

Thursday

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# THE POINTER

A Student Publication

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UNIVERSITY OF WISCONSIN-STEVENS POINT

## Thailand Project reaches out for second time

Megan Hablewitz

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Upon graduating high school, attending college is the next step for most students in the United States. But this is far from reality for young adults in many other parts of the world.

When University of Wisconsin-Stevens Point art student Joseph Quinnell visited Thailand on a study-abroad trip during the summer of 2005, he was deeply affected by the number of Thai children that are forced into the sex trade and prostitution industry, which makes up 25 percent of Thailand's economy.

Throughout the course of his stay, he interviewed many women and young girls who were in the industry, and also met with two-time Nobel Peace Prize nominee Sompop Jantraka, founder and head of the Development Education Program for Daughters and Communities in Mae Sai, Thailand. The DEPDC, which has over 300 students, is a school for children who have escaped the sex trade industry themselves, or are orphans who lost their mothers to AIDS as a result of their prostitution.

Since these children are often born into brothels or have been sold numerous times, they have no official citizenship in any country. Therefore, they cannot attend Thai government schools. The DEPDC is their only option.

Unable to forget what he had seen, Quinnell created The Thailand Project in hopes of informing others of the plight of the young Thai women and children. The project's main goal was to provide some type of meaningful humanitarian aid to help DEPDC students.

The photographs from his trip, over 150 total, were developed into a photographic essay entitled "An Allowance of a Dream," which was displayed at UW-SP last semester and is currently traveling to galleries around the state.

Inspired by his own college experience and wanting to do more for the students of DEPDC, Quinnell realized that the thing that would most help these women and children would be a formal college education.

"That Bachelor's Degree will serve as citizenship," Quinnell said. "Thai businesses will hire them just because they have a bachelor's degree from the United States. It's a guarantee they'll be able to do what they want with their

## UW-SP Homecoming 2006

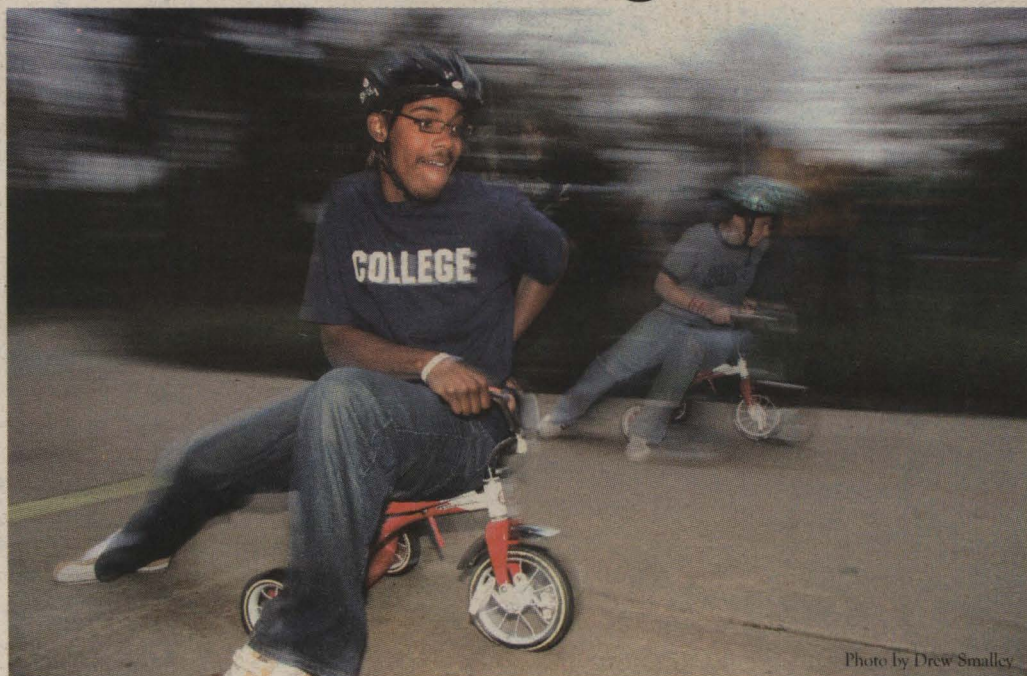


Photo by Drew Smalley

Homecoming activities this week like a tug-o-war, tricycle races and an alumni picnic lead up to Saturday's game against UW - Oshkosh.

lives."

So he approached UW-SP officials to discuss his idea. The university recently informed Jantraka that they will hold spots for up to four DEPDC graduates to attend UW-SP in fall of 2007.

"As a university, we hope to create a global understanding and a sense of social and environmental responsibility in all our graduates," said Bob Tomlinson, UW-SP vice chancellor of student affairs. "This idea is an excellent example of how one person can make the

see **Thailand** pg. 2



Photo courtesy of University Relations and Communications

When: Tuesday, October 24, 2006

Time: 7 p.m.

Where: Michelsen Hall, Noel Fine Arts Center

Two-time Nobel Peace Prize nominee Sompop Jantraka will speak at UW-SP on Tuesday, October 24. Jantraka is the founder of the Development Education Program for Daughters & Communities, a Thai school that provides shelter and education to children victimized by the sex trade and trafficking industry in Thailand. The event is free of charge and open to the public.

## UW-SP student is a self-made success in technology

Stephen Kaiser

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Meet Zach Vruwink, a freshman Political Science major attending the University of Wisconsin-Stevens Point. While he may appear to be just an average college student, he is everything but. He owns and maintains his own computer maintenance business, Zach's Computers, in downtown Wisconsin Rapids, and he founded it when he was a freshman in high school.

Vruwink started off in his parents' basement, picking and prodding at computers in his spare time. As his

knowledge of computers became more and more advanced, he was able to service and maintain the computers of both his family and friends. At this point, Vruwink realized that he could probably turn a profit with his skills, and Zach's Computers was born.

At first Vruwink planned on his business being a replacement for a summer job. With the direction of Junior Achievement, an organization dedicated to educating young people about business, and support and encouragement from his parents, it turned into much more than anyone had expected.

"This was just something I wanted

to have a little fun with," Vruwink said in response to his expectations of Zach's Computers. "There was no risk involved, since a lot of the people around me were already my customers."

He started with just \$500 in working capital for his first month of business. In July of 2003 he negotiated an affordable price and flexible payment plan for a building owned by Consolidated Papers. Vruwink spent \$400 on rent and \$100 was split between utilities and inventory. It didn't take long for that money to come back.

Wisconsin Rapids had a few computer maintenance shops already in

business when Zach's Computers set up shop. But what Vruwink brought to the table that the other shops didn't was reliable and friendly computer maintenance. His emphasis on on-site personalized service, during and after each sale, helped him establish a large customer base that both kept coming back to him for more business and recommended him to others. In six short months of business, he recorded about \$75,000 in net sales.

"After paying all of my bills, utilities, rent, finance charges, and figuring

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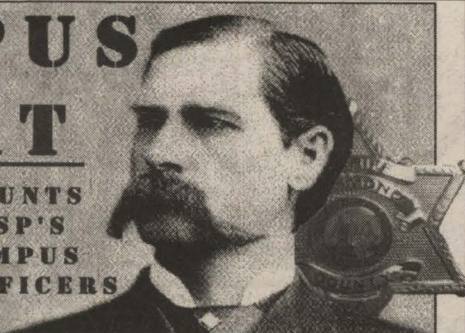
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# CAMPUS BEAT

TRUE ACCOUNTS  
FROM UW-SP'S  
FINEST CAMPUS  
SECURITY OFFICERS



Parking Lot Q  
October 11, 2006 9:35 p.m.

## Type: COMPLAINT

Individual called to report a vehicle driving recklessly through Lot Q. The driver was written up for disorderly conduct as well as expired plates.

Hyer Hall  
October 13, 2006 7:47 p.m.

## Type: DAMAGE

Male called to report damage to his moped, which was parked by a bike rack near Hyer Hall.

Steiner Hall  
October 13, 2006 11:10 p.m.

## Type: DISORDERLY CONDUCT

CA at Steiner Hall called in a report about a fight between two drunken men.

Smith Hall  
October 13, 2006 11:40 p.m.

## Type: INTOXICATION

Report of a student intoxicated and convulsing. The student was picked up by ambulance and transported to St. Michael's Hospital.

Watson Hall  
October 15, 2006 3:39 a.m.

## Type: COMPLAINT

Student called to report that a man ran into her room naked, leaving his boxer shorts and going through her roommate's clothes.

Watson Hall  
October 15, 2006 4:12 a.m.

## Type: COMPLAINT

Report of a male in the girls' bathroom.

## from Thailand pg. 1

world a better place for others less fortunate."

The students will spend their first year enrolled in the English as a Second Language program, which will prepare them to formally pursue a Bachelor's Degree starting the following year.

Funding for the students' tuition will be paid by means of donations and sponsorships from community churches, businesses and residents. Frame Memorial Presbyterian Church in Stevens Point announced last month that they would sponsor the \$13,085 tuition costs for one student's first year at UW-SP. Quinnell hopes to secure funding for a second student by October 24, when Jantraka will be visiting UW-SP.

According to Jantraka, students will have a job waiting for them back in Thailand at the DEPDC after graduation

## from UW-SP.

The biggest obstacle for the project so far, in addition to securing funding, has been getting around the DEPDC graduates' lack of citizenship. Some officials are concerned that the students will not want to return to Thailand upon graduation.

Quinnell met with officials at the U.S. Consulate in Chiang Mai, Thailand last June to discuss these concerns and arrange for the students to receive student visas. Once a DEPDC graduate is accepted at UW-SP, they will need to meet with an official from the American Consulate to discuss their return to Thailand after graduation.

For more information about The Thailand Project, visit [www.thethailandproject.com](http://www.thethailandproject.com) or contact Joseph Quinnell at [jquin065@uwsp.edu](mailto:jquin065@uwsp.edu).

## from Brilliant pg. 1

in wages, there wasn't much left for profit," Vruwink said.

He decided to keep the company going, experiencing a year-over-year sales growth of about 20 percent over four years. His inventory multiplied itself about twenty times and he added two employees, one of which works full-time while Vruwink is in school. This year he estimates his customer base to be over 1,000 and is expecting sales over \$200,000.

"I started from scratch. It wasn't like opening a franchise," Vruwink said. "It was, and still is, a constant process of trial and error, balancing employee needs and customer needs. Running your own business is definitely not a spectator sport."

Making the transition between high school and college life is difficult for anyone, but Vruwink is taking it in stride. In addition to running Zach's Computers, he has a

full-time load of credits and is also working a few hours each week doing Web design on campus for Career Services. He is majoring in political science and plans on pursuing a position on the Student Government Association at UW-SP. After graduating, he wants to try his hand in law or politics.

As far as the future of Zach's Computers, Vruwink is trying to keep his options open. He may open another store, but he is hesitant as that would be a huge step. If his current store continues to grow at the current pace, expanding would be his likely course of action. If that were to happen, he says, he would most likely sell half of his ownership.

Whatever direction he takes, he has already established himself as a productive member of the community. If his past is an indicator for success in the future, Vruwink will be just fine. But one thing is for sure, his achievements will no longer be unexpected.

