UW-SP students go on an alternative spring break

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While some University of Wisconsin-Stevens Point students enjoyed tropical trips for spring break, others enjoyed a different kind of trip. 13 students spent their spring break in Lake Charles, La., as part of the United Way Alternative Spring Break.

"It was awesome to realize how I was able to touch someone's life..."

The group left on March 17 and returned on March 24. They worked from 7 a.m. to 6 p.m. on various projects. In the Louisiana neighborhoods, the type of projects they did were cleaning debris, rebuilding and repainting homes and working with organizations such as Head Start.

"I was asked why I would want to give up my spring break to go to LA, but I didn't give up my spring break. I was able to empower myself to make a difference, have a great time and be a part of something so much bigger than myself," said freshman Katie Nockerts.

The trip wasn't all hard work though; the students were able to bond with their new friends from across the country at night. According to UW-SP student Holly Ehrhardt, the southern communities were very generous.

"Many of the homeowners made lunch for the participants. Students were always welcomed with a smile and a "thank you."

United Way's Alternative Spring Break is a national program aimed to get students involved in rebuilding hurricane-struck communities. Students must apply to participate in the program, and once they are selected, they have the option to use an online fundraising tool.

The fundraising tool is an online profile with a personal account. Students can send a link with their profile to their family or friends and, in turn, they can deposit money into the students' account. The funds go to reimburse the travel expenses after the trip has taken place. The amount fundraised that exceeded the travel expenses was given to Hurricane Rita victims.

"The best part of the trip was meeting the residents of these communities. I have never seen so much character! It was awesome to realize how I was able to touch someone's life, to see their eyes light up after their home has been completely repainted. There is no better feeling in the world," Ehrhardt said. UW-SP had the largest amount of student volunteers from one area and school. Stevens Point also had the most applicants for the program in the country.

The group volunteered enough hours to let Louisiana take $113,000 off of their debt to the Federal Emergency Management Agency.

Ehrhardt said they would love to have more students involved next year. There are many ways to get involved: the Habitat Campus Chapter does a trip every year, Student Involvement and Employment Office will be offering a different trip next year and the United Way offers its program.

"There are so many different options out there and they are all at the students' reach. They also cost very little to do. You will come back from spring break feeling like a different person," said Ehrhardt.

If you are interested in the Habitat Campus Chapter, please contact Andrew Adey at aadey402@uwsp.edu.
Students were suprisingly well behaved this week.

The Pointer will be back next week with more crazy shanigans.

The Thailand Project to hold fundraising drive

Press Release

UNIVERSITY RELATIONS AND COMMUNICATIONS

"Sumalee," a resident at the Developmental Education Program for Daughters and Communities (DEFPCD) school in Mae Sai, Thailand, doesn’t know who her biological parents are, if they are alive or where she is from. She has no documentation to prove legal status in any country.

She grew up with a migrant family she was not related to, suffering abuse and moving from place to place without any options for an education until she was able to move into the DEPDC ten years ago at age 11. Now a graduate of the school, she dreams of becoming a social worker and helping at-risk children like herself.

"Sumalee" is one of four DEPDC graduates who have the opportunity to attend the University of Wisconsin-Stevens Point next fall through "The Thailand Project: Higher Education as Humanitarian Aid," a partnership between UW-SP and the DEPDC initiated by UW-SP senior Joseph Quinnell after a visit to the DEPDC.

The four students will spend their first year at UW-SP improving their English and preparing for a college education.

In order to help raise the funds needed for these students’ tuition, room, board and general expenses, UW-SP students are being challenged through the "See RED!" campaign to be held on campus April 23-27.

"We’re asking that all UW-SP students donate $5 within five days," said Quinnell. "We have approximately 8,800 students on the UW-SP campus and a little over 3,000 of them living in the residence halls. If just under 3,000 donate $5 each, that's enough to sponsor another DEFPCD graduate to attend UW-SP. UW-SP faculty and staff are encouraged to donate as well."

Donations will be collected across campus throughout the week at "See RED!" stations or may be made online by check or credit card at www.thethailandproject.org through the UW-SP Foundation, which is managing the scholarship account. The Student Government Association and Residence Hall Association are co-sponsoring the fundraising drive.

The DEPDC was created by two-time Nobel Peace Prize nominee Sompop Jantraka to protect at-risk children from exploitation in the country’s sex trade and offer them an education. It is the goal of UW-SP’s The Thailand Project to enable these students, who have no citizenship and are considered illegal aliens in every country, to earn college degrees and then return to Thailand to join the fight against human trafficking, said Quinnell.

"This is groundbreaking work," he said. "Never before has a university opened its doors to individuals without citizenship from any country."

