



Thursday

February 4, 2010

Volume 54 Issue 15

Green shovels break ground

New "green" residence hall underway



Site Diagram by Engberg Anderson and Mackey Mitchell

Blueprints for the new suite-style residence hall.

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As the six green shovels dug into the earth on Wednesday morning, the groundbreaking ceremony that symbolically marked the beginning of the University of Wisconsin-Stevens Point's first new residence hall in 42 years finally commenced.

In attendance were several notable UWSP administrators, including interim Chancellor Mark Nook, Vice Chancellor of Student Affairs Bob Tomlinson and various members from each of UWSP's departments.

With a group of 32 students, the student body was well represented with Student Government Association President Scott Asbach leading the

charge. Playing an essential role in the very development of the new hall, the student community's voice has spoken, and more importantly, has been heard.

"All through the process we had students involved," said Mike Zsido, the assistant director of UWSP building services. "In the early stages when we first started the project, we had [SGA President] Asbach involved in all the meetings. How we wanted to build it, where we wanted to build it, we had student involvement.

"... [Students] were asking for a different living environment, which was the suite-style [hall], and at the same time they wanted something that was green. With this we could show [Wisconsin] that a green sustainable environment is a good

thing."

'Green living', as an ecologically friendly means, has naturally become a source of pride for UWSP, known for its excellent natural resources program. With its new hall on 201 Reserve Street, UWSP hopes to carry on that tradition.

"With the sustainability features, we are going for a LEED silver certification system, minimum, of the building, and if we get enough points, that may shoot us into the gold. So we're shooting for as high as we can get," said Zsido. "It will be [UWSP's] first LEED certified building, and it will be

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Scott Walker speaks with College Republicans

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Scott Walker, one of Wisconsin's 2010 Republican gubernatorial candidates, met with the University of Wisconsin-Stevens Point College Republicans for pizza and to speak on his campaign on Sunday, Jan. 21.

"When I've been on any number of campuses around the state, I'll ask people and a lot of groups, 'How many of you are graduating in May? How many of you have jobs lined up?' Well, you can talk about any other issue out there...but in the end what everybody wants is a job when they get out of school."

Job creation and retention is one of Walker's many goals if elected governor. He believes that fostering job growth and strengthening the state economy should be the first priority of the governor.

"I still believe in the people of this state, but the biggest problem I see is the state government. In the last year



Photo by Jake Mathias

Scott Walker visits Stevens Point.

we've lost 163,000 jobs. I'd like, in the next two years, for us to put in place policies that allow us to get back all those jobs and some more."

Walker said that if an average of 4-5 percent can be added to the payroll of every business in the state that would wipe out all the jobs that have been lost in the recession.

The biggest problem with business right now, according to Walker, is the cost of doing business. "I think the tax burden is too high," said Walker. "This last time they added taxes on employers. They added taxes on individuals...They

See "Walker" Pg. 2

News

From "Green Shovels" Pg. 1

[among the first] in the [UW] system. There are others going for the LEED certification... but there aren't many.

Referring to a rating system for environmentally "green" buildings, the LEED as a system serves to "to promote design and construction practices that increase profitability while reducing the negative environmental impacts of buildings and improving occupant health and well-being," according to the National Resources Defense Council Web site.

Recognizing the steps that UWSP is taking to make their campus more environmentally friendly, many students have enthusiastically embraced the ideas the new hall represents. Lee Lee, a senior at UWSP, said "The idea of building new apartment hall with an emphasis on the environment is important for our future... I'm not sure what to think yet, but it looks we're getting there."

As for the existing residence halls, the green initiative gauntlet seems to have been thrown down by 201 Reserve Street. Zsido notes that as a side project, many halls will soon receive energy-efficient makeovers, "We're doing the renovations simultaneously... We're doing a number of things that are sustainable: the carpets will have recycled content, we're taking out the windows... [for] energy efficient windows, and taking out the old heating system which was a fairly inefficient system.... [We're] updating one hall a year, and at the same time outfitting buildings with elevators so they are accessible to all students and we're putting sprinkling systems in there."

However, a greener footprint is not the only positive mark that this new hall will be impressing upon the Stevens Point community. Citing the current economy, Zsido feels positive that not only will the project open up the local job market, but also benefits from lowered costs.

"The original price tag on the suite-style halls was \$36 million, but when it came in to bid it was \$28 million because of the bidding climate. That's money being saved by our students," said Zsido. "Also, we are going to be creating jobs for [the community during construction]... we could have 30 to 50 people working there at any one time."

Construction of the new hall is expected to be expedient, with an estimated completion time of next summer, for the first batch of students to take up residence in that fall. Replacing the former Hyer Hall, the site of 201 Reserve Street not only makes up an important part of UWSP history, but takes the place of a cherished historical residence hall as well.

Punxsutawney Phil predicts a long winter

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Feb. 2 is national Groundhog Day. Thanks to a 1993 movie starring Bill Murray, Punxsutawney, Penn., is one of the most well known Groundhog

in the cycle of life. But standing here among the people of Punxsutawney and basking in the warmth of their hearths and hearts, I couldn't imagine a better fate than a long and lustrous winter."

Fortunately for Wisconsin



Photo courtesy of scifisoundtrack.com

"Don't Drive Angry!" —Bill Murray

Day locations in the United States. Unfortunately, the most famous of all groundhogs, Punxsutawney Phil, has seen his shadow this year—indicating that Wisconsin residents are going to be treated to another six long weeks of winter. So, to quote Phil Connors (played by Murray) from the movie "Groundhog Day": "This is pitiful. A thousand people freezing their butts off waiting to worship a rat. What a hype. Groundhog Day used to mean something in this town. They used to pull the hog out, and they used to eat it. You're hypocrites, all of you!" Of course, not all people feel depressed about a longer winter—take the skiing and snowboarding crowd for instance. Perhaps this quote from the movie would be more appropriate for them: "When Chekhov saw the long winter, he saw a winter bleak and dark and bereft of hope. Yet we know that winter is just another step

residents who still yearn for an early spring, Sun Prairie, Wis., celebrates its own Groundhog Day. And, according to the Wisconsin historical society, Sun Prairie is the "World's Groundhog Headquarters." This year the Sun Prairie groundhog, who goes by the name Jimmy X, did not see his shadow, indicating an early spring. The crowd gathered at the Sun Prairie Groundhog Day event cheered when the mayor announced Jimmy's prediction. Phil's prediction was not greeted so warmly. Perhaps Phil should take a lesson from our own Jimmy X. It looks like we'll be going to Jimmy in the future for our winter weather prognostications. Thanks Jimmy, and enjoy your early spring, Wisconsinites!

