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ONLINE: CONTINUE THE CONVERSATION
Check out The Pointer Online to get multi-media coverage of some stories. Look for the logo next to the story and log on to pointeronline.uwsp.edu
Follow us on Twitter: @uwsp_pointer and on Facebook for behind-the-scene updates and information.
6:30 a.m. Friday Oct. 14, 2011. A group of 16 college students began their voyage to Milwaukee, WI, for an overnight field trip. The field trip was for the Natural Resource class Professional Development in Environmental Education and Interpretation. The students were set to tour several facilities throughout the area.

This was the first time that the class has taken this field trip to Milwaukee, but Professor Brenda Lackey changed the location this year to visit another central location that offers jobs for students in natural resources.

"With this field trip, the focus was obviously on urban settings, everything from hands-on interactive museums to grass roots organizations that are making a social impact in their communities because of their education and outreach efforts," Lackey said.

Rosa Narus, senior environmental education/nature interpretation major, said the purpose of the field trip was to gain "a view of different things we could possibly do for a career."

Students visited Discovery World, a technology museum, aquarium and floating classroom.

"Discovery World, behind the scenes, was very forward thinking--they re-design everything," Narus said. "People learn, interact and come there for classes to help decide what to do in the future. It's pretty neat."

Next the group visited the Urban Ecology Center, the place where a volunteering experience inspired Narus to attend the University of Wisconsin-Stevens Point. According to the Urban Ecology Center's website, "The Urban Ecology Center is a neighborhood based, environmental, education, non-profit community center."

"After that we went to Wehr Nature Center," said Jesse Funk, senior environmental education/nature interpretation major. "We volunteered for a few hours, helping them set up for a special program.

In the morning the group went to the Harley Davidson Museum.

They've been around so long because they constantly re-invent themselves," Narus said. "They allow burnouts and skateboarding on-site because they know their future customers.

"We went to a [Havenwood] nature center that was pretty cool. It started out as a 1920's jail, and then it was a World War II P.O.W. camp ... now it is a state forest," Funk said.

Havenwood, a 237-acre grassland, woods and wetland in Milwaukee "is an island of green in the city," Narus said. The group's last stop was Growing Power, the famous urban agriculture center started by Will Allen.

"Growing Power is a non-profit sustainable inner-city farm that brings healthy food to less fortunate neighborhoods," Funk said.

On a tour of Growing Power, the students "got to see the amazing everything, like how efficiently they function on a volunteer base," Narus said. "Many hands make light work is a very efficient way of getting work done."

"They mimic Mother Nature ... using plants, fish and bacteria in a symbiotic relationship to produce food," Funk said.

Afterwards the group piled back into their transports and initiated the voyage home.

Bringing it home

Narus, when asked what made these locations special, said, "It's all the future thinking--re-inventing themselves and other things as well. They're ahead of the game--thinking--they re-invent themselves and other things as well.

"It was a great experience, very good for the program," Funk said. When asked for any words of wisdom, Funk responded, "I would like to quote the great Adam Greuel. He stood up and shouted, "Party!" while enthusiastically pumping his fist into the air.

Students traveled to Discovery World, a facility that connects innovation, science, technology and the environment with experimental learning programs.
Bouncing Boobies: Fun for All

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There are many things that can be associated with dancing: high heels, passionate moves, thumping music, and according to the University of Wisconsin-Steven's Point Women's Resource Center, Bouncing Boobies! "This event has tremendous personal meaning for me. Three weeks ago a friend of mine lost a 10+ year battle with breast cancer," said Jamie Chariton the Volunteer Coordinator and acting treasurer for the WRC. "I have witnessed the devastation of breast cancer first hand, and it is my hope that through our efforts we can bring a bit of relief to someone who's life has been turned upside down by this destructive disease."

In honor of National Breast Cancer Awareness month, this event, held on October 24th at 6:30pm in the Alumni Room of the DUC, is being put on to raise awareness to breast cancer. "Any type of cancer is horrific to deal with, and with this event, the Women's Resource Center is really hoping to give a face to those individuals, and a kernel of hope," said Tana Delonay the Executive Coordinator of the WRC.

The proceeds (from welcome donations) from this event will be going to the Ribbon Mastectomy Boutique located in Wausau. The primary concern of this boutique is reaching out to women who have gone through or will be going through breast cancer surgery. The unique aspect about this event is that it is focused on an individual who is in need of prosthetic as a result of a Mastectomy.