In addition to the fundraising, The Thailand Project is facilitating a visit to UW-SP by a dance and kindergarten teacher from the DEPDC. From April 10 through May 10, Wassana Yasungnoen will be on campus to hold workshops on Thai dance and attend education classes within the School of Education.

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Cheer up! Seasonal affective disorder takes its toll

**Angela Frome**
**The Pointer**
AFROM244@uwsp.edu

The early coming of Spring-like weather has been nice for almost everyone, but for some, it may be a dose of much needed medicine. Millions of Americans experience mood changes as a result of the changing seasons. Seasonal affective disorder (SAD), the most severe of mood changes, when the lack of sunlight during winter contributes to depression and lack of energy. It is estimated that "10 million Americans are said to be suffering from seasonal affective disorder or SAD, a condition now widely accepted by the medical community and the public at large," said Norman E. Rosenthal in his widely acclaimed book "Winter Blues: Seasonal Affective Disorder: What It Is and How to Overcome It." Many more suffer from a lesser form, commonly known as the winter blues. "Though these people are not usually affected severely enough to seek medical attention, they nevertheless feel less cheerful, energetic, creative, and productive during the dark winter days than at other times of the year," said Rosenthal.

Junior Emily Groves identifies with some of the qualities of this disorder. "I feel that when the sun is out, I'm generally in a better mood. I think it helps me to have more energy and be more active," Groves said.

Dr. Shawn Pfugardt, a counselor at the University of Wisconsin - Stevens Point Counseling Center, echoes Rosenthal's observations. SAD is a fairly common diagnosis around this region, she said. "Most people feel tired," said Pfugardt, or have low motivation to get things accomplished at school or work.

"Instead of depression year-round, it's mainly the six months [in winter] when light is overcast" that SAD is most common, said Pfugardt. "I know I don't have a lot of motivation during that time," said sophomore Marie Dicus. "I think it's because all I want to do is stay inside where it's warm."

There is a "spectrum of severity," each person is affected differently, said Pfugardt. Mild cases can help themselves, while severe cases should seek professional help so the condition does not escalate to the point when it is unbearable.

"I feel that with the sun back in February. She said she "felt not so much depressed, just lethargic," as a result of the increasing darkness, along with other factors. Though it may seem inescapable, there are ways to combat this seasonal disorder. Dr. Pfugardt suggested that prevention may be the key. "In autumn months, it's a good time to remember that dark days are coming," she said. If symptoms are anticipated, get outdoors and into the light. Finding something enjoyable to do will make the symptoms less severe.

Good self care is another way to prevent SAD, said Pfugardt. Getting enough exercise and cutting down on stress should help lessen the effects of the symptoms. Suchy found her own ways to deal with her wintertime doldrums. "I worked out a lot. Keeping yourself busy [is key]," she said. Suchy also worked on her mindset, trying to mentally overcome her thoughts by setting short-term goals for herself, like focusing on Spring Break and "setting [other] things that weren't so distant."

**Don't Forget!**
This year's Relay for Life will take place April 27-28 at SPASH beginning at 7 p.m.
Help the American Cancer Society raise money for cancer research and advocacy.

**STUDENT ORGANIZATION OF THE WEEK: Society of American Foresters**

Rochelle Nechuta
Pointe Reporter

The Society of American Foresters has been an active organization at the University of Wisconsin-Stevens Point promoting and educating about forestry for thirty years, while the national organization has been active since 1900.

SAF's mission is, "[To advance the science, technology, practice and research of professional forestry] in America, especially in the Central Wisconsin region, and to use the knowledge and skill of the profession to benefit the society."

The organization provides information with the inclusion of Pulp Cut each semester and by bringing lectures like the tree foraging lecture given by Sam Thayer to campus. The group does these things in order to educate community and university members about trees and all the possibilities that they provide.

Every year the organization holds the chainsaw safety class called Pulp Cut 465 which is available for UW-SP students, holds a river clean-up day with area elementary children, and members take time to travel to the state Conference at Stevens Point. The members are involved with forestry and "usually have 34 members," said Pfugardt.

Members of SAF teach local high school students about the Wisconsin wilderness and field trips each semester to visit forest product facilities such as mills, research sites, the U.S. Forest Service's Forest Products Lab in Madison and different harvesting sights and other forestry related sites," said Chairperson of the SAF Student Chapter at UW-SP Kenneth Price. "SAF also represents UW-SP at the SAF National Convention each year and participates in the student quiz bowl. This past fall the team from Stevens Point placed 2nd out of 31 teams."

Currently there are 59 members in the UW-SP chapter of SAF but Price hopes more people will become involved. "All of our members, except one, are from the CNR. However, every one is welcome and encouraged to attend meetings and become a member, from any college within the University," said Price.