From "Walker" Pg. 2

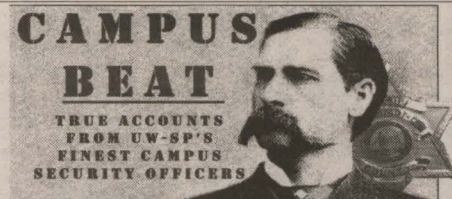
even made it more difficult for capital gains deduction which is investment dollars that are made many times to start up and expand companies in the state."

"I believe whole-heartedly that the right track to go is to spend less and allow businesses to grow. You don't allow businesses to grow by taxing them. No matter how much you tax and tax and tax businesses will end up reducing the number of people that go to work because they can't afford it," said Dr. Justin Rueb, psychology professor and advisor of the UWSP College Republicans.

Walker's plan is to lower these taxes on employers, small business owners, families and property in the state. "If you remove the things that have been barriers...the things that

are strengths are already here. We've got a great work force. We've got people coming into the work force that are well trained, well educated with excellent work ethic...What we're really missing is just getting the cost of doing business out of the way."

Correction: The photo caption from last week's story on Sharon Cloud should have read: courtesy of Cindy Yang, not Vira-Phong Vue. The Pointer regrets the error.



January 27, 2010
17:12

Watson Hall
TYPE: DRUG

Call from hall staff reporting smell of marijuana coming from a room in Watson hall. Multiple citations were issued.

February 1, 2010
08:30

Science Building
TYPE: THEFT

A professor reported she had an item stolen from near her door.

January 29, 2010
22:24

Watson Hall
TYPE: DRUG

CA on duty in Watson reported the smell of an illicit drug coming from a room. An officer made contact, and nothing was found at the scene.

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Haiti fundraiser event scheduled

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The Wisconsin Public Interest Research Group and the Student Government Association are teaming up next week to raise money for Haiti disaster relief in a campus-wide fundraising event.

After the state based and student-led public interest advocacy group WISPIRG set up informal donation centers around campus for disaster relief last week, the organization was able to establish an official fundraiser across the entire campus at last week's SGA senate meeting.

The official days will be on Feb. 10 and 11.

Donation areas will be in almost every academic building, as well as in the Elizabeth Debot Dining Center and the Dreyfus University Center.

SGA Executive Director Mike Wilson says he hopes to be able to set up a page on the university Web site where credit card donations can be made.

The organizations set their goal to at least \$2,500, with collected donations being sent to Oxfam International, an international non-government organization.

Wilson said the date was chosen because it is near the student involvement fair. SGA is hoping that the gathering will help them attract more people's attention.

"We wanted to combine our resources to make it a little easier and more efficient, and especially to make as much of an impact as possible," said Wilson.

Wilson said that a disaster of this magnitude calls for those more fortunate to get involved.

"The purpose of life is to work to alleviate suffering in this world to the best extent that we can. As college students we don't have the ability to do as much as we'd like to, but there are some things we can do. I thought that through student government, I could use the small authority that I have to organize this campaign," said Wilson.

WISPIRG State Board Vice Chair Seth Hoffmeister explained the need for the organization's involvement.

"Since it's such a tragic disaster and it's been in the news, its kind of hard to turn a cheek to it. We see it as an opportunity because this is something that all students are aware of, and we know they will be passionate and willing to help," said Hoffmeister.

S.E.R.V.E offers opportunities for students to volunteer

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Students Engaging in Rewarding Volunteer Experiences, or S.E.R.V.E., has a large range of ways students can volunteer or support volunteers this semester, including many that are coming up in early February.

The first of these is a fundraising event titled Make Life Sweeter.

"Make Life Sweeter is an event to raise money for students making a Spring Break service trip to Utah. The fundraiser will help to offset the out-of-pocket costs for things like food and lodging for the students," said Student Involvement and Employment Office coordinator Shannon Williams.

"The students are working with an organization in Utah called Plateau Restoration. They will be helping Plateau Restoration with different native habitat projects," said Williams.

Make Life Sweeter is a dessert buffet and will be held in the Alumni Room of the Dreyfus University Center on Thursday, Feb. 11, from 6 to 8 p.m. Tickets are \$5 in advance and \$6 at the door. The desserts will be provided by students, student organizations, faculty and departments, said Williams.

S.E.R.V.E. has been an independent program for three years, though it is housed under SIEO said Williams. S.E.R.V.E. has one full-time staff member and four student staff members.

S.E.R.V.E. promotes student volunteering as a way to make a difference, meet new people, strengthen their resume, help others, develop new skills, explore areas of interest and more.

These aspects of volunteering can be explored in five different ways through S.E.R.V.E.

One way is Service Saturdays. According to the SIEO Web site, "Service Saturdays are a social, flexible and rewarding way to make a concrete difference in the community without long-term, individual commitment."

Service Saturdays are once a month in two- to four- hour increments.

This month S.E.R.V.E. has gathered volunteers to assist at a Sweetheart Dance for the Children's Museum. No more volunteers are needed, but students will have an opportunity in March to volunteer for "A Different Kind of Senioritis," which will be interacting with seniors at Oakridge Assisted Living. April's Service Saturday will be at an Urban Farm in Milwaukee called Growing Power Urban Farm.

Students wanting to volunteer can also choose an ongoing opportunity by tutoring local students of all ages one hour per week during the semester.

"Tutors are introduced to a leadership role in which they serve as both a behavioral and academic model; they also become a positive aspect of the tutee's life and someone on whom they can rely," says the SIEO Web site.

A volunteering opportunity also exists in blood drives, which S.E.R.V.E. coordinates in collaboration with the American Red Cross and the Blood Center of Wisconsin.

Students and faculty of the University of Wisconsin-Stevens Point, and also community members can contribute to the blood drive by donating whole blood, double red cells or platelets, or they can volunteer to just help out at the drive.

An SIEO and Blood Center of Wisconsin blood drive will be held February 15 and 16 from 10 a.m. to 3 p.m. in the Laird room of the DUC. Another will be held with SIEO and the American Red Cross on April 26 and 27 from 10 a.m. to 4 p.m., also in the Laird room. A bone marrow drive is also being planned for March 10.