## SGA Update

By Sarah Falat

"Living Options Fair" on Monday, October 30 from 7 p.m. until 9 p.m. in the NFAC balcony and courtyard.

At the fair, about 50 local landlords will be showing information about the houses and apartments they have to offer students. Don't worry, no leases will be signed at the event. This is just an opportunity for students to receive information and weigh their opportunities.

The Stevens Point Bus Transit, Police and Fire departments will also have booths to inform students about UPass and their rights as tenants.

Come on down and find a place to live off campus next year!

### Other happenings:

- \$ SGA is hiring a SLIC Assistant Director! For more info, stop down to 014 Nelson Hall!
- \$ Make a Difference Day: Rake-a-thon! October 28 from 8 a.m. to noon!
- \$ Senators needed from the College of Fine Arts and Communication and the College of Professional Studies! Contact [sgaexec@uwsp.edu](mailto:sgaexec@uwsp.edu) if interested!
- \$ Senate meetings are held every Thursday at 6 p.m. in the Founder's Room of Old Main. Everyone is welcome!

Trying to find a place to live off campus for next year?

SGA and the SLIC Director Ben Vondra are hosting the

## THE POINTER

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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](mailto:pointer@uwsp.edu). We reserve the right to deny publication for 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.

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## Pointlife

## Political science major experiences Parliament

**Melissa Cichantek**  
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*Editors' Note: Students are continuously advised to seek internships and to think about studying abroad. Melissa Cichantek, a political science major, decided to combine the two this semester by traveling to London, England. Below is the story of her experience thus far.*

My initial experience of being in London was the shock of how normal it truly was. I think I expected the people to be different somehow, perhaps untouchably glamorous or famous or more special. But around my neighborhood in Bayswater, there were people out walking with children in strollers, taking a jog around the block, doing their laundry down the street, and carrying groceries home. I was struck by the normalcy of life here, even in such a politically, culturally, and historically significant place. People go about their daily lives and just happen to live in London.

Of course there is the initial culture shock. Some things are different from back home. There are really no yard areas. Crossing streets can be dangerous if you forget to look right then left, instead of left then right. Public transport is a huge thing - most people don't have cars here. Land is at a premium, so it's usually used for stores and homes before it's used for parking. But the public transportation system is excellent. Sometimes Tube lines or buses go down, but it's quite easy to find an alternative route - it's just a matter of being patient and flexible.

Just the sheer number of people is incredible. Sometimes I'll walk down Oxford Street to get a new work shirt, and I'll literally be awash in a sea of people fifteen feet wide.

I find that I have so much more free time now. Last year with my

student government responsibilities and my class work, I was struggling to find time to just sleep and eat and finish my homework. But now I have time to see theater, to walk in the park, to cook and do proper grocery shopping, and to simply read a book or talk with my friends back home on the internet. Again, that might just be because I overbooked myself last year and am just now getting back into normal life.

Also, I find the people here in London to be generally much less 'scary' than the people I've encountered in big cities in the United States. I have yet to be heckled or bothered by strange creepy men or leered at on the street or in the subway. I feel quite safe in London and am able to move freely about the city on my own without fear of violence. Certainly, it is like any other big city in that you need to be aware of your surroundings, but overall I find it very easy to get around and very safe-feeling. The people themselves aren't overly friendly, but they also aren't unpleasant - I chalk that up to the usual impersonal feeling of a huge city.

Thus far, I've been overwhelmed with the amount of things to do here. The vast majority of museums are free and fabulous. I spend a good deal of my free time visiting those. There are also huge, scenic parks where people walk or picnic, or just spend an afternoon relaxing. I have yet to see anyone (other than the Embassy of Saudi Arabia) with a proper lawn, so they seem to greatly appreciate and respect their parks. I live about a block away from Hyde Park and wish I visited it more than I do.

Also, students get greatly discounted tickets for theater, opera, tourist sites, and pretty much anything else they want to do in the city. Sometimes the sheer amount of things to do in the city is mind-boggling.

The world seems wide open to you every night - you can eat whatever sort of food you want, see virtually any sort of entertainment you want.

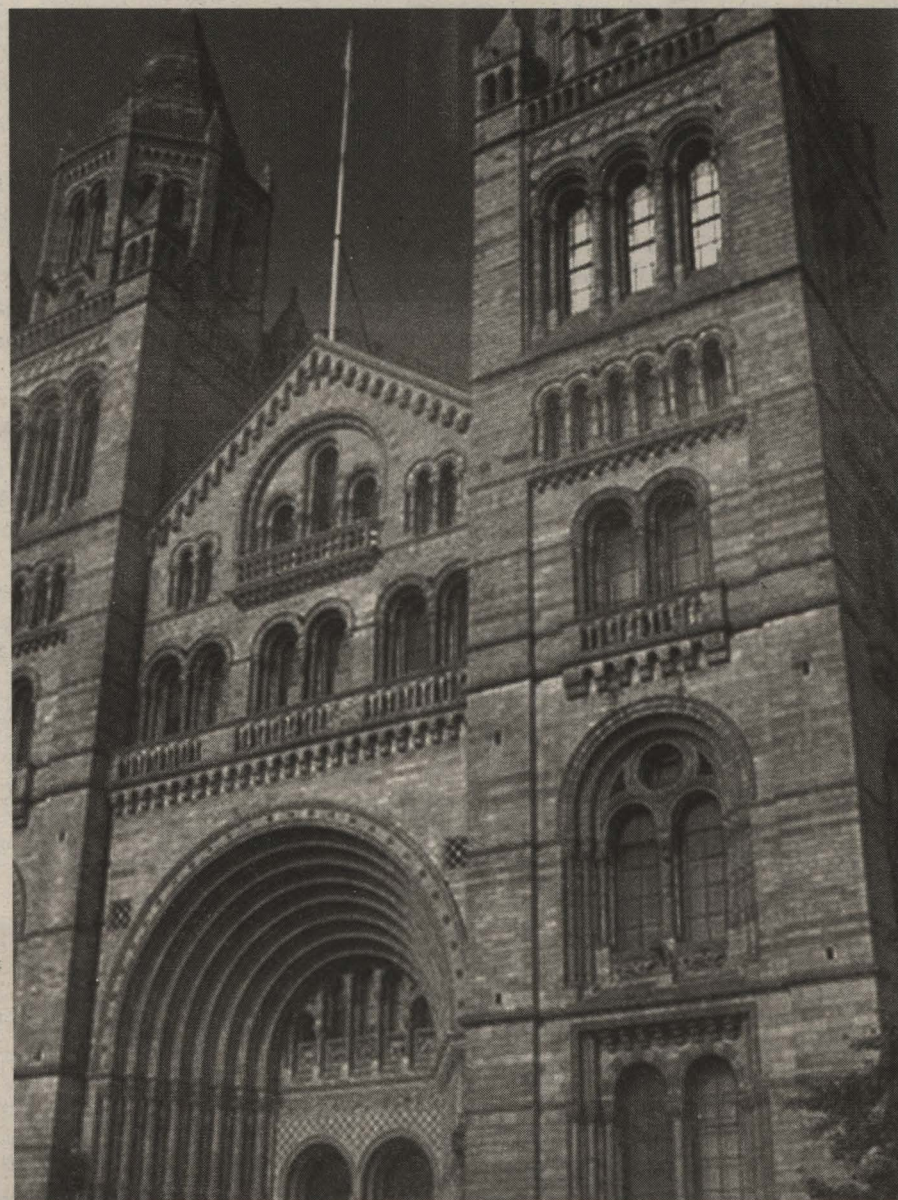
I am incredibly thankful for my Oyster Pass - a month-long unlimited-use card for the Tube, bus, and trams. It is incredible to know that I can go anywhere in London just by swiping my card. Granted, it costs about £90 per month for the pass (over \$150), it is well-worth it! Just by riding the Tube to work and home each day of the week, the pass pays for itself. Otherwise I would be walking nearly an hour and a half to work each morning in the rainy London weather - no thanks. The Tube Pass has been a great investment for me.

It's surprising how many different types of people there are - on a Tube car, I'll easily sit next to a nun in full regalia and a punk 16-year-old student, while two businesspeople in three-piece suits and severe-looking briefcases stand near the door, and

a fashion-victim 20-something leans against the Plexiglas, reapplying lipstick and checking her eyeliner, and a woman in full covering ushers three young children into their seats. It's not unusual to hear four or five distinct languages on the way to work each morning. I've never before been in a place with such cultural and ethnic diversity.

As for me, I ride the Tube each morning in my professional suit, trying to fit in with the other young professionals and wondering what people see when they see me. One of the first mornings I was going to work, I looked at my reflection in the Tube car and didn't recognize myself for a moment. After four years of jeans, t-shirts and ponytails in class, I still didn't see myself as a young woman who wore black pinstripe suits and pearls and worked in the Parliament.

See Political pg. 4



Right: A view from the front of the National History museum in London, England. Below: A typical London street complete with a double-decker bus. No, the picture is not backwards. Remember in England, cars drive on the other side of the road.

Photos provided by Melissa Cichantek



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## From Political pg 3

I'm still shocked that I'm here, and feel incredibly fortunate to have this opportunity. I have my family, my professors, and my friends to thank for giving me the encouragement I needed to take this chance. I was absolutely terrified to come here and probably would have weaseled my way out of it at the last minute, given the chance. But here I am.

As for what I officially do, I am a Parliamentary Intern in the office of Huw Irranca-Davies, Member of Parliament for Ogmore in Wales. There are only two of us who work at the central Westminster office, so it's much more of a personal feel than the big Washington offices back home. As an intern, I spend most of my time working on small research projects, replying to constituent letters, and

generally helping the Parliamentary Assistant with whatever he's currently working on. And of course, I spend a lot of time asking questions and trying to learn as quickly as I can about the ins-and-outs of every British political life.

As with all new jobs, it was confusing and nerve-racking at first, but I'm quickly learning how to use the office resources and becoming better at understanding accents over the phone - quite a challenge sometimes. The people who work around me are incredibly friendly and willing to help me out, which makes life so much easier here. My officemates take me to lunch and help me meet new people, so I'm starting to feel more 'at home.'

This past week, one of the people I met had an extra ticket for the Prime Minister's Questions on Wednesday and took me with her! So I was able

to attend Tony Blair's weekly appearance before the House of Commons and see the action live - how exciting to see a world leader in the same small room! I hope to be able to attend again this semester if I am lucky.

And I absolutely love living in London and working at the Parliament. I had to be dragged overseas practically kicking and screaming at first, but the decision to work and live here has been one of the best choices I have ever made. I never thought I could be nearly as independent, confident, or successful as I feel I've become so far. And I never dreamed I would see and experience so much in so little time, or meet so many amazing people! I can't speak enough about how great it has been to live in such a vividly multicultural city. My mind boggles when I realize just how much is out there, how many people to meet and places to see, and I'm sad that I didn't

start sooner. It seems as though all my classes and experiences at University of Wisconsin-Stevens Point were preparing me for this.

