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THE

STUDENT VOICE

May 10, 2001

Serving UW-RF students and faculty since 1916

Volume 87, Number 26

Columnist questions Student Senate's spending habits

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Palmer is new president

Rachel Weddig
Assistant Editor

The election results are in. Current Senator Stephen Palmer has been named Student Senate President for next year.

Winning by a comfortable 226 votes, Palmer defeated the incumbent Adam Clasen and Senate Diversity Issues Director Eric Dodge. Palmer received 414 votes; Clasen received 188 votes; and Dodge received 125 votes.

Senator Cora Opsahl defeated Senator Sean Froelich for the Vice President position by 121 votes; 400 to 279.

"I am so relieved that the election is over. I have gotten a lot of positive feedback from voters," Palmer said. "It's nice to see the final results."

Opsahl was excited when she found out she had won the Vice President position.

"I wanted to scream," Opsahl said. "When Jaime [Kirkpatrick] read off the names of the winners my jaw dropped. I was like, wow."

Now that the election is over, Palmer is looking forward to getting back into his normal routine and having free time again.

"It's so easy to get caught up in campaigning. I'm looking forward to taking time off and finding time to relax," Palmer said. "It's been my most tense three weeks in a long time. . . It hasn't been easy."

During Palmer's campaign he focused on getting his viewpoints known and getting people to put a face to his name. But when all was said and done, Palmer feels his campaign strategy was effective and gave him the edge over his opponents.

"I do think I ran the best campaign," Palmer said. "I had tee shirts made and was smart in distributing them to people of power. When you have a three-man race and you get over 50 percent of the total vote, I know I got my name out there."

Dodge also saw how much work Palmer was putting into his campaign.

"Stephen was out there everyday," Dodge said. "He was talking to students in front of the halls and in the Student Center. He gave people tee shirts to wear and passed out brochures."

Dodge has no hard feelings towards Palmer and feels he will do well as Student Senate president.

and I feel that he is very honest, truthful and knowledgeable about all the issues on this campus and how Student Senate is supposed to run," Dodge said.

Palmer also feels that students saw him as the most approachable candidate.

"When Adam, Eric and I all attended the same functions together, I think the students saw me as the most personable candidate," Palmer

out to the students more than her opponent, who she said didn't have a lot of time to campaign for himself.

"I got out there and talked to people," Opsahl said. "I spent a lot of effort on getting to know people. It's who you know and getting people to help spread your message."

Palmer said he was surprised by the margin he won the election by.

"I didn't expect at all to win by this much. I expected a much closer race," Palmer explained. "When the incumbents are running again, usually the landslides run in their favor. It's hard to strongly uproot an incumbent."

Opsahl said she really didn't know what the outcome of the election would be and said people spent Wednesday getting trying to get her to calm down.

This year students were limited to online voting. No tables were set up anywhere on campus, but students could vote from any computer on campus. Overall, senators were happy with the way the online voting went.

Senator Kirkpatrick said the counting process was a lot easier and that more than double the number of students voted this year.

"We will definitely never go back to using paper votes," Kirkpatrick said.

To make the voting process even easier for students next year, she said they might put a laptop computer, with Internet access in the Student Center or Rodli Commons for anyone to use.

The candidates were also happy with the new system.

"I think it was great. I was really skeptical at first, but it went well considering the number of students who voted doubled from last year," Opsahl said. "I think the people who normally wouldn't have taken the time to vote, voted. I hope we continue to use the online voting system."

Palmer also favored the online



Molly Montag / The Student Voice

Cora Opsahl (right) celebrates her Vice Presidential victory as her roommate Steph Kimble gives her a congratulatory hug.

"I had a few conversations with Stephen the past couple of days and I had asked him about some of his comments in the past Student Voice

said. "I like being in the spotlight and I think students saw me as the most excited candidate."

Opsahl also feels she got her name



Molly Montag / The Student Voice

Stephen Palmer (right) breathes a sigh of relief as he is congratulated by Aaron O'Connell Wednesday afternoon after being named the new Student Senate President.

voting.

"The fact that the online voting was so assessable made word of mouth an effective tool," Palmer said. "I think we will have to continue this in hopes of increasing voter turnout."

Palmer said that next year Student Senate would have to publicize online voting more. He hopes that next year there would be over 1,000 voters.

"If we have 20 percent of the student body voting, that would be a representative vote," Palmer said.

Opsahl said she doesn't foresee any problems between her and Palmer.

"Stephen and I politically work well together," Opsahl said. "We know each other well enough to get the job done. We agree on a lot of the same issues."

One of the first concerns for Palmer will be filling the currently open director positions and getting the senators trained.

"Senators need to be trained to make sure that they know what they're doing," Palmer said. "Right now our Senate consists of three or four leaders; we need to make sure all senators are leaders."

Opsahl wants to organize the Senate office and form an agenda for next year.

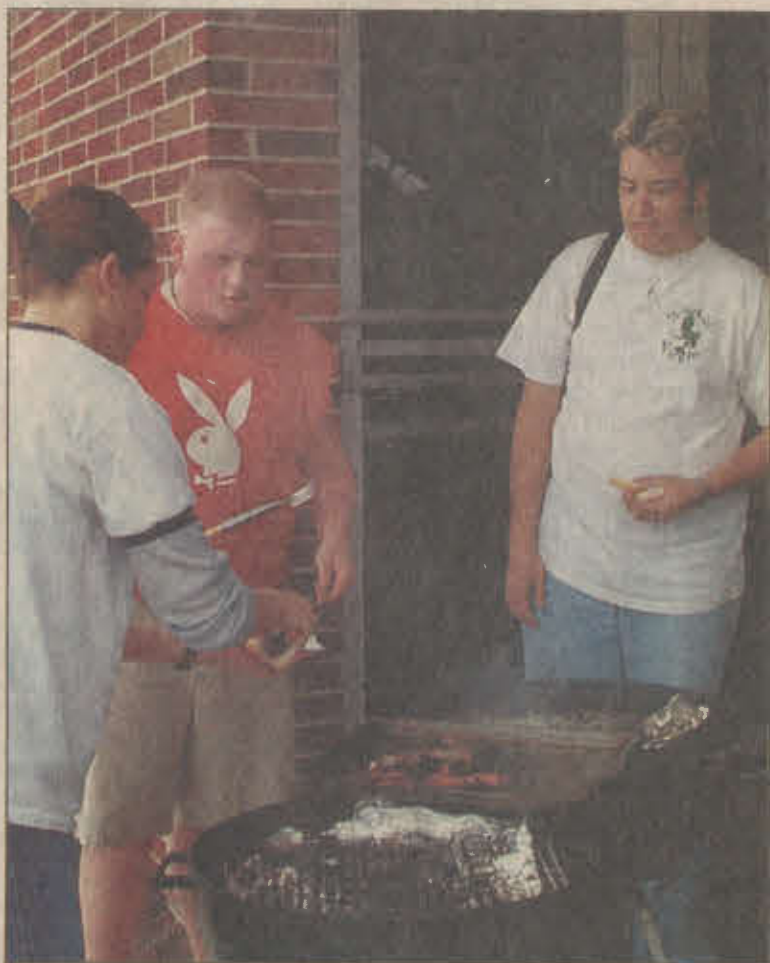
"One of the first things I want to do is clean the Senate office and get things set up," Opsahl said. "We need to make contacts and Stephen and I need to figure out where we are going to start."