S.E.R.V.E. also promotes volunteering through the United Way Web site volunteersrock.org where students can be connected to volunteering opportunities in Portage County.

Students can also get involved in service projects like the Spring Break trip to Utah.

Besides the personal fulfillments of volunteering, volunteers can also receive recognition in the form of the President's Volunteer Service Award. The award has been made available through SIEO only recently. The award was established in 2003 and is a national award offered in recognition of volunteer commitment.

Volunteers are eligible for bronze, silver or gold editions of the award based on the number of hours they serve in a span of 12 months. Students must submit their volunteering hours to SIEO and have them confirmed to be able to receive the award.

Though prestigious, the award is overshadowed by the benefits to the university, communities and to the volunteers themselves.

"Volunteering is a great way to get involved and meet new people and have new experiences," said Carly Nivison, SIEO Community Outreach Coordinator.

Students interested in volunteering can contact the SIEO through e-mail at SIEO@uwsp.edu or by visiting them at 050 in the DUC.

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*"That's what she said" of the week:
If it fits, it gets in!*

- Ryan Urban

Harlem Gospel Choir brings grace to the stage

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The Harlem Gospel Choir made its way to Stevens Point's Sentry Theatre on Feb. 4, 2010, to entertain all with their immense joy and love of music, African-American culture, and serving others in need.

The Harlem Gospel Choir is known as the most famous gospel choir in America. They have performed all over the world, and recently at "Good Morning America," the Haiti Relief Telethon and singing in memory of Michael Jackson at his funeral. These well-known and respected performers travel all over in order to raise money for children's charities to give something back for all the blessings that they are given. Their strong faith and messages in song hope to bring people, and nations, together.

The Performing Arts Series, sponsored by the College of Fine Arts and Communication, chose this choir and believe in its story and foundation. These performers are unlike any that you have ever experienced before.

"The Harlem Gospel Choir has some very important motivation for why they do what they do. They travel the world to raise money for children's charities by sharing faith and joy through their music. The theme of every performance is bringing people and nations together and giving something back.

The Harlem Gospel Choir wants to share a message of inspiration and love while giving audiences a better understanding of African American culture and how it relates to the Black church," states Molly VanHoorn, public relations intern for the College of Fine Arts and Communication.

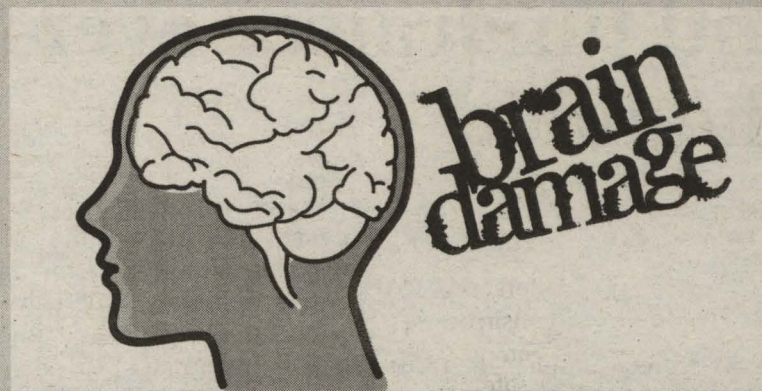
The Harlem Gospel Choir was founded by Allen Bailey who was inspired by Dr. Martin Luther King, Jr. after attending a celebration in honor of King. These singers and musicians are the best of the best from Harlem's Black Churches and the New York and Tri-State area. These performers want to perform and believe in everything they do when performing.

"This performance gives the University of Wisconsin-Stevens Point a great opportunity to hear unique stories through the emotional singing of the Harlem Gospel Choir. It's a performance students will not want to miss," states Harrison Loveall, Social Media Public Relations Intern for the College of Fine Arts and Communications.

This performance is definitely an opportunity that will be moving, inspiring and enjoyable. Music has a way of touching hearts and opening eyes to things that were not able to do so in the first place. Check out the Harlem Gospel Choir on Feb. 4 at the Sentry Theatre. Tickets are only \$4.50 with a Student ID. If you would like to know more about the Harlem Gospel Choir, visit their Web site at <http://www.harlemgospelchoir.com>.



Courtesy of Harlem Gospel Choir
The Harlem Gospel Choir tours to raise money for children's charities.



"Goodbye" came from "God bye" which came from "God be with you."

The plastic things on the end of shoelaces are called aglets.

Every human spent about half an hour as a single cell.

Clans of long ago that wanted to get rid of unwanted people without killing them used to burn their houses down, hence the expression "to get fired."

Children grow faster in the springtime.

The United States has never lost a war in which mules were used.

The word "nerd" was first coined by Dr. Seuss in *If I Ran the Zoo*.

In ancient Rome, it was considered a sign of leadership to be born with a crooked nose.

The first product to have a bar code was Wrigley's gum.

A crocodile cannot stick its tongue out.

POINTER POLL

Who will win the Super Bowl?

Jacob Cox

Junior- Youth Programming and Camp Counseling
-I want the Saints to win, but think the Colts will. Depends if Dwight Freeney plays.

Dominic Cerasoli

Junior- Sociology
-Colts. Peyton Manning is unstoppable.

Chris Wilde

Junior- Wildlife Ecology
-New Orleans. I don't like the Colts.

Hannah Klusmeyer

Junior- International Studies
-Saints, because I don't know who else is playing.

Ryan Harter

Super Senior- Computer Science
-Who's playing?

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Don't spread yourself too thin while ice fishing

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Hibernation prevention during the winter months in Wisconsin begins with ice fishing; however, anglers should be aware of ice safety and exercise caution with every tip-up.

Some anglers are known to bring everything but the kitchen sink with them during these weekends that are filled with prospect. Aside from walking on the ice, anglers frequently come prepared, bringing along everything from small ice shanties to trucks loaded up with gear. Ice fishing tournaments in particular have a way of drawing many motorized vehicles onto the water.

While convenient to be able to pick and choose from the lifetime supply of tip-ups in the back of your truck, catch fish alongside a woodstove that requires a cool down from time to time or bring an aquarium full of minnows out on the ice, some sort of risk is always associated with frozen bodies of water.

No prized fish is worth risking your life.