I used to scoff when study abroad students got that far-away look in their eyes when talking about their time abroad, saying "by the end, I didn't want to come back." But now I'm starting to understand just how transformative and engaging living abroad can be, and how much more open and aware it makes you. It shows you just what you're capable of, and that turns out to be a whole lot more than you imagined. I never thought I would be the person to get the 'travel bug,' but I will definitely be returning to England in the future and I already have a lengthy list of other places I want to visit here and elsewhere.

## Student organization: The Association for Women in Communication

**Katie Leb**  
THE POINTER  
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Student organizations are in full swing on the University of Wisconsin-Stevens Point campus. E-mails are being sent, new members are joining, and meetings are taking place. For those students still not sure which organization fits their personality and time availability, the search to be involved is rather difficult. However, each week a new student organization will be featured in this section, hopefully helping those students still searching, to find an organization suitable for them.

This week's featured student organization is The Association for Women in Communication (AWIC). The organization, located in the Division of Communication in the College of Fine Arts and Communication, focuses on the "the advancement of women across all communications disciplines by recognizing excellence, promoting leadership and positioning its members at the forefront of the evolving communications era," according to their mission statement. It is important to note that although "women" is in the title of the group, men have joined in the past.

Jessica Ferlindes, current AWIC President,

says that there are many reasons to join this organization, including being able to "promote the advancement of women, take exciting trips, meet new friends, meet successful communication professionals, conduct fundraisers and receive the opportunity to assume a leadership role."

The organization is currently working on recruiting new members and planning fundraisers and field trips. Most recently, members of the organization traveled to Wausau for a tour of the Channel 7 News Station. The group also plans on visiting the Stevens Point Journal in November.

Meetings take place every other Tuesday at 6:30 p.m. in CAC 202. They are a chance to discuss ideas, eat free food and listen to guest speakers from around the community who are currently working in a communication related position.

Ferlindes encourages students that are interested to remember, "AWIC is a great way to meet new people, have fun and support a cause."

For more information email Ferlindes at jferl209@uwsp.edu. The next meeting will be on October 24, 2006 at 6:30 p.m. in CAC 202.

## Don't think you smell? Ask everyone around you

**Katie Leb**  
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Autumn is upon us. The leaves, well, what is left of them, are changing into beautiful shades of red and orange, birds are preparing to migrate, and the morning air is crisp but refreshing. Such a scene makes it easy to lapse into a sort of fantasy where everything seems at peace. It is quite calming until you are sharply thrown back into reality when the crisp autumn air becomes the smell of four-week-old, unwashed boxers sitting in the corner of the room just staring at you, begging to be washed and then pampered in the dryer.

Laundry. The dirty little word college students like to refer to as something mom and dad take care of when they visit. But it is time to face the facts: mom and dad will not always be around or be willing to welcome home a carload of laundry.

So my fellow college students, it is time to stop being lazy. Grab the horse by the reins, take charge, do what you will...just get the smell out of the room. It really is not as difficult as it seems. Doing laundry can be separated into four basic categories: separating the materials to be washed, washing, drying, and folding or hanging up. These categories have been broken up below for a quick reference guide.

**Separating:** The task and necessity of separating a pair of blue slacks from a wool sock can seem pretty daunting to the laundry virgin. Fear not my friend.

•Towels-All towels, regardless of color, can be thrown into the washer at the same time.

•Whites/Lights/Khakis-This category may include

sweats also, as long as they are grey or white.

•Jeans-Blue jeans may be able to take up an entire load of wash. Most people own many pairs.

•Reds-The colors that bleed! Keep reds with each other, unless you like pink clothing.

•Darks-A lot of items may qualify for this category, so anything dark, throw it in!

•Undergarments-As long as these are the same colors, all will be fine.

•Dress clothes-For those college students not always wearing sweats and jeans, washing skirts and slacks together on the permanent press cycle will work wonders.

Of course some of these categories can be combined, according to color. Referring to the college budget manual, the fewer number of loads of laundry means the more money to be spent on beer.

**Washing:** Just remember this: when in fear, wash in cold water. It is the safest thing to do.

**Drying:** Lower temperatures will help alleviate the fear of shrinking. Nothing is worse than ruining your clothes or having a favorite sweater become the new outfit for your shih-tzu puppy. Also, don't forget to clean the lint trap. Causing a machine malfunction is not very cool!

**Folding/Hanging:** As if washing and drying is not enough time and effort spent, do not forget the necessity of folding and hanging up the proper items. These terms may seem like a foreign language, but the physical act is really not that complicated. After all, you do not want to show up on a first date looking like you just rolled out of bed with those clothes on.

Do us all a favor and keep the scents pleasant!

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# Science, Health & Tech.

## The CPS starts new Health Science major

**Sara Suchy**  
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The College of Professional Studies at the University of Wisconsin-Stevens Point has recently added a major in Health Science to its repertoire. The major hopes to prepare students for careers in the health field.

"We are in such a strong area for health care, and it is such a growing business," said Susan Raab, Professor of Health Science. Raab has been spearheading the project of creating this major.

The UW-SP campus is located in the same area as Ministry Health Care System, Marshfield Clinic, and Aspirus Clinic which would provide graduates of the health science major with lots of career opportunities, said Raab.

"It is also a great time for this major because there are so many baby boomers who are retiring, leaving behind a need for good, skilled people to take their position. The job market in this field is really growing," said Raab.

Students who choose to major in Health Science will

graduate with a Bachelor of Science in Health Science. The major's course requirements include a strong emphasis in biology, chemistry, psychology, sociology and political science, among others, in addition to the normal general degree requirements.

Along with the core classes, students would choose from four different emphases which cater to different career goals: health care informatics, health care administration, pre-physical therapy and pre-occupational therapy.

Health care informatics would focus on the use of computer science in health care. In conjunction with the health care classes, these students would be required to take several computer science courses. These graduates would go on to possible careers in record keeping and technology in the health care field.

"They would have a mixed background in health care and computers," said Raab. These two focus areas would make the graduates very marketable in the health care field.

Students who choose health care administration as their emphasis would also

have the option of going into employment immediately out of college. These students would take the basic health care classes along with business administration classes.

"Some of these students might go on to careers in health insurance or working with hospitals and clinics," said Raab.

The pre-occupational therapy and pre-physical therapy tracks are meant to be gateways into graduate school.

"These programs would prepare students for graduate school in their discipline" said Raab. UW-SP currently does not have graduate programs for occupational therapy or physical therapy, but several schools in the University of Wisconsin system do offer these programs.

Raab explained that she has already received a lot of calls and e-mails from students who are interested in the program, even though she has not been actively recruiting for the major.

"There is a large undecided major population on this campus, and I think those students are the ones wondering what this program is about...

we have already begun actively advising students for the Health Science degree," said Raab.

Raab is also working on a program that would include some of the area technical colleges.

"This will open doors for students who are interested in our program in technical colleges and those with Associate's Degrees. They could also come to UW-SP right out of their technical college and major in Health Science," said Raab.

Since UW-SP is so close to three huge clinics, Raab hopes that students will have internship opportunities and even job offers down the road right in the area.

"We are really just trying to serve the community around us by providing graduates from this major with the tools they need to be successful in the health field," said Raab.

For more information on the Health Science major at UW-SP, please call 346-3766 or visit room D127 in the Science Building.

## Upcoming Meetings and Events:

Saturday, October 21  
Small Space Garden Seminar with Melinda Myers - 10 a.m. at Mid-State Technical College in Wisconsin Rapids

Naturalist Program:  
Mother Nature's Sponge - 2 p.m. in the Schmeeckle Reserve Visitor Center

Sunday, October 22  
Naturalist Program: There is What in My Food? - 4 p.m. in the Schmeeckle Reserve Visitor Center

Friday, October 27  
Crane-watch Magic - 3 p.m. until dark at the Sandhill Wildlife Area in Babcock, Wis. Experience the flight of 6,000 cranes as they return to the Gallagher Marsh (Visit <http://www.dnr.wi.gov/org/land/wildlife/reclands/sandhill/> for more information).

## What's happening at the Allen Center for Health and Wellness Programs...

**Chelsey Ross**  
ALLEN CENTER



REGISTER NOW FOR THE 4TH ANNUAL COLD TURKEY TROT!

This year's event will be held on Saturday, November 11 at 10 a.m. Free registration begins this week at the Student Health Promotion Office. Register by November 3 at 12 p.m. and receive a free t-shirt! Only the first 175 UW-SP students to sign up will receive a t-shirt, so register today! The Student Health Promotion Office is open 9 a.m.-4 p.m., Monday through Friday, and is located at 004 Lower Allen Center.

The 'Trot' will begin at the Allen Center and will continue throughout Schmeeckle Reserve. You may choose to run or walk 3K (1.8 miles) or 5K (3.1 miles). Free food will be available at the event for all participants, and several door prizes will be given away too! Grab a friend and join in on this year's Cold Turkey Trot celebration! Visit [www.go2allen.com](http://www.go2allen.com) for more information.

## TECH IDBIT

**Sara Suchy**  
THE POINTER  
SSUCH489@UWSP.EDU

Fitting in a daily workout routine is one of those resolutions that is so easy to put off until tomorrow, until all those tomorrows turn into months without seeing the inside of a gym.

But as most of us know, it's also one of those things that should probably be at the top of our priorities list. Obesity is becoming an epidemic in America with no end in sight.

But how many college students do you know who have an extra hour to spare to go to the gym every day? Not many. That's why it is so important that when you do get the chance to workout, you're getting the most out of your time.

"Cardio training [something that significantly increases your heart rate] is the most important type of training to get,"

said Ciara Cummings, a personal trainer at the Cardio Center. "Everyone should get at least 30 minutes of cardio activity most days of the week."

But how do you know your workout is getting you results? One of the best ways to know if you're getting a worthwhile workout is by keeping your heart rate within your own target heart rate.

The best way to determine your target heart rate is to subtract your age from 220. That number is your maximum heart rate. You should never exceed that number in any of your workouts.

Now, take that number and multiply it by .65 that is the lowest end of your target heart rate. Next, take your maximum heart rate again and multiply it by .90 that is the highest end of your target heart rate. So, a 20-year-old's target heart rate range is

between 130 and 180 beats per minute.

Lower intensity workouts are going to burn more fat than higher intensity workouts, explained Cummings, but those low intensity workouts will not burn as many calories. Higher intensity workouts burn more carbohydrates and calories than low intensity workouts.

Not only is it important to workout for the sake of fitting into your favorite jeans, it's also crucial for long term health.

"Getting a good cardio workout most days of the week can decrease the risk of cardiovascular disease, which is the number one cause of death in America," said Cummings.

A good workout can also increase endorphins (which are mood elevators), prevent most types of cancer, and relieve stress.

## Get the heart pumping!



# Yoga helps to ease the toiling mind

Sara Suchy  
THE POINTER  
SSUCH489@UWSP.EDU

With the lights dimmed and two solitary candles lit Maureen Houlihan guides her class through three resounding "ohms" to begin her "Meditation and Yoga" class at the Allen center.

A feeling of absolute peace and concentration is present in the room as Houlihan moves her class through several uplifting poses. An audible sigh is heard out of a participant as she moves into a deep stretch which resounds throughout the class.

There's no doubt about it. Yoga is amazing for you.