Groves also has her own way of dealing with the winter blues. "I also try to do something active," she said. "Otherwise ... I watch one of my favorite movies or TV shows."

If prevention attempts have failed, there is still hope in conquering the winter blues. Pfugardt said there are several ways to treat SAD.

Talk therapy is one method of treatment, Pfugardt said. This type of treatment tries to change the patient's mindset to positive thoughts, instead of the negative ones that are a result of the depression. Behavior therapy is also an option, encouraging patients to take better care of themselves to try and prevent or lessen the symptoms.

Medication can also be prescribed, as well as a treatment known as light therapy. This involves the patient spending time in front of a light box that provides full spectrum light similar to that from the sun. This is a particularly effective treatment, since the main cause of SAD is the lack of sunlight during the winter months.

For an enrolled student, treatments can be received at the Counseling Center here on campus.

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April 12, 2007 • 3
Sports

Pointers battle Whitewater in the cold for a split

Baseball

Nick Gerritsen
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The University of Wisconsin-Stevens Point baseball team headed into their four game series with UW-Whitewater undefeated in league play and hoping to extend a three-game winning streak. Both double-headers ended up in sweeps, with the Pointers taking both games Monday before dropping both games on Tuesday. The series split now puts UW-SP at 5-2 in conference play.

The frigid temperatures couldn't keep the Pointers from tallying double-digits in both games on Monday. The 12-6 and 16-5 victories over Whitewater were fueled by an offensive explosion that started in the later stages of the opening game. Trailing 5-1 in the fifth, the Pointers rallied for four straight hits to tie the game and took the lead for good in the sixth when Ryan Byrnes went deep for a three-run home run. The three-run shot was Byrnes' second of the season.

Ace Jordan Zimmerman (2-0) earned the victory, allowing five earned runs in six innings. Jeff Zielke pitched three scoreless innings in relief to record the save.

In Monday's second game, the Pointers' bats started early as UW-SP cruised to an easy 16-5 victory. Adam Evanoff went 4-5, with three runs batted in and three runs scored. Third baseman Stewart Larson added three hits, including two doubles while driving in five runs.

Starter Travis Kempf was solid, going six innings and allowing only one earned run on just three hits.

On Tuesday the Warhawks evened the series with a pair of tight wins. In the opener, Whitewater won 5-4 and completed the day sweep with an 8-6 win in the finale.

In the first game, Whitewater led by three runs into the sixth until Point got within one run in the bottom of the inning. A two-run seventh catapulted the Pointers into the lead, but Whitewater responded, collecting two runs in the top of the ninth. The Pointers collected ten hits, including two each by Byrnes, Tim Schlosser and Justin Bushong, but left nine runners on base.

Brandon Remead turned in another solid outing for the pitching staff, allowing three runs (two earned) on five hits over seven innings. Closer Matt Mehne took the loss, allowing two ninth inning runs in the blown save.

In the final game of the series, Whitewater jumped out to an early three-run lead before the Pointers evened the score in the third. Whitewater then regained the lead with a two-out single in the sixth and extended it to 8-4 when Thomas Donovan ripped a two-run single. Point added two more runs in the late innings, but Whitewater was able to hold off the comeback, earning a series split with an 8-6 win.

Adam Evanoff led the Pointers offensively, going 3-4 with a walk. Ryan Byrnes added a ninth-inning home run, his third of the year. He and Brad Archambeau had two hits each.

With a 5-2 conference record, the Pointers now find themselves in second place in the WIAC behind front-running and undefeated UW-Oshkosh (8-0). This weekend the Pointers will host UW-Superior, with double-headers on Saturday and Sunday. Games on both days are scheduled for noon.

Sophomore pitcher Garrett Nix was named WIAC pitcher of the week for his performance against UW-Platteville last week. Nix recorded a one-hit shutout, striking out nine batters against the Pioneers in a seven inning game. It was the first career complete game for Nix.

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Pointer softball sweeps Northland

**Softball**

Stephen Kaiser
THE POINTER
SKAIS309@UWSP.EDU

The University of Wisconsin-Stevens Point softball team returned to action and dominated Northland College twice in Monday’s non-conference doubleheader at McCarty Memorial Field.

The Pointers showed no signs of rust after not playing a game since March 29 due to the less-than-favorable weather conditions, beating the Lumberjills 5-1 and 12-1 in a game stopped after five innings by the 10-run rule.

“This was our first time outsides since we’ve come back from Florida,” UW-SP coach Ann Munzenmaier said. “It was a good prep for the games we’ll play later this week.”

Both Munzenmaier and Northland coach Steve Wammer look for continued improvement from their teams as they get more games under their belts.

