supporting our current programs. This covers intramural sports, club sports and varsity sports.

Q: How will you better engage with students?
A: I will better engage our students by implementing a town hall-style meeting that will be held on a regular basis. This will remove the disconnect and allow us as a government to serve our students to the best of our abilities.

Q: How can the Student Government Association be improved?
A: To improve student government, we need to listen to our students. Many students on campus don’t even know what this organization is. This organization has to connect with students. I remember during my time serving as a senator, I was able to talk to students and bring their issues to light. With my leadership, I believe I can implement this change to improve student government.

Q: Why should students vote for you?
A: If students are looking for a change in student government, I am your candidate. My platform was developed with the aid of many of my peers. If given this opportunity, I will deliver this much-needed change.



Photo courtesy of Bryce Krull

Bryce Krull
Senior
Agriculture Marketing Communications
Current Position on Student Senate: CAFES Senator
Running For: President and Vice President

Q: Why have you decided to run?
A: After four years on this campus, I have chosen to run in my final year on campus to fix the problems that have gone unaddressed for four long years. This includes points like student mental safety, inclusivity, sexual health and student comfort. We need a campus that is truly a home away from home, which makes you not want to ever leave. Through sustainable options like having the Greenovation Fund established, we could advance this campus forward. I am here running on the pride that I am, “With you, for you, for UWRF!”

Q: What issues will you focus on if elected?
A: Some of the key issues we need to focus on are developing spaces in which our students feel like one. These areas can be safe spaces where they know that no one will judge them but also be able to relax. This can include the development of a campus bar and other common spaces like coffee bars where students can relax and unwind together.

Also, our students’ mental health and sexual health on this campus is something that is alarming. Developing ways to make preventative treatments as well as safe sex options more available for students will be kept in developing better sexual health.

The final point I want to bring awareness to is student affordability of college. We need to work to get students in front of government officials to promote education support like the Pell Grant and advancement of FAFSA funding for first-generation and limited income students. Everyone should have the right to an education if they are willing to put in the hard work to get it. Check out our Facebook page for more information on key issues we are working for!

Q: How will you better engage with students?
A: Engaging with the students we represent will be something I hope we always are striving to do more. I will plan to do weekly Facebook live video streams where students can come online and send questions in for us to answer.

I also would like to see student engagement on a more personal level. I will look to have a once a month round table discussions where students can come and sit down with all student senators and discuss the issues they would like to see come forth to Student Senate.

These two things alone will help increase visibility with students and engage them in our discussions! We hope that if we

are elected and can do these engagement opportunities, students will also take the time to engage with us back as we want to better them. We are always “With you, for you, for UWRF!”

Q: How can the Student Government Association be improved?
A: Over the past couple years, the focus of the Student Government Association has stepped away from writing policy changes and done more programming and budget development. While I see the value in most, these are short term things that will have no guarantee in the future.

If elected, I hope to advance more policy to protect students and give students the power to control the university which their funding goes toward. I feel that as we move forward, the development of a Student Organization Protection Act (SOPA) should be put into place.

This SOPA would give students the power back to not only create student organizations as they do now but have the final say in removing or suspending them from campus. Currently, that power sits in the hands of the university, which doesn’t benefit from the programming that these student organizations try so hard to put on. It’s time for students to finally get their voice back on this university and put programming back in the office of Student Involvement, not student government.

Q: Why should students vote for you?
A: As a student of this university for four years and going in to my fifth, I have seen many changes to this university, but not the ones that will benefit students long term. Students should vote for me so that, after four long years, we can begin to rebuild the student lives and comfort that has been forgotten.

Two of my opponents also have not had a voting right on Senate and have no track record of voting for or against the betterment of students. You can go on to FalconSync and see that I have been working for students. Students also are familiar with who I am, as I have been involved in several student organizations over the past four years of my time at UW-River Falls. Being a large part of Greek Life and involved in student organizations from CAFES and CBE, I have been involved with a vast group of students. I know I can represent them and will be true to my campaign promise! With you, for you, for UWRF!



Natalie Howell/Student Voice

Abby Wendt
Junior
Business Administration, Marketing/Sales Emphasis
Current Position in Student Senate: Allocable Fee Appropriation Board (AFAB) Chair
Running For: President

Q: Why have you decided to run?
A: The simple answer: For the students. This would not be a university if it wasn’t for them. I personally have no gain from being elected other than having the satisfaction that Student Government Association (SGA) made this a better place for the students.