Doubt was running through Palmer's mind moments before the results were announced.

"There was some doubt on my part. You always think that maybe you didn't work hard enough didn't talk to enough people," Palmer described. "Nobody has ever run the perfect campaign. I was confident

See "Election" on A8

Cooking up a storm



Molly Montag / The Student Voice

Sophomore Katie Brandt (left) is getting dish up some food from Johnson Hall President Thomas Neel (middle); while Eric Hopkins (right) waits patiently. Johnson Hall staff served free food during "Hallapalooza" on Wednesday, as bands performed inside the Student Center.

Board of Regents on campus, looking at University's needs

Kevin O'Brien
Editor-in-Chief

Today and tomorrow, administrators and staff have a rare opportunity to meet with members of the UW Board of Regents and not only tell them what the University needs but show them as well.

The Board, which is holding its monthly meeting on UW-RF's campus, is the top decision-making body in the System and is responsible for giving state money to the universities for everything from academic programs to building projects.

Chancellor Ann Lydecker and Campus Planner Dale Braun will present the campus master plan to members of the Physical Planning and Funding Committee from 2:00 to 4:00 p.m. in room 138 Rodli Commons.

Lydecker said they want to convey a theme of "student engagement" in their plan, since most of the construction plans center around student activities.

"We will emphasize the fact that the new student center will create much needed meeting and programming space, and that it improves space for student organizations," Lydecker said.

The new Health and Human Performance building will also remain a top priority in the plan, even though its construction was recently pushed back two more years. Not only is the building needed to improve space for athletics, Lydecker also wants to remind the Regents that the facility will allow for more classrooms and expanded academic space.

Braun calls the plan a "snapshot" of how the University is planning to use its buildings in upcoming years. However, he believes the best way to convince the Regents of what the campus needs is to show them firsthand.

"There is too much material for a 15 minute presentation," Braun said. "So we will give just highlights in the formal presentation and then follow up with a tour where we will give more detailed information as we walk around."

According to Lydecker, there will be two tours of the campus; one for the full Board highlighting the unique features of the campus, and one for the Planning Committee, which will focus on the needs of the University.

To illustrate the University's need for a new HHP building, the tour will include a look at the current facilities, such as the Emogene Nelson and Knowles Center.

Another issue that will be brought to the Board's attention is the University's use of the Internet to look at potential transfer students. The online system, which was developed by a System proposal, is the first of its kind in helping universities deal with what is known as "articulation transfer agreements."

Dean of CAFES Bill Anderson and Lisa Sword from the Registrar's Office will speak to the Education Committee in the River Room of Rodli Commons about how the system

"If a student completes a certain course at one institution, the other institution agrees to accept that course in a specific way and agrees to apply that a course to a specific requirement," Sword said. "This allows students to make better decisions when selecting courses and to better plan for transfer."

Vice Chancellor Virgil Nylander will also speak to the Business and Finance Committee about budget issues and Professor Steve Olsen will back up the "engaged student" theme with a discussion of such activities as student organizations, academic programs and Study Abroad.

For a student perspective, the Board members will talk with student senators at a banquet tonight and with forty other students tomorrow at a breakfast in Rodli Commons.

Although Lydecker is happy that students will have a chance to talk to the Board members, she realizes everyone might not have an opportunity to voice their concerns during the two days they are here.

"I am delighted to know that we have so many students who are interested in providing their insights and perspectives to the Regents while they are here," Lydecker said. "I wish there were a way that we could make more time available for student-Regent discussions and interactions. The Board does, however, have a full schedule of meetings while they are here, and we must be careful not to interfere with their getting their work completed."

Those who are unable to talk with the Regents while they are here are encouraged to send them a letter at:

Board of Regent of the University of Wisconsin System
Office of the Secretary
1860 Van Hise Hall
Madison, Wisconsin 53706
(608) 262-2324

BRIEFS

ANNOUNCEMENTS

The Discontinued Textbook Sale will be on at Textbook Services from now until finals week. Textbooks are available in all subject areas at prices ranging from 25 cents to several dollars per copy.

The Hudson Hospital is accepting applications for students who are interested in internships or have community service hours to fulfill. We have several positions available to meet your school and work schedule. Please call Janet Petrell, Volunteer Coordinator at 377-5733 for more information.

A Student Juried Exhibition will be held from April 20 to May 10 in Gallery 101 in KFA. Gallery hours are 9 a.m.-5 p.m. and 7 p.m.-9 p.m. Monday through Friday and 2 p.m.-4 p.m. Sunday.

Tune In and Focus. *Focus on U* is a weekly TV program written, directed, and produced by UW-RF students. Tune in to channel 19 daily at 9 a.m., 5 p.m., or 9 p.m. for all your campus and community news, sports, 411, and "Thingy" needs. Questions or comments? Please e-mail us at focus@uwrf.edu

Wanted: Anything that resembles talent for "On the Road to Finals: Variety Show" on May 21. Contact Sally Berkholder or Cari Nelson at Career Services at 425-3572.

EVENTS

The 2nd Annual May Fest, sponsored by May Hall is scheduled for Tuesday, May 15 in Brandy's at 8:30 p.m. For only \$2, anyone can enjoy an array of good food, live bands, and great conversation. For more information, e-mail Dannell Peterson at dannell.j.peterson@uwrf.edu.

The Annual Newfod Science Fiction/Fantasy Auction will be held on May 12 at 1 p.m. in the Wausau West High School. Items from Star Trek, Dr. WHO, Star Wars, and more will be up for auction. For more information, contact Paulette at (715)842-3914.

Mother's Day Plant Sale. Pi Alpah Xi will be selling hanging baskets, 8-inch patio pots, and assorted bedding plants on May 10 and May 11 from 10 a.m. to 2 p.m. For more information, contact Josh Sykora at 425-4379.

The Student Reading Series presents the final student reading of the semester. It will be held May 11 at 3:30 p.m. in the Library Breezeway, and readers will be Bryan Mulrooney, Stephen Eppel, Andy Coopman, Stephanie Johnson. For more information, contact Stephanie Johnson at 426-2648.