"Any movement makes the body feel good," said Houlihan, a certified kripula yoga instructor. "Yoga has the physical benefits of any other physical activity."

But yoga offers to draw connection between mind, body and spirit, a connection, that for many, is left unrealized.

"Yoga benefits us in so many ways. It's balancing, it improves circulation, it sharpens the mind and helps us focus, all those things that students really need," said Houlihan.

Practicing yoga daily can help students be more attentive and present in their classes, explained Houlihan. It can also help improve flexibility. Many physical activities will make a body stronger, but people don't always stretch like they should after a workout, resulting in tight muscles and even injuries.

"I have seen students in their 20s already hurting and stiff," said Houlihan. This is a problem usually reserved for older adults.

Yoga can help alleviate these physical ailments and improve overall physical well being of its participants. But the benefits of yoga go far beyond the mere physical. Perhaps the most beneficial thing yoga teaches us is learning how to relax physically, mentally and emotionally.

"I have had students who have come in with trouble sleeping at night; yoga can help them as well," said Houlihan.

"By practicing yoga we become aware of the link between mind, body and spirit," said Houlihan. "It helps us become aware of our bodies and fully present within ourselves. By that we can become better listen-

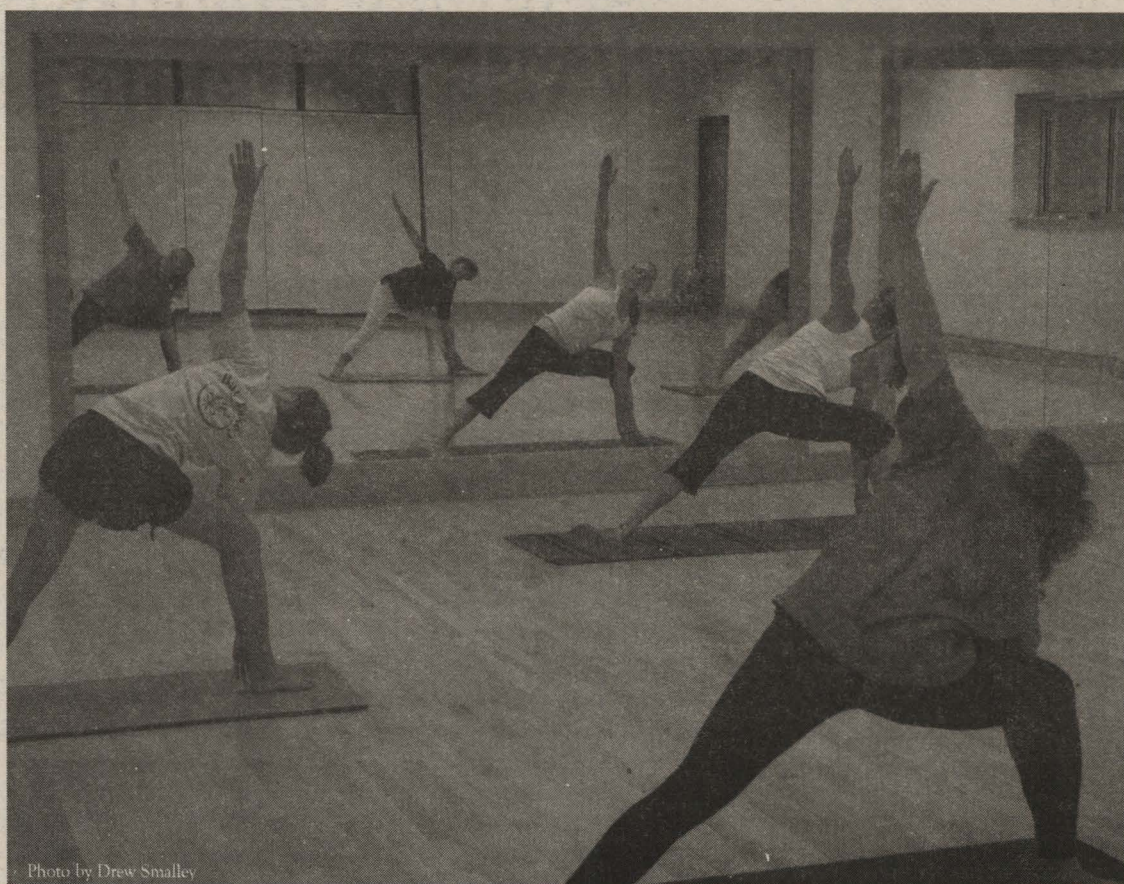


Photo by Drew Smalley

Students in Alexis Gibson's power yoga class relieve the stress of the day with a warrior posture.

ers and more attentive to the world around us."

Houlihan insists that any emotional baggage we may be carrying will always manifest itself somewhere in our bodies.

"The body doesn't lie," said Houlihan. "Yoga allows us to really feel our emotions in our body. Our society tends to push those feelings away. How many times have you been asked 'how are you' and just responded 'oh fine'?"

We are all so stressed, but we just keep going, and by doing that we are really hurt-

ing ourselves both emotionally and physically. We don't pay attention to the signs our body gives us when something is wrong. Sometimes we don't even realize it, said Houlihan.

Ailments like depression and anxiety all have physical side effects and yoga can help you recognize those emotions and work through them and deal with them in a healthy way. Yoga can also help you move through grief and for some people who experience severe depression, anxiety and grief, yoga is literally a lifesaver, said Houlihan.

Houlihan has experienced firsthand the healing powers of yoga.

"I have been remarkably healthy all my life, and I have worked with school-aged children for a long time. They're always sneezing on you and spreading germs, but I have only had one flu in over 15 years," said Houlihan.

Because she is so in tune with her body through yoga, Houlihan can become aware of them right away before they get out of hand.

So how can a busy college student who maybe only has a few minutes of spare time reap the benefits of yoga?

"Breathing. Just take a moment, be still, breathe and be aware of yourself," said Houlihan.

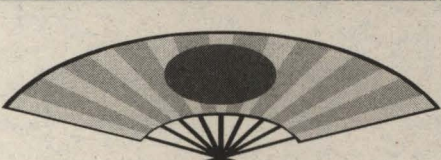
Try to notice what's going on in your body and in your life. Feel what's going on internally and ask yourself "what do I really need to do right now and what can I let go for now," said Houlihan.

For people who deal with stress by pounding the pavement on a run or maybe kicking the snot out of a punching bag, there is a type of yoga for you too.


"There are many intense postures that can satisfy that need as well," said Houlihan.

Students who may have a little more time on their hands might consider taking one of the many yoga classes offered by the Holistic Health program including Houlihan's "Meditation and Yoga" and "Morning Yoga."

**★ WAYCHEAP INTERNATIONAL EXPERIENCE**



**2007 USA  
SUMMER CAMP  
JAPAN**




Work and live in Japan as part of the UWSP-USA Summer Camp program.

**DATES:** The period of stay in Japan will vary from team to team. Departures from the United States will range from late June to early July. Returning dates will range from mid to late August.

**USA SUMMER CAMP:** This is an English language program for Japanese students, elementary school age through college. During the summer, UWSP counselors take part in the camp program for approximately 27 days/22 nights. (The general pattern is 5 nights at camp followed by 4 nights with the host family) There will also be a five-night counselor orientation session that will take place at the camp facility upon arrival in Japan.

During the program the students from America will act as camp counselors, working with the Japanese students on a variety of English language drills and activities. Counselors will also participate with the Japanese students in recreation activities, meals and variety of social activities. This is a VERY rewarding program, but be prepared to work hard.

**COST/COMPENSATION:** UWSP students pay ONLY \$850-900 to cover costs such as UWSP tuition and mandatory health/travel insurance. **For the counselors selected, we will provide for the following:** Round-trip air transportation from Chicago or Minneapolis (Midwest applicants) and Fukuoka, Japan -- Round-trip ground transportation between arrival city and camp location -- All host family arrangements. (Counselors will not be required to pay any fee to host families for room and board.) -- Food and lodging during all assigned days at the camp program -- Transportation expenses between host family's home and the camp program -- Three UWSP undergraduate credits in International Studies -- Overseas health insurance policy for stay in Japan through the UW-System.



Japanese language ability is not required to apply for this program.

Want to know more? Come see us, International Programs, 108 Collins, 346-2717

**★ WAYCHEAP INTERNATIONAL EXPERIENCE ★**



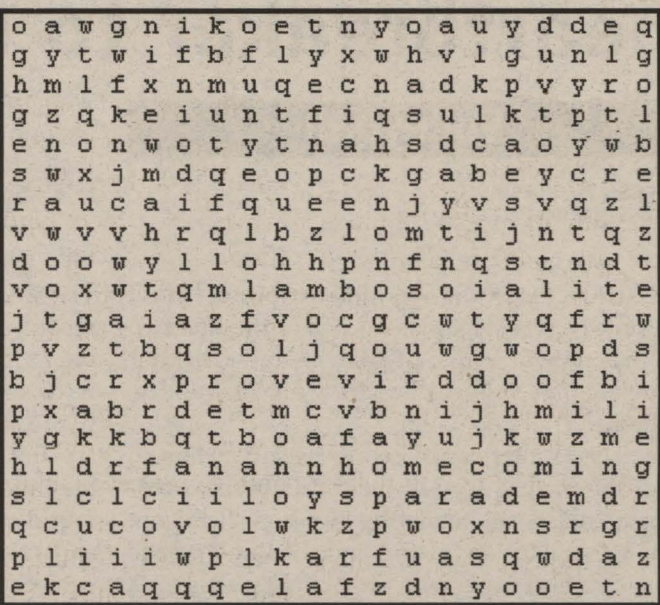
Comics

Resident's Evil



Joy Ratchman

WORD SEARCH: HOMECOMING



Neverland



Lo Shim

Muse



Ryan Tidball

Count James



Jason Loeffler

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Parade  
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## Sports

# Pointers drop five-game heartbreaker to Pioneers

## Volleyball

### Press Release

UW-SP ATHLETIC DEPARTMENT

University of Wisconsin-Stevens Point sprinted out to victories in each of the first two games only to see UW-Platteville rally back for a five-game volleyball victory on Wednesday, October 11 at Berg Gym.

The Pointers appeared to be in position to put the match away in the fourth game, holding a 26-22 lead, before the Pioneers closed out the game with an 8-1 run and then opened the decisive fifth game with six straight points for a 21-30, 26-30, 30-24, 30-27, 15-8 triumph.

UW-SP's Callie Kunde had another big night with 15 kills, 30 assists and 14 digs for her nation-leading ninth triple-double of the season. Shelly Maus collected 16 kills and six blocks, including 11 kills on 12 attempts in the second game.