The Bouncing Boobies Bash, free for students and the community, will be hosting a costume contest, silent auction featuring local merchandise, food catered in from the Mint Cafe in Wausau, and music from local DJ, Steve Proszemskak.

"We really hope that this event can put a positive spin on it and focus the attention not on the person's disease, but on their life. They are still here, and that's a beautiful thing to be celebrated," Delonay said. "If you know someone who has been touched by Breast Cancer and is in need of prosthetics or has had a mastectomy related surgery, please stop by the Women's Resource Center 065 DUC to pick up a scholarship application.

To find out more about the Ribbon Mastectomy Boutique, check out www.pinkribbonmastectomy-boutique.com. Lastly, if you think that you or anyone you know would be a good candidate for this boutique; feel free to contact the Women's Resource Center through womenres@uwsp.edu or 715-346-4851.

How to eat Healthy with a Meal Plan

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To college students, maintaining a balanced diet is important in providing the energy and nutrients to do physical activity, handling loads of homework and maintaining a healthy body weight. To balance a busy schedule and to avoid gaining the infamous "freshman 15," try following these tips to eat healthy with a meal plan.

Don't drink your calories. It can be tempting to fill up your cup with soda or fruit juices every time you enter Debot, but instead replace these sugary drinks with water.

"Many people think that fruit juice is healthy because it has the vitamins, but you're better off to eat the whole fruit because you're getting the fiber without all the calories," said Deborah Tang, an Associate Lecturer of the School of Health Promotion and Human Development.

Avoid eating empty calories. Empty calorie foods have calories from solid fats and/or added sugars, which add calories to the food but with few or no nutrients. To absorb the energy needed to keep your body running on a busy day, it is vital to eat foods with lots of vitamins and nutrients and avoid empty calorie foods such as sugary drinks, cookies, pizza, cheese, ice cream, hot dogs and bacon.

Indulge in fruit. Save chocolate for an occasional indulgence and grab an apple or a cup of strawberries for dessert. Fruit is a tasty alternative to empty calorie dessert foods, and still satisfies that sweet tooth!

Learn proper portion size. To avoid eating too much of even the healthiest foods, keep track of how much you're eating. For most people, meat servings should be about the size of a deck of cards, pasta servings should be the size of a tennis ball and other servings vary by the type of food.

Consider your options. Most dining areas on campus have options, including different types of bread, milk, pasta and more. Instead of reaching for white bread and 2% milk, try to make at least half of your grains whole and drink skim milk.

Eat Regularly. It can be easy to skip meals with a busy schedule, but it is important to keep your metabolism in good, working order by eating on a regular basis.

"I typically tell my weight loss clients that they should eat every 4-5 hours so they don't become overly hungry. That's when we seem to abandon all of our knowledge on healthful eating and just filling our hunger gap," Tang said.

Reference the MyPlate chart. The United States Department of Agriculture recommends that half of your plate should consist of fruits and vegetables and the other half should consist of whole grains and protein, along with a side of low-fat or non-fat dairy.

For more tips on how to eat healthy, check out www.choosemyplate.gov

Photos by Emma St. Aubin

Emma StAubin shows an example of a well-balanced meal: baked tilapia, whole grain spaghetti, salad with cherry tomatoes and skim milk.
The Ides of March: Review

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There is no subtlety in the title of George Clooney's terrific new directing effort, The Ides of March, a direct allusion to the day Caesar was betrayed by senators, including his close friend Brutus. Yes, Ides is a story of betrayal, hypocrisy and of the politicians who have run this country (and every other province, empire, etc.) from the beginning of time.

The story centers on junior campaign manager Stephen Meyers (Ryan Gosling). Gosling's work in the past year has taken him from a very good actor to one of the two or three best actors working in Hollywood. He works under senior campaign manager Paul Zara, played by the immensely talented Philip Seymour Hoffman. These two run the campaign for Senator Mike Morris, played by Clooney (who also wrote and produced the movie, in addition to starring and directing). This ridiculously talented cast is rounded out by Paul Giamatti, Marisa Tomei, Jeffrey Wright and Evan Rachel Wood. It is Giamatti, the opposing campaign manager, who stands out among this elite corps. The cast alone warrants a watch.

While this is a political drama, the issues discussed in the primary debates and town hall meetings take a back seat to the ethical decision-making that goes into running a presidential campaign. Ides is not a complicated film; it's about the choices people make. As one character said, "It's not what you did, but what you didn't do."

This film is about the inevitable shift from starry-eyed idealist to cutthroat realist. It's a political coming-of-age tale for a newcomer to the political game, and the message is clear: There are no dirty politics, just politics.