The Gay-Straight Alliance will be presenting an informative and fun session next Tuesday at 6 p.m. in the Student Center's International Room. Come to learn about LGBT (Lesbian, Gay, Bisexual, and Transgender) issues, misconceptions that people have, the kind of identity development issues that gay, lesbian, and bisexual youth face, and how you can be an effective ally. The meeting will be informal and set up so everyone can learn something.

Tonic Sol-Fa Acappella will be performing Wed., May 16 at 8 p.m. in the North Hall Auditorium. Tickets are at Brick House Music, BookPress, www.tonicsof.com, or call (320)259-4071 for more information. Advance tickets are \$10 for adults and \$6 student/child; at the door \$12 for adults and \$8 for student/child.

Join the UW-RF Orchestra! The UW-RF University-Community Orchestra will present their last spring concert May 19 from 4 p.m. to 5:30 p.m. at the Wall Amphitheatre on campus. Food and beverage will be available for purchase with the concession stand opening at 4 p.m.; the orchestra will start playing around 4:20 p.m. For more information, please call 425-3389.

Make a difference! Be a part of creating an interactive diversity program like you've never seen before on May 15 at the International Room in the Student Center. For more information, call Eric Dodge at 426-1705.

SCHOLARSHIPS

Army Emergency Relief is sponsoring the M.G. James Ursano Scholarship Fund. This is open to dependent children of army soldiers on active duty, retired or deceased while on duty or after retirement. The applicants must be registered in the Defense Eligibility Enrollment Reporting System and have a cumulative GPA of 2.0. Applications may be printed from www.aerhq.org.

MEETINGS

The Association of Women in Communication of UW-River Falls will meet every Thursday morning inside Java Coast at 7:30 a.m. All are welcome to join.

Want to serve as a link between past, present and future alumni? As a member of the Student Alumni Association you will meet new people, interact and network with alumni, go to fun conferences and develop professional skills. If these opportunities sound good to you or if you are interested come find out what the Student Alumni Association is all about. We meet every other Thursday at 8 p.m. in the Alumni Room in South Hall. For more information, you may contact Dan McGinty or Kimberly Gould-Speckman at the Alumni Office at 425-3505.

The Student Senate meets every Tuesday at 7 p.m. in the Regents Room of the Student Center.

Campus Crusade for Christ meets every Thursday at 8:30 p.m. in the Regents Room in the Student Center. Join us!

Pi Sigma Alpha, the political science society, meets every Wednesday at 5:30 p.m. in the Kinnickinnic Room in the Student Center.

The International Film Series will have presentations in Centennial Science Hall 271 on Thursdays at 4 p.m. In conjunction with the Women's History Month, we are focusing this semester on women and film. The series will present a number of views of women, both as the subjects of the film and as the creators and directors.

Anyone who has a brief meeting or event to be published in the Student Voice should submit it in writing to 213 South Hall by noon Monday.

Teacher receives Wisconsin social studies award

Kathryn Houge
Staff Writer

As UW-River Falls academic departments planned their award dinners and seniors applied for graduation, a professor was also recognized for her achievements.

Teacher Education Professor DeAn Krey, 59, who has taught at UW-RF for 32 years, received the Wisconsin Council for Social Studies Service Award (WCSS) at the association's annual convention this March.

Krey is always ready to learn about different cultures, historical eras, world geography and governments, and global economics. She shares her excitement with her students, including those she takes to WCSS conventions, and her colleagues.

Krey also taught elementary school in New Richmond and St. Croix Falls. She does not fit a "bubbly elementary school teacher" stereotype, but does an excellent job modeling lesson examples for her students, said senior elementary education major Honey Moser.

Krey is also willing to let her students explore original plans they develop, including in her children's literature class.

"She's very cheerful, very dedicated to her job," Moser said.

Margaret Laughlin, the president-elect of WCSS who teaches at UW-Green Bay, agrees, saying that Krey always wants students and others at organization events to be actively involved in discussion.

"She uses the inquiry approach," Laughlin said. This method involves widely open-ended questions that allow for multiple acceptable answers and encourage student interaction.

"She doesn't just stand up and lecture," Laughlin said.

A member of WCSS for 30 years, Krey was president of the organization from 1983 to 1985, one of only two women who have ever held that position. Retired high school teacher Mary Lindgren has also held that position.

Over the organization's 30-year history, its membership has grown from 700 to about 1,100 with 900 educators attending each annual convention, Krey said.

"It's a group of people who come together because they want to be good teachers," she said.

Many colleagues and students think that Krey fits that description. "I only hear positive remarks and positive comments," said Laughlin. "She loves teaching and is a good teacher."

Other UW-RF faculty share in WCSS with Krey.

History Professor Kurt Leichtle

brings ideas and experiences from the conferences the techniques class he teaches with Teacher Education Professor Geoffrey Schuermann.

"I find WCSS valuable because I can learn about the curricula and the activities of k-12 schools," Leichtle said. "My own teaching is improved by understanding and discussing what happens in social studies before the students come to college."

Through 19 formal presentations to WCSS, Krey learned how to effectively present information to teachers, which she says she couldn't have learned anywhere else. There she peruses displays on new teaching materials, like videos, computer software, and publishers' exhibits, conscious of her students' needs.

"Each time I guide a student . . . and observe them trying out their lessons with children from the Stillwater schools, I feel excitement and satisfaction," she said. "It is a moment when I can say, 'mission accomplished!'"

During her years as WCSS president themes of the annual conferences were "Seeking Wisdom in an Information Age" (1984) and "Enlightened Citizenship" (1985).

The first day of every convention, 150 high-school students draft resolutions, much like at the mock United Nations events at UW-RF, in a caucus related to their social issues classes. One WCSS workshop of teaching strategies was on classroom simulations of presidential elections.

Music has been another aspect of the events to strengthen inter-personal connections. Krey says that the entertainment, not just straight lectures, is important and engaging for those present to learn.

One particularly WCSS memorable event for Krey was a Native American Pow Wow dance presentation. Another was the "Back to the '50s" night including slides, music and debates on issues of the era.

"We just went from one thing to the next and we were up to the wee hours of the morning dancing to Elvis," Krey said.

Others appreciate the well-organized and dependable side of her too, like the events and research she coordinated as WCSS president, and her assistance developing Wisconsin model academic standards.

