

the pointer

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Adderall: Study Aid or Risky Recreation?

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As finals week rapidly approaches, students are beginning to scramble in preparation for exams and papers, looking for anything that can offer assistance in completing the last days of the semester. One of the aids that some students turn to is Adderall.

Due to the nature of this subject, the sources that were willing to talk about using Adderall wished to remain anonymous. Both anonymous sources quoted in this article are students of the University of Wisconsin-Stevens Point.

"It is the most over prescribed drug there is. Some people use to get high," said Gregor Metys, who works as a registered nurse. "Honestly, there's not much of a health risk, but it can be addictive," Metys said. "It is made of amphetamine and dextroamphetamine. Both work on the central nervous system. They are stimulants. The problem is if you mix it with other things too. If you mix a stimulant with alcohol, it is really bad for your heart."

For a person who has attention deficit disorder or attention deficit-hyperactivity disorder, the drug will help with focus and the ability to stay on task. When prescribed by a doctor, it can be very helpful and even necessary. One UWSP student talked about why he uses Adderall and the positive and negative effects it has.

"Well, I use it all the time since it's prescribed to me. I don't take more of it during finals," this student said. "It helps increase concentration and academic stamina. I can study for longer and have better retention of the information. As far as negative side-effects go, there haven't been too many for me, although if it's taken too late in the day you can have trouble sleeping. Another issue is that you can get a little bit of state-dependent memory type issues where information learned when not on the drug is not as easily recalled."

Taken under the wrong circumstances, though, the drug can work against someone trying to study.

"Years ago, I had tried it recreationally. It did not help me study at all. It only made me more hyper and less attentive. Maybe because I don't have ADD or ADHD. I couldn't focus at all," said another UWSP student.

There are ramifications beyond just the body's physical reactions, though. Anyone who is caught with Adderall without a prescription is at serious risk for legal consequences.

"Being caught holding Adderall is a felony with a minimum penalty of one year in jail. But it's not just Adderall. It's any prescription drug a person is holding without a prescription," said Sergeant Dan Wheeler of the Stevens Point Police Department. "The penalty goes up exponentially if you are caught dealing it. Then you are looking at three to five years."

PROTECTIVE SERVICES REPORT

December 8th

10:08 p.m. - A highly intoxicated individual was picked up in an ambulance and taken to the hospital with a BAC of 0.301%, the second BAC at the hospital revealed a BAC of 0.256%.

9:45 a.m. - Male caller reported getting text messages from his student daughter stating that she had been beaten.

3:30 a.m. - A caller reported two individuals jumping on top of cars in Lot Q.

2:34 a.m. - Two individuals were spotted climbing the fence by parking lot P and ran from officers when approached.

12:08 a.m. - Officers approached three individuals near the Suites for suspicious activity.

December 7th

7:36 p.m. - An individual called complaining about someone who had parked in his spot and requested an officer come and ticket the vehicle.

5:43 p.m. - A professor called to report a missing \$200.

5:35 p.m. - Caller reported that their jacket had been stolen from the HEC.

1:01 p.m. - Male student called to report that he lost his Point Card and that someone had used it at Debot after it had gone missing.

2:44 a.m. - Officers reported in that they were with a female individual outside of the NFAC who they found lying on the ground.

2:12 a.m. - Officers came upon a student who stated that she was lost, officers escorted her back to her residence hall.

December 6th

4:46 p.m. - The staff of Smith Hall called to say they smelled drugs coming from a room. Officers went to investigate and knocked on the door but made no contact.

4:16 a.m. - St. Michaels Hospital emergency room called PS and requested transport home for several students who live on campus. PS responded that they were unable to do so based on the reasons why the students had been admitted.

December 5th

7:26 p.m. - Maintenance called and reported a car alarm was going off in Lot S/J and that they had checked it out but no one was around. A previous call had also reported similar issues.

THE POINTER

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Apocalypse Maybe?

JUSTIN SULLIVAN

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Next week on December 21 the much discussed prediction of a Mayan apocalypse will be put to the test.

The prophetic and somewhat mysterious nature of the prediction has captured the imaginations of many, including those in Hollywood. Movies such as the aptly titled "2012" and "Melancholia" have played off the public's interest and fear of an apocalypse. Both films incorporate popular theories as to what type of disasters may occur such as solar flares in "2012" and the concept of a rogue planet on a collision course with Earth in "Melancholia."

The 2012 phenomenon is said to be the end-date of the 13th "b'ak'tun," or set of 5,125 years. The "Popol Vuh,"

a compilation of Mayan creation stories, outlines how gods created three failed worlds before the current and successful one in which humanity was placed, all of which ended in the same thirteen "b'ak'tun" cycle.

Cody Klimmer, a senior communication major, said that he was stocking up on food and other supplies in case the Mayan prediction proves to be true.

"Of course I do believe something will happen on December 21. We were told the rapture was going to happen, and it didn't. We were told Y2K was going to happen, and it didn't. We were told the Russians were going to nuke us, and they didn't. All of these things were wrong, and I just have a gut feeling this one is going to be true. Fourth time's the charm, and you just got to trust your gut," Klimmer said.

Senior international studies major Brittany Waite had a different take on the predictions and said that they could be accurate for the Mayans but that with Western thinking could come misunderstanding.

"I don't think the world is going to end on the 21st. I don't think anything will happen on the 21st besides people taking advantage of the Mayans' prediction, such as doing things to scare the shit out of people. So it will probably be a scary day—not in the sense of the destruction of the world but rather April Fool's style," Waite said.

Sophomore business administration major Michael Pagni had a similar opinion. Pagni said that if something catastrophic were to happen, there would already be clear signs of the impending event.

"I do not think the world is going

to end next week. I don't remember what it was called, but there was a comet or something along those lines that was supposed to crash into the Earth. And then the zombie apocalypse. It's just never going to happen," Pagni said.