Empty Bowls: Giving Back to the Community

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Carving pumpkins, eating bottomless soup and spending the afternoon with members of the community. This is how many people from the Stevens Point area spent last Saturday afternoon when Stevens Point Area Senior High hosted the 10th Anniversary of Empty Bowls.

"Everyone got to choose a wonderful bowl and take that bowl home as a reminder that someone's bowl is always empty. It really shows that the community is caring for one another," said Lauri Rockman, the treasurer of Empty Bowls.

Empty Bowls is a fundraiser aimed to raise money for local hunger prevention efforts. For $11, those who attended could choose and keep a bowl created by local potters, community members and students.

"These bowls could then be filled with the soup provided, which was donated by 24 local restaurants for the event."

"The tortilla soup was the best, but there were so many varieties; it was excellent," said Phil Barker, a junior computer information systems major that attended the event.

"My favorite part of this event is that it really fosters awareness of hunger issues and that it involves the whole community. Families and individuals from all age groups are here," Rockman said.

The funds raised from the event go to many programs of the Portage County Hunger and Poverty Prevention Partnership, which include the Portage County food pantry, community gardens, and grants to local organizations that directly address hunger issues.

"The event is really family-oriented. Kids can have fun and the adults can give back to the community," Rockman said.

Empty Bowls drew in about 60 volunteers to provide an enjoyable experience for all age groups. The event provided entertainment for kids which included pumpkin decorating and special appearances by SpongeBob, Snow White and Batman.

"It was my first year attending and I will be returning in future years," Barker said.

Handsome Furs' "Sound Kapital": A Review

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Handsome Furs brings electronic punk to an entirely new level with a strong indie feel. Thinking of MGMT and Joy Division having a baby is almost a picture-perfect way to describe their tone. Edgy without the hardcore, indie without the confusion.

It stays within the confines of a heavily synthesized, up-beat electronic style added with tons of effects and sounds from guitar to piano. Many of the songs retain a trance-like feel. Great for a general atmosphere such as an electronic set for a DJ. The songs are very crisp and, most importantly, well produced. The bass never cracks and the voice of the singer always keeps the beat moving along and changing like a composer would to a symphony. It really does a great job keeping each song fun and inventive.

The lyrics are also something worthy of notice. Not only does it keep it clean but the words are used in a way that's not only effective but gives it a feel all its own.

The only thing I can find that I dislike is the simplicity of some of the beat signatures. At times it felt as if they were interchanged (recycled), but more or less this is a minor issue. I hope he or they continue to create. It most definitely awakens a nostalgia for good poppy electronic music.
Pointers Get First Conference Win

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Sophomore quarterback Mitch Beau led the University of Wisconsin-Stevens Point football team to a 31-10 victory over the University of Wisconsin-River Falls, the Pointers' first win in conference.

Beau got the start in place of fellow sophomore Casey Barnes, who suffered an injury in Point's homecoming game. "I was a little weary," said Beau of his first start for the Pointers.

The Falcons came out running with senior back Taylor Edwards carrying the ball 10 times. The drive occupied most of the first quarter and concluded with a touchdown pass from senior quarterback B.J. Leineweber to Edwards from four yards out.

Thanks to a harsh wind, Point began their opening drive with good field position at their own 38-yard line. The Pointers struggled to move the ball and faced a fourth down. As Point lined up in punt formation on the Falcon 40-yard line, head coach John Miech decided to fake the punt.

Junior punter Brandon Matznick rushed the ball 40 yards all the way down to the six-yard line, setting up a first and goal. Senior running back Cory Flisakowski took advantage of the momentum and punched into the end zone to tie the game at 7-7.

The Falcons continued to run the ball on the ensuing drive, initially finding success reaching Point territory. Penalties for River Falls prevented the momentum of their drive and they soon faced 4th and 25, forcing them to punt.

Wind again caused problems for River Falls' special teams when their punt sailed short and Point was able to return it to the Falcons' 41-yard line.

Stevens Point was unable to take advantage of their field position, forcing them to punt the ball. However, Matznick was able to pin the Falcons on their own one-yard line. The short field put added pressure on Letourneau and he threw an interception across the middle to senior defensive back Joe Mliezica. Mliezica would return the interception for a pick-six and give the Pointers a 14-7 advantage.

River Falls again moved into Point territory but Letourneau was sacked twice, taking them out of field goal range and giving the ball back to Point.

Mitch Beau connected with senior wide receiver Mike Mullins for 17 yards and Flisakowski contributed with a 35-yard run, taking Point inside the red zone.