This past weekend found fishermen and women, four-wheelers and ice skaters enjoying the approximately 20 inches of ice on Lake DuBay. With fluctuating

temperatures, it's best to know the support system beneath you before finding out with an ice auger.

Local residents and avid anglers are likely to be the most familiar with the contour of the lake and its freezing patterns. Talking with a



Lake DuBay, located just north of Stevens Point, is a popular ice fishing site.

fishing veteran or local bait shop can give you a good indication of a lake's current condition.

A tragic accident on Lake Winnebago recently, involving the deaths of three men who fell through the ice, acts as a harsh reminder of the importance of ice safety.

The Wisconsin Department of Natural Resources encourages individuals to take safety precautions when venturing onto any frozen body of water, especially if operating any kind of motorized vehicles whether truck, ATV or snowmobile.

"Use caution near shorelines—water level drops may occur close to shore and ice may not be supported by water underneath.

Keep the windows open and doors unlocked.

Operate below 15 miles per hour or above 25 miles per hour. Vehicle speed can impact ice safety.

Do not follow other vehicles closely—the vehicle weight creates an 'ice wave' that could cause breaks. Keep at least 100 feet between your vehicle and the one ahead.

Travel slowly at night to avoid 'overdriving' your headlights.

Use caution when near ice cracks and ice heaves. They are an indication of changing conditions.

If it's necessary to cross a crack, check the conditions first and cross at a 90 degree angle and stay at a minimum of 30 feet away if travelling parallel to a crack."

A frozen lake is a beautiful sight to anyone trying to escape winter dormancy in Wisconsin but safety adds even more beauty to the tradition of ice fishing in this state.

For fishing reports and conditions of lakes in Wisconsin visit <http://www.lake-link.com>.

For more information regarding ice fishing seasons and regulations visit the DNR Web site at <http://dnr.wi.gov>.

Photo by Jessi Towle

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Frostbite Got Your Tongue?

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Fresh snowfall indicates a time of the winter season where everything seems perfect. The beautiful snowflakes falling slowly from the star-strewn sky make your worst day into something uplifting and altogether not as bad as you thought. Though those beautiful flakes put you into a kind of a trance, hypnotizing you to go outside in negative 30 degree weather, there is a way to put yourself in check to make sure that those enjoyable moments outside do not involve going to the hospital because your tongue is stuck to the flag pole.

Frostbite and hypothermia are serious winter conditions that can catch you off guard with little to no warning. Many people do not realize that these conditions are very serious in nature and can seriously affect the

rest of your life.

Wearing proper winter attire, noticing the warning signs early on and knowing the facts of these conditions can help you stop the threat that these winter afflictions contain.

Frostbite is the injury to body tissues caused by exposure to extreme cold, typically affecting the nose, fingers or toes.

There are three stages of frostbite that should be warning signs to you when outside in cold temperatures.

First, the sensation of pins and needles in parts of the skin that feel affected is the frost nip stage. Usually, the skin in that area is white and blotchy and can be easily cured by warm, not hot water.

If your affected skin area becomes more purple and waxy and feels as if

See "Tongue" pg 6

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Science & Outdoors

Future educators get a taste of environmental education

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The Wisconsin Association for Environmental Education annual winter workshop held last weekend was a success.

It started Friday night at 6 p.m. and ended Saturday at 12:30 p.m. With a very busy weekend, the event had a turnout of approximately 80 people.

In the past, this event was held at Treehaven, but since it is currently under construction it was held at the Central Wisconsin Environmental Station in Amherst Junction.



Photo courtesy of <http://www.uwsp.edu/chr/waee>
Participants in the student-led winter olympics. Just one highlight from WAEE's winter workshop

WAEE is a nonprofit organization for environmental educators in the state. This includes science teachers, students, people who work in nature centers or anyone interested.

"It's a weekend to bring together students, professionals and educators. All sorts get together to network and talk about the theme," said Jodi Hermesen, administrative assistant and university service associate.

The annual winter workshop's theme for this year was healthy communities. The panels at the workshop talked about local foods, growing your own food and how to get local food into the school menu.

The food served at the event was locally-based with 80 to 90 percent being from local vendors.

The AmeriCorps program is working on helping schools infuse local foods more into their menu. University of Wisconsin-Stevens Point Dining Services Director Mark Hayes was a part of the panel discussion on local foods and spoke about how doable it is.

"They're starting to infuse local foods onto campus, but there are many hoops to jump through, such as food safety issues, but it's a very doable thing," said Hermesen.

Another panel included watching the movie "Fresh," a documentary by Will Allen who resides in Milwaukee.

Local farmers and members of Farmshed then had a discussion. The discussion also included anything the audience wanted to talk about. One of the topics included Community Supported Agriculture. There are local farms you can buy share crops from, such as vegetables and fruit.

You can buy a certain amount

and you get a box of vegetables every week of the growing season. There is also the option of workers' share where you can help out in the fields and get a reduced rate per box that you pay for in the season.

There are about three or four in this area currently. This has been very successful for the farmers and the people in the programs are very happy.

"They did nothing but grow...they started out very small and they have gotten much bigger," said Hermesen.

Other discussions included natural communities, snowshoeing and a teacher from Stevens Point Area Senior High asking about how to set up student life video field trips.

The video field trips involve students in a class creating a video then shipping it to a sister classroom in South Africa, who then ship other videos back to SPASH. This is a way for the teacher to infuse technology and the environment in order to get students interested in both areas.

According to Hermesen, this is just a type of natural community, but it's

how you interpret it. "This allows different ideas on how to infuse outside into your indoor classroom," said Hermesen.

Other parts of this discussion included what students can do in the environment to learn. As part of the panel, the program included a discussion of a student who spent a year in Costa Rica and is currently housing a student from there.

The event also had a scheduled "play time" where the guests could go snowshoeing, cross country skiing and ice skating.

"It's important to do those things with your co-workers and other professionals because you create connections, so it's easier to share things when you're not sitting in the same room with each other. That's a very unique part of winter workshop allowing a more relaxed gathering," said Hermesen.

Ending the winter workshop weekend. Cannonball, a bluegrass band, played Saturday night.

With a successful weekend overall, WAEE is very pleased with the outcome of the event. "People learned and networked a lot which is part of the goal of WAEE...to allow people who are spread out across the state to come together and share new ideas," concluded Hermesen.

For more information about WAEE and this event visit <http://www.uwsp.edu/cnr/waee/>.