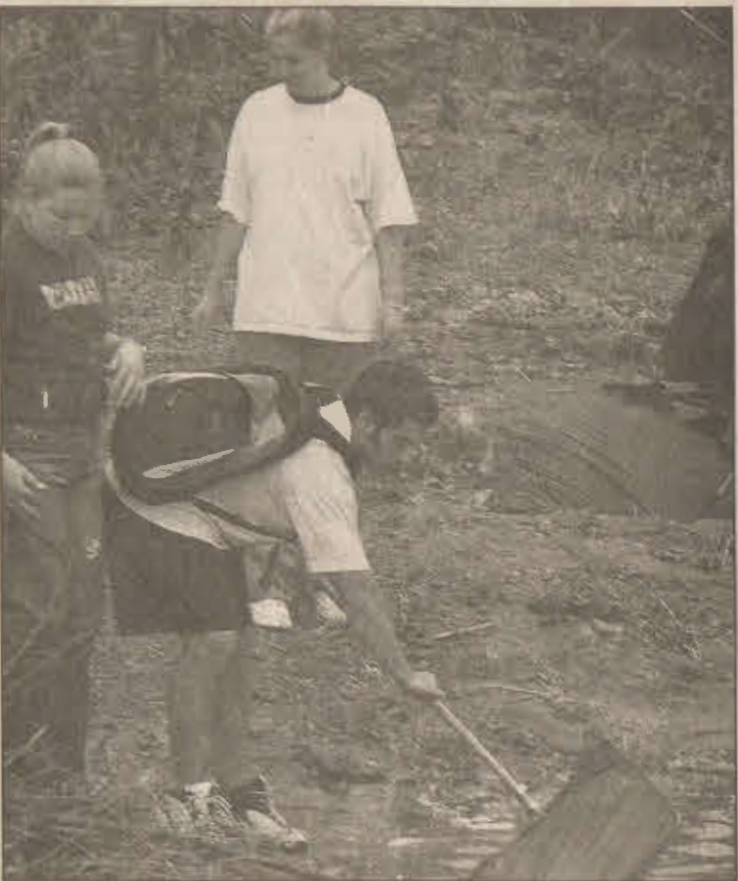
"When Dr. Krey says she will do something, she does it," said Laughlin when she presented Krey's award. "She's just simply a really great person."

"I'm happy that that's the way I'm perceived," Krey said.

"When Dr. Krey says she will do something, she does it. She's just simply a really great person."

-Margaret Laughlin, president-elect of WCSS

Kinni Life



Molly Montag / The Student Voice
Student's from John Ford's biology class search for organisms in the Kinnickinnic River last week. Among the forms they found were crayfish, tadpoles, and minnows.

Campus Security

Crimes down

Jessica Perry
Co-News Editor

As the school year is quickly coming to an end, it seems as though campus troubles are slowing down just as fast.

May 2, Donald A. Hopp was issued a \$150.50 fine for prohibited dumping in N Lot.

April 30, the window to room 144 Johnson Hall was broken by an object thrown at it. The cost to replace the window is approximately \$150.

Student Senate

United Council talks to Senate

Melissa Bregani
Front Page Editor

United Council representatives visited Student Senate Tuesday evening to discuss their duties and roles.

United Council Legislative Issues Director Tracy Benson explained the four major aspects United Council focuses on.

"We lobby state and federal legislatures and the Board of Regents," Benson said. "We do not get involved in campus politics. We research different issues and give advice to students."

United Council also provides leadership development and networking opportunities, connecting across the UW System, communicating with other campuses.

Matt Fargen, Shared Governance Director of United Council, stated that the 23-member campus of United Council represents approximately 14,000 students with a total of nine staff members.

The biggest project for United Council recently is the governor's budget.

"It's a big budget year," Benson said. "We figure out where the money will go; the UW System didn't get much money this year. The governor didn't increase any referendums the GA pushed."

One aspect related to the governor's budget affecting students throughout the UW System. Under the provisions passed by the governor, when tuition is raised, financial aid increases, as well.

According to Fargen, this has caused some discussion in the past few weeks.

"Recently, an alert was sent out," he said. "It's time to make phone calls and get our voice in, or we're facing cutbacks there, as well, without action."

Senator Matthew Bendixen questioned Fargen and Benson about their power when it comes to problems on each campus, particularly parking at UW-River Falls.

"Every campus goes through a

state statute," Benson explained. "United Council would do research on the UW System for parking and find out who you could talk to on your campus. We don't actually go on campus and argue for you; we provide resources for you to do your job easier."

The main focus of Senate discussion Tuesday evening centered on the purchase of a Hewlett-Packard 500PS ink-jet printer for the Publications office to be used by both students and faculty on campus.

Funding for the four-year service contract of \$12,795 would be allocated from Student Senate's 501 account.

This copier would be capable of producing posters for student presentations and would be networked throughout campus. Students could use this printer at cost, while faculty and community members will be charged at profit levels to recover costs.

The Publications Office would maintain managerial control, giving back Senate all profits until Senate's initial investment was recovered.

Senator Matt Bendixen, who proposed the resolution, moved to suspend bylaws before introducing the specifics.

Bylaws were suspended by a 12-2-2 vote.

As this was a request out of the Senate reserve account, it was not discussed at Tuesday's meeting. Further information will be made available at Senate's meeting next week.

Leadership Development and Programming Board Chair Scott Garbow discussed the revision of the single event funding process.

"It gives organizations the extra push to get their stuff together," Garbow said. "LDPB is working on more expedient, informed funding."

The last meeting of Student Senate for the spring semester will be held Tuesday, May 15 at 7 p.m. in the Regents Room of the Student Center.

Congratulations to the students who received positions with the Leadership Center for the 2001-2002 Year!



Thank you
to the many
faculty, staff,
and students
responsible
for encouraging
these people
to apply!