After River Falls stuffed Point on third and one, senior kicker Jered Fohrman connected for a 39-yard field goal, giving UWSP a 10-point advantage.

With 1:30 remaining in the first half, River Falls failed to not only move the ball but to drain the clock. The Falcons gave Point the ball with under a minute remaining, plenty of time for Beau and his offense.

Beau connected with junior wide receiver Marc Young on a key fourth down play. The following play, Beau went back to Youn for a 21-yard touchdown before the end of the half. Following the Fohrman extra point, UWSP would go into halftime leading 21-7.

Point opened the second half with the ball, but a stingy Falcon defense stopped them. River Falls moved the ball to the Pointer 20-yard line but soon faced fourth down. The Falcons were held to a 37-yard field goal, making the score 24-10, UWSP.

Unsuccessful drives followed for both teams before Point started rolling again.

A Beau 12-yard scramble on third and nine kept the drive alive. Despite his ability to make plays with his feet, Beau said he does not look to run. "I try to stay in the pocket and go through my reads," Beau said. "I've been asked about (scrambling) a lot." Point would drive to the five-yard line and face third down when Beau hit junior wide receiver Theo Maglio for the touchdown. The 31-10 score put pressure on River Falls with little time left in the fourth quarter.

River Falls failed to put points on the board during their next drive and gave Point the ball after a failed fourth down conversion. Junior running back Keith Ingram rushed for a 43-yard gain on Point's next drive, putting them in field goal range once again. Facing a fourth down, Fohrman attempted a 41-yard field goal, which River Falls would block.

Following the blocked kick, River Falls was unable to move the ball for the remainder of the quarter and after taking over on offense, the Pointers would run off the remaining 1:45.

With the win, UWSP improved to 1-2 in Wisconsin Intercollegiate Athletic Conference Play and 3-3 overall. The next test for the Pointers is a showdown at the University of Wisconsin-Eau Claire this Saturday at 1:00 p.m.

Women's Soccer Surrenders First Ever Loss to Warhawks

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A late goal by the University of Wisconsin-Whitewater on Saturday gave the Warhawks a 3-2 advantage over the University of Wisconsin-Stevens Point, which proved to be the deciding play. The loss is the first ever to Whitewater in nearly 20 years of Wisconsin Intercollegiate Athletic Conference play.

Point fell behind in the first half when Warhawks freshman midfielder Madeline Lardner put a goal on favor of Point. In that same minute, Whitewater answered the Greer goal when Warhawks freshman midfielder Gerber hit a Tooren assisted goal seven minutes later by Gerber but couldn't get it past junior goalkeeper Brittany Marx.

"It was really intense going back and forth like that," said Point's junior forward Sammy Greer.

Then three minutes later in the sixty-fifth minute, Greer beat Whitewater freshman goalkeeper Jordan Myers for a 2-1 advantage in favor of Point. In that same minute, Whitewater answered the Greer goal when Gerber assisted Tooren and tied the game back up at 2-2.

"It felt like as soon as we got the lead, we lost it," Greer said.

Each team had legitimate shot attempts but good defense held the tie until the eighty-seventh minute. With less than three minutes remaining, Gerber hit a Tooren assisted goal, sealing the win for Whitewater.

The home loss gives Point an 8-6 overall record and a 3-4 conference record. The loss is the second in a row for the Pointers.

"It felt like as soon as we got the lead, we lost it," Greer said.

Whitewater followed with a shot on goal seven minutes later by Gerber but couldn't get it past junior goalkeeper Brittany Marx.

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Packers Remain Unbeaten

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Anyone who anticipated a Super Bowl hangover in Green Bay better prepare to wait a little longer, following the Packers 24-3 victory over the Rams at Lambeau Field. Green Bay's win was their twelfth consecutive dating back to last season.

Quarterback Aaron Rodgers has proven his status as one of the game's top performers. Rodgers leads the league in passing touchdowns and completion percentage, and his 2,031 yards passing is third in the NFL, trailing only Drew Brees and Tom Brady.

Rodgers went 17-28 against the Rams for 310 yards and three touchdowns, including a 93-yard catch and run by wide receiver Jordy Nelson. His lone interception came trailing only Drew Brees and Tom Brady.

Rodgers' greatest asset is his ability to throw out of the pocket as he enters the draft was his lack of athleticism. However, since taking over as starting quarterback in 2008, he has shown an uncanny ability to make plays with his feet.