Although most of the speculation can be summed up as harmless rumors and barroom banter, the United States government has recently felt the need to assuage the fears of concerned citizens. According to a December 3 blog post on USA.gov, "The world will not end on Dec. 21, 2012, or any day in 2012." The same post mentions that NASA has "received thousands of letters concerned about the end of the world."

If we are able to ask the question come Dec. 22, what will be the next date humanity becomes afraid of?

Neenah Paper Recognizes Design Student

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Using a specific paper product from Neenah Paper, UW - Stevens Point design student Jon King is being featured by the company for his work on a paper promotion project at the America Institute of Graphic Arts (AIGA) Design Camp.

While at design camp, a representative of Neenah Paper took notice of the project King was working on, which used the Sundance paper line that the company produces. King created a poetry book featuring poems by Sylvia Plath and Edgar Allan Poe, as well as photographs he took of his sister, who modeled for the project.

"I chose a certain line of paper and had to accent the qualities of that product," King said. "So I took photos and really wanted to show the grain of the paper and how well photos are printed on that specific line of paper."

Photographs within the book feature a human subject that is then textured over images of the outdoors. Each of the poems and paragraphs are paired together to emphasize a specific quality of the paper that King used.

Neenah Paper met with King at the AIGA design camp. They were looking to feature student work on their company website. King explained that the experience is something students do not often get to do.

"They are my favorite paper company. The paper is spectacular.

They have a really good product that I enjoy using," King said. "I haven't gotten to work with a team like this before because as a designer it doesn't happen very often."

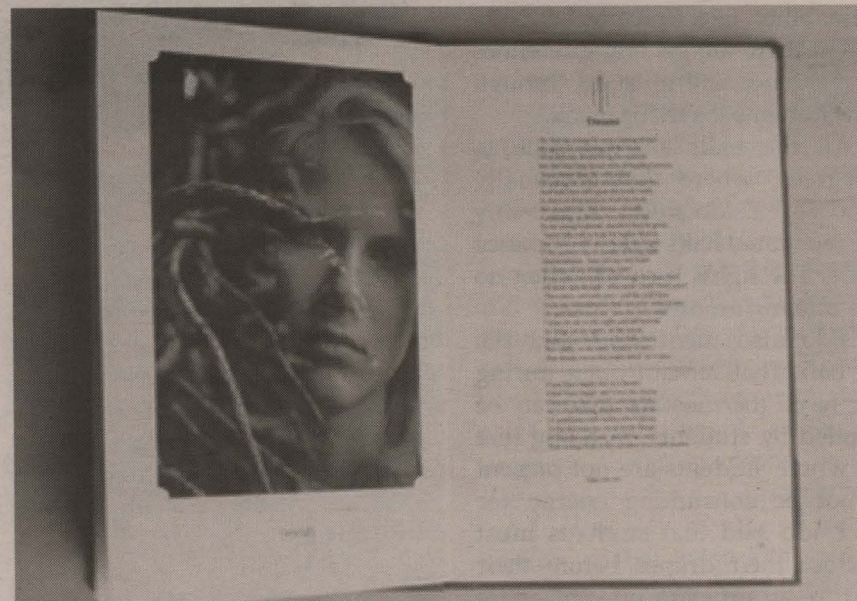
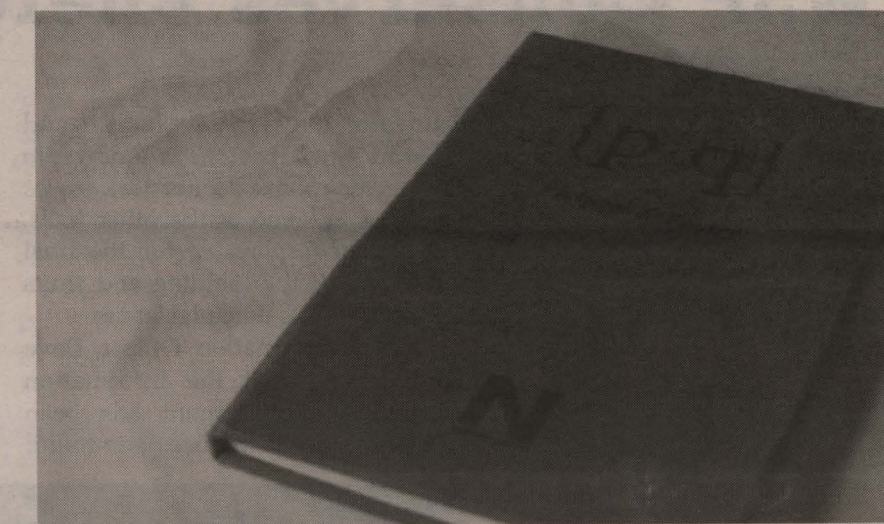
King produced the entire project himself. He designed it, produced the insides and bound every part of the project. His goal is to stay in contact with Neenah Paper, and he is interested in working with the company again in the future.

"Neenah featured me on their blog, but it's something more than just a blog post to me. It's publicity," King said. "There are people from Italy and from different places around the country that are looking at and commenting on my work online. I'm making connections and a possible client base. It's like getting published."

King went on to explain that the world of design is splitting and changing. The split is between print and web design. As a design student, he is interested in focusing on design used in the publishing industry and using design as a means to brand a product to make it more recognizable.

As a freelance designer, King has designed personal journals, creative books on different topics and, of course, his most recent work for Neenah Paper. In the future, King hopes to write his own poetry and design another book in the same fashion to add to his portfolio and personal collection.

"Through this experience, I think I've really showed off my skills as a print designer," King said. "I took



Photos courtesy of Jon King

Stevens Point graphic designer, Jon King, is recognized by Neenah Paper for his work.

something that was bare bones and nothing to something complete. It's something that can be picked up and

enjoyed multiple times, and that's rewarding for a designer to see."