Green Beat

Katie Stenz
CONTRIBUTOR

People in Stevens Point are becoming conscious of local food as information is released regarding erosion and pollution caused by industrial farming. Central Rivers Farmshed makes up a large part of this local food movement.

Farmshed is comprised of people, businesses and organizations that work together to create a local food economy. The organization hopes to see central Wisconsin become renowned for its local food community.

"Farmshed was created to run off of people's passion for food and the environment," said Farmshed public markets coordinator Jeremy Solin.

Each year the organization plans and hosts events, increases resources and works to create partnerships between local farmers and the community.

"Our group performs several diverse activities throughout the year. The farmers market, local food fair and other workshops are some of the main events we sponsor," said Solin.

According to data collected by the United States Department of

Agriculture, farmers markets are on the rise as there are now 5,000 scattered across the country. The Stevens Point farmers market predates this trend as it has been in existence for 150 years.

It was not until 2006 that Farmshed started to organize and manage the Stevens Point, Plover and Rome markets.

Farmshed's local food fair is an annual event that is held each spring. The fair showcases local and sustainable food initiatives in Stevens Point.

"Community supported agriculture" is another local resource that is supported by Farmshed. CSA is a prepaid share of produce from a farm; local farmers grow crops and then deliver them to individual households.

"Stevens Point is a unique area because people are actually able to get to know the person that grew their food. Even though we live in an urban dwelling, local food is something that is readily available," said University of Wisconsin-Stevens Point student sustainability coordinator Harley Altenburg.

Despite Central Rivers Farmshed's efforts to garner community support for farmers, questions persist as to the significance and accessibility of local food.

"I want to help the environment, but I have no idea where to begin. Local food is more expensive than just going to the grocery store; it's also less convenient because I hate cooking,"

See "Beat" pg 11

From "Tongue" pg 5

blisters are starting to form, you are in the second stage of frostbite or superficial frostbite.

The last stage constitutes the skin area becoming frozen to the bone, or deep frostbite. If this occurs, quickly go to a hospital where medical attention will help as much as they can. Amputation is a regular prognosis for this third stage of frostbite.

All these facts and more can be found at <http://www.lifespan.org>.

Many may think that they are too "old" to get frostbite. This is complete fiction. Children aren't the only ones to get this condition. Anyone can get frostbite, no matter how young or old you are.

The best way to prevent this from happening is to bundle up. Make sure all of your body is covered up with winter gear, especially your fingers, toes and ears.

Hypothermia is a similar condition, yet differs in many ways. Hypothermia is the condition of having an abnormally low body temperature, typically one that is dangerously low.

Some signs of hypothermia include intense shivering and slurred speech. Usually victims have confusion and lack of coordination following these other warning signs.

If these signs occur, get out of the cold as fast as you can and take off any wet clothing. Warm up slowly and carefully in order to heat your body to a normal temperature. These facts were accumulated by Flora

Krasnoshtein in the Stevens Point Journal in the Wintertime Health and Safety column.

A 2003 statistic from the Centers for Disease Control and Prevention states that hypothermia causes approximately 600 deaths each year in the United States. Don't be one of those numbers.

Make sure to dress appropriately for the weather and cover yourself up as much as needed. Mayo Clinic provides help for those cold temperatures:

"Wear a hat or other protective covering to prevent body heat from escaping from your head, face and neck. Cover your hands with mittens instead of gloves. Mittens are more effective than gloves because mittens keep your fingers in closer contact with one another.

Avoid activities that would cause you to sweat a lot. The combination of wet clothing and cold weather can cause you to lose body heat more quickly.

Wear loose-fitting, layered, lightweight clothing. Outer clothing made of tightly woven, water-repellent material is best for wind protection. Wool, silk or polypropylene inner layers hold body heat better than cotton does.

Stay as dry as possible. Get out of wet clothing as soon as possible. Be especially careful to keep your hands and feet dry, as it's easy for snow to get into mittens and boots."

A very scientific and serious Super Bowl preview

Griffin Gotta

THE POINTER

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Ah yes, Super Bowl week is here. This, by itself, is not a great thing. The ends do justify the means because, obviously, Super Bowl Sunday is awesome. But the week leading up to Sunday's game moves along as quickly as a small town Christmas parade, and by the time you read this, every possible angle will have been beaten to death.

This year's example is, of course, Dwight Freeney's ankle. On a Freeney's ankle-related side note, ankle sprains are one of the most annoying injuries one can experience. They take forever to heal completely and it seems like if you have injured one, you are guaranteed to do it again at some point when you least expect it. I have rolled both of my ankles more times than I care to remember, and for every step I take, my chances of re-injuring one of them is around one in six.

Anyway, there's always the chance that someone will pull a Eugene Robinson later in the week or wake up around noon and miss a team practice and reignite the media circus all over again. But in either case, it will be too late for me to write

about it. So just to be safe, in case something like that does happen, I'm going to bet on NFC Championship game-winning kicker Garrett Hartley being the culprit. I don't know, Jeremy Shockey was too easy.

With that thought-provoking wager thankfully put to rest, here are some other people I will be paying attention to during the actual Super Bowl, assuming we make it there eventually.

Pierre Garçon's last name is called a cedilla. The Super Bowl: where I learn about French pronunciation.

Reggie Bush. If he can get the touches, he has the capacity to change the game in a hurry. The question on everyone's mind though is if the Saints win, will he propose to girlfriend Kim Kardashian? A move like that could bring Jim Nantz to tears. And if they lose, will Kardashian

bars, I will be in one; maybe they can turn the jukebox on. In case you're wondering, Prince playing "Purple Rain" in the rain a few years ago was my favorite halftime show moment.

Rex Grossman. Well, not really Rex himself, but unlike in his previous Super Bowl victory, Peyton Manning will be facing Drew Brees, who is not Rex Grossman. I don't think I'm going overboard when I say this should be a pretty well quarterbacked Super Bowl.

A couple random thoughts:

I didn't know Brees was that short - he's what they call a 'generous' six feet - I'm surprised I haven't heard about this a million times already.

And earlier this week, Sportscenter ran a story about Peyton Manning having hypermnesia, which is the condition of having an unusually vivid or precise memory. Wow, he really is a robot; still doesn't explain the Oreo commercials though.

