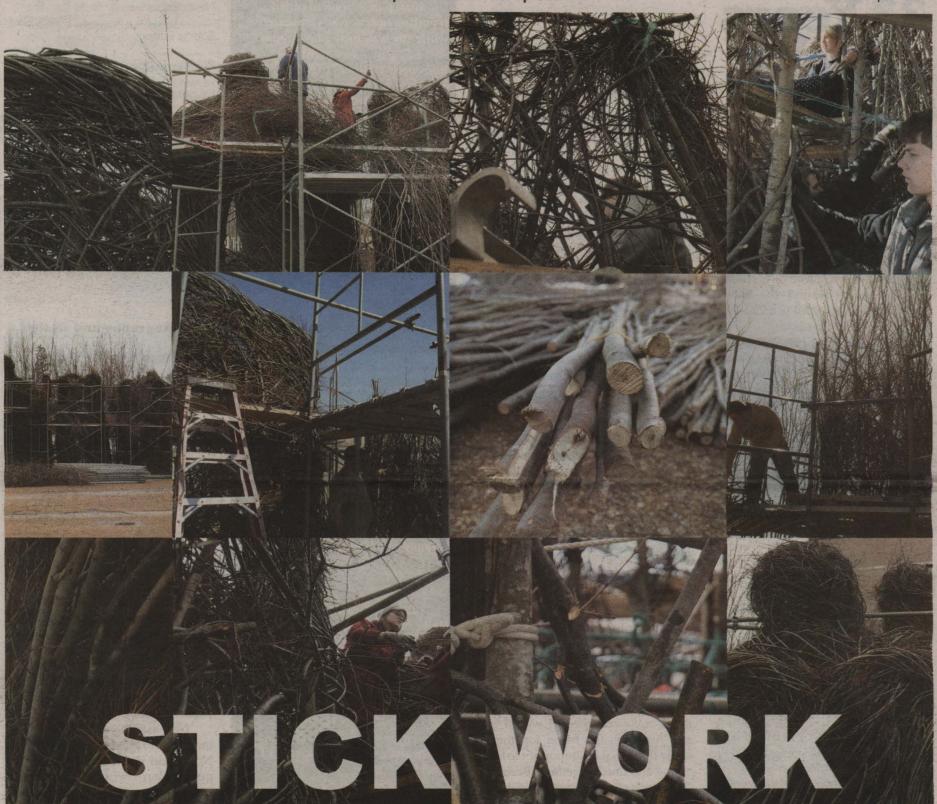


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Fund Run Celebrates 33 Years

AARON KRISH akris821@uwsp.edu

Based in a state that often focuses on drinking as part of its social atmosphere, University of Wisconsin-Stevens Point students gathered together on campus for a relay run that rose funds for alcohol awareness.

The 33rd annual Steiner Hall Alcohol Awareness Fund Run, also known as SHAAFR, helped raise \$1,300 and awareness about alcohol and its effects. Collectively, students ran 120 miles around the Stevens Point area Friday, April 12 to Saturday, April 13.

"The fact that SHAAFR is in its 33rd year and is a tradition at a school that already doesn't have many traditions shows how special this event is to the UWSP campus," said Steiner Hall Director, Tim Schmidt.

Originally organized in 1981 by former athletic director and Steiner Hall Director Frank O'Brien, SHAAFR took its first strides from the steps of the capital building in Madison and continued to run in relay fashion to Stevens Point.

Today, due to the overall feasibility and cost, the 120-mile relay run is held solely in the surrounding area. This was Schmidt's sixth year organizing the event and he believes that each year the run is even more special and beneficial to the community and campus.

"I think that this is such a positive experience in a time where there is so much negativity in the world," Schmidt said. "The community doesn't hesitate to donate if they know the money is going to a good cause."

Each year the planning committee seeks donations and decides where all the money. For this year's run, all proceeds were donated to the Portage County Coalition for Alcohol and Drug Abuse Prevention. In the past, money has been donated to the Safe Ride Program, the Tavern League, Stevens Point Area Senior High and MORP, an organization which offers an alcohol-free alternative post-prom in Portage County.

The organization and donations are only part of making SHAAFR a success. Without the runners and volunteers, the event would never be able to get its feet off the ground.

"The atmosphere within Steiner between running and just hanging out is just pure excitement for both the runners and volunteers," Schmidt said. Each volunteer and runner signed the commitment that they would encourage and support a cause that has advocated for alcohol awareness for the past 33 years, as well as connect with one another to work as a team. The commitment was then put inside the baton that the runners passed off every two miles.

"This was my third year running in SHAAFR. I love running, and I love volunteering in the community, so that fact that running could do that was just a win-win situation for me," runner Chelsey Baeb said.

A representative of the Portage County Coalition for Alcohol and Drug Abuse and Prevention, as well as the Portage County Sheriff, shared their gratitude and experience in advocating awareness. They challenged runners and volunteers to not give up and work together throughout the night.

"Alcohol awareness is something I think everyone, especially in a college town, should be aware of," runner Hannah Morgan said. "It's a really good thing to be a part of to get the word out there and make sure people are being smart about it."

Teamwork and hard work were key to such an extensive run. Each pair of runners was expected to run six to eight miles through the night, and the physical and mental toll that it puts on someone's body is exhausting, especially for those who were not runners or had a difficult time running.

"The last leg of each of our two miles, my partner and I would grab and run with the baton together. I really think that it's important to finish strong and finish together," Baeb said. "It sounds cliché, but participating in something like SHAAFR really does reflect the importance of teamwork, and if I'm not finishing with my partner, then I'm not working as a team."

Overall, the night was filled with responses of excitement and exhaustion. Participants met the last two runners and lined the sidewalk to cheer the runners on their final stretch to Steiner Hall. Everyone finished.

"The runners are proud to run for a cause, and the volunteers are happy to help, giving their time for the same cause," Schmidt said. "I was impressed with this year's dedication and participation, and we look forward to doing it all over again next spring."



April 13

10:00 p.m. – Student called reporting her car was vandalized while she was away rom campus. 8:52 p.m. – Fire alarm in

Burroughs Hall was triggered and a fire truck was dispatched. Officers believed alarm was triggered by smoke from a stove.