“We had our chances early in the first game, and in the second they really took it to us,” Wammer said. “Hopefully, we can improve our play as the season progresses.”

UW-SP’s big onslaught came in the fourth inning of the second game when it pushed seven runs across the plate. But even more impressive was the pitching staff.

Hope Krause pitched a complete game in the opener, compiling 11 strikeouts and giving up just one run.

Senior Stephanie Anderson proved even more lethal, striking out eight of 10 batters in the final three innings of the nightcap.

“Our pitchers complement each other very well with their varying pitching speeds,” Munzenmaier said. “Anderson was injured last year, and we are glad to have her back.”

Anderson is more concerned with how the team plays than how many games they win.

“We are just trying to stay sharp as the season progresses,” Anderson said. “It is good to get the wins, but playing well takes priority. The same goes for my pitching. I don’t think about the strikeouts much from an individual standpoint. I’m concerned with making the defense’s job easier.”

Hope Krause (above) and Stephanie Anderson combined for 19 strikeouts in the doubleheader against Northland College on Monday.

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**Senior on the Spot**

**Douglas Coe – Baseball**

Major - Elementary Education
Hometown - Appleton
Do you have any nicknames? - Doogie Fresh or Dot.
What are your plans after graduation? - Become a kindergarten or first grade teacher if I don’t get to continue my baseball career.
What has helped you become such an accomplished athlete? - My mom and family above all, then coaches and teammates have all helped me throughout my life to become an accomplished athlete.
What is your favorite Pointer sports memory? - Piling on my teammates in Wisconsin Rapids after winning the 2006 Regional Tournament and knowing we got to play in the College World Series.
What’s your most embarrassing moment? - Diving over my size 16 feet rounding first base and sliding headfirst in the middle of the infield.
What CD is in your stereo right now? - A good mix of songs my teammates sent me for their walking music.
What DVD is currently in your DVD player? - King of Queens. Season 2.
What will you remember most about UW-SP? - Teammates and coaches throughout the school and the friends I have made.
What are the three biggest influences in your life? - MOMMA COE, brothers, and teammates and coaches.

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**Like What You See?**

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Jason Robert Brown’s music comes to life

Matthew Gillespie
ARTS & REVIEW REPORTER

"Jason Robert Brown," utter these three words to musical theatre students and enthusiasts, and you will likely hear a broad range of answers: Brown is an American musical composer and lyricist. He is considered to belong to the "New School" of theatrical composers, in that his music fuses modern day pop-rock styling with theatrical lyrics.

"R & B meets Frederic Chopin," is how Roger Nelson, associate theatre and dance professor, described Brown’s musical composition behind his musical, "Songs for a New World." The show will be directed by Stephen Sheftz, visiting assistant professor of theatre and dance. Sheftz is an experienced musician and has been the musical director at various other universities. He has also performed in numerous musicals and operas around the country.

The UW-SP Department of Theater and Dance will perform "Songs for a New World" on April 15-18 and 22-22. The show is halfway between a musical and a song cycle in that it is a series of largely disjointed songs with continuous plot or character. Each of the songs and production are highly theatrical and character driven. "Songs for a New World’s" musical number is a mixture of various genres including pop, gospel, jazz and classical.

"Songs for a New World" is very demanding for the individual performers because each song is a story in itself. The show calls for actors strong enough to tell detailed stories through music. Meghan McGuh, sophomore Bachelor of Fine Arts musical theatre student, said that even while performing the ensemble numbers, each character has to be set strongly within his or her own story. In early ensemble rehearsals, the performers had to pound out rhythms and learn to breathe together before adding singing and choreography to the scenes.

Unique staging also adds complexity to the show. The actors play their stories directly to numerous sides of the audience in the studio theatre, and not all of the action takes place directly in front of the audience. In one particular scene of Songs, Amanda Peterson, a junior BFA musical theatre student, plays a woman who married for material gains rather than love. In the scene, she is older and realizes that she gave up two relationships that could have given her the love that she wants now, instead of the gold that she wanted back then. According to Peterson, it was tricky to play not only forward to the audience, but also to the performers.

Roger Nelson, the piano accompanist for the show, explained the cast also had to memorize tricky harmonics. He said he wanted the performers to have a light, energetic sound to the songs as opposed to a heavier classical approach.

Sam Weber, senior BFA musical theatre student, agreed with Nelson. He said that Brown’s music has a brilliant form that is fresh and different from many other styles of music. While all the styles are different, he explains, they still keep with the classical form. Weber feels Brown’s pop music style has meaning and story that aligns with the current generation.

Marie Holzman, senior BFA musical theatre student, said that she hopes that "Songs for a New World" will be a very hopeful and religious experience for the audience. Many of the songs are very spiritual, and she is hoping this show will move people to cry, laugh and feel hopeful into a new world.