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Finals Frenzy

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Finals and the stress of the end of the semester are upon students. Between countless hours of studying and finishing projects, UW - Stevens Point is offering a number of programs around the campus to help students prepare for a week of final exams.

UWSP's University Dining Services (UDS) and the library are hosting events in an effort to help students relieve some stress and give them a break from studying during the first few days of finals week.

Since December of 2009, UDS has organized a string of events called Finals Frenzy. Chocolate Madness is the most popular of the events

and has seen up to 800-1000 students attend. UDS Director, Mark Hayes, is one of the organizers of the event.

"The UDS management team came up with the idea to create a new event to replace the pancake meal that had been served by previous food contractors," Hayes said. "UDS wanted a completely new event and one more exciting. The idea for chocolate came out of conversations with students and staff."

Chocolate Madness features a variety of food that students dip in chocolate. Hayes said that the food being used for the chocolate is a surprise, but students can expect to see a lot of chocolate for consumption. At the end of Chocolate Madness, students may use the venue as a study place.

"Finals Frenzy denotes that Upper Debot stays open late to create a centralized study hall for students," Hayes said. "Snacks and beverages are made available to all students free of charge, and we want the students to have fun and have a little break from studying."

The University Library is also partaking in the frenzy of finals by hosting the "Exam Cram." Monday, December 17 from 7 p.m. to 12 a.m., the library is offering students to stop for free coffee and cookies. Circulation and Outreach Librarian, Andy Pech, also said there will be more than coffee and cookies.

"There will be the free coffee and cookies, but as advertised, students may get help from the librarians and TLC tutors with any last-minute proj-

ects and papers," Pech said.

Residential Living also supports the events of Final Frenzy. To help students be successful during finals week, Joe Totman, Residential Living Director, explains that programs and a set of policies are put in place to ensure it. He also looks forward to Chocolate Madness.

"This is a wonderful event that helps us celebrate a great semester with our students," Totman said. "The response has usually been very positive. A lot depends on who is around Sunday night. Those that do show up always express gratitude for the study break and snacks."

Residential Living will distribute tickets for the event, which will be in Upper Debot on Sunday, December 16 from 9 to 11 p.m.

UWSP Conserves Energy during Break

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With winter break right around the corner, UW - Stevens Point is making arrangements to conserve energy during the absence of about 3,500 students.

During the holiday season all of the residence halls—except the Suites@201, Pray-Sims and Baldwin Halls—lay empty. Assistant Director for Building Services through Residential Living and member of the Sustainability Task Force Mike Zsido said that there are general guidelines each residence hall must go through before students leave for break.

"All the halls are set back to 60 degrees, where they're usually around 68," Zsido said. "Also many of the renovated halls have occupancy sensors. The lights turn off when no one is moving around."

Zsido also mentioned that the three halls that remain open during break have thermostats that can be controlled by students, meaning that areas where students are not present will not be consuming energy for heat. Zsido said that students must also close their drapes before their departure, in order to prevent a loss of heat that would trip the thermostat. Residence Hall Director of Baldwin Adam Neveau had more information about the checkout requirements.

"In all the halls we ask students to unplug all electronics in their rooms," Neveau said. "It's part of the departure checklist that is posted to residents' doors at the end of the semester, like closing the curtains."

Baldwin Hall is one of the

renovated residence halls, and Neveau says that the windows in the newer rooms do not leak air as badly as in some of the other halls. He is also responsible for the final shutdown of the building and shuts off all the lights when he leaves.

Chief Information Officer Dave Dumke said that the Information Technology Department has been working hard to reduce year-round

energy consumption. The data centers on campus are virtualizing servers in order to reduce electrical use. This server consolidation has reduced the number of servers (originally 200) by about half according to Scott Trzebiatowski, Net 7 infrastructure technical support specialist.

"By virtualizing these servers we can have far more storage space with the same amount of voltage,"

Trzebiatowski said. "As far as consumption during winter break is concerned, we at least try to have the computers go to sleep."

The computers must remain on in order to install software updates, Trzebiatowski said. Dumke said that when students are absent during break there is an expected decline in electrical usage.



Photo by Samantha Feld

University of Wisconsin - Stevens Point cleans up after weekend snowstorm.

Women's Basketball Fights Adversity

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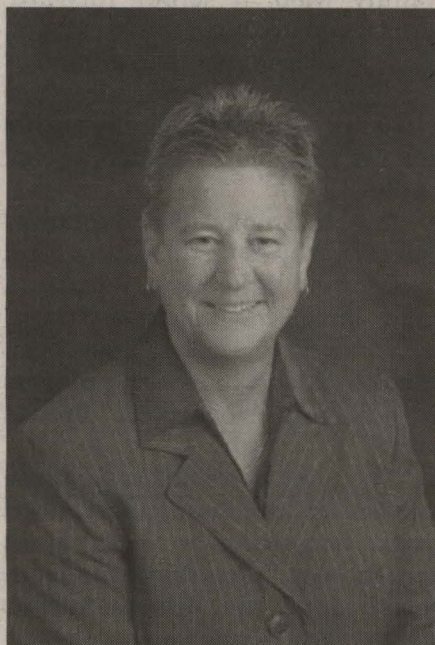


Photo courtesy of sports information
Head Coach Shirley Egner

After losing their previous two games of the season, the University of Wisconsin-Stevens Point women's basketball team has rallied, winning two games in a row.

The Pointers, now 5-3 and 1-2

in the Wisconsin Intercollegiate Athletic Conference (WIAC), played through some sad news the past week. Shirley Egner, head coach of the Pointers, lost her brother in a battle with cancer.

"Emotionally we were up and down, and I think after the Superior loss, our kids have worked hard at practice, and we've come out and competed in our last two games," Egner said.

"I think those losses were a slap in the face for us, which is great because now we can put it together and improve," Egner said.

The Superior loss was the Pointers' low point. Egner said the team didn't execute well across the board.

"We didn't shoot the ball well, and we didn't defend well," Egner said. "The bottom line was they just outplayed us."