4:37 p.m. – Caller reported that that he pulled into lot Q and saw that his vehicle had it's window smashed out by a mailbox.

10:29 a.m. – A silver Ford Fusion on Stanley St. near parking lot X had it's back window smashed, Stevens Point Police Department was contacted to investigate.

April 12

11:57 p.m. - A Steiner Hall staff member called to report marijuana coming from a room in their building, Protective Services sent an officer and a cadet to the scene.

5:34 p.m. – A student reported that his driver side rear tire had been slashed and someone had been inside his vehicle.

1:38 p.m. – Pray Sims Hall staff member called and reported that he heard someone hitting and someone else crying. Officers responded promptly.

April 1

10:22 p.m. – Staff from Neale Hall called stating that there was a strong odor of marijuana coming from the north wing of the building. An office went to meet him in the lobby.

12:48 a.m. – A student called and reported her backpack was stolen from her in the bathrooms of the LRC. An officer was sent to meet her.

10:46 a.m. – Staff member from Hansen Hall called to report that her personal grill had been kicked over on the front porch of the building.

April 10

10:26 p.m. – A Protective Services officer was informed of a student in Debot who was having a seizure and throwing up, an ambulance was dispatched immediately.

9:11 a.m. – Ticket office had found a butterfly knife and asked what to do with it. Protective Services went to pick it up.

April 9th

4:57 p.m. – An individual was reported to be climbing the wall of Nelson Hall, but when officers arrived no one was found scaling the building.

THE POINTER Editorial

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No article is available for inspection prior to publication. No article is available for further publication without expressed written permission of The Pointer staff.

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Letters to the editor can be mailed or delivered to *The Pointer*, 104 CAC, University of Wisconsin - Stevens Point, Stevens Point, WI 54481, or sent by e-mail to pointer@ uwsp.edu. We reserve the right to deny publication of any letter for any reason. We also reserve the right to edit letters for inappropriate length or content. Names will be withheld from publication only if an appropriate reason is given.

Letters to the editor and all other material submitted to *The Pointer* becomes the property of *The Pointer*.

Patrick Dougherty Builds Sculpture on Sundial

SARAH MCQUEEN smcqu643@uwsp.edu

Patrick Dougherty, a renowned artist and sculptor, has come to Stevens Point to sculpt a structure from tree branches and sticks with the help of students and volunteers from the community.

Dougherty creates his sculptures by hooking, weaving and bending sticks together. He begins by anchoring branches into the ground and shaping the other sticks around that base. He uses smaller, betterlooking sticks as a final layer to cover blemishes and make the structures more attractive. When the structure is complete, viewers will be able to walk between and even inside the structures he has created.

"I've had to figure out what birds and beavers already know, and that's that sticks have an inherent method of joining. They snag on each other," Dougherty said. "In other words, if

you drag it through the woods, it catches on every living thing. They've got an infuriating tendency to tangle, and so that very tangle is the simplest method of joining that we are using on hooking these sticks together."

This sculpture was inspired by a garden Dougherty saw in England. He saw large, clipped bushes there, and it gave him the idea for this architectural structure.

Dougherty built his first piece in North Carolina, and his career took off from there. He has created over 250 sculptures and has even built internationally in Scotland, Japan and Brussels. He has also sculpted within Wisconsin in Wausau, Madison and Sheboygan. He began his project here on April 1 and expects to finish on April 23.

"I was in administration early on in my life, but this has really been my love, and I've spent a lot of time in it," Dougherty said. "As the career

has matured, I've spent a lot of time working with saplings and trying to build things that will cause people to come running."

Dougherty uses the assistance of volunteers to complete his sculptures. There are usually up to six volunteers at a time helping on his current sculpture in the sundial between the Noel Fine Arts Center and the Learning Resource Center. Many students, mostly from the art department and the natural resources department, have also been helping.

"I just love Patrick," Kaleena Hastings, an art major who has volunteered her time to help, said. "He is so easy to work with, and he is so patient, and he really keeps you going. He really knows how to work with people who have never done this kind of thing before."

Students were working for almost a month before Dougherty arrived to gather all the necessary

materials for the project. The sticks needed sufficient time to dry out before they would be suitable for use. The sculptures are built mainly out of willow branches that came from the Schmeeckle Nature Reserve just off campus and Tree Haven.

"I come by sticks honestly, as we all do," Dougherty said.

Volunteers are still needed to help finish the structure. Anyone interested in volunteering should email Keven Brunett at Keven.Brunett@uwsp.edu, or sign up in room 163 of the NFAC. No experience is necessary, and volunteers will be needed through April 23.

"I think that everyone contains the shadow of life of our hunting and gathering past," Dougherty said. "Kids know about that. They know that sticks are weapons, tools, pieces of a wall. So we have kind of a building instinct that we inherit from our forefathers, our deep forefathers."

Knutzen Hall Gets a Facelift

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Knutzen Hall is the latest residence hall to be renovated and will soon be equipped with air

conditioning units and elevators. Molly Thome, a Knutzen Hall

resident, helped explain the changes. "We're all getting new rooms and we're getting elevators. Everything is going to be brand new like the

other halls that have been renovated. The door is going to move as well," Thome said. Some of these changes affect

students' lives more than others, but Thome thinks that overall these changes will lead to much better living conditions.

'I think it will enhance students' lives because it will be a nicer environment. Sometimes we have issues with the heat here, but we won't have to worry about being too warm, because we'll have air conditioning. Just little things that will help us to be more comfortable," Thome said. "The one thing I do feel that will help out around here the most will be the heat and air conditioning because each room can be set differently."

Andrea Hamann, a student who moved to Baldwin-a renovated hall – thinks the change is noticeable and helpful.

"I love that this dorm has air conditioning. When I was a Pointer

Pal, I had to come back earlier to help people move in. It was a nice chilly sanctuary for me to take a break because it was really warm being outside for several hours. Plus, in general I am a warm person, so it's really nice," Hamann said.

While the changes are welcome for the most part, Hamann notes that some of the additions like shelves hamper productivity.

"The shelf is nice, but I wish we didn't lose space because of it," she said.

The new renovations are scheduled to be substantially finished in August and completely finished by October. Students in the hall may notice some changes occurring on the first floor, where construction has already begun.