"Songs For A New World" will be performed in the Studio Theatre of UW-SP’s Noel Fine Arts Center at 8 p.m. on Friday, April 13, 7:30 p.m. on Saturday, April 14, and 18-22, with matinee shows at 2 p.m. on the Sundays of April 15 and 22. Due to adult situations, the show is not recommended for young audiences.

Tickets are $14 for adults, $13 for senior citizens and $9 for youth. UW-SP students may purchase tickets for $4.50 or receive them free the day of the show if seats are still available. Tickets may be purchased at the University Box Office located at 200 Division Street, by calling (715) 346-4100 or (800) 838-3378 or at https://tickets.uwsp.edu. For more information about "Songs For A New World" and Jason Robert Brown visit www.jasonrobertbrown.com.

CINEMA CRITIQUE CORNER
by NEAL CARVALJ "GRINDHOUSE"

The pulp universe that Quentin Tarantino is so intent on creating with "Reservoir Dogs" 15 years ago—which includes "Pulp Fiction" and "Kill Bill"—has now been significantly augmented by an alliance with Robert Rodriguez in the pair’s double-feature exploitation flick "Grindhouse." The film is one and a half hours long, and it begins with Rodriguez’s "Planet Terror," a zombie tale, and segues into his "Death Proof" car-chase flick.

"Death Proof" has classic Tarantiniana for the avid fan which serve to set the film more firmly in the director’s pulp world. In "Death Proof," a character makes his way to a Big Kahuna Burger. Tarantino fans will recall that fast-food chain allusion from Samuel L. Jackson’s star turn in "Pulp Fiction," the Vito公证 "Pulp Fiction." Connections like this are evident in all of Tarantino’s films (for instance, Uma Thurman’s Fox Force Five reference in "Pulp Fiction" is later personified by her and her with her car in "Kill Bill," 1&2), and in the middle of that scene we also see the same characters from Rodriguez’s "Segment" that played during the first half of "Grindhouse." It would seem now that Tarantino has confidently decided to let Rodriguez, who shares a similar filmmaking drive, co-pilot his fictional sprawling universe. So what is the result? Cheeky, campy fun.

Both Rodriguez and Tarantino purposely searched the prints of their films to give them the look of trashy B-movie releases from the exploitation days of the 1970s, when theatre owners used to "grind" out two to three of these low-grade movies in one sitting. Fortunately, there is an intermission in between "Planter Terror" and "Death Proof". The answer is, "Does it really matter?" The absurdity of "Grindhouse" is in itsistent, glorified recklessness, which results a sort of hokey brilliance that Tarantino first claved at with the aerobics film "Pumpin’ L." I won’t be coy though—"Planet Terror" is about how Lt. Maldoon (Bruce Willis) killed Osamu Bin Laden, and then through some outlandish subplot, managed to unleash a neurotoxin that turns everyone into zombies. Oh, and let’s not forget "Death Proof." Here, Tarantino reinvigorates Kurt Russell’s career by placing him as Stuntman Mike. In trademark Tarantino style, Mike is full of memorable lines. At one point a woman asks him at a bar, "How does one get into stunt making?" Stuntman Mike pauses from sipping his Virgin Pina Colada, grins and says, "The same way anyone gets into the business—through their brother." Who’s your brother?" she then asks. Stuntman Mike looks at her and quips, "Stuntman Bob."

From a sheerly classical film critique standpoint, "Grindhouse" is an example of bad 1970s filmmaking. For a fan of exploitation and cinematic pandemonium, "Grindhouse" is a once in a lifetime experience. As Stuntman Mike says: "NOW THAT WAS FUN!"
Panda Bear creates masterpiece of contradictions with “Person Pitch”

Zachary Krogman
ARTS AND REVIEW REPORTER

“Person Pitch” begins with a ramshackle percussion crash and ends with a whimsical and tender ode to innocence. In between, it explores joyful and energetic territory. The man behind the sound, Panda Bear (a.k.a. Noah Lennox), creates a brilliant and exhilarating album that morphs along to a higher plane than anything else released this year.

The opening track, “Comfy in Nautica,” sets the album’s agenda well. Lennox’ s voice, which is multi-tracked into Brian Wilson-esque glory, emerges from the percussion crash with a bang as a chant that is far too beautiful. The beat is primal, and the vocals are angelic but measured. The lyrics are simple. They remind the listener that, “Goodness is having courage / courage to do what’s right / Try to remember always, always to have a good time.” Delivered in such a magnificent package, these words of wisdom are impossible to ignore.