The Pointers were unable to overcome a big individual performance from UW-P's Dana Alf,

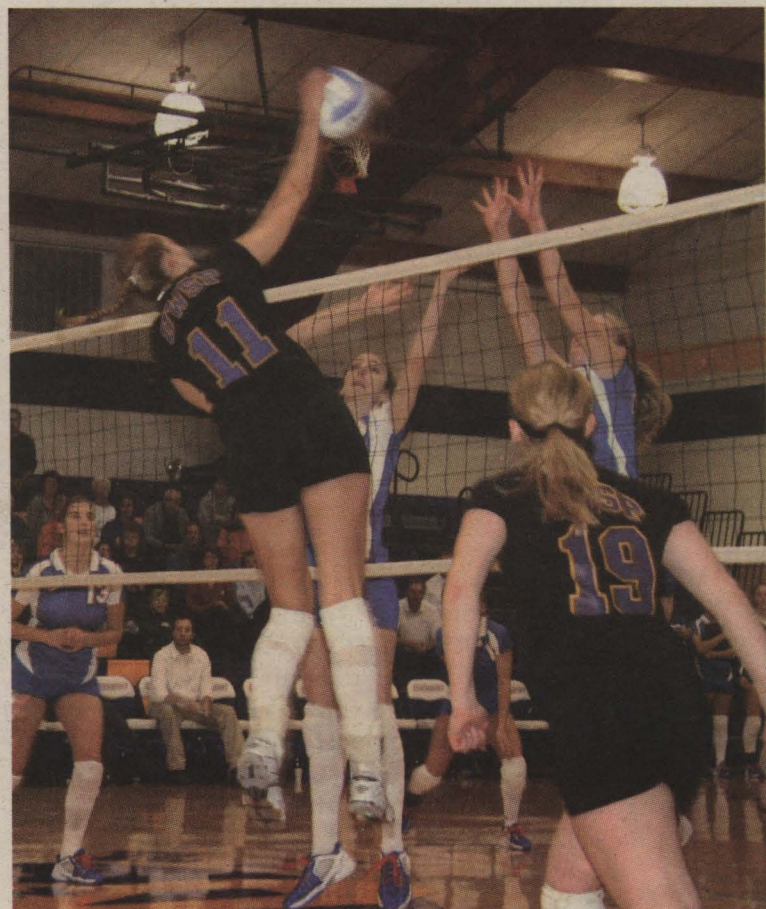
who finished with 31 kills in 63 hitting attempts, including kills on six of her seven attempts in the fifth game. Alf was set up perfectly all night by Kelly Laschinger, who amassed 68 assists.

UW-SP opened up a 16-7 lead and had 17 kills with just one error in the opening game. The Pointers also staked an early lead in the second game, holding a 22-16 advantage before the Pioneers ran off seven straight points. UW-SP then closed the game with a 6-2 run for a two-game advantage.

UW-P opened up a 12-2 lead and controlled the third game, but the Pointers had the advantage for nearly the entire fourth game after an early 8-2 lead. Lisa Bell sparked the Pioneers' comeback with three straight kills during UW-P's rally and finished the night with 15 kills.

Katie O'Brien added 10 kills and six blocks, while Gina Guell and Beth Richter each had nine kills for the Pointers, who fell to 20-9 overall and 3-3 in the conference. Lori Marten also tallied 27 digs for the Pointers.

UW-P, which dropped out of this week's national rankings after being 21st last week, is now 16-7 overall and 2-4 in the league.



Maus delivers the goods back to enemy territory, but the Pointers' effort was not enough to earn the win over the UW-P Pioneers. Photo by Drew Smalley

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**Join the Motion- Grab A Rake**  
**October 28, 2006**  
 Participate in the United Way Volunteer Center's annual Make A Difference Day Rake-A-Thon on Saturday, October 28 from 8 a.m. to 12 p.m. Volunteers will meet at SPASH for a light breakfast before raking leaves for Portage County residents who are unable to do so themselves. A celebration lunch will be served at 12 p.m.

If you are unable to assist in raking and still want to make a difference, you can help by bringing non-perishable food items to SPASH on October 28 between 8 a.m.-12 p.m.!

**Sign up now!**  
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## Point swim team wants repeat

### Swimming

**Ryan Hillman**  
 SPORTS REPORTER

There is a lot of optimism around the University of Wisconsin-Stevens Point pool these days. Both the men's and women's squads are coming off championship seasons and feel confident in repeating this year, even after losing 18 seniors. The reigning Wisconsin Intercollegiate Athletic Conference champions and top-10 NCAA ranked swimmers seem poised for another run at a championship.

One challenge they will have to overcome is the amount of new faces joining the team. The many freshmen exhibit great character and are poised to strap on the goggles and hit the water competing alongside some of the best swimmers in the WIAC. It is this chemistry that will help them maintain the top-spot.

"Every year bringing in a new class can be a challenge. You have to hope that the new freshman will mix well with the team chemistry that has already been established," women's team captain Jerica Crook said. "With the upper classmen and great coaching staff that we already have, I think that the freshman will feel welcome and will enjoy being a part of our great program and tradition."

See Point Swim pg. 9



## Senior on the Spot

### Jerica Crook - Women's Swimming

**Major** - Biology.

**Hometown** - Spring Green, Wis.

**Do you have any nicknames?** - Jer, Jeri.

**What are your plans after graduation?** - Going to MATC for Nursing.

**What has helped you become such an accomplished athlete?** - My team! They have helped me through everything: hard practices, bad meets, and a pretty long season. But when we stick together it helps all of us, and I couldn't have done it without them!

**What is your favorite Pointer sports memory?** -

Beating La Crosse and our home dual and it coming down to the very last relay, and beating La Crosse at the conference meet last year and then cutting off Al's hair! It's pretty close.

**What's your most embarrassing moment?** - There has been a few.

**What CD is in your stereo right now?** - Mixed CD.

**What DVD is currently in your DVD player?** - Good Will Hunting.

**What will you remember most about UW-SP?** - My friends and the good times that we had.

**What are the three biggest influences in your life?** - My mom, Coach Al and Justin, and my friend Amy Bennett.



## Women's soccer earns weekend split

**Nick Gerritsen**

THE POINTER

NGERR519@UWSP.EDU

Although the University of Wisconsin-Stevens Point women's soccer team did manage to win one of two home games this weekend, the game they lost was the more important one. Saturday's 1-0 loss to UW-River Falls put the Pointers farther back in the conference standings, slimming the team's chances at a conference title.

Although Point out-shot the Falcons by a 13 to 8 margin, they were only able to put two of those 13 shots on the opposing goal.

"We hit the post two times, once right in the beginning of the game, and once in the last minute of the game," Amanda Prawat said. "We had a lot of scoring chances that we just couldn't convert."

Meanwhile, River Falls was able to put seven of their eight shots on goal. Despite not being able to put shots on goal, the defense made sure the Pointers were able to stay in the game, keeping the Falcons off the scoreboard for much of the afternoon.

But with just over 16 minutes left, the Falcons finally broke through when Kim

Saufl's shot attempt was deflected off goalkeeper Meredith DeCaluwe and went directly to Amy Jensen whose shot found the back of the net and broke a scoreless tie.

The Pointers have now fallen to River Falls three straight times.

"It was a very frustrating loss," Kaylee Weise said. "But we have to put that game behind us."

The loss ends Point's chance at a regular season title, putting them in fourth place, 11 points behind front-running Eau Claire with just two conference games remaining.



Kimie Wiepz heads the ball in the Pointers' 0-1 loss Saturday.

Photo by Drew Smalley

The Pointers were able to salvage a weekend split on Sunday when they shut out visiting Gustavus Adolphus 5-0. Although the win wasn't a conference game, a 5-0 shut-out still eased the Pointer girls' frustrations from the day before.

The Pointer offense got going almost immediately, converting their first scoring opportunity when Alison Regal scored less than one minute into the game. Prawat added to the lead 16 minutes later with an elusive drive ending with a hard shot to the back of the net.

"We came into Sunday's game really focused and ready to play," Prawat said afterward. "We lost to them last year 3-1, so we were out for revenge."

Early in the second half the Pointers put the game out of reach with a four minute stretch that featured three goals. The 20-6 shooting advantage allowed Point to convert its best scoring opportunities. Meanwhile, the Pointers also dominated defensively, allowing just one of GA's shots to be put on goal. Goalie Meredith DeCaluwe made only one save as the

Pointers tallied their fifth shutout of the season.

UW-SP's record now stands at 8-3-2 overall and 3-2-1 in conference. Saturday, the Pointers will host UW-Stout for their final home game of the year. The game will be followed by two road games to close out the regular season with the conference tournament starting October 31.

"We still have to show what we are made of," Weise said, "and that's what the conference tournament is for. So we can show the other teams that we are better than them."

## River Falls edges Pointers

### Football

**Nick Gerritsen**

THE POINTER

NGERR519@UWSP.EDU

For the first time all season, the University of Wisconsin-Stevens Point football team found itself in a close game. Unfortunately for the Pointers, they were the ones finishing on the low end of the scoreboard. Point's 20-17 loss in River Falls closed out a four game road stretch in which the team finished 2-2.

The game was close both in score and statistics, but it was the Falcons who triumphed in the end because of ball control. River Falls held possession of the football for over 36 minutes, thanks in large part to 217 rushing yards. Meanwhile, the Pointer offense was only able to muster 91 rushing yards. Despite finishing the day with just 44 yards on 16 carries, running back Cody Childs is still second in the conference in rushing with 625 yards.

The Pointers were successful in keeping their opponent off the scoreboard early, a trend that has haunted them all season long because they have not finished as strong. But after a scoreless first quarter, River Falls capped a 75-yard drive early in the second quarter for a 7-0 lead. A 44-yard Shane Hanson punt return put River Falls in position for another score. With just under ten minutes left in the half, River Falls quarterback Jeremy Wolff found Josh Grover for a 36-yard touchdown pass, putting Point in a sudden 14-0 hole.

But the Pointers got right back in the game with two successful drives to close out the half. Drives of 77 and 88 yards resulted in a Childs' 1-yard touchdown run and a Ryan Graboski 25-yard field

goal, making the score 14-10 at half.

"Our success in the passing game was simple. They gave us the right defense to throw against and we took advantage of it," Borchart said. "They put a lot of guys in the box to stop our running game and they did it well. Hats off to the River Falls defense."

The second half became a battle of field position and ball possession as both teams struggled to put together scoring drives. Although River Falls drove inside the Pointer ten on two separate occasions, both drives were halted by third down stops by defensive lineman Brad Vickroy and ended with field goals.

In the fourth quarter the Pointers were able to put together an 80-yard drive on 10 plays, the last of which was a 10-yard touchdown scramble by Borchart putting the Pointers to within three at 20-17. Along with his 47 rushing yards, Borchart also found success through the air, completing 24 of 40 passes for 292 yards. Eight of those 24 completions went to Brad Kalsow for 93 yards. The eight catches were a career high for the sophomore receiver.

As the game wound down, the defense forced a punt that gave the Pointers one more opportunity to catch the Falcons. After getting near midfield, a fourth down completion to Jack Marx came up two yards short of a first down, allowing River Falls to take over and run out the clock.

"When you lose a game and come up short of a big comeback you can only say you left it all on the field and stay positive," Borchart said.

The loss puts the Pointers in last place in the Wisconsin Intercollegiate Athletic Conference with a 2-4 record and 0-3 in conference play.

From **Point Swim** pg. 8

Team chemistry and individual leadership is something all swim fans can count on from the Pointer swim team. Senior men's captain Kyle Hartl echoes Crook's sentiments.