All that matters in the end is that it's the Super Bowl, one of the best days of the year in our fine country, and it should be enjoyed. Plus, I think it will be a pretty entertaining game. If I had to choose, I would go with the Colts, simply because of Manning. I really do think he's a robot. Enjoy your last NFL game in a very long time.

* Graphic Courtesy of The National Football League.



Pierre Thomas/
Pierre

Garçon. This could possibly be the biggest battle for bragging rights between two NFL players named Pierre that the world has ever seen. That and they're both important parts to their respective teams' offensive attacks, whichever you find more relevant. Also, I just learned today that the little line attached to

Leave him for Ron Artest or some other Laker? You better believe that only something as big as the Super Bowl can answer these questions.

The Who. The halftime performers. After Bruce Springsteen and the E Street Band played last year, I guess the NFL decided they were going to set the bar a bit lower this time. I'm not excited. Speaking of

Women's basketball stops streak, starts "Pink Zone" campaign

Dan Neckar

THE POINTER

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The University of Wisconsin-Stevens Point women's basketball team ended their 12-game winning streak last night in the Berg Gym as they fell to the University of Wisconsin-Stout by a score of 90-76.

The loss ends the streak that saw them rolling over last week's opponents, UW-Whitewater and UW-Superior, with an average score of 67 points per game and an average allowed score of 50.5.

The series of wins had gathered some attention. The Pointers raised three places last week in the D3hoops.com poll, becoming the only team from the Wisconsin Intercollegiate Athletic Conference represented in the top 25 after UW-Whitewater was pushed out.

Last night against conference rival UW-Stout, UWSP fell to a similar fate from last year, when their school record of 14 consecutive wins was finished after UW-Stout prevented them from taking their 15th in a slim 67-64 victory.

UWSP junior forward Britta Peterson said that when their team finds itself having trouble putting up points, they turn to each other and their defense to bring the momentum back.

"Hopefully, in that kind of situation we're just trying to stay composed and pick up on the

do is pick our teammates back up and continue to play defense."

Apart from taking the tough



Photo Courtesy of Dan Neckar

Andrea Fleas takes it to the rim against UW-Superior on Saturday, Jan. 30.

defensive end. We try not to get too frustrated," Peterson said. "When there's a drought in points, all we can

loss on Wednesday, the team also began their "Pink Zone" fundraising campaign for breast cancer awareness.

The campaign began last night with a silent auction benefiting Project Embrace, a Stevens Point charity that supports breast cancer patients.

The team's project will conclude with the Pink Zone game on Sunday, Feb. 14, against UW-Platteville, where a few players will be donating their hair to Locks of Love, a non-profit organization that provides hairpieces to children suffering from hair loss due to medical treatment.

UWSP senior guard Ashley Windt said that her team is very committed to their cause.

"I think that, being young women, we all take it very serious, and it is of big importance to all of us," Windt said. "We've had players in the past with relatives who have been affected, including my aunt, who is a survivor."

"It's something that we're always faced with and we take pride in trying to help raise money for a cause like this."

Next Wednesday, Feb. 10, the Pointers will continue WIAC play on the road against UW-Eau Claire.

Sports

Women's lacrosse ready to elevate their game

Erin Walker
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Women's lacrosse, a new organization at the University of Wisconsin-Stevens Point, is off to a slow start. The group was officially recognized on Oct. 1, 2008. The founder of the group, junior Jenna Rock, started the group in the beginning of her sophomore year.

"When I came to UWSP I found out they didn't have a lacrosse team and was disappointed. I just found a sport I loved but had no team for it," Rock said. "Then, I found out you could make your own team."

As a senior in high school, Rock decided to try lacrosse and within the first season, she fell in love with the sport.

Lacrosse, being a fairly new sport to the area, leaves a challenge for the group to expand and recruit new members. According to Rock, the group has had difficulty in the past with finding resources, such as extra sticks for new members. The finances women's lacrosse has received so far allowed the group to get four extra sticks, three pairs of goggles and 100 practice balls.

"We are sitting here ready, so if anyone is interested at all just come check it out and if you just want to hang out and try it, then by all means do so," Rock said.

The group found it difficult to find practice hours during the winter, where they had to practice from 10:15 p.m. to 12 a.m.

"There's a big waiting game. It's hard to use the facility when there are so many groups asking to use it," said Rock.

The team will be finding out soon what their new practice hours will be for second semester.

Lacrosse is a unique sport that was originated by Native Americans. They used the sport as a preparation for war and it would last for days.

The women's play closely resembles the Native Americans' rules of today as a non-contact sport.

"It's cool. We kept the tradition," Rock said.

One of the goals for the organization is to scrimmage with another school. However, this may not be possible with the way last semester turned out for the organization.

For the time being, the group will continue to invest interest in the sport and teach others the rules of the game. They were also asked by a high school group to give kids a crash-course on how to play the game.

"There are a large handful of girls that do not know how to play, which is totally fine, I just have to make sure they know what's going on," Rock said.

The team also has to worry about keeping the organization going. In the past, a girl would pull the team together, but once she graduated it would fall apart. Rock is currently thinking of how to prevent that from happening to her new team.

"I know I'm interested in it and I know there's a core group of girls interested in it, so why not pass the leadership on so that when I leave it doesn't fall apart?" Rock said. "A little TLC from everybody makes it all worth it."

The women's lacrosse team is anxious for spring to come so they can use the fields with practice times of more interest to the group.

The group welcomes anyone interested in trying the sport and also anyone interested in helping the group create a Web site to help promote women's lacrosse.

"Women's lacrosse rocks and everyone should play it," Rock said.

About Last Weekend...

Griffin Gotta
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Thursday, Jan. 28

- The Pointer men's hockey team lost to St. Norbert College, 3-1 at the K.B. Willett Arena.

Friday, Jan. 29

- Men's hockey travelled to the University of Wisconsin-Eau Claire and picked up a 4-3 victory. The Pointers now stand at 10-10-1 overall (5-9 in the Northern Collegiate Hockey Association).
- In the first game of a weekend doubleheader, Pointer women's hockey fell to UW-River Falls, 3-1.

Saturday, Jan. 30

- At the North Country Open, six members of the wrestling team placed, with the highest coming from senior Bret Oswald, who advanced to the

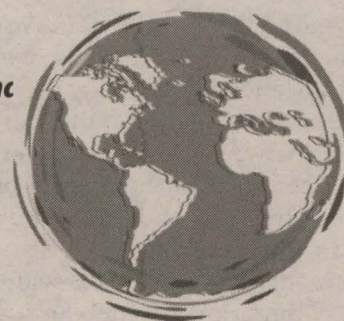
championship match of the 285 pound division.