Alyssia Abel	Jennifer Franz	Benjamin Linker	Amy Sacia
Alice Anderson	Adam Frederick	Melissa Ludack	Megan Schaefer
Elsa Arnold	Darcie Freer	Julie Lutz	Regina Schaefer
Kristy Baldocchi	Katie Frie	Abraham Mach	Martha Schlottke
Rebecca Bamber	Jillian Gese	Stephanie Mackereth	Gina Schmitz
Jed Bauer	Kyle Gettelman	Heather Madigan	Terra Schrader
Jon Beaudet	Melissa Gilles	Lindsay Mancil	Jonathan Schroeder
Lindsey Becker	Monica Graske	Jason Marks	Leah Schul
Leah Bedtka	Diane Grommesch	Josiah Mast	Terry Schwaller
Kathryn Bellefeuille	Stacey Grudnowski	Karen Mathison	Kelly Settle
Tracy Bendewald	Katie Gumm	Amanda McCabe	Andrew Shea
Adam Benson	Jessica Gustafson	Matthew McCollister	Leslie Shuler
Annalise Bents	Mindy Haas	Mayme McCorison	Chris Silver
Jessica Berg	Aron Hall	Amber McDonald	Laura Siverling
Benjamin Binversie	Jeaney Han	Philip McLaughlin	Michelle Sloniker
Amber Borchardt	Mary Handrich	Sarah McRoberts	Gina Snyder
Devon Brecke	Adam Hanson	Rachael Meinz	Jody Sommerfeld
Michael Bremmer	Hillary Hanson	Sadie Meissner	Megan Sorell
Christy Brewer	Laura Hanson	James Melby	Ben Stevens
John Broesch	Nicole Harberts	Shannon Mergen	Jennifer Sweet
Erica Bundgaard	Heidi Hargreaves	Lisa Meyer	Justin Sykora
Sarah Butler	Bryan Harmelink	Amber Miller	Nicholas Sykora
Jessica Campbell	Michelle Hau	Jenna Miller	Melissa Tacke
Kathryn Camplin	Emily Herrell	Katie Miller	Troy Talford
Jill Carlson	Courtney Hexum	Amy Mitties	Christopher Thomas
Nicole Carlson	Kacey Hilgendorf	Aaron Moore	Anthea Thomas
Bonnie Casper	Erin Hill	Christopher Morehead	Amy Tibbetts
Amanda Clemmer	Laurie Hineman	Aaron Morrow	Jennifer Tweet
Jennifer Coffey	Sarah Hoffmann	Desiray Mueller-Hinds	Rebecca Urbanski
Jeffrey Coggins	Kerrie Holmlund	Jessica Nelson	Stacy Valen
Michelle Cook	Christine Honadel	Mark Nelson	Brooke Van Asten
Erica Cordes	Sara Hoppe	Tiffany Nelson	Jennifer Verdegan
Jennifer Cullen	Frank Horvath	Andrea Odell	Aimee Vereide
Michele Curran	Jill Janikowski	Kelani O'Neil	Lindsay Wadzinski
Angela Daus	Kathleen Jents	Meghan Olson	Karen Walker
Jeremy Daus	Adam Johnson	Tricia Olson	Andrew Way
Michele Dickson	Carrie Johnson	Rebekah Oltmans	Adam Wehling
Nichole Disterhaft	Dana Jones	Carrie Paetow	David Weiby
Jennifer Dolen	Amanda Juhre	Becky Pahl	Jessica Wermuth
Theresa Doran	Tolea Kamm	Jacob Peissig	Adam Westrich
Kate Drescher	Claire Knaeble	Kristy Pensis	Ben Wiedenfeld
Kelly Dudeck	Joshua Knutson	Kathryn Perrott	Tara Wilken
Lori Dummer	Kimberly Krawczewski	Todd Peterson	Todd Willems
Darcy Eichman	Emily Krug	Jana Pfalzgraf	Jessica Wolf
Josh Eidem	Rebecca Kyles	Lisa Plekkenpol	Emily Wood
Jennifer Elliott	Jill Laber	Anna Poulter	Nou Ka Yang-Her
Lisa Ellis	Sheila LaFavor	Becky Preuss	Sara Young
Brooke Ellman	Jill Langenkamp	LeAnne Ptacek	Michelle Zander
Amanda Emerfohl	Ruby Lanoux	Dawn Puro	Cassandra Zevnik
Jennifer Erickson	Anna Larson	Selena Rasset	Kimberly Zimmerman
Cyle Erie	Amanda Lathrop	Rebecca Richter	
Joseph Fischer	Jana Lewis	Katrina Riederer	
Raedean Foote	Jillian Lindholm	Angela Roggenbuck	

Prolonged stress has severe effects on stu

Melissa Bregani
Front Page Editor

It's that time of year again. The weather is FINALLY starting to get warmer, after what seemed like months of snow. The sun is setting later; students are spending more time outside playing Frisbee with friends or catching some sun. The fast approach of spring can only mean one thing to students at the University of Wisconsin-River Falls. Stress, stress and more stress. The end of the spring semester is typically a high stress time for college students, as it's the time when final papers, projects and exams creep up. Coupled with the relatively short amount of time to complete all these tasks, it's no wonder many students report increased stress levels. Student Health Services Coordinator Alice Reilly-Myklebust said she begins to see a lot of students coming to the Health Center complaining of colds and generally not feeling well. "It seems like I tend to see more upper respiratory infections and colds," Myklebust said. "There are all kinds of physical symptoms (of stress)." Linda Vigars, a registered nurse at the River Falls Medical Clinic, said fatigue is a common complaint she hears from students. They have a general feeling of being tired, Vigars said, with a lack of energy. "A 'I don't feel like getting out of bed' attitude," she explained. Myklebust said many of these feelings can be attributed to a suppressed or weakened immune system. Because students are under so much pressure to get

projects and papers completed in a short amount of time, they're not taking proper care of themselves; this includes getting proper exercise, eating right and getting enough sleep. Sophomore Jen Freeman, an agronomy major, admits to feeling stressed with only a few weeks left in the semester. "I'm spending time getting papers done that I should've done a long time ago," Freeman said. "I've got a problem with procrastination." This recent surge of warm weather has not helped Freeman's motivation, either. "It's driving me nuts," she said. "I want to be outside instead of sitting in front of a computer or in the library." While students are aware that there may be something that's 'not right' with them physically, symptoms are often mistaken for others occurring more often, like the common cold. "I had a student come to me recently who sensed she was stressed," Vigars said. "She listed her (symptom) as a possible sinus infection. It turns out, after speaking with her about her current lifestyle, that she was suffering from depression, and not a sinus infection at all." Vigars and Myklebust agreed that physical complaints could lead to psychological problems in the future and vice-versa, if they are ignored. "Stress is inducing feelings of fatigue and lethargy," Vigars said. "Students may have real physical complaints, but they may be stress-related."

Are certain students more susceptible than others?

Myklebust said that stress is a societal and cultural phenomenon, and is not unique to UW-RF students. Some students simply possess better stress-coping skills than others, which could reflect the environment they grew up in, Myklebust said. A study at Yale University sought to discover whether certain demographic groups (males, females, athletes, non-athletes, etc.) were more prone to stress. "I often tell students there is help out there. If they're feeling overwhelmed, there are individuals that can help them manage that. It's important for them to know they're not the only one suffering."