According to the 2011-13 Biennium Construction report, the estimated total cost for renovations made to Burroughs Hall last year and Knutzen this year is \$11.7 million. The University of Wisconsin System funds these projects.

While it takes a lot of effort to put these changes into effect, the outcome will be an improvement of the residence hall and, in turn, the comfort of the residents. The new elevator will accommodate students with disabilities and the new air conditioning system will make room climates more comfortable.

UWSP Unveils Pointer Alerts System

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This week, a new emergency alert system capable of delivering messages to students' email and cell phones, as well as residence hall paging systems, university computers and webpages has been introduced.

"Pointer Alerts is a communication system that allows UWSP to communicate with a large group of people-thousands of people-in a very short period of time. When there's an emergency situation that is an immediate threat, this is a system to alert you," Executive Director of University Relations and Communications Kate Worster said. "You'll get a very brief message, and

the idea is that when you get one of it takes us to communicate. But, these messages, pay attention and do whatever it tells you to do."

This new emergency alert system is designed to reach as many members of the university community as possible in the shortest amount of time possible. The goal of the updated system is to effectively provide information about emergency situations requiring immediate action.

Though current emergency procedures are up to date, Worster explained that Pointer Alerts is both a necessary and inevitable change due to its unparalleled efficiency.

"Prior to having this system, this was all done as individual steps, so you can imagine how we've been able to reduce the amount of time

then again, when you're in a real emergency situation, seconds can make a difference," Worster said.

According to Director of Safety and Loss Control Jeff Karcher, the alert system is currently in the latter stages of testing and could be employed before the end of this academic year.

"We are currently testing internally, and we have been for the last few weeks," Karcher said. "This system has been utilized by other UW campuses throughout the system, so there's a little bit of testing out there that we've evaluated."

Karcher also said the first fullscale test of Pointer Alerts will take place in sequence with the National Weather Service's tornado drill on

Friday, April 19 at 1:45 p.m. If this drill proves successful, it is likely that the alert system will be implemented as early as the following Thursday, April 23.

To ensure the individual safety of the entire campus, Worster emphasized the importance of regularly updating and maintaining the personal contact information found on all UWSP accounts.

"The most important thing that we need everyone to know right now is that we need you to make sure your cell phone information is correct and make sure we have an accurate person to contact in case of an emergency," Worster said. "In the event of a real emergency, we want things to go as smoothly as they possibly can."

NEWS

Downtown Mural Tour Uses Art to Highlight Town's History

RACHEL PUKALL

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Murals Unmasked, a downtown tour to learn more about iconic hometown citizens and historical events, took place in downtown Stevens Point on Saturday, April 13 from 1 to 2 p.m.

Andrea Szcepanski, a student at the University of Wisconsin-Stevens Point and leader of the tour, took a group of about 25 people through the downtown area, explaining the murals along the way.

"There are 10 murals all together and still more murals to come," Szcepanski said.

Throughout the tour, Szcepanski talked about four of the 10 murals, one of them was one of the first painted in 2004 on the west wall of Van's Floor Covering. The painting, titled "Rivermen," depicts the early logging days on the Wisconsin River in Stevens Point and features historical figures like K.B. Willett, for whom the ice arena is named.

"Volunteers from the area helped the painter finish the mural by filling in colors by number after she painted the outline and base colors to make a *huge paint-by-number," Szcepanski* said.

Kelly Meredith was the muralist who painted all but one of the murals

in downtown Stevens Point. Some she painted directly on the buildings, and others she painted in her home and then placed on the buildings.

"Kelly Meredith painted all of them except the Cozy Kitchen one. That one was done by Greg Luedtke, who is a local artist," Szcepanski said. "And then for the Rivermen mural she got help from a girl named Susan."

"Paining the Town," the mural located on the north wall of Cozy Kitchen, represents the thousands of locals and visitors that have enjoyed home-cooked meals at the restaurant.

Some of the other murals include "Stevens Point's 10 Most Influential Citizens," which is on the east side of 1140 Clark St. and displays individuals such as Lee S. Dreyfus, Mother Mary and K.B. Willett. They all contributed to Stevens Point somehow, and their names are on street signs, buildings and parks.

The Market Square Mural, which is the largest mural located on the north and west walls of Buffy's on the square, was finished in less than one year.

"Kelly Meredith started painting the mural in the spring of 2006 and was finished in the fall, just in time for the Annual Polish Thanksgiving Harvest Fest," Szcepanski said.

Other murals include "The Old

Post Office," located on the east wall of the new Post Office building, and a series of mini-murals along the walkway on the east side of the library.

There are also three "Windows to the Past" murals. The first, located on the McDonald Law office, shows five generations of the McDonald family that has been involved in the land title business. The second mural, located on the Point Bakery Building, depicts the opening of the Point Bakery back in 1947. Pictured in the mural is the owner, Ted Zdrojewski, and his two teenage daughters who worked there. The other murals is located on the west side of Graffiti's.

Murals Unmasked was hosted by a practicum class that Szcepanski is taking for her Environmental Education and Interpretation minor. She performed all of the research herself.

"We have to put on two programs each semester, one that you chose and one that they give you," Szcepanski said. "This one I was assigned, so I was a little nervous at first, but once I got all of the research and things done, it was really interesting to learn all the little historical things."



It is nearing the end of the 2012-2013 academic school year and SGA is very busy in assisting with organizing many events.

This past week, SGA held the first annual Leadership Summit. With presentations and leadership sessions lead by United Council Directors, Student Government Directors and Senators, it was an opportunity to grow as a leader. Topics included in the summit were inclusivity, differential tuition, and Robert's Rules of Order, to name a few. We hope to continue this project and include students from all areas of campus in the future.

SGA is also currently faced with the large decision to enact the Pointer Compact, or UWSP's version of differential tuition. Differential tuition is a tuition paid above and beyond regular tuition that will go towards programs and services that will enhance UWSP's reputation and maintain its current ing open forums regarding this issue to get as much feedback from the student body as possible. The forums will be held in the CPS 24, 26, and 29 at 7 p.m. For more information visit uwsp.edu/pointercompact/.