Q: What issues will you focus on if elected?
A: The issues I’m currently running on include campus safety, dining and inclusivity. But if I’m elected, these issues might change because they will be the students’ issues, not mine. When someone is a part of SGA, they are not going to focus on issues that they personally believe are important. What you need to focus on are the issues students believe are important to them.

Two weeks ago, I was running on an issue to completely light the back path because of the unflattering name it is associated with. After talking to students, it was brought to my attention that there were no reported incidents on the back path and that we should focus more on educating students on the resources the university has to support students when they are faced with dangerous situations. Because of the students’ concern, my plan is to still add lighting but also to rebrand the back path to eliminate the negative image it has and educate students more on the resources we offer.

This is just an example of the issues I will run on. Other current issues include all day meal transfer in the C-Store for the students who need to grab something and go, and teaming up with Student Affairs and establishing a Student Appreciation Week to not only thank the students for picking River Falls as their university but to also make everyone feel welcome and included.

Q: How will you better engage with students?
A: One of the plans I have to connect with students more is to have a table in the main hall of the University Center where students can come up to us to either ask questions or address

issues they might have with the campus. I believe this will make SGA more accessible to the students so we know what they want us to accomplish for them.

Q: How can the Student Government Association be improved?
A: From past years, there has been a lot of segregation between senators. The entire SGA team needs to be on the same page. When a motion goes through, it is not because of one senator. Multiple people have a say or part in making the motion, having it approved and implementing it. I believe that when the senators work together as a team, we will be able to accomplish tasks more efficiently and effectively and get more work done in less time, because it is not fair for the students to be represented by a Senate that is divided. The senators are there to represent the students and their concerns. If Senate is on the same page, we can make this university a better place.

Q: Why should students vote for you?
A: I have been in SGA since my freshman year. This means I’ve been dedicated to this single organization for three consecutive years. My freshman, year I was a first-year senator, and after that I was appointed AFAB chair my sophomore year and have held that position for two years now. In that role, I’ve gone through three years of allocable and non-allocable budgets and have learned the entire SGA operations.

This is my senior year, and I plan on making a difference for the students on this campus for the issues that concern them the most. I believe that I am qualified to do exactly that. I plan on listening to students, being transparent and communicating with them as best as I can. I’m not running for student body president because it will look good on my resume, I’m running because I care; I care about the well-being of the students on our campus. If they are paying thousands of dollars per year, we should make this the best university it can be for them.

Meet your Student Government Association candidates

Continued from Page 7



Natalie Howell/Student Voice

Kaylee Kildahl
Junior
Business Administration Major,
Marketing Emphasis
Current Position in Student Senate:
Chief of Staff
Running For: Vice President

Q: Why have you decided to run?
A: I decided to run because I believe the students need a strong, representative and motivated voice on their behalf. I want to be that voice and believe, if elected, that I will be a well-rounded, educated leader on campus for them. It is of the utmost importance that they feel well represented and that their concerns and needs are met, and I am extremely motivated to do so.

Q: What issues will you focus on if elected?
A: If elected, the main issues I look to focus on are specific things in dining, such as expanding dining hours, creating an “all day” campus café, expanding the transfer meal program to the C-Store without limited hours and establishing a food pantry on campus.

I am also putting my focus on student safety, such as ending the “Rape Trail,” which has had that nickname, unfortunately, for quite some time. And last, but not least, continuing the It’s On Us initiative and campus inclusivity. These are not all the issues I want to focus on, and if students bring an issue to my attention, I will work hard to resolve that, as well.

Q: How will you better engage with students?
A: My running mate, Abby Wendt, and I want to table in Heritage Hall and be able to connect and talk with students on a regular basis. That way, we are able to speak with students we wouldn’t necessarily interact with and students are able to put a face to the title of student body vice president, if I were to get elected. I firmly believe engagement with the student body is a huge priority within Student Government Association and one that needs improvement.

Q: How can the Student Government Association be improved?
A: Student organizations are continuously improving, but the biggest thing would be the need to increase cohesiveness and unity. SGA is one body of student leaders that represent the students of this university – which is an amazing opportunity. We must all join together and work as a team in order to progress and work for the students the most productively and efficiently.