- The Pointer men's (124-119) and women's (132-111) swimming teams glided to victories over UW-La Crosse in Stevens Point.
- In their second matchup of the weekend, the Pointer women's hockey team and UW-River Falls tied, 1-1, leaving the Pointers at 10-6-2 overall (5-4-2 in NCHA play).
- UWSP women's basketball won its twelfth straight, defeating UW-Superior at home, 66-50.
- Men's basketball took out some frustration on UW-Superior, posting a 74-43 victory at the Quandt Fieldhouse.
- Both men's and women's track and field teams finished first at their host event, the Pointer Quad.

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Radio Kaos owner looks back on 20 years

Nick Meyer
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On Oct. 31, 2009, Stevens Point's only local record store, Radio Kaos Records, celebrated 20 years of being in business.

Randy Wagner, a Marshfield native, started the store with no intention of being in the business for twenty years. Twenty years later, he's still the record store guy and is better known as Randy at Radio Kaos.

The story of how Radio Kaos Records got started is a bit odd, by Randy's own admission. He was 28 years old, working third shift as a maintenance supervisor for the Minneapolis-St. Paul International Airport when the idea came to him during a walk through downtown Stevens Point.

"I came here to eat with some friends, and we were walking through that alley and I saw that back store back there and I thought I should open a record store back there, and so I went back to Minneapolis, I quit my job and called up and rented that," said Wagner.

Wagner's original plan was to sell records from his own collection. At the time the collection consisted of over 4,000 albums which he had been collecting since he was 12 years old, and a few hundred CD's. The endeavor was originally supposed to be a stepping stone into the next phase of his life.

"I was just going to sell my

took a 'learn as I go' mentality.

"I didn't even know how to fill out a sales tax form, nothing, I had to learn it all on the fly," said Wagner.

He picked the name from a record he loved, Rogers Waters second solo album "Radio K.A.O.S." released just two years prior.

Soon, things would pick up and Radio Kaos became the place to go in

"I was just going to sell my records and try to figure out what I was going to do with my life."

- Wagner

records and try to figure out what I was going to do with my life," said Wagner. "It wasn't like a plan to have this store for 20 years. It was just one of these things where I just thought I would just chill for a little while and try to figure out what direction I wanted to go."

Soon enough Randy realized this could be just the direction he needed to take. With some apprehension, he decided to try and make it work. Even though he had no business experience, he moved forward and

town. It was an unexpected fit for a guy who, as a kid, thought he might be a lawyer.

Looking back on his twenty years many things have changed, especially the nature of having a business downtown.

"It has changed dramatically. The mall used to be full; there would be people there all the time," said Wagner. "I remember thinking that this was a great location because everyone who came out the doors to go to Main Street had to walk by me. And now no one comes out the mall doors."

Then there are the technological advances, the ever changing music industry and the new generation of music listeners to adapt to. Randy has watched music styles come and go, he does his best to relate to the younger generation, but he would still prefer you write him a check than hand him your debit card.

"Any business it doesn't matter if it's CDs or whatever, you have to adjust. Everything changes and I don't adapt well sometimes; that's my biggest weakness. I like doing things the old way. I still don't use a computer," said Wagner. "I am good at adapting to the music; that's not that hard for me."

After 20 years and with small record stores like Randy's closing all over the U.S. it's a credit to Randy that he is still there on Main Street. Anyone who shops there knows Randy is willing to go the extra mile, finding and ordering albums for people no matter how obscure.

People don't come to the record store like they used to. According to Randy the store used to be a place where people would come together to find other like minded people, but not anymore. Those changes are showing no signs of stopping but Randy is showing no signs of stopping either.

"Not if I don't have to. The money is what its going to depend on. Its not necessarily a profitable business. It's not necessarily comfortable," said Wagner.

Radio Kaos is located at 968 Main Street and is open seven days a week.

Andy Grammer to perform at UW Stevens Point

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Though John Mayer has yet to grace UW-Stevens Point, fans of his may be in for a treat this Saturday at the Dreyfus University Center Encore at 8 p.m., when acoustic guitarist Andy Grammer takes the stage. As part of his 2010 college tour, the Los Angeles native intends to not only entertain audiences with his unique acoustic styling, but to leave a deeper message in his wake.

While Grammer finds frequent comparisons to Mayer, his unconventional approach to music has served well to set him apart from his contemporaries.

At a 2009 Summerfest performance in Milwaukee, Grammer served as the opening act for artists One Republic and Carrie Underwood and made quite an impression.

"Most of the artists we had on our stage [were] unknown acts, so the crowds were average. Andy came out with beat boxing, storytelling and catchy hooks and after his set there was a sizable crowd," said Chevy Fuel Solutions Tour Manager Ben Evans.

The son of Grammy award-winning children's singer and songwriter Red Grammer, best known for his contributions to the Limelites, Andy Grammer has quickly established a promising start as one of the industry's top selling artists.

Much like his father Red Grammer, Andy Grammer's music seeks to instill positive values in every facet of the sound, from the acoustics to the beats. Grammer's songs often reach for the inspirational.

"It's about how we all judge each other on how we look. It's really lame," Grammer said of his song "Numbers" during his 2009 performance at Tiny Planet Studio in Washington, DC.

Despite Grammer's valued honesty, it was his love of pleasing others that led him to theatre school, where he quickly discovered his love for music. It was there where Grammer believed he had finally found a safe compromise for his two passions.

With a fast growing fan base, Grammer's sincerity in an industry built upon dreams seems to be catching on with audiences nationwide.

"I started out really wanting to impress people in any way possible," said Grammer on his first live CD. "I mean everything I say. I don't write things that I don't believe."

The performance is free to those carrying student IDs, and \$4 for those without. For further information, contact Jessica McKenna at jmcke450@uwsp.edu.