The two wins were huge for the Pointers to forget about the struggles of the season so far and get back on a winning track, as well as regain some sense of normalcy.

"I think we're finding our way,

both emotionally and physically," Egner said.

However, just as Stevens Point is getting comfortable, the season is becoming an uphill battle as the Pointers prepare to face Illinois

"I think those losses were a slap in the face for us, which is great because now we can put it together and improve"
- Head Coach Shirley Egner

Wesleyan.

"They're a very good basketball team," Egner said.

Egner explained the Titans as a fast-paced team that plays full court pressure and has an offense that relies heavily on turnovers. Unfortunately, the main weakness of this Pointers team is its problems with turnovers.

The Pointers have averaged more than 19 turnovers per game so far this season, so taking care of the ball is a major priority.

"We definitely want to take care of the basketball against them," Egner said.

The team also has to step up its defensive intensity, according to Egner.

"We're going to have to be able to handle the pressure, and we have to defend," Egner said. "We just can't give up 70-75 points a game and expect to win."

There are still some advantages on the Pointers side, according to Egner.

"Playing at home will help us a lot, and I think we're a deeper team than they are,"

Egner said.

Even with a few blemishes on the season, Egner still believes, without a doubt, that this team still deserves the twelfth spot in Division III women's hoops.

"If we can have four or five kids that are able to score for us and able to defend for us, we are a very good team," Egner said.

"Our record might not show it, but we're a very good basketball team, and I think we're going to be even better come January and February when we get a consistent rotation and go through the grueling WIAC schedule."

The Pointers play Illinois Wesleyan this Saturday. The tip-off is at 4:00 p.m. in the Berg Gym.

A Farewell To Sports

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The world is scheduled to end in nine days. If that happens, there is a strong chance that the institution of sports will end as well.

We have had some good times. A few laughs, a few cries, and a few moments when we just sat in awe. But, like a trip to Chuck E. Cheese or a conjugal visit, all good things must come to an end, and sports, too, will be just a series of grand memories that we look back on and smile.

For the time we have remaining, I would like to recollect a few moments that I was fortunate enough to live through and see woven into the fabric of our history. These are some of the things that stick out the most.

The greatest sports memory I have, as a fan, happened on December 22, 2003. Brett Favre was already a hero, but, after the game he played on Monday night in Oakland following the passing of his father, he became

a legend.

This was the greatest performance by a single player I have ever seen, regardless of sport. Favre threw for 399 yards and four touchdowns. Quarterbacks have had statistically better games. Favre has done so himself. But considering the circumstances, no quarterback has performed better in one game in my mind.

It wasn't just Favre. The entire team was inspired that night. The receivers made catches you'd be hard-pressed to replicate. Anything Favre threw, they caught. Even Raiders fans, arguably the most domineering in football, respected Favre for playing under duress and marveled at the result.

Another great memory I have is of the Malice at the Palace of Auburn Hills. I was supposed to be sleeping, but the Detroit Pistons and the Indiana Pacers were playing a game, so I thought I'd finish watching. I'm glad I did. A hard foul on Detroit's Ben Wallace by Indiana's Ron Artest, currently known as Meta World Peace, turned into a shoving match,

which turned into a bench-clearing skirmish.

One misguided fan and a thrown cup later, a nearly defused incident turned into the most infamous brawl in NBA history. Spectators and players throwing punches; referees retreating from the court; beer and popcorn and insults hurled at members of the Pacers as they exited the floor. The game was ended with less than a minute to play, and Indiana was awarded the victory.

Ron Artest was suspended for the remainder of the season, and a handful of other Pacers received suspensions. As unfortunate an incident the NBA has ever seen during a game, but it was pretty awesome to watch.

The final memory I'll share was something that happened to me. The summer after I graduated high school, I was pitching in the second game of a Legion baseball doubleheader. It was the bottom of the 4th inning, and I threw a pitch right down the pipe, and the kid hit a chopper back up the middle. The ball bounced once in front of the pitcher's mound, then hit

me where my cup would have been, had I been wearing one.

Dazed, I took a few seconds to gather my thoughts and my manhood. As I dropped to one knee, I retrieved the ball that lay at my feet and tossed it daintily to first base. Then I sat on the ground holding myself and breathing heavily while the other team... my teammates... my father who was coaching... the umpires... and everyone in attendance laughed at my misfortune.

I went on to throw all eight innings of that game and secure the win. I may have cried on the way home; that part is hazy.

We all have great memories of sports from our playing days and our days in the stands. Some are good, some are bad, and some just hurt. But the important thing is they're there for the recollecting. Even when we're old and resigned to a rocking chair instead of a dugout, we'll have things to look back on and smile.

Oh wait. Nine days, I forgot.

Men's Hockey Heating up the Ice

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It may be early in the season, but after starting the season with a lackluster 3-4-0 record, the University of Wisconsin-Stevens Point men's hockey team has found their groove.

The Pointers now hold a record of 7-5-1. UWSP has been a tough team to beat at home as well, posting a respectable 4-1-1 record at K.B. Willett Arena so far this season.

"So far, the year has been up and down. We have to strive for consistency night in, night out," said Head Coach Chris Brooks. "Our schedule has been pretty difficult, as we have played top fifteen-ranked teams in seven of our first ten games."

Stevens Point's greatest accomplishment of the young season has to be their 4-3 overtime victory over the University of Wisconsin-Eau Claire, currently the fifth-ranked hockey team in Division III.



Photo by Jack McLaughlin

Andrew Kolb scores the winning goal in overtime.

"It was a big win for our team. We made a few adjustments after Friday's game, and we executed them on Saturday night," Brooks

said. "I thought we went into their building and played with an edge."

The Pointers followed up their impressive showing in Eau Claire with an 8-0 blowout and 4-3 overtime wins against the University of Wisconsin-Stout, now the eleventh-ranked team in Division III.