"Our team goals remain the same as they do every year. We will continue to work hard, support one another, and create a family," Hartl said. "If at the end of the year we've done those things I think we'll be pretty tough to beat."

Head coach Alan Boelk had the task of filling the giant void on his roster through recruitment. The men and women who he introduced to his system saw firsthand what they were getting themselves into and why they would want to join the UW-SP swim team.

Boelk emphasizes the importance of a positive environment and asserts a need for establishing a healthy team culture early in the season.

"This year, we have a massive freshmen class on both sides, so it is our primary goal to make sure that the culture we have worked so hard to create does not change," Boelk said. "It is scary as a head coach to think that what you just spent a decade creating could change in a season - and it can."

The freshmen have huge shoes to fill, but if the great upperclassmen leaders and the young talented freshman can unite as one, the UW-SP swimmers and divers are on the right track to having a great season.



# Outdoors

## Students band tiny owls before big migration through Wisconsin

**Anne Frie**  
THE POINTER  
AFRIE140@UWSP.EDU

"He's a chubby six-month-old, just a hatchling," said raptor biologist Eugene Jacobs, holding a tiny owl with bright yellow eyes in the palm of his hand. "We'll band him and then weigh him," he said, as he handed the tiny owl to a group of eight University of Wisconsin - Stevens Point students eager to begin a long

night of banding migrating Northern Saw-whet Owls.

No taller than eight inches, northern saw-whet owls are often considered one of the most difficult birds to see in the wild. But at the Lindwood Springs Research Station (LSRS) in Stevens Point, there's never been a better time than now for researchers and students to see and hear these intriguing owls.

Each fall, Jacobs and his

wife, Lorraine, depend on many volunteers to help band the hundreds of migrating birds that fly through the area. Since 1988, over 9,000 saw-whet owls have been captured at the LSRS during the saw-whets' fall migration, which runs from late September through mid-November.

Large mist nets, also referred to as "thrush nets," are set up at various locations outside the research station at night. An audio device plays a continuous "toot toot toot" call, which attracts owls migrating through the area. As the owls fly in closer to the caller, they fly right into the fine nets set up around the audio caller.

Untangling a saw-whet owl from the net can be awfully challenging, but with proper bird handling, this trapping technique has proved to be highly effective and safer for the birds.

"Because of the effectiveness of using audio-lure calls, research in the migration patterns of saw-whet owls has really exploded in the last 15 years," said Jacobs. "By banding them and monitoring their locations, we can determine their mortality rates, their summer and wintering ranges and population trends."



The northern saw-whet owl is the smallest owl species found in Wisconsin.

Photo by Eugene Jacobs



Raptor biologist Eugene Jacobs prepares to band Northern Saw-whet Owls caught in mesh nets at the Lindwood Springs Research Station.

Photo by Eugene Jacobs

For more than two years, Danielle Broeren and Helen Cold, student members of The Wildlife Society (TWS), have worked with Jacobs to allow TWS students to learn raptor handling and bird banding skills at the LSRS during the fall banding season.

"It's a lot of fun and gives students a chance to learn how to band birds, which is an important skill to have in the wildlife profession," said Broeren.

Saw-whet owls tend to migrate quickly during a cold front, of which hit central Wisconsin last Saturday,

October 14.

"That night we had a record number of birds, 77 saw-whets, caught in one night," said Lorraine Jacobs. "We have banded 211 saw-whets so far this season."

For nearly 35 years Eugene Jacobs has conducted studies on raptors in Wisconsin and has authored/co-authored several articles on his findings in various peer-reviewed journals.

"I absolutely enjoy having the students help out with this project," he said. "Without their assistance we could never continue this research."

## Chainsaw safety class offers lifesaving skills for life

**Paul Frater**  
OUTDOORS REPORTER  
PFRAT695@UWSP.EDU

Today's forested lands are no longer managed by big burly lumberjacks chopping down trees with axes and crosscut saws. Times have changed.

Modern-day forestry management and logging operations now use a safer, more reliable approach to managing tree species, thanks to the invention of the chainsaw.

Each year, beginning in mid-September, groups of University of Wisconsin - Stevens Point students spend two days learning how to safe-

ly handle these modern-day forestry tools through a one-credit course called Pulpcut.

Since 1985, more than 2,500 students have enrolled in this one-credit pass/fail course taught by John Houghton, a professor of Forestry at UW-SP, in cooperation with the student chapter of the Society of American Foresters (SAF).

Pulpcut is designed to teach beginning chainsaw users how to handle a chainsaw in a safe and proper manner. Students also learn how to properly fell (cut down a tree), delimb (remove its branches) and "buck-up" (cut it into marketable-sized pieces) trees.

To receive credit for the class, students must attend a mandatory lecture and are required to spend two days in the field practicing good safety habits by removing trees ready to be harvested.

Lessons taught in the course may prove to be a lifesaver later in life. "Even though you can have fun using a chainsaw, you must always remember what can happen if you aren't paying

attention to what you are doing or what is happening around you," said Tim Sattler, a UW-SP student enrolled in Pulpcut this year.

UW-SP student and Pulpcut supervisor Adam Tlachac takes the lessons learned in Pulpcut to heart.

"I personally know how dangerous running a saw and logging can be," he said. "My father was involved in a logging accident when I was growing up and spent a month in the hospital. I always hope that teaching safe chainsawing will prevent someone from getting injured."

Areas assigned to be thinned are selected based on availability for the year and whether or not a given stand is ready to be thinned. In past years, students thin tree stands on various public lands in the area, including city and county land, private land and land owned by the university.

Foresters and natural resource managers aim to create healthier tree



Photo by Lucas Vold

First-time chainsaw users are carefully supervised by experienced UW-SP students.



Photo by Lucas Vold

UW-SP students spend two days learning how to safely handle chainsaws through a one-credit course.

stands by thinning on carefully managed forested lands. Knowing how to use basic forestry tools, such as a chainsaw, is essential to a forester's resume.

Money that is made from the pulpwood attained from the cut trees allows students to take the course free of charge. Additionally, Pulpcut is a big fundraiser for SAF to help fund national conventions, mill tours, nursery tours, industry speakers and public sector speakers.



## Campus garden moves indoors to avoid cold weather



Photo by Eva Huele

A newly constructed hoop house on the campus garden helps extend the growing season for garden crops.

**Anne Frie**  
THE POINTER  
AFRIE140@UWSP.EDU

Despite the scattered snow flurries that lightly powdered campus last week, the University of Wisconsin - Stevens Point campus garden isn't locking its gate just yet.

On Sunday, October 15, student members of the Sustainable Communities in Agriculture Society (SACS) spent a day getting their hands dirty as they prepared the organic garden for the winter months ahead. Part of this preparation included planting crops indoors, in the newly constructed hoop house.

Standing close to seven feet tall and 12 feet wide, the campus garden hoop house is a low-budget green house that provides a protected environment to the crops inside. Rays of sun collect within the frame to create a moderate growing environment for indoor crops. Special plastic covers that shell the house keep inside temperatures between four and six

degrees warmer than outside temperatures.

"From the outside, it probably looks like the garden is closed for the winter. But really, we've just moved what was left to plant indoors," said Paul Huber, president of SACS. "In the hoop house we have planted spinach and arugula lettuce."

With near-freezing nighttime temperatures, many gardeners may wonder how plants can survive the cold. SACS members address this problem by insulating the late-season plants by putting straw cover over the top soil layer and through maintaining a compost pile, which helps to generate heat.

"It felt really good to be a part of the action and helping out at the garden," said Eva Huele, a student supporter of SACS. "I learned useful knowledge about sustainable agriculture that will stay with me later in life when I might want to start my own organic garden."

## Deer in rut don't stop for cars

**Anne Frie**  
THE POINTER  
AFRIE140@UWSP.EDU

With deer populations skyrocketing around the nation, it's becoming increasingly difficult for today's drivers to avoid encountering deer on the road. Each year, thousands of people die in car accidents involving deer, elk and moose.

As human development spreads farther into formerly rural areas and the number of deer, vehicles and miles traveled increase, accident numbers remain high.

A heavy percentage of deer-vehicle collisions (DVCs) occur during the northern rutting period from mid-October through November. The hours around dawn and dusk are particularly risky, when deer are most active, commuter traffic is heavy and roadway visibility is low.

Accident trends point in an obvious direction: states with high human populations have high losses of deer due to deer-vehicle collisions. Additionally, the majority of these states also have the highest deer populations in the nation.

Despite higher gas prices, the number of miles traveled has increased with a higher human population. In Iowa, the Office of Traffic and Safety reported the number of vehicle miles of travel have increased from 18.3 billion in 1980 to 29.7 billion in 1999.

State agencies strategize new ideas on how to lower DVCs, but achieving budget agreement and statewide support for new regulations can be a lengthy process.

According to Keith Warnke, game ecologist for the Wisconsin Bureau of Wildlife

Management, Wisconsin hopes to lower the number of deer-car collisions by focusing on deer herd reduction. Wisconsin ranks fifth in the nation for the number of DVC claims in 2005.

"Close to 80 percent of the state is undergoing season restriction numbers," Warnke said. "Because we manage deer on a deer-management unit basis, rather than a county-basis, it's hard to manage for antlerless deer specifically. Deer crash totals come from a county basis and our deer management units do not coincide with counties. Aside from targeting the deer population, the state has also put up warning signs and speed limit zones to assist with our management goals."

Indiana has put up flashing light signs with laser detection that warn drivers of animals on the road ahead. Wisconsin is experimenting with such signs for its elk

herd, but not as a deer-crash mitigation tool.

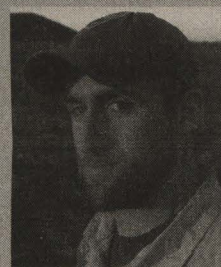
Many state departments have spent thousands of dollars in exclusionary fencing, deer-crossing signs, speed-limit reductions, highway lighting, salt alternatives and roadside vegetation management.

As vehicle technology continues to advance and as states continue to research various crash reduction methods, students should do their part in helping to stay safe on the road.

If a collision with a deer is unavoidable, state officials say driving slow during the nighttime hours and scanning roadsides for deer can prevent many of these accidents from occurring. Keep both hands on the steering wheel, stay in your lane and sound your horn. Swerving to avoid a deer may be more dangerous than hitting one.

## OUTDOOR EDVENTURES TIP OF THE WEEK

**Josh Spice**  
MANAGER/TRIP LEADER



When encountering water so nasty you can barely stand to walk through it, here's what to do:

Take a clear plastic bag and tie it around a branch with green leaves on it. Let it sit for several hours in the sun and there you have it - a quart of potable water made possible thanks to the magical process of condensation.

To learn more about this tip, along with many other tricks and techniques for improving your wilderness experiences, stop by Outdoor EdVentures, located in the lower level of the Allen Center.

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## Letters &amp; Opinion

Your College Survival Guide:  
Myspace Lesbians

By Pat Rothfuss

WITH HELP FROM THE MISSION COFFEE BAR

**Warning: This week's column contains lots of lesbians and sex talk. If this is going to freak you out, stop reading. Seriously. I mean it.**

A couple days ago I got the following letter....