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Letters & Opinion

Food Swings

Jacob Mathias
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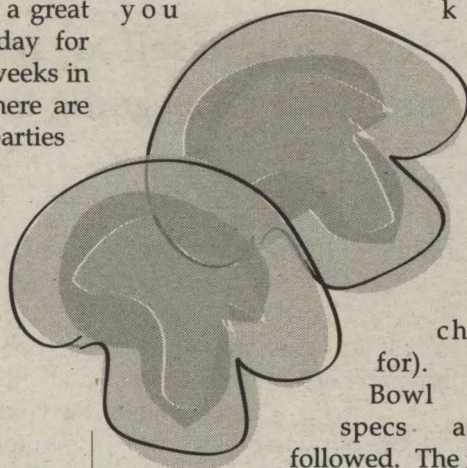
This week's feature:
*Stuffed Mushrooms;
Guacamole*

For some, it's the only holiday they truly observe. For others, it's a good excuse to drink excessive amounts of beer and eat four pounds of hot wings in one sitting. And for a select few, it's just another Sunday. Yes, it's Super Bowl Sunday. The 44th Super Bowl to be exact. The Indianapolis Colts are facing off against the New Orleans Saints. It should be a great game. I expect there will also be some great commercials. I assume we'll see something from everyone's

favorite little Geico...I mean gecko...a not quite appropriate for cable TV GoDaddy.com commercial, and about 47 Budweiser/Miller commercials all promoting whose beer is the lightest with less flavor. Overall, it's a great day for most and a great day for food. Many begin planning weeks in advance for the game and there are some truly epic Super Bowl parties with some truly great food.

What makes an appropriate Super Bowl

food? Not everything. Certain criteria must be met or you'll fail and be unable to jump up and down when Peyton throws his fifth touchdown pass of the game (now you know who I'm



cheering for). Super Bowl menu specs are as followed. The food...

1. has to be small enough to fit on a toothpick.
 2. must be self contained in a bun for easy portability.
 3. must either be a dipping sauce or cater to being dipped.
 4. must be delicious.
 5. must have hot wings somewhere.
 6. should be unhealthy. There's no room for veggie trays on my menu.
- Every menu item should fit at least two of these criteria. Numbers four and six should make this easy.
- One of my favorite Super Bowl appetizers are stuffed mushrooms. They fit criteria one, four and six and are super easy to make.

You will need:
½ lb. bacon
½ lb. bleu cheese
1 lb. whole forest mushrooms
1 tsp. thyme
1 tsp. black pepper
Salt and pepper to taste

See "Food" pg. 11

The Pointer

Sudoku 9x9 - Puzzle 2 of 5 - Medium

1		7		5	3			6
	5		8					1
	2		1				8	
3							9	
		5	4		1	7		
	7							2
	3				9		4	
5					8		3	
2			6	3		5		

www.sudoku-puzzles.net
The Pointer

Sudoku 12x12 - Solution 1 of 5 - Medium

1	2	8	a	7	9	6	4	c	b	5	3
9	3	c	b	1	5	2	8	7	4	a	6
4	5	7	6	b	c	a	3	8	1	9	2
6	9	4	3	8	b	7	a	2	5	1	c
8	a	2	1	c	3	5	6	9	7	4	b
c	b	5	7	2	4	1	9	3	6	8	a
3	1	6	8	9	2	b	5	4	a	c	7
5	c	a	4	6	8	3	7	b	9	2	1
b	7	9	2	a	1	4	c	6	8	3	5
2	6	b	c	4	a	8	1	5	3	7	9
a	4	3	9	5	7	c	b	1	2	6	8
7	8	1	5	3	6	9	2	a	c	b	4

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From "Beat" pg. 6

said University of Wisconsin-Stevens Point senior Candace Meinen.

According to a study conducted by the Institute of Medicine and the National Academy of Science, 72.5 percent of food industry advertisements showcase food of the poorest nutritional value. Researchers also concluded that advertising for healthy foods is virtually invisible to the public eye.

"As a student living in Stevens Point, I find that it is difficult for us to take the initiative and seek out farmers and fresh produce. Most of us just don't have a clue that these organizations are in existence," said Altenburg.

Farmshed is attempting to reach out to the community through its various events and promotional materials. The Farm Fresh Atlas is one such material that provides people of central Wisconsin with information on local farmers and products.

"We need to recognize community needs and learn how to create easy entry points, so all people can become a part of Farmshed no matter where they live or what they know about local food," said Central Rivers Farmshed food system education coordinator Eric Olson.

The group hopes to initiate an urban farming program in downtown Stevens Point when they are able to acquire enough funds. This project would require refurbishing an old greenhouse in order to produce food for the community on a year round basis.

The local food fair is the next awareness campaign on Farmshed's calendar.

"We are hoping to double participation this February in order to provide the community with a newfound understanding of local food and its importance," said Solin.

For further information on Farmshed and its projects visit www.farmshed.org.

If you have any sustainable issues and/or ideas you would like to share, please contact your Student Sustainability Coordinators, Harley Altenburg halte954@uwsp.edu or Katie Stenz kstenz220@uwsp.edu.

Comics

Leguminous



by Ty Natzke

Where I come from



by Bryan Novak

From "Food" pg. 10

Preheat oven to 375°. Dice the bacon into 1/4 - 1/2 inch pieces; sauté on medium high heat until crispy. While bacon is cooking, cut stems off the mushrooms and use a colander to rinse off excess dirt and drain mushrooms.

When the bacon is finished cooking, drain off excess grease and combine it with cheese, thyme and pepper.

Place mushrooms bottom side up on a baking sheet and season them with salt and pepper. Spoon some of the bacon mixture into each of the mushrooms. Bake for 20 minutes. Serve with toothpicks and enjoy.

Now that we have something that caters to toothpicks' many serving abilities, we also need some form of a dip. No dip is more Super Bowl-friendly than guacamole. It's delicious, heavy, travels well on a chip without dripping and is great on

a sandwich which makes it amazing and versatile.

You will need,
4 avocados
1/2 red onion, finely chopped
2 jalapenos, finely chopped
3 cloves chopped garlic
1/2 cup corn
1 tsp cayenne pepper
Juice of two limes
Kosher salt and pepper to taste

Split the avocados, pry out the pits and scoop the meat of the fruit into a bowl. Smash the avocado with a potato masher until chunky. It should be lumpy. Add the other ingredients and mix until all ingredients are incorporated. Serve with chips, on tacos, as burrito filling or as a sandwich spread.

I hope everyone has a great and safe Super Bowl party and enjoy the Colts' victory.

And remember, live to eat.

BETTER BOWLING NAME:

**COBRA or
LAZER?**

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