The SGA is also hosting the Arts and Advocacy Mental Health Awareness Benefit Saturday, April 27 at 7 p.m. in the NFAC. Come out and support mental health by witnessing a variety of student performers.

Earth Week events begin April 18. Keep an eye out for the posters and Facebook updates with more details on the events.

As always, if you have any questions or concerns about anything on campus you may visit the SGA office in 052 lower DUC, and we encourage you to like us on Facebook!

First String Player to Conduct Concert Band

HANNAH RUNDAM hrund304@uwsp.edu

One of the University of Wisconsin-Stevens Point's cello players Anna Huemann, a senior Instrumental and General Music Education Major, is breaking ground as the first string player to direct Concert Band.

"I never thought I would have the privilege of conducting the Concert Band because I am a string player, and everyone before me had been in band," Huemann said.

Though no one prior to Huemann has directed Concert Band, string players have conducted the Campus Band after playing a secondary instrument in the ensemble.

"I was not a member so I didn't think that would be an option," Huemann said.

Undergraduate instrumental students have been involved in conducting UWSP's Campus Band, Concert Band, Wind Ensemble, and Jazz Band since Brendan Caldwell, Assistant Professor and Director of Bands, developed the Apprentice Conducting program in 2007. Although very few universities in the country allow for undergraduate conducting, Professor Caldwell's experience in college compelled him to create such a program.

"As an undergraduate, I really wanted to conduct, but it was not made possible for me," Caldwell said. "I seek to give my students as many opportunities as their professionalism justifies. Hopefully, the Apprentice Conducting Program will eventually extend to all of our musical ensembles."

Directing a UWSP musical ensemble is an accomplishment and privilege for any young musical professional.

"We watch the students very closely in Conducting and Music Education classes," Caldwell said. "Frankly, we're looking for someone who doesn't look like a student. Anyone who looks like a professional, we try to give them the opportunity for a professional experience."

Students that show the most professionalism get the opportunity to work with Music Major groups like the Concert Band and the Wind Ensemble. "Anna is really professional and a solid musician. She has strength of character, and a state of fearlessness," said Caldwell.

Once selected, students must chose three pieces of music that they would love to work on with the band. Professor Caldwell makes the final decision.

"I tell them to make their love equal for each piece, so they will be excited about whatever I choose," Caldwell said.

Huemann's piece Mazama represents cultural and musical elements of the Mazama Indians from the Pacific Northwest.

"I fell in love with Mazama right away, and was so excited about how unique it is," Huemann said.

After the piece is chosen, the apprentice conductors must memorize the various parts and sing what is called a skeleton score from beginning to end.

"I started with listening to the piece over and over," Huemann said. "Since you can't sing all the parts at once, I focused on the melody line first, and then important entrances or the percussion instruments." Despite saying that the singthrough was the most challenging part of the process, Huemann did very well.

"Usually students don't do the whole thing the first time, but Anna was able to," said Caldwell.

Huemann began working with the Concert Band in mid-March and is nearing the end of rehearsals.

She will be leading Concert Band in Mazama at 7:30 p.m. on Tuesday, April 23 in Michelsen Hall in the Noel Fine Arts Center.

The concert will feature both the Concert Band and the Wind Ensemble. Student tickets are available for \$3 or free with a valid student I.D. the day of the concert.

SPORTS

Coach Erickson Makes Team USA

RACHEL PUKALL rpuka198@uwsp.edu

Assistant women's hockey coach Sarah Erickson was chosen as one of 23 players to represent the United States at the International Ice Hockey Federation Women's World Championships, which took place April 2-9 in Ottawa, Ont.

"To hear my name called off the roster after a grueling week of pretournament camp, which was held in Lake Placid, N.Y., was an amazing feeling," Erickson said. "On one hand, I was relieved to know that my hard work paid off, and the next minute I was motivated to be even better come tournament time to help give our team the best chance to succeed."

The IIHF Women's World Championships is the second-biggest International tournament, next to the Olympics. The best teams in the world compete in hopes to gain a gold medal before the Olympic Games. The eight teams that compete are the USA, Canada, Finland, Switzerland, Sweden, Russia, Germany and the Czech Republic.

"I think it's amazing Sarah has the opportunity to continue her playing career with Team USA. It's a rare opportunity for women across the country to compete at such a high level wearing and representing the red, white and blue," said Pointers Head Coach Ann Ninnemann.

After winning the gold medal in the World Championships last week, in the world.

"I give Sarah a lot of credit to train on her own without a team to play games with or teammates to push her during her workouts," Ninnemann said. "She had to work out both on and off the ice to improve her skills and make sure she was one of the top 13 forwards in the entire country to assure her a spot on Team USA for the World Championships."

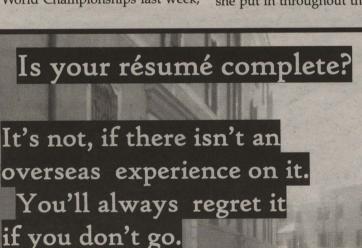
Ninnemann met Erickson last fall when she asked if she would be interested in getting involved helping coach the women's hockey team.

"The game of hockey is in her blood, and she contributed to our team the moment she was introduced to our players," Ninnemann said.

Erickson has experience playing college hockey and was a captain of the University of Minnesota Gophers 2012 National Championship team. She has been in and out of the USA Hockey program since she was 17, playing in the Women's World Junior Championships.

'The girls latched on to her energy and excitement for the game, and she spent countless hours working on individual skills with players before our team practices," Ninnemann said. The girls are now all keeping track of Erickson's success on Team

USA "I wasn't surprised that she made the team for the World's roster because I know the time and effort she put in throughout the entire year



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Team USA is currently the best team and the commitment she made to give it everything she had to make the team," Ninnemann said.

> Ninnemann also witnessed many sacrifices that Erickson made to put herself in a position to make the final cut.

> "It's always a dog fight at the top, and through our conversations during the season, she knew she had to be at her best when it counted," Ninnemann said. "While she was out at training camp in Lake Placid, prior to the Worlds and prior to them cutting five players, she informed me that she felt great, energized and had a good feeling she was going to be one of the 23 women traveling to Ottawa to win the gold."

> Being born into a family that all played the game, Erickson has always had a passion for hockey.