"The season started off a little slow, but the past couple of weeks the team has been playing a lot better," said Kyle Heck, a junior forward for the Pointers.

Last season, Heck was the leading scorer by a large margin. This season is a different story, as UWSP has a more spread-out scoring output.

"For me, personally, I haven't done as well so far compared to last year, but I feel good, and the team is starting to get on a roll. As long as we win, that is all that

matters," Heck said.

The Pointers have six players with at least three goals and nine players with five points or more. Leading the team in scoring is Johnny Meo, a senior forward, with seven goals on the season, and a .412 shot accuracy percentage.

"I think one of our strongest assets of our team lately is all playing together as a team," Heck said.

Coach Brooks also explained that the team's goaltending, and some of the new talent, has had a solid start to the season.

"Our goaltending has been very good, and our young players are adjusting as expected," Brooks said.

The Pointers still have some aspects of the game that need work, according to both Heck and Brooks. "One thing the team hasn't done the best at is our power play," Heck said.

"To be honest, I thought our power play would be a lot more efficient at this point," Brooks said.

At this point in the season, the team has had its ups and downs. They have had a lot of positives and some big things to work on, but Coach Brooks still believes this team can be better.

"I don't think our team has played up to their expectation. We are still growing as a group," Brooks said. "We have to learn to trust each other within the system and bring a contagious energy to the rink every day."

If this team can improve in the right areas, how good could they potentially be? Heck thinks they could contend with the best.

"This year's team can be the best team in the country. We just have to play as a team and work hard. If we do this, we will be able to achieve our team goals and have a great season."

COMING SOON



UWSP Boxing Club left to right: Diamond Campbell, Shaquese Jones, Brett Thompson, and Nigel Golden

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Walking in a Cookie Wonderland

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The holidays are great for a lot of reasons. You get to hang out with your family, you give and receive gifts, and there's snow (hopefully) to play in. But let's face it. The best thing about the holidays is that it is socially acceptable to eat everything in sight. Cookies are the best part of this holiday smorgasbord.

Cookies are great because there are infinite kinds, so you never get sick of them. They also make fantastic, heart-warming (and cheap) gifts for all of the wonderful people in your life. Whether you just want to stuff your face or give nice gifts, I compiled a list of delicious cookies to get you through this holiday season.

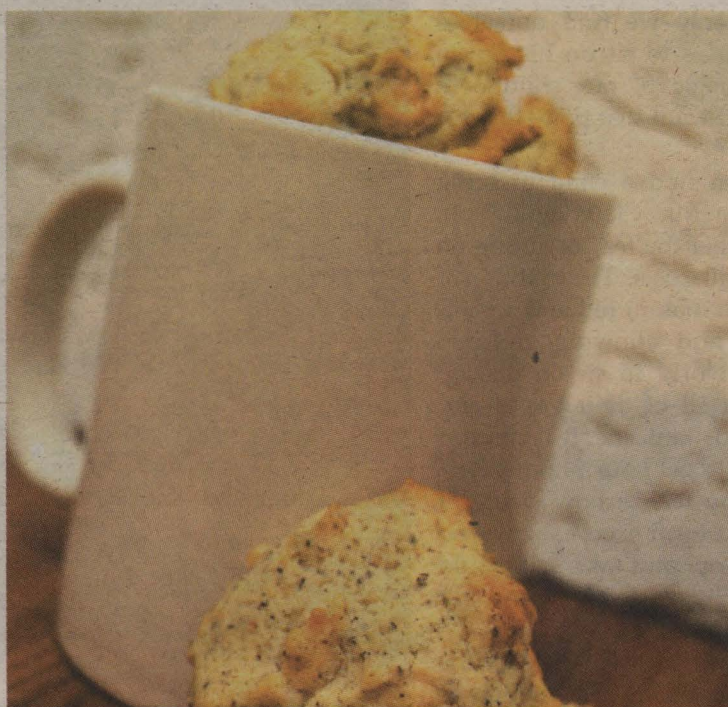


Photo by Kaitlyn Luckow

White Chocolate-Chai Cookies

I always like sticking tea into baked goods. Here's a spicy-sweet mixture.

- 1 stick of butter
- ¾ cup granulated sugar
- 1 tsp vanilla extract
- 1 egg
- 1 cup flour
- ½ cup white chocolate chips
- 2 bags Chai tea
- ¼ tsp salt

1. Preheat oven to 350.
2. Beat butter, granulated sugar, egg, and vanilla together until well blended. Stir together flour and salt. Open up tea bags and mix with flour mixture. Slowly pour flour into butter until well-combined.
3. Scoop onto greased baking pans. Bake for 15-20 minutes.



Photo by Kaitlyn Luckow

Cranberry Pumpkin Cookies

These cookies are the perfect blend of Thanksgiving and Christmas. If you're undecided about which holiday you like more, just make a cookie that celebrates both of them!

- | | |
|------------------------------------|--|
| 2 cups all-purpose flour | ¾ cup (1 ½ sticks) butter or margarine, softened |
| 1 ½ teaspoons of pumpkin pie spice | 1 cup canned pumpkin |
| 1 teaspoon baking powder | 1 teaspoon vanilla extract |
| ½ teaspoon baking soda | 1 ½ cups Craisins or chopped fresh cranberries |
| 1 cup granulated sugar | |
| 1 large egg | |

1. Preheat oven to 350° F.
2. Combine flour, pumpkin pie spice, baking powder and baking soda in medium bowl. Beat sugar and butter in large mixer bowl until fluffy. Add egg and beat well. Add pumpkin and vanilla extract. Beat well. Gradually beat in flour mixture until evenly mixed with wet ingredients. Stir in cranberries. Drop by rounded teaspoonfuls onto greased baking sheets.
3. Bake for 20 minutes or until golden brown.

Cream-Cheese Stuffed Cinnamon Sugar Cookies

These cookies are wonderful. Who doesn't like cookies? Who doesn't like cream-cheese frosting? Together, they're a magical couple.