The other tracks on the album follow this pattern in different ways, but all are intertwined with themes of joy and childlike innocence. The epic “Bros,” a twelve-minute masterpiece, begins with a sunny disposition. A guitar riff straight from a long lost Beach Boys song mingles with Lennox’ s laid back vibe. “I’m not trying to forget you / I’d just like to meet my bros” he reassures. The song breathes the salty air of the beach, soaking up the sun’s rays. At the end, however, it leans toward a setting sun and grows dark and primal. Rhythm takes over to propel the song and turn it into a campfire dance. It is a joyous dance though, celebrating life.

“Bros” is enough to drain any listener, but Lennox thankfully follows it up with the reserved “I’m Not.” “I’m Not” moves like a dream. Lennox’ s regular band, Animal Collective, would have taken this dreaminess into a dark place, but Lennox keeps it light. After “I’m Not,” the album has rested to a point that it is ready for the other twelve minute epic, “Good Girl/Carrots.”

“Good Girl/Carrots” has even more complex shifts of mood than “Bros.” It starts as a chaotic wall of sound, but becomes a bass-heavy sing along. That Lennox can keep not one, but two twelve minute songs interesting is a tribute to the album’s overall strength.

In the end, “Person Pitch” is like a feather that weighs a ton, or a grandpa’s wisdom in the mouth of a child. It demands attention, and its intricacies wash over the listener like ocean waves.

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Panda Bear creates masterpiece of contradictions with “Person Pitch”. “Person Pitch’s” denouement is perhaps the least interesting part of the album, but no less vital. “Search for Delicious” plays like the beginning of the end, a slow decent from the stratosphere. “Ponytail” stands as a lament for reality. After exploring fantastic heights of joy, “Ponytail” brings the album back to Earth by showing that we all have to grow up and the party has to end. But Lennox assures his listeners that he isn’t done yet, and that the end of one joy signals the beginnings of new joys.

“When my soul starts growing, it gets so hungry/ I wish it never would, never would, never would stop growing,” sings Lennox.

In the end, “Person Pitch” is like a feather that weighs a ton, or a grandpa’s wisdom in the mouth of a child. It demands attention, and its intricacies wash over the listener like ocean waves.
The last time that University of Wisconsin - Stevens Point student Lisa Brien stepped foot inside the U.S. Capitol was when she was in grade school. She remembered seeing state flags along hallways and corridors leading to mysterious places, but she never imagined she would someday return to meet with top congressional aides about one of the fastest-growing concerns around the nation - global warming.

Brien, a wildlife biology student at UW-SP, was one of six scholarship recipients from Wisconsin selected to attend the 2007 National Wildlife Federation annual meeting in Washington D.C. from March 27-31.

"I didn't know what to expect," said Brien. "When I first arrived, there was this sense of power, I asked myself, 'Why am I here with all these powerful politicians and speakers? I'm just a student.'"

Brien attended the annual meeting as a student representative for the Wisconsin Wildlife Federation (WWF), an affiliate of the National Wildlife Federation (NWF).

The NWF is a non-profit organization that supports and lobbies for environmental legislation. Every two years, the NWF holds its annual meeting in an effort to provide members an opportunity to lobby in support of key environmental bills.

This year, NWF lobbied in support of two global climate change bills. The "Climate Stewardship Act of 2007" aims to reduce emissions 15 percent by 2020 and 75 percent by 2050. The "Safe Climate Act of 2007" is similar but aims for an 80 percent reduction by 2050.

Both acts aim to reduce emissions by two percent each year.

To prepare for lobby visits with congressional aides on Capitol Hill, NWF members were briefed on the most up-to-date information on global climate change.

Participants were also trained on the art of lobbying - how to present a persuasive argument in support of the proposed acts.

"I was very nervous before my first lobby visit with one of the congressional aides. I was meeting with people that make big decisions for our country. It was a little intimidating," said Brien. "Eventually, I felt more comfortable meeting with the politicians because I was presenting something that I truly believed in."

Brien, originally from Marinette, Wis., had an opportunity to address 8th District Congressman Steve Kagen's aide, who had not yet signed on to support either of the bills.

"I talked to him about the changes I've seen growing up in Marinette County, a county that he represents," said Brien. "I told him it was disappointing to see members of my community not being able to enjoy winter recreation more than a few times a year."

On Thursday, March 29, Brien, along with other NWF members, received an e-mail notifying them of Kagen's decision to support the "Safe Climate Act of 2007."

"We were thrilled to see positive results from our lobbying efforts," said Brien.

Later that day, Brien met with District 7 (which includes Wausau and Stevens Point) Congressman Dave Obey's aide. At the time, Obey was making several visits around the Wausau and Stevens Point area.

"It was neat to learn that Obey's aide was familiar with the College of Natural Resources. I was able to talk to him about my concerns as a wildlife management student at UW-SP," she said.