-Alice Reilly-Myklebust, student health services coordinator

than others. Of the 145 students surveyed, 55.2 percent were female (approximately 80 students), 62.2 percent were white and only 20 percent were athletes. About two thirds of females (63.8 percent) expressed feelings of frequent stress with only 36.3 percent of males feeling frequent stress; this group was seen as high-stress. Over a third of the low-stress

group were athletes. College seniors experienced different stress levels compared to freshmen. Recording the highest number of participants in the survey, seniors reported unique types of stress as a result of their increased responsibilities and worries, especially graduation. At the time of the survey, seniors were in the middle of completing final papers or finalizing career plans. This can make a big difference in the amount of stress felt. Other students were catching up on sleep and relaxing, as it was right before Spring Break. Freeman admitted to feeling a lot less stress this year compared to last year, as a freshman. "It's gone way down," she said. "I got over the initial freshman stress pretty quick and don't try as hard." Vigars said that stark contrasts such as these can be overcome with proper lifestyle habits. "People who have good life skills-eating properly and exercising regularly-are not going to see as much stress," she said. "Students can avoid a lot of stressors if they learn early on how to combat them." Once in college, however, it does become more of a challenge, Myklebust pointed out, as students learn to cope with increased academic responsibilities and being on their own for the first time. But students need not fear, help is available on campus. Only a phone call away "I often tell students there is help out there," Myklebust said. "If they're feeling overwhelmed with classes, there are individuals that can help them man-

Exhausted? The kissing disease may have struck

Jessica Perry
Co-News Editor

Dragging yourself out of bed in the morning takes more energy than one could possibly muster. For some, taking a shower and eating lunch requires a nap both before and after in order to be successfully accomplished. Swallowing water even makes your throat feel as though needles and knives are cutting relentlessly through the flesh. These are just a few of the many pleasures of having the kissing disease, otherwise known as mononucleosis. With the end of the semester approaching and students working around the clock studying for upcoming finals and finishing up final projects, sleep is often the last thing on the never ending list of things to do. Students, however, should not ignore the symptoms if they are feeling run-down and exhausted because it could be a sign that they have contracted mono. Infectious mono is caused by the Epstein-Barr virus (EBV) in which a certain population of white blood cells increases dramatically, according to Kids Health (<http://kidshealth.org>), a website associated with the Nemours Foundation, a nonprofit organization devoted to children's health. Although most people associate mono with adolescence, it is possible to obtain the infection at any age as Tyler Durfee, now a junior at UW-River Falls, found out when he was in second grade. "I had to miss six weeks of school," Tyler said. "It hurt to even swallow things such as water, and all I wanted to do was sleep." At the college level, however, some have found that the much needed sleep to get over the sickness is hard to come by at times. RA Carrie Paetow had mono during first semester, but found that her schedule didn't allow for much extra sleep. "I just wanted to sleep, but there always seemed like there was something that I was supposed to be doing," Paetow said.

Besides fatigue and a sore throat, other common symptoms of mono include fever, enlarged of the lymph nodes, enlarged spleen, loss of appetite, weakness and sore muscles, according to Kids Health. Infectious mono can be spread by coughing, sneezing and kissing as the disease is transmitted through the saliva, according to Kids Health. The incubation period for adolescence is usually seven to 14 days. If students come down with a sickness such as mono during the school year and are unable to attend classes they need to speak with the faculty member in charge of the courses they are missing, said Roger Ballou, dean of students. "If a student cannot attend class for any reason, they can only be formally excused by the faculty member in charge of the class," said Ballou. "The Dean of Students Office will send absence notifications to faculty for students at the student's request, but this is 'information only' and not an excuse." Once someone has had mono, it is very unlikely to get the infection again, according to Medicine Net (<http://www.medicinenet.com>),

however the fatigue associated with an episode of mono could last for months. Medinenet.com's health and medical information is written, reviewed and/or edited by one or more board-certified physicians, as stated in the "about us" section of the website. Since current lab tests for the disease detect the antibodies in the blood which are directed against the virus, patients are sometimes diagnosed with mono more than once because the antibodies can remain in the blood for a lifetime, according to Medicine Net. There is no medical cure for Mononucleosis, but suggestions for recovery and comfort during the duration of the disease include bed rest, gargling with salt water and taking an analgesic which should help to relieve the sore throat, according to Kids Health.

"I had to miss six weeks of school. It hurt to even swallow things such as water and all I wanted to do was sleep."

-Junior Tyler Durfee

Signs the semester is coming to a close



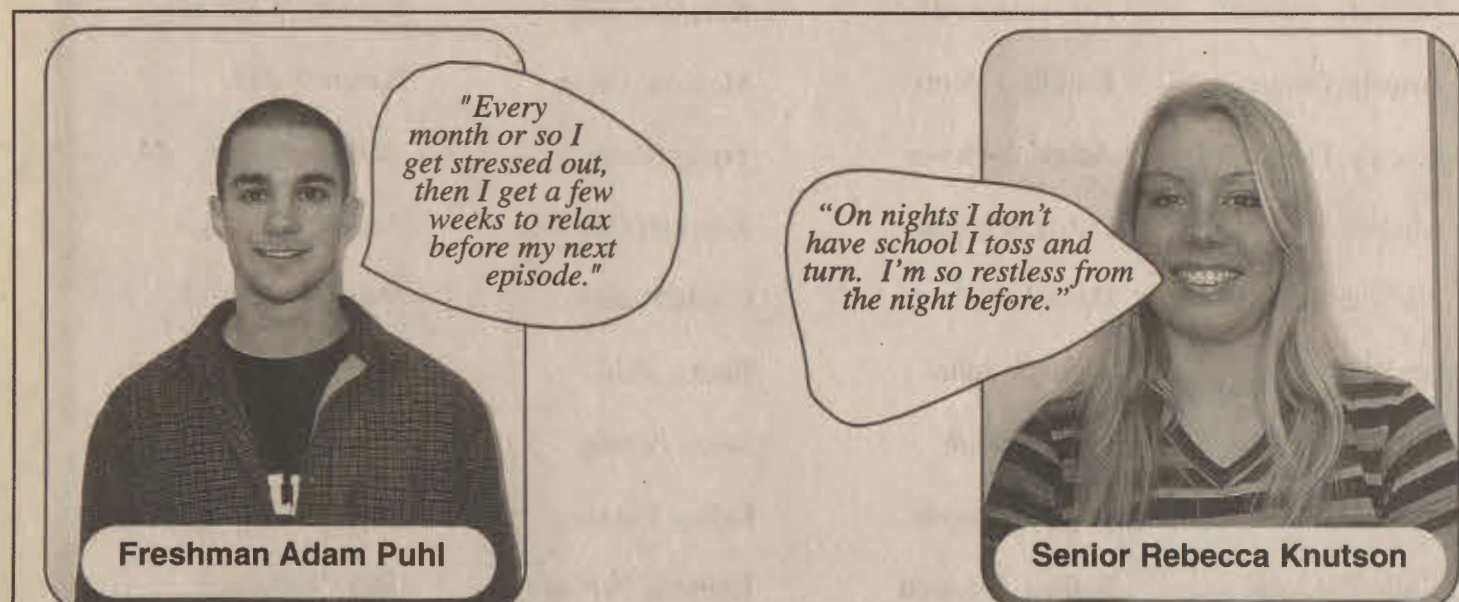
Cartoon by Jamison Penny / The Student Voice