- | | |
|-----------------------|--|
| ¾ cup flour | 4 tbsp vegetable oil |
| ¼ tsp baking powder | Bowl of equal parts cinnamon and sugar for rolling cookies in. |
| ¼ tsp salt | |
| ¼ tsp baking soda | |
| ¼ cup sugar | Filling: |
| ½ tsp vanilla extract | 3 tsp powdered sugar |
| 4 tsp milk | 3 tablespoons cream-cheese |
| 1 egg | |

1. Preheat oven to 325.
 2. Stir together flour, baking soda, baking powder, salt and sugar.
 3. In a separate bowl, combine vanilla extract, milk and vegetable oil. Pour the wet ingredients into the dry ingredients and stir.
 4. Smush the dough together into a giant ball. Roll out into cookie balls and flatten each into discs. Place the filling into a disc and put another disc on top of it. Cinch the sides, and roll into a ball.
- For the Filling: Beat ingredients together.
5. Roll balls in cinnamon-sugar mix and place on baking tray to chill.
 6. Cook in oven for 10-11 minutes.

Greek Almond Tea Cakes

These cookies are good with a morning cup of coffee or tea. Try them frozen, too.

- 1 cup (½ lb.) butter at room temperature
- 1 ⅓ cups powdered sugar
- 1 large egg
- 2 cups all-purpose flour
- ⅓ cup minced almonds

1. Preheat oven to 300.
2. In a bowl, mix butter and egg until fluffy. In a separate bowl, mix 2 cups flour and 1 ⅓ cup powdered sugar. Slowly add the flour mixture into the butter mixture. Place on cookie sheets.
3. Bake cookies for 20-25 minutes.
4. Place more powdered sugar in a bowl. Gently turn warm cookies in sugar, and then set on racks to cool.



Photo by Kaitlyn Luckow

I'll Be Home After Finals: The Changing Holiday Tradition

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It's almost finals: a week surrounded in stress, studying, anxiety and lack of sleep. It ends as fast as it begins. The second it does, we're back at home in front of the Christmas tree. After the chaos of finals, we go straight into Christmas morning with almost no time to stop and actually enjoy or take in the holiday season. As we get older, the magic of the holidays transforms into something different.

As an adult, most of the holiday magic remains just as festive as it was when we were children: the joy of giving and receiving, putting up decorations, and stuffing our faces with chocolate and cookies will always be delightful. However, some aspects of this holiday cheer change as we get older.

St. Nick no longer fills up your stocking. Maybe he simply was never given a key to your apartment, but there is still a hint of disappointment when you wake up on December 6 to find that your shoes are still empty, and your stocking was never filled by jolly old St. Nicholas.

Santa Claus becomes more of a nostalgic figure. Even though we understand that there is not an actual man who breaks into your house in the middle of the night to leave goodies under the tree and eats your cookies, we still get excited and giddy when we see him in the mall. He's like

a mythical being in his velvet throne, surrounded by human-sized elves, a giant tree and oversized Christmas lights. Suddenly we find ourselves plotting excuses to sit on his lap to relive the magic of our childhood. (Plus, we still want that pony that we never got.)

Once you find a child to bring along to see Mr. Claus with you, you realize that the fear of sitting on Santa's lap still exists. The tradition of dressing up a man in red and a giant fake beard and allowing children around the world to sit on his lap and tell him all of their hopes and wishes sounds fantastic. It is, until it is your turn to get your photo taken. Suddenly, you realize how creepy it just all is and form excuses why you can't get your photos taken. It would be simply embarrassing to be an adult crying on Santa's lap.

Some things have changed for the better. We are finally old enough to enjoy holiday get-togethers, so let the parties begin! Work parties, family parties and ugly sweater parties are being planned almost every day during the weekends in December. Who doesn't love a good excuse to eat, drink and be merry?

Holiday traditions are starting to change now that we're getting older. However, that doesn't mean that we have to "grow up" anytime soon. We can still enjoy cookies, secret Santa, hot chocolate and gaudy decorations. Maybe then, by the time we finally get home for the holidays, it will start to look and feel a lot like Christmas.



Photos by Kaitlyn Luckow

Community members and students filled the Encore Saturday to visit with Santa and decorate cookies and cards.

Winter Wardrobe Essentials

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Along with frigid temperatures and the excitement of the holiday season comes winter fashion.

Therese Tabbert, a senior majoring in communication, says that her favorite article of clothing to wear in the winter is her denim button-up long-sleeve shirt.

"It looks great when you layer it with other clothing items, especially sweaters," Tabbert said.

The layered look is quite popular this season, along with scarves, which are a must-have winter accessory. With such a variety of styles and colors available, everyone is bound to find one that meets their needs.

"Scarves are a great accessory. I like how girls are wearing them as shawls with dresses now. A lot of people would be surprised about how many ways a person can tie a scarf," Tabbert said.

Tabbert, who has done some modeling, even recorded a couple videos for Wrapsody Scarves, which show you how to tie them in different ways.

Taneal Kurszewski, a senior

majoring in communication disorders, agrees.

"My favorite thing to wear in the winter time is scarves. I love them," Kurszewski said.

Kirsten Kreger, a senior double-majoring in political science and history, loves to wear chunky scarves with oversized sweaters.

"My favorite article of clothing would have to be my oversized sweaters! They are so comfy and cute with leggings, scarves and boots," Kreger said.

Leggings are a very popular item this winter. Paired with a cute sweater dress or an oversized top and a pair of boots, it's an easy fashion no-brainer.

"Leggings are comfortable and great for the college life. I love wearing them with baggy tops. I usually tend to dress for comfort," Tabbert said.

Gabriella Quattrocchi, a senior majoring in healthcare administration, loves wearing leggings.

"Leggings are great because I feel like you can create so many different looks. You can dress them up with a cute sweater dress or top, or you can just wear them with a big sweatshirt for a casual look. They are also

a lot more comfortable than jeans," Quattrocchi said.