After attending the week-long event, Brien was further inspired to pursue a career in wildlife management and intends to keep a close eye on current wildlife and environmental legislation proposals in the future.

Brien also hopes more students attend conferences and meetings to keep informed of current environmental policy changes.

"You can make a difference, even if you think you're just a student," said Brien. "I didn't know how lobbying worked, but I had a passion for what I was doing. I was able to overcome the thinking that I was just a student and I was able to focus on what I wanted to change."

As a wildlife biology student at UW-SP, Brien was inspired to pursue a career in wildlife management and intends to keep a close eye on current wildlife and environmental legislation.
Cardio Center to demo new cardio equipment

Sara Suchy
SSUCH489@UWSP.EDU

Patrons at the Cardio Center on campus will notice a new cardio machine on the Cardio Center floor in the next few weeks. The management at the Cardio Center has decided to purchase new equipment for the Cardio Center next year and wants its members to try it out before purchase.

The machine is a lateral elliptical which the Cardio Center is bringing in from a company called Techno Gym. Members of the Cardio Center will have an opportunity to try out the new equipment when it arrives and offer their feedback.

The lateral movement of the new machine will offer a new kind of cardio workout to the members. “Right now, all our cardio equipment is linear. The Precorcs, the treadmills, the bikes, they are all linear workouts. This machine will give people a chance to work different muscles and get more variety in their workout,” said Chris Rice, the Fitness and Recreation Coordinator at the Allen Center.

Since the machine operates laterally, it will take some getting use to. Rice described the movement as walking uphill in sand or rollerblading.

The maker of the machine, Techno Gym, is an up and coming name in the United States gyms. “Techno Gym is the biggest fitness equipment retailer on the plant,” said Rice. “They are all over Europe and are just starting to break into the U.S. market.” Rice explained that Techno Gym merchandise is hard to come by in the U.S. right now. The closest gym to Stevens Point that has the equipment is in Green Bay.

Rice said that this is why the Cardio Center is interested in purchasing the product. “We like to stay one step ahead of the game. If we were to buy this equipment [from Techno Gym] we would be the first University of Wisconsin system gym to have one, then the rest of the UW campus gyms would start to follow,” said Rice.

Rice stressed that student feedback is the most important factor in the decision to buy or not buy the new elliptical. “We would never purchase any new equipment without giving our members a chance to try it and tell us what they think first,” said Rice.

Once the demo machines arrive, the Cardio Center will have trainers available at specific hours in the evening to help patrons try the new machines. Members will have an opportunity to give written feedback to the trainers and staff at the Cardio Center.

“We really want our members to give us honest feedback. If no one likes it, then we’re not going to buy it,” said Rice.

There will also be an incentive program for members to try the new machines and give feedback. Anyone who tries the new machine for at least five minutes will have their name put into a drawing for a free student membership to the Cardio Center for one year, explained Rice.

“It’s going to feel awkward at first because most people have never been on an elliptical like this, but I got the hang of it after about five minutes, and if I can do it anyone can,” said Rice.

Rice hopes to have the new elliptical on the Cardio Center floor by April 25. The Cardio Center will also be trying a new Precore machine.

The Precore will be similar to the machines already in the Cardio Center with an added attachment for an upper body workout.

For more information about the new equipment or the Cardio Center in general contact the Cardio Center.

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

This week is Sexual Assault Awareness Week, so watch for posters in residence halls and on bulletin boards across campus for more information on what this week has in store. It's important for students to be aware of sexual assault and educated on how to prevent it, to help the Student Health Promotion Office and the Allen Center “Break the Silence and Stop the Violence.”

On a lighter note... if you’re sick of this strange weather, come over to the Cardio Center to take your mind off of it! Work out on our variety of treadmills and elliptical machines or try the FreeMotion machines.

For more information on anything Allen visit our website at go2allen.com or stop by and work up a sweat.

Schmeckle to hold candlelight hike

Press Release
UNIVERSITY RELATIONS AND COMMUNICATIONS

The 2007 Spring Candlelight Hike at Schmeckle Reserve will be held on Saturday, April 21, from 7-10 p.m.

Free and open to the public, the hike will feature a one-mile, torch-lit trail through Schmeckle Reserve during which visitors will meet historic personalities of Central Wisconsin. This new program, “Stories from the Past: Namesakes of Central Wisconsin,” is a family friendly presentation bringing to life influential characters from the early days of the area, including George Stevens, Jean Baptiste Dubay and George Whiting. Snacks and beverages will be served.

A free event since December 2005, each Candlelight Hike has been well attended and well received by the public.