Q: Why should students vote for you?
A: While my running mate has been involved in SGA for the past three years, I have gained my perspective and experience from multiple clubs, groups and interacting with many types of students over the past three years here. I’ve been fortunate to have been a part of things ranging from the International Traveling Classroom, Philosophical Debate Club, my Japanese class, DECA and holding my current title of Chief of Staff for SGA this past year. These experiences have shaped me into a strong, hard working person who isn’t afraid to stand up for what the students believe in. I aim to be transparent, flexible, understanding and firm when it comes to dealing with the issues that students care about.



Photo courtesy of Jacob Timm

Jacob Timm
Freshman
Agricultural Education Major
Current Position in Student Senate:
At-Large Senator
Running For: Vice President

Q: Why have you decided to run?
A: I have decided to run as student body vice president to continue growing our campus through promoting quality education, student safety, inclusivity and sustainability. I will continue to push the boundaries of educational quality and affordability within all colleges while creating legacies for future students of UW-River Falls.

We, as the Student Government Association, need to engage more with students making sure that our educational ideas and values align with those of the professors as we first go to college for an education. I want to bring campus into the future as I work “With you, for you, for UWRF!”

Q: What issues will you focus on if elected?
A: If I am elected to serve as the student body vice president, I will focus on issues including the quality of education, student safety, inclusivity and sustainability.

Safety and inclusivity are some of the most important issues that will be focused on. I will work to ensure that students are comfortable in their classes to give their ideas freely without the fear of being discriminated.

Also, as this is a college campus, alcohol is consumed. I will work for including a bar in the University Center to promote safe and smart drinking habits.

We also need to focus on health safety as a campus. Within this area, I will help to develop awareness programs and campus groups

focusing on mental and sexual health. We need to be aware of the mental health of the campus, making sure that students are able to gain the knowledge necessary to be successful when they leave UWRF.

My final area that I will be focusing on is campus sustainability. On this year’s ballot, there is a referendum for the Greenovation Fund. This will allow us to increase sustainable lighting and increase our ability to invest in solar panels and wind turbines. We need to collaborate on issues regarding energy use from renewable sources and ways to increase these types of efforts.

Feel free to contact me with any questions that you may have about these issues, or check out our Facebook page for more details.

Q: How will you better engage with students?
A: The growth of students is the reason that I am running for office. I would like to increase student engagement with the SGA by tabling in the UC more to get more feedback from them. This campus is driven by the students who go here, and without knowing their needs, we are unable to create a campus for all.

I will make myself visible at all times in order to connect with students on a personal level. I will also create monthly roundtable discussions with students, getting to know what they find necessary for this campus. I will also implement weekly Facebook live chats to allow students to voice their opinions. I want the students to know that I am “With them, for them, for UWRF!”

Q: How can the Student Government Association be improved?
We, the SGA association, need to bring students in on more issues regarding direct impacts to their college experience. This will begin with connecting with students before, during and after the meetings through Facebook live streaming of the meetings. We also need to make sure that we are holding each other accountable that are serving within the SGA. We will need to ensure that meetings are run efficiently and according to Robert’s Rules of Order.

Q: Why should students vote for you?
A: As a student of this university, I see changes that need to happen. Students should vote for me so these issues can be resolved and make UWRF a top university, not only in Wisconsin but also in the nation. I want to help to continue growing the university while always looking toward the future and making sure the students of UWRF get the best quality and enriching experiences.

I would humbly accept your votes for me as I run for vice president of the student body of UWRF. Together we can make this campus better as I am “With you, for you, for UWRF!”

CHECK OUT THE STUDENT VOICE ON TWITTER:
@uwrfvoice

Puzzle of the Week

Marvel Characters

ACROSS
4 Natasha Romanova (2 words)
6 T'Challa (2 words)
9 Pietro Django Maximoff
10 Clint Barton
11 Steve Rogers (2 words)
12 Wanda Maximoff (2 words)

DOWN
1 Bruce Banner
2 Matt Murdock
3 James Howlett
5 Carol Danvers (2 words)
7 Peter Parker
8 Tony Stark (2 words)

Puzzle created at puzzle-maker.com

Last Week's Answers

April Fools' Day

Find Freddy’s lost feather in this issue of the Voice and win two free movie passes to the Falls Theatre!

The first person to report the find to natalie.howell@my.uwrf.edu AFTER 10 a.m. Friday wins!

Now Playing: “The Fate of the Furious”

The winner will be announced on the Voice’s Twitter and Facebook accounts:
[@uwrfvoice](https://twitter.com/uwrfvoice) and facebook.com/Uwrfstudentvoice

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WRFW

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