There are lots of different trends this winter season, but Tabbert says that her favorite would have to be patterned skinnies.

"If I lived in a bigger city where it wasn't normal to wear sweatshirts and sweatpants daily, I would buy a pair of leopard print pants," Tabbert said.

Kurszewski also enjoys skinny

jeans but prefers dark denim with cute boots and a casual or trendy sweater.

"I still like seeing jeans with trendy heels as well," Kurszewski said.

Kreger agrees with this.

"I think they are all cute together. Leg warmers in the boot are also a nice touch and a good way to keep warm and add a little something extra for your outfit," Kreger said.

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'Tis the Season to Give



Photos by Kaitlyn Luckow

The 'Tis the Season event included decorating holiday cookies and making holiday cards that were donated to various community organizations in Stevens Point.

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As Christmas music filled the air, student volunteers gathered in the Encore for the 3rd annual 'Tis the

Season event. In interest of giving and sharing the holiday spirit with others, the Student Involvement and Employment Office organized the event for students to help decorate both cards and cookies.

"It is a passive way to get

involved in the community. It's a volunteer experience where volunteers can decorate cookies and make cards," said Kirsten Donkle, the SIEO special events coordinator for the SERVE office.

The cookies were made by the Dining Advisory Board and donated to nursing homes in the community and the Salvation Army's Hope Center after they were decorated. The cards will be mailed to sick children around the country.

On average, about 50 students normally register to take part of this event. The message hits home for many of the volunteers.

"I hope to brighten the lives of people who don't really get to have that huge holiday experience like they use to," Donkle said.

Anna Kaisler, a freshman dietetics major, initially attended 'Tis the Season because she loves participating in holiday traditions, but she realized the event had much more meaning.

"I feel that the holidays are really important to people and if they get a card, then they can also feel a part of it, even if they're far away or don't

necessarily have all of the traditional things with them," Kaisler said.

Matt Cooke, a musical theatre and health promotion/wellness major, also attended 'Tis the Season to shake up the holidays a bit this year.

"I wanted to do something different that I don't always do. I don't volunteer as much as I would like to. I think it would be cool to do something for the kids and the others receiving the cookies and cards," Cooke said.

Cooke hopes to make an impact on the recipients of the cookies and cards as well.

"I hope it lights up their day and gives them a realization that there are people who love and care about them whether or not we actually know them," Cooke said.

For many of the volunteers, the experience reminded them of home and some of their own family traditions.

"'Tis the season for everybody to realize what they are grateful for in life, to be with family and to have a reason to smile," Cooke said.

No More Losing Sleep Over Exams

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Final exams are just around the corner, and cramming is the most common response among most college students. We tend to choose ten extra minutes of studying and put off the much-needed sleep our bodies ache for. However, getting enough sleep is just as important as studying.

Jason Siewert, a licensed clinical psychologist at the counseling center on campus, remembers maintaining boundaries as an undergraduate.

"I personally refused to do anything school-related after about nine o'clock on a weekday, and I refused to do anything school-related in the afternoon on a Sunday," Siewert said.

This helped Siewert make sure he was taking good care of himself and getting a good night's sleep. This also put a nice block of time around the Packer game for him. He accomplished this by making sure he stuck to his boundaries and making time for the things he was passionate about.

"There were a few things I didn't want to negotiate, and making sure I was not doing school-related things over that time was very important to me," Siewert said.

Siewert mentions that not getting enough sleep not only affects your body negatively but your studying as well. He questions how effective can studying truly can be when you're

forcing yourself to stay up.

Siewert says that sleep is something everybody should set aside time for, but it is also essential to be mindful of the things that are important to you and to set aside time for those things, too.

"It's important to study, but you can always study for one more minute, ten more minutes, twenty minutes. But I also think it's necessary to make sure the things that are personally important to you don't fall to the wayside just because we get to a hectic part of the semester," Siewert said.

Although healthy study habits are extremely important to a college student's lifestyle, everyone is different and will develop their own system to determine what success truly means to them.

Along with getting enough rest, here are a few additional studying tips for finals:

- Try to study two hours for every credit-hour
- Read and take book notes in addition to class notes
- Find extra resources that encourage you to read and learn more about the subject
- Engage in dialogue about the subject with others to make sure you grasp concepts and can explain them to others

With some good study habits, exams might not be as nerve-wracking as you may think. Whatever you do, remember getting enough sleep is just as important as studying.

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OPINIONS

Irony in Germany

ANTHONY MEIER
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Greetings once again from Poland! Today's small life lesson actually comes from Berlin. For those that don't know, during the Poland trip, we get a week off to travel anywhere we choose. My friend Nate and I chose to visit Berlin during that time. It was an amazing trip, with not enough days and hours to do everything you would want in the city. The free tours, the museums,

the historic sights, the beer, all were incredible. However, this particular story comes from the end of the trip.

We were on our way back to the bus station, to go back to Poland, when the tram inspector came onboard. He wanted to see everyone's tickets, so we produced ours. It turns out that we had been buying the wrong tickets the whole time. We tried to explain that we didn't realize the mistake, but he wouldn't listen. Instead, he fined us 40 euro and sent us on our way.

It's worth mentioning that we had been penny pinching as much as possible during the trip. No fancy meals, no insane souvenirs, bus instead of plane to get there, all that. So, to cap all that off with a fine was incredibly ironic. Not so long ago, I would have been mad, or at least frustrated. Instead, I looked at the ticket, and just laughed. It was perfectly awful. Study abroad can be a very difficult time, and very frustrating. Yet during it, I've learned to better cope with problems and how

to make the most of them. Laughter is certainly better than anger.

To make the most of it, I'm writing this article to tell the world my silly story and so hopefully others learn from my mistake. Remember, if you're ever in Berlin, unlike almost everywhere else in Europe, you don't get a student discount on tickets. Enjoy those free life lessons courtesy of the study abroad program.