Stress through the semester: A freshman and a senior

Melissa Bregani
Front Page Editor

Imagine carrying a full course load, working 20-25 hours a week and commuting almost two hours to classes. This is what senior Rebecca Knutson, a double major in psychology and business, deals with every day. Knutson said that Thursday is usually her busiest day. "On Thursday I get up at 6:30 a.m. to drive one and a half hours to school," Knutson said. "I have classes until 3:15 p.m. and I have to rush off to work by 4 p.m. I work until about 11 p.m. or midnight, then I still have to go home and TRY to do homework." It is usually on Thursday nights that Knutson falls into a restless sleep. "I feel very tired," she said. "Sometimes my eyes flutter back and forth in classes as I try not to fall asleep." If this sounds familiar, it's not surprising this time of year. Knutson, like others, is experiencing intense stress. Upon coming home from work at night, Knutson said she feels stressed while trying to complete homework she was unable to do during the day. This forces her to compensate in other ways. "It's already midnight and I still need to get homework done," she said. "It becomes a choice between sleep and getting my homework done; it's a tough decision." Now that the end of the semester is near, Knutson has noticed a dramatic increase in her stress level, mainly as a result of all the papers,

projects and exams that seem to go hand in hand with this already difficult time for students. Along with the regular homework she's doing all semester, Knutson also has to complete a number of end-of-the-semester papers, including a few requiring library research. While she tries as best she can to get it done, Knutson said it's starting to wear on her. "Now I'm starting to reach burnout," she said. "I don't think I'm trying as hard as I did at the beginning of the semester. I've seen a few test scores go down, but overall, my grades are good." Time is money Like other college students, Knutson spends a great deal of time at her part time job waiting at Applebee's in Maplewood. While she enjoys the social aspect of her job, Knutson's hectic class schedule has caused her some problems there, as well. "With work, I'm not making as much money as I used to," she said. "For example, if someone needed to switch sections, I used to be able to try to get out of it and am missing out on extra \$20." When she is working, she's discovered more stressful dealing with crabby, agitated customers, particularly while working eight-hour shifts and sometimes a double shift (as many as 12 hours) on Saturday or Sunday. By the weekend, she's getting really tired and wants to be anywhere but work. "All I want to do is go home and sleep," she said. "I can't," Knutson said. "I also do a lot of physical activity, like carrying heavy trays, and that makes it worse."



Freshman Adam Puhl

Senior Rebecca Knutson

Jessica Perry
Co-News Editor

Stress is a word that freshman Adam Puhl is very familiar with. In his second semester of college at UW-River Falls, Puhl has tackled the tough task of balancing 19.5 credits, cross-country running, track club and friends. On a normal day, Puhl is up by 8:45 a.m. and off to five hours of classes which includes: Physics, Spanish, Statistics, Calculus II and English. He grabs a quick lunch usually consisting of something simple, such as a power bar or soup, and then its off to workout. Puhl usually ends up running, biking or lifting from 4 p.m. to 7 p.m. Then it's time to start a few hours of studying, chilling in front of the TV, playing video games and hanging out with friends. Despite his busy schedule, Puhl manages to get between six and eight hours of sleep most nights. Finding the balance amongst everything has not exactly been easy, but Puhl believes that it is definitely a necessity. "If you don't balance the things in your life and find out what is truly important

and what you need to get done as opposed to what you want to do, you will never make it through college successfully," Puhl said. As the semester has progressed, Puhl has noticed a pattern develop with his stress levels. "I think I have PMS or something because it (stress) is a little cycle," Puhl said. "Every month or so I get stressed out, then I get a few weeks to relax before my next episode." Looking back, however, Puhl would not change his schedule, as he needed all the classes he was taking in hopes of finishing his major in four years. "I'm going to wind up being here four years no matter what," Puhl said. "So what the hell, everyone goes home on weekends, I might as well do homework." Puhl has developed ways to deal with his stress before it gets too out-of-hand. Some of these things include throwing things around his dorm room, running, watching TV, yelling at video games, talking to friends and listening to loud music. He understands, however, that there just isn't time for everything. "I've had to ditch out on track club a lot

of times in order to study, sleep, or just relax," Puhl said. Puhl admits that one of his downfalls when he is under stress is that he tends to think too much about things. "When I get stressed I tend to pick apart my life and my relationship with my girlfriend, Tracy," Puhl said. "I just make a mess of the whole situation and then only get more stressed out and depressed after that." Puhl also realizes when he is getting stressed out by the changes in his mood and actions. "I'm usually more serious and I am a lot crabbiest," Puhl said. "I also don't talk as much, I lie and I eat more when I'm stressed out." Although Puhl's friends have never commented on his mood to his face that Puhl can remember, he admits they possibly do it behind his back. Puhl has made plans to celebrate the end of the semester, which also means the end of his heavy class load. "I'm going to drink myself into a stupor to where I can't even talk anymore, let alone move," Puhl said. "At least that's what I'd do if I was 21."

"On nights I don't have school I toss and turn. I'm so restless from the night before."

ents

important for them to know that they're suffering; it's a common problem." It was extremely important for students to have a support system of friends and family to turn to if they're feeling stressed. The counseling system can encourage students and get them through their problems. Counselors are available for UW-RF students. Gretchen Link and Mark Johnson are all students get back on track after a painful period. Nothing but praise for the counseling services and encouraged students to use it. Link said, "you should seek out the services. Any time a physical ailment goes on for two weeks, you should see someone."

Consequences of long-term stress
Treatment for physical symptoms that last several weeks can have a detrimental effect on health and well being. "Stress is a part in almost all chronic illnesses," Link said, "including heart disease and diabetes." "Stress is not good for the body," she said. "It's important to learn coping skills; there are definitely impacts on physical and mental health. We do not find ways to relieve stress."

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DEPRESSION



gh the years
or share their stories

Knutson is also involved in a volleyball team at nights, and has noticed that while her team members get together after games, she has to go home and start on more homework. "I've found that it dampens my social life," she said.

Keeping sane amid insanity

Despite her organized personality, Knutson said it's extremely hard to balance her busy schedule. "My philosophy is that I try to do as much as I can," she said. "I can't do all the readings in each class, but I try to balance them out. When I run out of time, I just say 'Oh well, I'm doing the best I can.'" On average, Knutson gets six hours of sleep each night, which is bad for her; however, on nights she has both school and work, it's all she can do. "When she does get the chance to go to bed early, she's found it's difficult to get to sleep because of all the things on her mind." On nights I don't have school, I toss and turn," she said. "I'm so restless from the night before. Sometimes after being at work for a while, I get clumsy, crabby and drowsy. In class, I can't concentrate as much as I'd like." This behavior causes Knutson to snap at just about anyone, including co-workers and family members who have noticed her increased irritability over the past couple months. "My mom said to me one day 'You know, for the past week you've been really crabby,'" Knutson said. "A friend even asked me if everything was OK." To help relieve stress, Knutson takes bubble baths and socializes with friends. She also tries

Just let me sleep!