For more information, contact Courtney Schaefer at (715) 346-4992 or cschaefer@uwsp.edu.
A couple weeks ago someone asked about my novel coming out, and I threw open the door for aspiring authors and other interested people to drop me questions about writing and the publishing world. This week I’ll be answering a few of those questions. I still have a writing question you haven’t sent in, feel free to drop me a line at proth@wsunix.wsu.edu, and maybe we’ll do a follow up next week.

Hi Pat,

I’ve just finished the first draft of my first novel. Now I have to get an agent.

Problem is, I wouldn’t know a query letter if it jumped up and hit me in the nose. I don’t really know what I should do next. I mean what is the thing that will help me get to the next step? (Feeling very green and numbie at the moment.)

Any advice would be welcome.

Thanks for your time.

Karl.

Honestly Karl, my advice is to start hunting for an agent. I know that’s not what you want to hear. But it’s the best advice I can give you.

Now believe me. I understand how you feel. You don’t want to wait, revise, tinker, and edit. You’ve finally finished your huge project. You feel awesome. You’ve worked for months or years to get to this point. It’s finally done. Now you can sell it and get rich and famous.

Or you can at least take the first step toward becoming moderately less poor and obscure.

I know that’s how you feel because that’s how I felt back in 1999 when I “finished” my trilogy. I say “finished” because it wasn’t. My story had an ending, sure. I’d written the trilogy all the way through. But was it finished? Good lord, no. Nowhere close.

Let’s approach this from another angle. Let’s say your query letter catches someone’s attention. If you’re lucky, the prospective agent will want to see the first 30 pages of your book. When they read those pages are they going to say, “WOW, this is awesome! I can sell this for sure!” or are they going to say, “Hmmmm, it looks pretty rough.”

I’m guessing if you just finished the first draft, it’s going to be the latter.

At that point the agent either has the option of putting in a ton of time and effort into you and your rough manuscript. Or they can toss it aside and read one of the dozens still sitting on their desks. Either way something’s going to be, tight, polished-up, and ready to sell right now.

Which option do you think they’re more likely to pick?

In my belief that you should never show your work to anyone in the publishing world until it shines like a diamond. Rough drafts don’t shine, as a rule. Mine certainly didn’t. That’s why I was rejected for years and years.

Well Jen, I don’t know how much I believe in inspiration. Sometimes I read things and think, “I wish I could write something that good.” (The Last Unicorn) or “Wow, that character is awesome.” (Marv from Sin City.)

But I don’t know if that’s what you mean by inspiration. Sometimes I read something and want to write something as good as that, but I never want to write something that imitates it. I can answer your music question though. It’s a definite distraction. I don’t listen to it, or anything else, while I write.

I did, for the space of a year or so, listen to a live version of “Crash” whenever I sat down to get ready to write. Not while I wrote, while I got ready. I think it was a state-associative learning thing...

I few almost everything as a distraction. When I’m writing, I don’t want anything going on, and on some level I’m highly skeptical of people to try to practice their craft while simultaneously bombarding themselves with music or television. It seems ridiculous to me.

Intelectually, I know many people who listen to music while they do all sorts of things. Maybe their brains are wired differently than mine. It takes different strokes and all that...

But in my gut, I don’t understand the media junkies. I see people walking around, talking on phones, listening to the radio, endlessly plugged in and bombarded with words and sounds. Me? I like to, y’know, think. I like to walk around and look at things and have thoughts in my head.

Some deep, dark, cyni­cal part of me wonders what’s wrong with those sort of people. If you’re afraid of silence, I can’t help but think that you’re afraid of coming in contact with your self. I don’t get that...

If you’re one of those folks, don’t sweat it. Some of my best friends listen to the radio. It’s just not for me.

2. I like to have a big chunk of time to write, and I prefer it to be late at night. Late late. Between 2 and 8 in the morning is my golden time.

That said, I can squeeze in a little writing here and there. It took me a while to realize I could do it. It’s easy to talk yourself out of trying, but once you learn how to get your bunny into the chair and start typing on demand, you realize you can get a lot done in the odd half-hour here and there.

But I was lucky, and I got seven extra years to work on my story. My book is worlds better now, and, as a result, people are really enjoying it.

You say you want to take things to the next step, Karl. Here’s the next step. Revision. The first step is the draft. The second step is the revision. The third and fourth steps might be revision too.

Am I saying you should spend ten years working on your novel? No. Of course not. I’m just say­ing that if you need to work on your craft as a writer, THEN you should focus on your product. LAST comes the selling of it. Leave that for later.

Pat.

I’ve got two questions.

1. What form of inspiration helps you with your writing? Is music a creative muse or a distraction?

2. What does your writing schedule look like? Do you squeeze in time to write when you can, or do you have a set amount of time during the week that you sit down and write?

Pat.
Resident’s Evil

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