THINGS TO DO

DEC 13 **Magic the Gathering Tournament**
The Encore, DUC
8p.m. - 10p.m.

DEC 15 **Winter Commencement**
MAC, HEC
10a.m. - 12:30p.m.

DEC 17 **90FM Greatest Hits**
90FM
Continues until the 21st at 10p.m.

DEC 21 **Enchanted Forest**
Rosholt Fair Park
5p.m. - 8p.m.

DEC 29 **Women's Basketball vs Edgewood**
Berg, HEC
7p.m.

JAN 15 **UWSP Teacher Conference**
Alumni Room, DUC
8:30a.m. - 4:00p.m.

PHOTO OF THE WEEK



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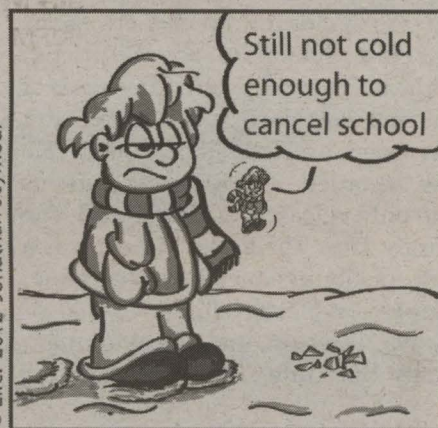
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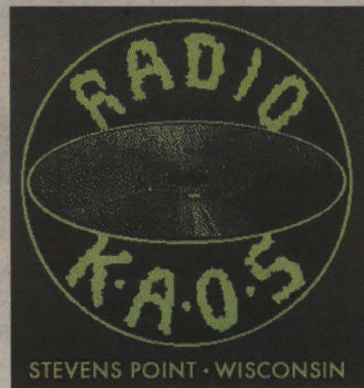
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Radical Face – *Always Gold EP*

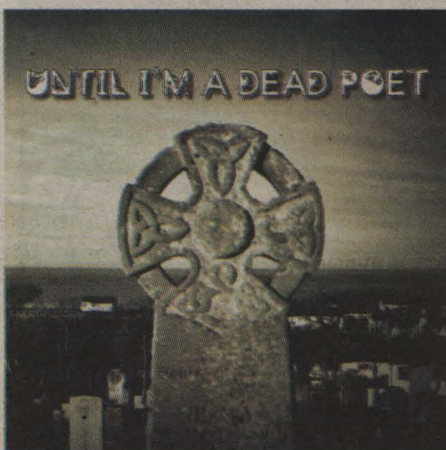
MITCH SLUZEWSKI
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90FM ALBUM REVIEW

When I heard that Radical Face had a new EP, not gonna lie, I got pretty excited. It had been a while since I had heard from him, so to get my hands on some new songs was like talking to an old friend. Radical Face, aka Ben Cooper, is a one person band from Florida and has been around since 2007. He has recorded 3 full length albums but only released 2: Ghost and The Family Tree: The Roots. Ghost was a concept album which had a haunting, simple complexity similar to that of Kimya Dawson, or The Mountain Goats but different. The way the

simple yet prominent instrumentals are put with vocals that seem to have been recorded from across the room create feelings of nostalgia rather than pure simplicity. An echo of simplicity if you will. Great music for introspection, or studying for finals in case you forgot they are this week.

The Always Gold EP is the first new music since The Roots and it features three versions of an already released song, "Always Gold", as well as some new ones. My favorite version of "Always Gold" has to be the first one on the album. It cuts out the humming in the intro of the album version which I didn't think added much, and it keeps the steady clapping that was absent in the acoustic version. The clapping may not seem like a huge but it keeps the energy up and really emphasizes the minimal aspects when it drops. "Echos" is a beautiful song. You can hear the emotion in Coopers voice and it really sells the song for me. "We're On Our Way" is the upbeat song of the EP. If you listened to Ghost it is somewhat like the track "Winter is Coming" but with bit more of a folk style. All in all I found it to be a very strong EP. I will definitely be looking forward to Radical Faces' next full length album.

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Emmitt James- *Until I'm A Dead Poet*

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90FM ALBUM REVIEW

Growing up in central Wisconsin, I have seen and heard my fair share of local attempts at hip-hop. For the most part the attempts at the genre of hip-hop fall short. If I can be brutally honest, most local attempts at hip-hop in central Wisconsin are down right embarrassing and I literally cringe with how uncomfortable I get with the idea of it. That being said I'm always prepared for surprises and I am utterly bewildered with Milwaukee native and UWSP student Emmitt James and his upcoming EP, Until I'm A Dead Poet.

Renowned around Wisconsin as a spoken word poet James is a quiet young man that looks as though he walked right out of an H&M catalog. If you are a frequent visitor

of the Dreyfus University Center's Basement Brewhaus, you probably know exactly whom I am speaking of. Despite his love for the spoken word, James is taking his skills and meshing them superbly with the music that is hip-hop.

With beats that echo a soulful past of the groovy 1970s the sound album immediately grabbed my attention. Soul and R&B of the 70s have always been a guilty pleasure of mine.

Literally speaking Until I'm A Dead Poet is humbly confident and exceedingly conceptual. The piece as a whole embraces the struggles of growing up, chasing dreams, family, faith and even immigration issues.

To emphasize I would like to

bring attention to the song entitled "Little Things," where James analyzes the importance making his passion for music a career not only for himself but for his family as well.

In "The Desire," James confidently explores the challenges within chasing one's dreams. Overall the song is delightfully inspiring.

I can boldly say that Until I'm A Dead Poet, in completion is the premier hip-hop release in the state of Wisconsin for the year 2012. In the words of the legendary poet Gil Scott-Heron this album is "deep." The EP officially releases Dec. 15 and on Dec. 14 James will be kicking off the EP by performing in the Liard room of the DUC at 4 p.m.