Molly Montag / The



Scott Wente / The Student Voice

Towards the end of the year sleep is often sacrificed in the rush to get tasks completed before the semester comes to a close. Busy schedules have forced students on campus to catch a few moments of sleep wherever and whenever they can.

End-of-semester blues may lead to depression

Melissa Bregani
Front Page Editor

Wake up, shower, go to class, do countless hours of homework, go to bed, wake up and repeat.

If this sounds like a typical day for you, you're not alone. Almost every UW-River Falls student is feeling the effects of stress with a few weeks left in the semester. While this is normal, and expected, prolonged periods of stress and feelings of sadness, are not.

Students who feel sad or have a general case of the 'blahs' may be suffering from depression.

According to Psychology Information Online (www.psychologyinfo.com), over 17 million American adults experience a period of clinical depression at least once in their lives.

Depression can interfere with normal functioning and cause problems with work, social and family adjustment. Dan Ficek, a personal counselor at UW-RF, explained that there are a lot of signs associated with depression.

"Depression is typically a mood change from the way a person normally is," Ficek said. "There are a number of behavioral and physiological changes."

Some of these changes include lack of personal hygiene and withdrawing from behaviors a student would normally engage in, including going to class and going out with friends.

Often, students also complain of not feeling well; Ficek referred to this as a psychophysical element.

Is there one group of individuals more likely to slip into a depressed state?

According to Ficek, each individual is different. "One's susceptibility towards depression is based on a person's ability to handle stress," Ficek said. "For example, if someone has had a lot of people close to them die early on in life, they're able to handle death better. It's the same with depression."

He went on to say that most people do not realize when they've crossed over a line from normal sadness to unhealthy depression. "There is a blurred state between when you are stressed, when

you are depressed, and when you are suicidal," Ficek said. "The line is so fuzzy; it's like getting lost in the woods-you know you're lost, but you don't know for how long."

Ficek said college seniors and women were two groups who are at a higher risk for depression, based on their positions in life and how they react to problems.

"Seniors, who are unsure about their future, particularly with graduation, are leaving a safe haven," he said. "(As a senior) you're not sure what faces you, but you're hopeful that things will turn out OK."

Women are less likely to seek mental health treatment, he said. Instead, they are more likely to complain about simply not feeling well.

"There is a blurred state between when you are stressed, when you are depressed, and when you are suicidal."

-Personal counselor, Dan Ficek

According to Psychology Information Online, men may be socially conditioned to deny such feelings or to bury them. Men also have a greater tendency to "act out" when they are under stress. This results in higher rates of alcoholism in men, and higher rates of physical violence.

Much of the denial and acting out, according to Ficek, comes from an individual's feelings on how they should handle problems that occur in their every day lives.

"Most people feel we should handle our own problems," he said. "We often let it (the problem) go until someone points it out or a significant event happens that makes us more aware of it."

Abuse and victimization of women also has an impact on their likelihood of becoming depressed.

"Girls who have been abused or raped may become more promiscuous," Ficek said. "They may also find themselves cry-

UW-RF 'MASH's
out stress

Jessica Perry
Co-News Editor

The notion that war is hell and so are finals inspired the now annual event of MASH at UW-River Falls.

This year's MASH will be held May 21, the first day of finals, from 10 a.m. to 2 p.m. in army tents which will be located on the mall in front of the student center.

"MASH will offer prizes, refreshments, live entertainment, games and many other activities in order to help students relax during a very stressful point in the year," said Sally Berkholder of Career Resources.

The event began last year when the staff of Career Resources began to notice an increase in the number of students coming in during the end of the semester around finals time.

"Students that came in were suffering not only from

personal problems, but fatigue, migraines and stomach problems due to stress," said Berkholder. "The idea of MASH is to provide an area of rest and relaxation

be providing rootbeer and ice cream refreshments.

The River Falls National Guard, another corporate sponsor of the event, will provide the tents for the activities.

"Back by popular demand will also be the dog tag machine," said Berkholder. "The Hastings Barber School will also be providing free buzz cuts."

Over the noon hours, Carrie Nelson will be the MC for "On the Road To Finals", which will be a variety of local talent taking the stage.

"It promises to be a fun and stress-reducing event," said Alice Reilly-Myklebust, coordinator of Student Health Services.

MASH is being put on by the Academic Success Center, Leadership Center, The Personal and Professional Development Center at UW-RF. The Army Reserve Unit of Ellsworth is also a corporate sponsor.



for students during finals."

The day promises not only continuous reruns of old MASH episodes with free massages, but also games such as stretcher races, splint relays and bedpan chipping. Tables will be set up for students to sit around and talk and/or play card games.

Prizes will be given out throughout the day including army sleeping bags, tents, fatigues, mess kits and military clothing from the Army Surplus Store in Minneapolis, said Berkholder.

UPS, one of the corporate sponsors for the event, will

ing more often and won't know why."

Consequences of depression

If an individual finds that feelings of sadness and general apathy last for an unusually long amount of time, particularly after the stressful period in their lives is over, they should seek professional attention.

Long-term depression can have serious consequences, including suicide.

The National Institute of Mental Illness lists some common signs of suicide as no hope for the future, drug or alcohol abuse, loss of religious faith and agitation or restlessness.

The counseling process

Ficek explained the process that takes place when students make appointments with counselors.

"First, there is a diagnostic assessment, in which an initial interview takes place," he said. "The interview is designed to discover symptoms and complaints individuals may have. A personality test is then given to see what the complaints are and the level they've reached."

This is important, according to Ficek. A number of times, counselors will discover that things which seem to be a major crisis in students' minds turn out to be relatively minor.

It's for this reason that talking to a counselor or anyone you could tell of your troubles is a great advantage to students this time of year.

Overcoming the blues

While it may seem that the blues may never get better, Ficek assured students that a number of steps can be taken to bring smiles back to their faces.

A major weapon against depression is exercise.

"Recent research has shown that regular intense exercise has the same effect as many medications," he said.

Along with exercise, students find that they get tired a lot easier because their sleep patterns become much more regular. For stressed students, falling asleep is more difficult because of all the things on their mind. When the stress fades, sleep comes sooner.

How do you plan to handle stress during finals?



"Drinking lots of beer."
-Amanda Schwaka, senior



"Drinking heavily."
-Krister Mattson, senior



"Pretty much what I'm doing now, preparing ahead of time."
-Dan Funk, grad student



"Studying and trying to pace things out."
-Lisa Moen, sophomore