"Aside from the thrill of stepping onto the ice and competing, I love hockey because it has provided me with so much opportunity. I have met and keep in touch with people from all over the world, I've traveled to places people never get to in their lifetime, and I've had successes that many never get to be part of. While hockey isn't who I am, it is a very large part of my life," Erickson said.

The World Championships are an important step for Erickson as she pursues a dream she has had since she was 12 year sold.

"Without a women's professional league, to compete in the Olympics is the highest achievement in women's hockey. I plan on doing whatever is necessary for me to make that team," Erickson said.

Barnes Sets Focus On Baseball

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Participating in two sports in high school is common for many athletes and in some cases is the norm.

However, college athletes tend to just focus on one sport. Casey Barnes, on the other hand, spent his first two years at the University of Wisconsin-Stevens Point participating in football as a quarterback and baseball as an outfielder.

Now in his junior year, Barnes decided that this year he wanted to just concentrate on his baseball career.

Barnes first attempted to play football at Northern Michigan University. He was redshirted his freshman year, and after that season decided to move on to UWSP.

Initially, Barnes decided to only play baseball at Stevens Point, but former head football coach John Miech was willing to allow Barnes to participate in both sports.

"Coach Bloom and Coach Miech did a good job of coordinating when I should go to which practice," Barnes said.

He decided not to participate in football this year because of the physical toll the game was taking on his body.

"It really was a personal decision to stay healthy," Barnes said. "The problem was all of the injuries I had over the two years."

Barnes said that he had four major injuries in just two seasons and was only able to play in eight football games over those seasons.

"That's not really what you're looking for as a college athlete. You want to be able to stay healthy," Barnes said.

Baseball Head Coach Pat Bloom is happy that Barnes decided to set his sights just on baseball and thinks

that Barnes will develop into an even better player.

"We think that he's got tremendous potential as a baseball player, and now that he's focusing just in that sport, I feel that he has great opportunities to do some very special things on the baseball field this season," Bloom said.

Though Bloom is pleased with Barnes' decision, new football head coach Tom Journell is without one of his quarterbacks.

"I wish him the best," Journell said. "I was pleased to have him for two years and we wish he had chosen football, but he is a great baseball player."

Journell only spoke praise of Barnes. "He was a great athlete and dynamic player," Journell said. "He always had a lot of energy and was fun to coach."

Journell also said he could understand why Barnes wanted to focus his time on baseball. "It's hard to play two sports at this school," Journell said. "It's a year-round thing for all sports here."

Besides seeing his baseball skills substantially increase, Barnes also said that being around the team during the whole season has made a big difference in fitting in with everyone.

"When I joined the team last year in January, it was difficult to fit in with everybody because I hadn't been there for the fall," Barnes said.

As an upperclassman, Barnes now holds a leadership role with the team and can see a potential future in baseball.

"I would like to think there is a future for me to play baseball," Barnes said. "It will always be a goal of mine to work towards that."

After 19 games this season, Barnes has posted a .360 batting average, five doubles, 21 runs batted in, and has played stellar defense in centerfield for the Pointers.

SPORTS

The Lost Season

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Unless you are just waking up from winter hibernation, you know that Mother Nature has not been to kind to Wisconsin lately.

Scattered patches of pale grey wet mess can still be seen all around campus. As students, we complain about the April snow storms, but the true victim of this weather has been the softball and baseball teams.

"It's thrown everybody a big curve," said Pointers baseball head coach Pat Bloom.

"It's a nightmare at this point," said softball head coach Jill Millis.

Neither team has been able to hold a full outdoor practice this year. Both teams have been able to play games, but neither team has had an easy time doing so.

"It's been frustrating for everyone whether you're involved in a spring sport or you just want to get your garden planted," Bloom said.

"Obviously it's frustrating, but there's not much you can do," said softball senior pitcher Michelle Jones.

Millis, Bloom and Jones are all frustrated with the weather, but all of them understand that the issue is out of their hands.

"You have to control the controllable," Millis said. "I can't control the weather, so I have to do the best with what we have and give the players the best experience I can with the circumstances."

Last year, the teams were both able to get outside to practice before their trips to Florida over spring break. This year they are still stuck in the Multi Activity Center in the Health Enhancement Center.

The Multi Activity Center is a great venue to practice inside, but there are simply some things that the teams can't do indoors.

"There is only so much we can do inside," Jones said. "Sometimes we get outside, and there are certain situations that you can only verbal talk about in practice, not experience."

"We can't hit high fly balls to practice communication with the outfielders, and that has been a big problem for us this season, mainly because we can't practice it," Millis said.

The baseball team has tried to do some work on their field, such as chipping ice from their warning track, moving snow out of areas in play and raking the field, but the constant moisture has made it impossible to get the field ready.

"There is only so much that you can do," Bloom said. "We're running out of time, and we need Mother Nature to cooperate here."

The main priority of both coaches is to get all of their conference games

in, although neither is certain they will even be able to do that.

"I don't think anything is for sure at this point," Bloom said. "Our goal and our priority is to get all 24 conference games in, even if it means cutting some non-conference games out of the books."

Millis explained that while they've been able to play eight conference games some have only been able to play one so far. "I have no idea what we are going to do," Millis said.

Photos by Layne Pitt, UW-Stout Sports Information

two games to UW-River Falls Monday.

Neither the softball or baseball team has been able to hold a full outdoor

practice this year. The University of Wisconsin - Stevens Point softball team lost

Jones said that the key was to keep a positive attitude and make the necessary adjustments to go forward with the season.

"Everybody has to play through these same conditions, so we have to make the most of what we have," Jones said.





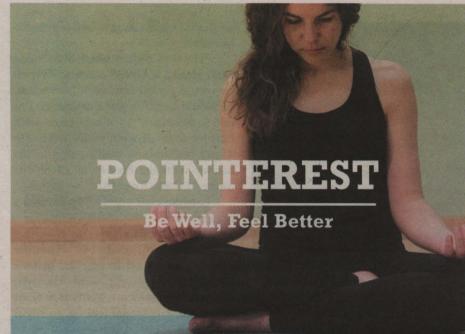


Photo by Sara Rebers

Does Exercise Stress You Out?