Pat,

So here's some food for thought... It has always baffled me... but why do lesbians insist on using dildos and such if the main reason they are lesbians is because they got no gratification from the opposite sex and their vital organs. What do u think?

Jen

Whoo boy. Okay, let's get to work.

First, Jen, never use "u" instead of "you." Just don't. It makes you look like a thirteen year old girl in an NSYNC chatroom.

Second, due to some unfortunate sentence structure and a poorly used pronoun, it seems like you're saying that lesbians get no gratification from their own sexual organs. But I'm pretty sure that's not what you really mean. Allow me to translate your confuscated language usements to the best of my ability:

Pat,

Something has always baffled me. Why do lesbians insist on using dildos? I always assumed that women became lesbians because they didn't get any sexual gratification from men or their penises. If that's the case, why would they use a penis substitute?

Jen

There. Now we can get down to actually dealing with this letter.

Here's the deal. I could attempt to dispel some of Jen's misconceptions about Lesbians. I could mention that the defining characteristic of lesbians isn't fear of dick, it's that they love the... um... y'know...girl parts. But really, what do I know about being a lesbian, why should you trust me?

So I put the word out to my readers on Myspace, asking if my lesbian and bi readers could help straighten Jen out. If you'll excuse the expression.

Here is what they said:

I'm not a lesbian, but I don't think it takes one to answer the question if you really just think about sex. Most women may enjoy having things inserted into their vagina because the lower one third of it is packed with nerve endings that are capable of registering pleasure.

As for lesbians being lesbians, I am sure there are as many explanantions for being one as there are lesbians. As a heterosexual, most people don't come up to me and ask me why I am straight. And if they did, I'd have to admit that I really have no idea. It's the way I'm wired. I think it's the same with everyone, it's just the way we're wired.

Gail



Most women, gay, straight or bi, love and own dildos and vibrators. Personally, I can't get off without them. (I love sex toys!) and I can tell you that even though I'm a mostly lesbian bisexual, I generally don't give a damn about how I'm getting off: real dick, fake dick, boy tounge, girl tounge.....as long as i'm getting off, I'm thrilled to fucking pieces.

(Note: This is not to say I am careless about my sexual activity. Safety first, always!)

Danni

Not all lesbians use dildos. I'm personally creeped out by anything that really resembles a male sex organ touching me. I think it's just assumed that all lesbians

use strap-ons or dildos just like it's also assumed that lesbians aren't as feminine as the straight girls, which is very much untrue.

Rae

I'm bisexual and I just wanted to put in \*like everyone else\* that I didn't choose to get wet when I see boobs, it just happens. That doesn't mean when I'm dating a girl that her finger always works for me, hence the need for dildos. And, god, dildos are awesome.

Anyways, hurrah for lesbians and hurrah for grammar, yay.

Sunshine

I love this question. This one comes up (ha) quite often. I had a long running debate with one of my straight female friends about it for quite some time. She would say, "If you don't like cock why do you dykes use strap-ons?" And I'd reply, "Because it's not the fucking same, damn it." But that never ended the argument because it's just not a good enough answer. I finally figured out a good way to answer my friend that made her realize my point. "If it's the same, then why don't you just have some girl fuck you with a strap-on?"

I fuck girls because I like girls. Not because of the equipment they have available to them. That is just an added bonus.

I am a lesbian, so I think I can help you out with answering your question. Although I find it obvious, I can understand that sexual orientation and individual preferences can be very confusing for some.

While the thought of a man's penis kind of freaks me out, most dildos don't. I find penis obtrusive and invasive, and it's connotations are offensive (male dominance, size=masculinity, etc). While Pat's right, I do love poon, that's not WHY i'm a lesbian. There are more significant factors such as their mentality, physicality, and so on. Women are sexy, men are not (to me). I'm attracted to the softer curves and art-like body of a woman, not the hardness of a guy.

I hate dildos that are really realistic. Kinda freaks me out. But if I have a dildo that's a different color or doesn't resemble an actual penis, it's a different story. Lesbians have G spots too, and we still like to have them stimulated in the same way.

And, as everyone else said, sexual orientation is not a choice. I see it as more of a spectrum, and everyone lies somewhere inbetween. Some people are 100% straight

see Lesbians page 16

Point of View: Lou Piniella:  
World Series savior?

Steve Roeland

THE POINTER  
SROEL908@UWSP.EDU

For this week's POV, I thought I would dabble in my former area of employment at The Pointer: sports. Combine my past experience at the paper with my passionate devotion to the Chicago Cubs, and you got yourself one dandy of an article.

In the midst of the Chicago Cubs' hiring of Lou Piniella, I was pondering whether or not Sweet Lou will be able to bring home the Cubs' first World Series title since 1908 or even their first appearance since 1945. Then it dawned on me...no one will ever lead the Cubs to the Fall Classic. Just think back to the last manager that the Cubs hired. Dusty Baker was supposed to be

the savior, gift-wrapped and sent to the Windy City from San Francisco following the Giants' loss in the 2002 World Series.

Dusty looked promising in his first year, leading the Cubs to the National League Championship Series in 2003. With one catastrophic foul ball, the Billy Goat curse reared its ugly head, and the Cubs fizzled. In 2004, the Cubs lost their playoff spot in the final week of the season. After that, the Cubs went in a downward spiral, culminating with their last-place NL Central finish this year and the worst record in the National League.

While I do see Lou Piniella as a good fit in Chicago, I wish that the management would

See World Series pg. 16

## SGA Update

Trying to find a place to live off campus for next year? SGA and the SLIC Director Ben Vondra are hosting the "Living Options Fair" on Monday, October 30 from 7 p.m. until 9 p.m. in the NFAC balcony and courtyard.

At the fair, about 50 local landlords will be showing information about the houses and/or apartments they have to offer students. Don't worry, no leases will be signed at the event. This is just an opportunity for students to receive information and weigh their opportunities.

The Stevens Point Bus Transit, Police and Fire departments will also have booths to inform students about UPass and their rights as tenants.

Come on down and find a place to live off campus next year!

Other happenings:

§ SGA is hiring a SLIC Assistant Director! For more info, stop down to 014 Nelson Hall!

§ Make a Difference Day: Rake-a-thon! October 28 from 8a.m. to noon!

§ Senators needed from the College of Fine Arts and Communication and the College of Professional Studies! Contact sgaexec@uwsp.edu if interested!

§ Senate meetings are held every Thursday at 6 pm in the Founder's Room of Old Main, everyone is welcome!

By Sarah Falat



# Arts & Review

## Poet and social activist visits campus to discuss latest book

**June Flick**  
THE POINTER  
JFLIC713@UWSP.EDU

"If we do not know how we got here, we do not know where we can go." Marge Piercy made this and many other thought-provoking statements during her presentation on Monday, October 16. Piercy, author of 17 novels and 17 volumes of poetry, came to the University of Wisconsin-Stevens Point to discuss her

latest novel, "Sex Wars."

Piercy began her presentation by reading several of her poems, beginning with "What are Big Girls Made of." This poem describes how women are "manufactured like a sports sedan" with "breasts offered like apples in a bowl." The imagery was so apt and clever that many members of the audience laughed.

Many of Piercy's poems touched on controversial top-

ics. "Deadlocked Wedlock" spoke of gay marriage. The final poem, "Buyer Beware," received much applause. This poem spoke of the cost of war in Iraq.

After presenting some of her poems, Piercy began to tell about the history of New York City. She showed many pictures of the fashions and also the chaos of the late 1800s and early 1900s.

Piercy also discussed her research. For her latest novel, she traveled to the Seneca Falls home of Elizabeth Cady Stanton, talked to historians, and read Victoria Woodhull's speeches. "Research is fun, writing is work," she said.

This background information led into a presentation on "Sex Wars," her latest historical novel. "Sex Wars" documents the lives



Marge Piercy signs a book for a fan.

of Elizabeth Cady Stanton, Victoria Woodhull, Anthony Comstock, Susan B. Anthony and Freydeh, and their roles in social reform in the 19th century.

Piercy is an outspoken, witty, interesting woman. She is as much of a social activist as the women in her book. Piercy's humor and political comments received much applause and laughter as she answered questions at the end

of the presentation.

A large number of both men and women attended this feminist's performance, and all were equally impressed. The university store set up a table of Piercy's books, and many audience members, impressed by her performance, purchased books for her to sign. Piercy's next poetry book, "The Crooked Inheritance," will be published in November 2006.

## In the Limelight: Jamie Karoses



Courtesy of Jamie Karoses

Major: Two-Dimensional Art & Graphic Design  
Hometown: Campbellsport, Wis.

What led you to major in art?

Art is the only thing I could see myself doing, while being truly happy, for the rest of my life.

Who do you consider to be your greatest artistic role model?

Sabrina Ward Harrison is one of my favorite artists and role models. I am constantly intrigued by her work. She's extremely true to herself, and that's what I look up to the most. I would love to meet her someday.

What do you plan to do after you graduate?

I wouldn't mind going to grad school... maybe for photography or printmaking. I'd like to design catalogues for an urban clothing store someday, or open a coffee shop/art studio in a big city somewhere.

What has been your most memorable moment as a UW-SP artist?

I was able to travel to Thailand last winter and help paint a mural at a school there. Meeting the children at the school is the most memorable part. Being able to see how

excited they were about art, building strong friendships with the kids, and experiencing another culture was unforgettable.

Who or what inspires you the most in your art?

I'm mostly inspired by textiles and vintage patterns. I enjoy working with found objects. I keep a lot of random things and love spending time at thrift shops or antique stores. The used quality behind the objects interests me. I could look at the work of Robert Rauschenberg forever. The way he pieces things together and makes sense of it is really inspiring.

What is your favorite part of being a UW-SP art major?

You get to know your professors very well, and are really encouraged to experiment and try things out.

What's in your CD Player?

Right now, Ray LaMontagne, Sufjan Stevens, Xavier Rudd, Camera Obscura, and Nickel Creek.

Do you have a favorite quote?

If you're not going to be yourself, then who will be?  
--Anonymous

## "A Prairie Home Companion" spotlights director's talents

**Nelson Carvajal**  
ARTS AND REVIEW REPORTER

When Robert Altman received his Honorary Oscar (Lifetime Achievement Award) at the 78th Academy Awards in March of this year, he went on to say that the award was not a sign of his career finishing. He still considered himself to be very much in the game. The veteran filmmaker has made several iconic films, including "Mash" (1970), "Nashville" (1975), "Popeye" (1980), "The Player" (1992), "Shortcuts" (1993), and "Gosford Park" (2001). Ironically, Altman himself has never won an Oscar for his directorial achievements, even though he has a whopping seven Academy Award nominations under his belt.

This past summer, Mr. Altman lived up to his reputation when he released "A Prairie Home Companion," a wonderfully vibrant big-screen adaptation of Garrison Keillor's much-celebrated radio show. The film opened in limited release and won over critics unanimously. However, it never really made big summer box-office bucks like "Pirates of the Caribbean: Dead Man's Chest."

No matter, the film is a treasure to behold and the recent DVD release breathes new life into it. Audiences unable to see the film due to limited release now have

a chance to enjoy its fluid narrative and stellar ensemble cast. The plot revolves around the closing night of "A Prairie Home Companion" in its vintage theater. The radio show is performed live on stage, fully equipped with a band and an array of talented singers, in front of an audience while it is simultaneously broadcast on the radio throughout the area.