EMMA ST.AUBIN estau255@uwsp.edu COMMENTARY

Exercise physically puts stress upon our bodies, but psychologically, exercise is proven to lift our stress away.

For most people, exercise elevates mood. Repeated studies with humans and animals have shown that regular workouts can increase stress resistance, decrease anxiety, lessen symptoms of depression, and generally leave people cheerful.

Yet what if someone sincerely dislikes exercise? This is hardly uncommon. The thought of going to a musky gym to rub against machines still beaded with other peoples' sweat is far from enticing. Not to mention exercising requires work-hard, tiring work.

Many of us seem to fall into two distinct categories: those who love a vigorous, sweat-soaked workout and those who view it as a form of torment. One reason for this may be because many sedentary people push their limits when they start exercising. They jump right into vigorous exercise and exceed their physical capacity for exertion, which can make them hate the activity and want to stop.

However, if you understand your limits, it is almost impossible to regret a workout.

Soreness and exhaustion may leave you in discomfort, but few of us go for a run or attend a yoga class and wish we would have stayed home when we are finished. Most of us wouldn't climb a mountain, get to the top, and say, "I should have just been content to stay where I was." Whether you love to exercise or would rather do anything but exercise, exercise is shown to do your mood good.

With doctors, family and friends constantly pushing us to exercise for the countless physiological benefits, can the stress of feeling forced to exercise or the stress of fitting it in our overloaded schedules reduce the otherwise sturdy emotional benefits of physical activity?

According to a study at the Center for Neuroscience at the University of Colorado - Boulder, exercise can be helpful even if you are not in the mood for it. In fact, you are likely to wind up feeling less anxious, more relaxed and happier after exercising, even if you are not enjoying the workout.

The study is a useful reminder that exercise is a proven, in expensive and non-pharmacological means of combating stress - even the stress of feeling that you should be exercising.

For those who dread or fear athletics, here's the good news. Virtually any form of exercise, from jogging to stretching, can act as a stress reliever. Even if you are flat out of shape, dedicating time each day to exercise can leave you with more energy and feelings of wellbeing.

This is because exercise releases hormones called endorphins, which are often classified as the happy hormones. The increase of endorphins in your body leads to many positive emotions and helps combat the negative effects of stress.

As we head into the end of the semester, put aside some time to exercise. If the thought of going to a gym is intimidating, put on a good pair of shoes and take a walk outside to reach that weekly recommendation of 150 minutes of physical activity. During what is typically a stressful time for students, a little movement will do wonders for your physical and mental well-being.

POINTLIFE ⁷

Eco-Fair Celebrates Sustainability and Earth Week

AARON KRISH akris821@uwsp.edu

In celebration of Earth Week. the Environmental Educators and Naturalists Association will be holding the annual Eco-Fair, featuring a variety of food, music and environmentally friendly activities in the Laird Room Thursday, April 18 from 10:00 a.m. to 4:00 p.m.

"The goal is to remind people how important the planet is and to celebrate the Earth with food and music," said President of EENA, Marie Fargo. "It originally started in the 1970s and has been going on every year since. It's really exciting to be part of such a great tradition."

There are a variety of activities going on at the Eco-Fair this year. Two bikes and a kayak will be raffled off, as well as a raffle with various gift certificates and items from local businesses. Sustainable food will also be served to match the theme.

"We have a lot of student organizations involved that are doing

at your local UW

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great things both on campus and in the community, and this is their time to share their programs and activities with a broad audience," Fargo said. "This is a great event to showcase UWSP's commitment to sustainability."

With local farmers donating fresh food, the Yoga Club giving sessions and the Raptor Education Group coming from Antigo to show live birds like owls and hawks, Fargo explains that it should be a fun event for all and is free and open to the public.

"We are encouraging people to bring their instruments to get a jam session going. We will also have a 'freecycle' table where people can bring in an item they don't want anymore and exchange it for something else," Fargo said.

Senior environmental education and interpretation major Marcus Nack will also be participating in

SEE Eco-Fair: PAGE 8

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Reggae Legend Inspires Students

ERIK KERSTING ekers766@uwsp.edu

It's not every day a musical legend visits campus. Larry McDonald, a reggae percussionist who specializes in playing hand drums, spoke on campus on Tuesday, April 16 as part of the Latin American/Caribbean Speaker Series.

POINTLIFE

The series was founded in 2011 to promote awareness of political, social, economic, environmental and cultural issues in Mexico, Central America, South America, and the Caribbean region.

Reggae is a large part of many students' lives, including University of Wisconsin - Stevens Point student John Laedtke.

"Reggae is a hard subject to approach because not many people understand what it is," Laedtke said. "When they think reggae, they think the top 20 Bob Marley songs or a few outside artists. Most of these people who were at the event had never heard of Larry McDonald before. It took me a bit of research to figure out who he was, back when I first heard about this event."



Larry McDonald, a New York based percussionist and native of Jamaica, shared his presentation entitled, "The History of Reggae Music: An Evening with Larry McDonald," Tuesday evening.

While overseas, Laedtke had an emotional experience involving reggae which brought it near to his heart.

"I was in a band in Hungary that was a reggae band, and we played on the streets," Laedtke said. "We used djembes and congas, and it was a really powerful time because the people I was playing with were very poor, and the songs that we played

were visceral-like, you're not going to sing it half-assed. You're going to sing it fully, and it's going to be played with your soul."

Laedtke believes that, while reggae is about a certain sound, it is more about the way that sound is played.

"Reggae is a group of people who understand a rhythm and a group of people who are trying to make a visceral approach to this music. It can only be played viscerally," Laedtke said.

On stage, McDonald downplayed his role in the reggae scene. Many students were impressed with his humility.

"He was cool. I liked him," said Kiah Hardy, a UWSP student. "When he would get off-task with his speech, he would say, 'I'm just a drummer. I'm not a presenter.' I sympathize with him for that. It went really well. He didn't realize how well he tied in his history with the history of all of our music. I really liked that."

Laedtke also enjoyed McDonald's presentation.

"I thought that it was an awesome two hours-it sped by," Laedtke said. "He seemed to mix the history of reggae effectively with his own personal experience. And that is what reggae is - a personal feeling, spiritual almost."

Laedtke hopes other artistic and historical series come to campus in the future.