Garrison Keillor (who also wrote the screenplay) headlines the cast and is joined by Meryl Streep, Lily Tomlin, Woody Harrelson, John C. Reilly, Virginia Madsen, Lindsay Lohan, Tommy Lee Jones and Kevin Kline. Kline delivers a hilarious performance as the film's narrator and as the theater's self-proclaimed "private-eye." The fun keeps building as Streep and Tomlin portray sisters who have so much to say that their backstage bantering sometimes upstages their more controlled on-stage tunes. Those skeptical of Lohan's acting ability will be thoughtfully surprised to see her mature portrayal of an overshadowed younger singer. In the end though it's Harrelson and Reilly that bring the house down in a show-stopping performance of a tune called "Bad Jokes."

Viewers unfamiliar with Altman's work will probably find the film most fascinating, as there are at least half a dozen actors on screen at

the same time. Yet none of the film is confusing. Also, the brevity of the film's plot will appeal to audiences of all ages, as it doesn't really dig too deep for themes. The movie is just plain fun. The DVD includes an enlightening director commentary by Altman, along with some deleted scenes that should satisfy those who can't get enough of the witty cast. A behind-the-scenes featurette includes some conversations with the actors sharing their thoughts on working with a legend. Nevertheless, when watching the film, you'll realize that you're in the hands of a master craftsman. Watch him soar.

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# Review: singer Rachael Sage to visit Stevens Point

Joy Ratchman  
THE POINTER  
JRATC567@UWSP.EDU

On Wednesday, October 25, singer-songwriter and record label owner Rachael Sage will perform as part of the Women's Resource Center's Female Artist Showcase. Sage hails from New York's East Village. She is a self-taught pianist and Independent Music Award Winner (Best Singer-Songwriter). Her numerous musical awards include the Billboard Songwriting Award and First Prize in the Lilith Fair Talent Search.

The Philadelphia Daily News describes Sage's songs as "dexterous and haunting work, scored with dark emotional hues, rich chromatic chordings and surprising, adventurous changes." Her style is a blend of folk, pop, and jazz, sometimes known as "Art-Pop." The exact sound is hard to pin down. It's somewhere between Norah Jones, Alanis Morissette, Sheryl Crow, and Michelle Branch.

Admittedly, I didn't like any of the songs on Sage's "The Burning Sun" at all

when I first heard them. The beat and melody of her songs are often repetitive. Sage obviously has a powerful voice, but she chooses a breathy timbre that sounds as if she's holding back. I wasn't impressed by the quasi-mystical New Age undertones of "Burning Witch," and while "93 Maidens" is sad, it comes across as more sensationalist than heartfelt. "Hit Song" is a spoken-word-esque poem—in fact, most of her lyrics have all the melodrama of poetry read at a high school open mic. I tend to agree with the Los Angeles Times reviewer who called her "the self taught pianist (who) specializes in moody folk pop." If you like "moody folk pop," you will probably like Sage's music.

I will grant that the music has a certain soothing quality that grew on me over time, so long as I didn't pay attention to the words. The exception was "Calypso." This song's description of the hidden undertones in a friendship struck a chord with me. The rhythmic drum work of Sage's music has a certain evocative

quality, and her piano skills are quite refreshing in the increasingly electric world of music.

If you're a fan of breathy, jazz-inspired songstresses or coffee shop cabaret-style sing-

ers, you might be interested in Sage's music. She will perform in the Faux-Core on October 25 at 7 p.m., and again the following night at the Mission Coffee House in downtown Stevens Point.



Photos courtesy Amy Chase

Singer-Songwriter Rachael Sage.

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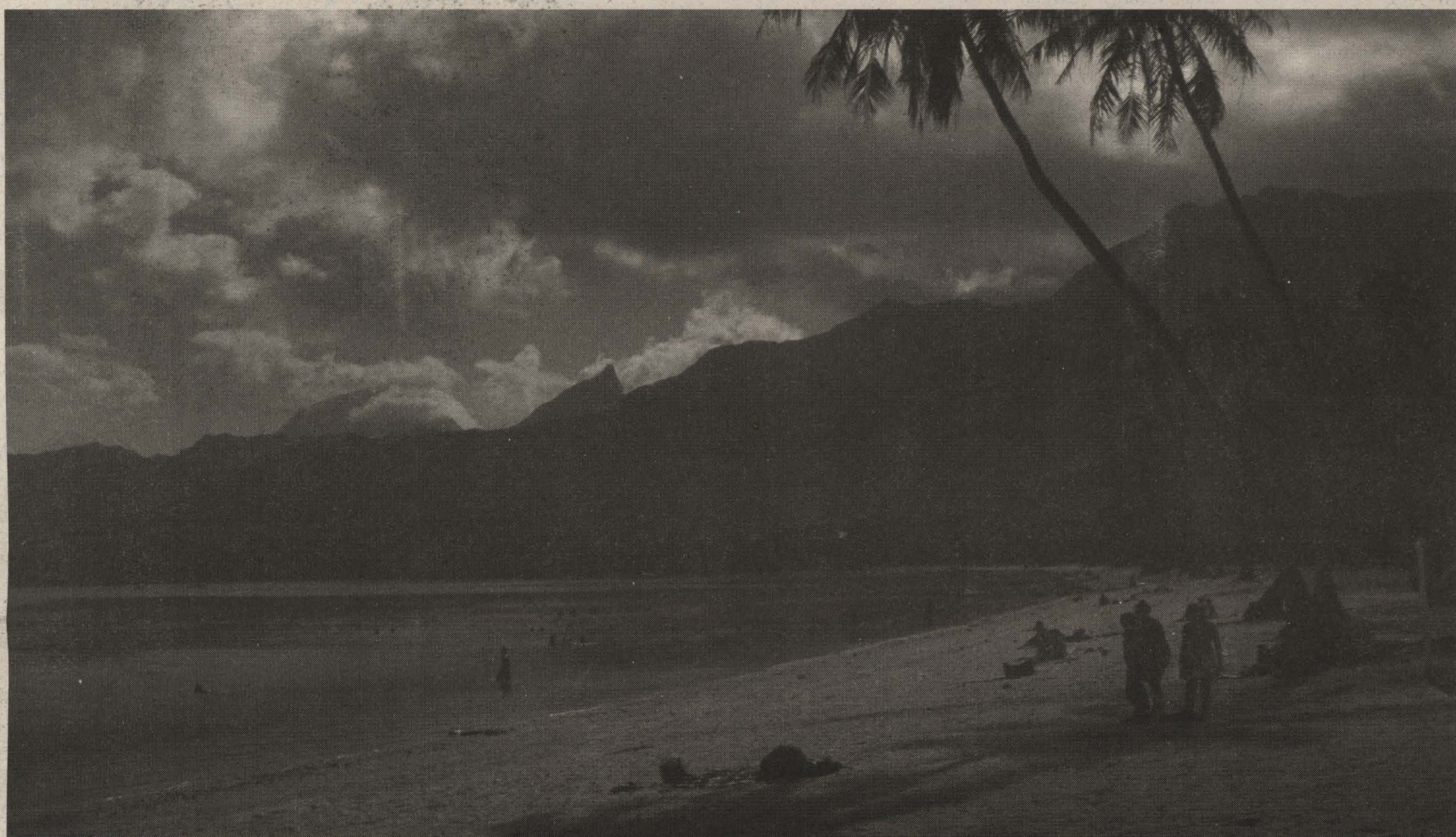


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from **Lesbians** page 12

*gay, but I think most people aren't. I consider myself a lesbian,  
but I wouldn't eliminate the possibility of ever liking a guy.*  
Jamie

*I think that Jen makes an excellent (if not completely readable)  
point. When you think of a Lesbian you generally think of the dyke  
with a short mullet and a flannel t-shirt. Hell, as far as you can see  
(with that imagination of yours) she practically IS a guy, so it must  
be obvious that she doesn't like the cock. Why the interest in dildos  
and those bright pink vibrators with the mouse on the bottom? Truth  
is, the lesbian so often thought of is a stereotype. The gay community  
gets a lot of those no matter how many times the record is set straight  
(no pun intended).*

*Just like people, all lesbians are different with different tastes and  
different preferences. In this lesbian's personal experience, the cock  
is gross. I'll sum it up as delicately as I can. It's long, it's hard, it  
leaks. Not to mention the fact that it's attached to the moaning (and  
demanding) man beside you. Men just don't do it for me.*

*A dildo is different. It doesn't whine and it doesn't make silly  
moaning noises. You can work that dildo or vibrator as much as you  
like and it'll never go soft! It'll never pull your hair and last but not  
least it'll never get you pregnant. No mess, no towels, no sticky wet  
spot, ew. Not only does a dildo or vibrator come with enormous ben-  
efits, they also come with accessories! Ever heard of a rabbit? No? Go  
look. One after another, after another, of stimulating pleasure pleasers  
that a man can't even compare to.*

*Why do some lesbians use the artificial penis? Because it's not a  
man, it's better.*

Leah

That's all for this week folks, if you want to read the  
responses that wouldn't fit on this page, you can check them  
out at <http://www.myspace.com/ycsg>.

*Need answers to life's difficult questions? Pat Rothfuss has more  
answers than you can shake a dick at. Wait...stick. I meant "shake a  
stick at" honestly.*

Anyway, e-mail Pat at [proth@wsuunix.wsu.edu](mailto:proth@wsuunix.wsu.edu).

From **World Series** pg. 12

have pursued Joe Girardi more vigorously. What Girardi did with the Florida Marlins this season was nothing short of amazing, and it seems as if his gritty attitude could shape up the clubhouse. Piniella has a tough-as-nails approach as well, but Girardi's ties with the Cubs could have energized the players and fans who started to lose interest in the team during the summer.

Along with a new manager, sources are claiming that Piniella wants to go after Alex Rodriguez, since the duo formed a bond while they were part of the Seattle Mariners in the late '90s. In order to get Rodriguez from the Yankees, the Cubs would have to trade quality players, such as pitcher Carlos Zambrano, who tied for the most wins in the NL with 16, or third baseman Aramis Ramirez, who led the Cubs in home runs and RBI last year.

Since both Zambrano and Ramirez are young and have yet to reach their prime, I see no reason for the Cubs to trade for A-Rod. Rodriguez has proven that he can get you to the playoffs, but he won't help out much during the post season.

With a weekend NL Central, healthy Derek Lee, young talented pitching, and a large amount of money to work with, the Cubs are poised for a return to the post season. But as those gone before him, Piniella will chime in each October with the Cubs fans' mantra: "There's always next year."

## Pointer Poll

by Drew Smalley

...what new business would you like to see in  
the Crossroad Commons?

"I would like to have a Red  
Lobster, but I would rather have  
a park than new buildings."



Laura Webb  
Interior Architecture - 2nd Year



Josh Daul  
Biology - Sophomore

"I would like a Gap,  
Old Navy, Popeyes,  
Outback Steakhouse or an  
Olive Garden..."



Cortez Lamar  
Dance - Sophomore