"This is the first artistic individual that I've seen giving a lecture, but I'm sure there's been others. It's not always as obvious. This was a highly advertised event," Laedtke said. think it would do quite well for the student body to have it spelled out for them. Culture isn't always immediately absorbed or understood by hearing a song, though it can be. Music is able to be spoken about because it's such a big thing."

Eco-Fair

CONTINUED FROM: PAGE 7

the event, promoting the conservation of grasslands to help increase populations of prairie chickens.

"I just want people to think about our environment and how sustainability can change the world," Nack said. "I'm excited to see students get involved in a real-life situation other than in the classroom."

As a whole, the group focuses on educating and inspiring others to become more aware of the natural Programs they put on world. throughout the year include nature walks through Schmeeckle, bird feeder building and Leave-No-Trace trainings.

"We welcome anyone who is interested in teaching others about the environment," nature and

Fargo said. "We have education, environmental policy and wildlife majors as well."

The group is also sponsoring the Eco-Fair Sunstock, a concert being held on Wednesday, April 24 at 7:00 p.m. in the DUC Encore. The **Evergreen Grass Band and Hi-Matics** will be playing.

"I love watching everyone interact at Eco-Fair. It's an awesome to see so many caring, enthusiastic people come together to celebrate Earth Week," Fargo said. "I hope everyone leaves with a better appreciation for the amazing things our campus organizations are doing and for the great leaps the UWSP campus has taken to become more sustainable and gain a greater interest and appreciation of the Earth."

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Going Hungry for a Cause

SARAH MCQUEEN smcqu643@uwsp.edu

How would you feel if you attended a banquet where many were served unlimited food, but you were told there was nothing left for you? Would you be shocked? Angry? Upset?

This is exactly what happened to many who attended the Hunger Banquet on April 13. This visual was used to drive home the point that millions of people go hungry every day while others have access to seemingly unlimited food.

The Hunger Banquet was the final event in a week-long program called Hunger Week. Hunger Week was designed to raise awareness and funds for world hunger. The week was sponsored by Intervarsity, International Justice Mission and the Wesleyan Society.

"Funds go to World Vision," said Jennifer Smith, a student at the University of Wisconsin-Stevens Point and one of the organizers of Hunger Week. "Their mission is to help alleviate world hunger. They work on not just feeding people for a day but getting people fresh water or animals."

As part of Hunger Week, students volunteered at the Place of Peace, a local Lutheran church, and the Salvation Army, helping to serve food to the homeless. They organized a food drive and collected many donations for The Cupboard. They also tabled at the Dreyfus University Center hoping to raise awareness among students and get them thinking about the issue.

"We were pretty much just trying to have conversation with people and ask what they are hungry for as well," Smith said. "Like—is it food or is it fame or success? Or is it spirituality, or is it something else?"

In addition, about 40 students participated in a 30-hour famine. At 9:00 a.m. April 12, all 40 participants stopped eating and went hungry for the next 30 hours.

"The 30 hours had two

purposes," Smith said. "The first purpose was to understand how it feels to be hungry for a day. The second purpose is to understand what you are hungry for. Is food satisfying or is something else? Is it your hunger for God? Is it your hunger in yourself?"

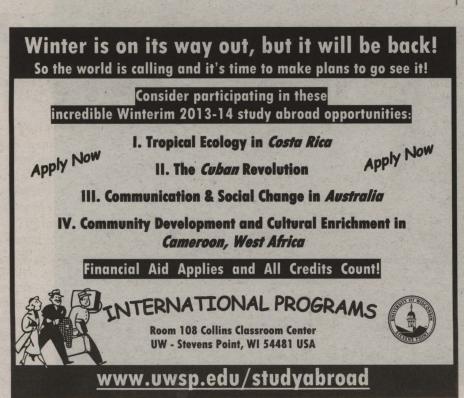
Those who participated in the famine spent the night at the Place of Peace and all broke their fast together the next day. Smith said the hardest part of the famine was waking up Saturday morning and realizing that she could not eat. The point was made clear to all. There are many people who wake up every morning and don't know if they will have a meal that day.

"I think I learned a number of things," Smith said. "I thought it was really wonderful how everything just seemed to be willingly donated. Even though we are a wealthy nation, we still have a giving heart. We are just working harder at learning how to give."

The Hunger Banquet was held later that night and was attended by over 70 people. Ushers randomly sat people in either the high class, middle class or poverty sections. People were served according to their sections. Smith pointed out that people sitting at the poverty tables could have eaten if anyone with extra food had thought to share what was given to them. No one did.

"We can't expect someone else to deal with the problem," Smith said. "We have to realize that there is a problem and do something about it. That is definitely on an individual basis. You can't expect other people to do it if you're not doing it yourself."

Through a silent auction, donations and the cover charge for the banquet, Hunger Week was able to raise over \$650 to donate to World Vision. This was the first year the event has been held, and Smith said she intends to make this happen annually.



Roommate of the Year Award



This is my roommate Holden. He is really great about sharing his snacks, loves watching movies, and is very polite. His drawbacks are he hasn't mastered using the bathroom, does not cook or clean, and enjoys throwing everything from the shelves onto the floor. He is pretty cute though and super precious. His joy for life is contagious and he helps keep things in perspective. He is my little Thunder Buddy.



I would like to nominate Hillary Jung for roommate of the year. Although we haven't lived together long, she is becoming one of my best friends! I

Allyson Mahlik is the best roommate. For the first week of school, we sat up and talked till 2-3 in the morning every night. We instantly became best friends and she has made my first year at college amazing. As the year went on we watched other roommates fall apart and move out. She and I never even looked back. She works so hard and makes me want to do even better at school. Allie is kind hearted and trustworthy. She lets me be me and accepts all the weird things I do (like my obsession for wolves, dogs, and other furry creatures). She is an amazing friend and I am so lucky that we randomly got put together. Who



This is my roommate Kaitlyn Luckow and I at her 21st Bday. I couldn't decide what picture was best for this nomination, but I chose this one because it makes me feel like I'm all hers (and I am, duh!) She's a little weird moved to Neale the second week of the semester and was going through a really rough time in my life. Not only was she totally helpful in moving me in and making me feel welcome, she and her boyfriend helped me through a rough patch when I was emotionally fragile. When I checked myself into the hospital in February, she came and visited me even though she had only known me for a couple of weeks. I am nominating her for these reasons and many more. She is a fantastic person, extremely caring, a great sense of humor, and willing to talk about anything!



knew that I would get an awesome roommate and an awesome friend. I love her a lot and I am so excited to live with her again!

(obviously) but she doesn't complain much when I constantly talk about pointless things and complain about all of life's problems. What you might not know, however, is that deep down she's a genuinely nice person, and not just the crazy you see in this picture. She loves everyone, oddly enough, and everyone seems to love her back and find her zebra laugh adorable. But in all serious, she's totally wonderful! And beautiful, smart, kind, loving, understanding, and she even tries to not judge me. We won't be living together anymore after a month or so, but we will be friends forever. Love you, K!

10 OPINIONS

Arts and Advocacy Event to Raise Mental Health Awareness in Community

Health Advisory Committee, in partnership with the College of Fine Arts and Communications is hosting Arts & Advocacy, an arts event and raffle. The theme of Arts & Advocacy is mental health awareness. The event will feature local artists sharing stories through a variety of acts ranging from music and dance to theatre and live painting. All acts will be on relevant mental health topics.

The raffle will consist of art pieces donated by students and gift baskets from local businesses. Some businesses and mental health resources will also be available at booths during the intermission. The profits will go to the UWSP Counseling Center and The National Alliance of Mental Illness (NAMI) of Portage and Wood County.

One of the primary goals of Arts and Advocacy is community connection. The event will bring exposure to local artists and awareness of mental health resources available in the community and on campus. According to SHAC director Anna Haug, "It is our hope to bring the Stevens Point and campus community together to relate to issues on our minds and in our hearts. Mental health is something that everyone deals with every day. Whether it be talking to a friend about a bad exam grade, what to graduate with, or going

On April 27th the UWSP Student to a counselor to talk out what is going on in your life."

Arts and Advocacy is open to the public. You may purchase tickets in person at UWSP ticket office in the

Dreyfus University Center or online Arts Center at 7:00pm on Saturday, tickets.uwsp.edu/. Tickets cost \$8 for community members and free for students with an ID. The event will be held in the Courtyard of the Noel Fine

April 27th. Desserts and beverages will be provided.

Lee Bartnik

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Titus Andronius – Local Business



KYLE FLORENCE Kyle.A.Florencec@uwsp.edu 90FM ALBUM REVIEW

12

Since forming in Glen Rock, New Jersey in 2005, Titus Andronicus has hit the ground running, releasing two

critically acclaimed albums that have left notable sources such as Pitchfork Magazine referring to their sound as "violent, overblown and irreverent."

With the release of their third full-length "Local Business", the quintet returns to the limelight having clearly perfected the raw indie-punk sound which made them famous. Throughout the album, grungy, beach-ready guitar riffs are complemented by lead vocalist Patrick Stickles wordy, often deeply introspective lyrics. "Ecce Homo", the album opener, is immediately shoved down listeners throats, propelled forward by chunky lead guitar and a relentlessly catchy melody. Similarly, the third track, "Upon Viewing Oregon's Landscape With the Flood of Detritus", follows a similar route, and very vividly describes a car crash on a pacific-northwest interstate. Along with this, "Still Life With Hot Deuce on Silver Platter" seems to be packed with enough energy to rival a daycare built into a candy factory.

Still, with each new album bands are expected to grow in some way, shape, or form, and with the release of "Local Business", Titus Andronicus' maturation becomes apparent. Very early on it is made clear that the group has remained true to their craft, yet as the album progresses listeners will note that the they have also vied for a more grandiose approach. For example, the latter half of "In a Small Body" flows effortlessly from a wispy guitar line to a lofty violin arrangement, before rejoining with Stickles wails. Additionally, several others songs also occasionally drift into very spacey, almost progrock territory, with multiple tracks hovering well beyond the three minute mark.

Aside from structure, it would also seem that the topic Matter of "Local Business" is considerably more grown-up, which is evident in tracks such as "My Eating Disorder", where Stickles bravely addresses his own long time issues with selective eating. Likewise, in the reflective "In a Big City", which also serves as the album's first single, we find him detailing a flight from New Jersey to New York where he is "a drop in a deluge of hipsters."

Ultimately, Titus Andronicus has done what fans of the genre have come to expect--create an album that is upbeat, fast, and far reaching.

Thao and the Get Down Stay Down – We the Common



AUBREY GIORDANA Aubrey.A.Giordana@uwsp.edu goFM ALBUM REVIEW

Thao and her Get Downs Stay Downs surprise us with their fifth album, "We the Common". Thao has always reminded me of the girl in movies who smokes cigs and wants nothing to do with you. Based out of California, Thao has revved up her credentials as a recording artist and has proven she can be a powerful dynamic role model amongst the female musicians of our alternative era. She started out her song writing in the Laundromat her mother owned in Virginia. Using the nonchalant tone of Cat Power, but the fluctuation movements similar to Regina Spektor's, Thao creates her own sound that is unique and haunting. Throughout the entire album, she

has spurts where it even reminds me of Of Monsters and Men, everybody in chorus singing a happy catchy refrain. On the first song, entitled We the Common, she allows the banjo to collide with the guitar ever so softly. She sways back and forth with her eyes closed, just experimenting within her vocal realms. Her voice brings you across colorful phrases that flow right into each other. She wails at times to get you excited, and manages to bring you back to a comfortable point of ease. The thing I like best about Thao is her ability to sing so strongly; so clear and so crisp. Her song Kindness Be Conceived features artist Joanna Newsome. Joanna's equally haunting voice compliments Thao's so perfectly, it creates this country sounding ballad that could satisfy anyone's hankering for a great ol'time summer song. My favorite song on the album is entitled Holy Roller. It starts out with music that seems almost reminiscent of the Asian culture, the simplistic yet distinct plucking. Then, right as the refrain is coming, she decrescendos into a millisecond of silence, and then immediately brings it back with a crescendo of energy and liveliness. It's a roller-coaster with Thao, one filled with beautiful poetry, chilling harmonies and full sounding, enthusiastic tunes.