Although Green Bay readily handled the winless Rams on Sunday, the offense went stagnant in the second half and was unable to add to their lead.

"We didn't do a very good job handling the football. We didn't convert the third downs, we had a number of drops," Head Coach Mike McCarthy said.

Jordy Nelson evades the St. Louis secondary as he runs for a 93 yard touchdown. (photo courtesy of totalpackers.com)

The players recognize that their performance was not to their fullest capability.

"No one thinks that's good enough," said offensive tackle Bryan Bulaga. "We just didn't play well enough in the second half to move the ball...we need to be able to put drives together, keep our defense off the field and score points."

An ongoing point of concern for the Packers has been their inability to take the fight out of opposing offenses, something they did well last season. Sunday was the only game where Green Bay held their opponent to under two scores.

The Packers' "bend don't break" mentality, as stated by linebacker Frank Zombo, works in theory. But if the defense bends too far they could be in for some tough losses later in the season.

Despite the success thus far, the Green Bay defense understands that they have work to do.

"We're 6-0. That's a great accomplishment, it happens very rarely in this league, but there's still room for great improvement," said linebacker Clay Matthews.

In the postgame press conference McCarthy said that his team was seven days from being 7-0. In order to stay undefeated the Packers will have to go through running back Adrian Peterson and the Minnesota Vikings.

Peterson is sixth in the league in rushing yards and his seven touchdowns put him atop the leaderboard. "If you want to be the best you have to beat the best, and at his position I believe he's the best," said linebacker Desmond Bishop.

If the Packers can stop the Vikings' ground game they have a good chance of staying undefeated. With sources saying that Minnesota will start rookie quarterback Christian Ponder over veteran Donovan McNabb, Green Bay will have a distinct advantage.

Kickoff is set for 3:15 on Sunday.

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State Issues Citations Against UW-Stevens Point, University Fights Charges

The State of Wisconsin has issued six citations against the University of Wisconsin - Stevens Point for the improper removal of asbestos that was found in the Communications Arts Center during renovations.

As most communication students may well remember, the Communication Arts Center building underwent many renovations starting in 2009 and up through the summer of 2011. During the renovations, the construction company discovered small amounts of asbestos in some tiles of one of the second floor bathrooms.

The contractors, Dirty Ducts Cleaning Environmental and Insulation, discovered the tiles while working on Friday, March 12, 2010, and quickly removed and cleaned the area by the following Monday. In May of 2010, a CAC faculty member raised some concerns about the procedures used during the removal of the asbestos to the Wisconsin Department of Commerce. The state then sent out State Investigator Susen Trail, who issued six corrective orders against the University of Wisconsin - Stevens Point.

UWSP denies these violations and has filed a hearing petition to have the corrective orders appealed. "We believe the corrective orders (a.k.a. violations) were not accurate," said the Director of Safety and Loss Control Jeff Karcher. "We are currently working with the State of Wisconsin’s Department of Safety and Professional Services (Dept. of Commerce) to get these issues resolved."

The investigator claims in her report that the university did not notify nearby employees or place warning signs by the work site as containing asbestos during and after the clean up, that the university failed to properly provide a qualified person to answer questions and concerns from its employees about the asbestos discovery and removal, and that the university did not determine how much asbestos existed before the project was opened to corporate bidding.

"Documents and emails demonstrate a lack of recordkeeping, inaccurate recordkeeping, and a reliance on a third party recordkeeping and inspection without oversight," the report said.

Lastly, according to the report, the university did not have a Competent Person (Licensed Asbestos Supervisor) carry out the proper procedures of asbestos removal to protect the university employees working near the infected work site or provide alternate routes around the area.

Karcher said that the contractor was a licensed asbestos professional and took all the proper steps to protect the employees in the CAC, that they did in fact post signs, and that they were properly equipped to handle questions regarding the asbestos.

Also, according to the petition the university filed, there was no reasonable way the university could have determined the "unknown" amount of asbestos before the project was opened for bidding.

"Each time we do a construction project in a campus building, material scheduled for demolition is tested for asbestos," Karcher said. "The asbestos in the location where construction was to take place in the CAC was removed by a state-approved contractor prior to the construction beginning. If other projects are initiated in the CAC similar to the current one, another inspection will be followed to ensure there is no release of asbestos-containing material into the air."

Asbestos is a known cancer-causing carcinogen and when it is stirred up by construction and released into the air the fibers can get stuck in the lungs, remaining there for a long time and possibly eventually causing mesothelioma or other health issues.

Karcher said that the asbestos has been removed from the CAC and is safe. The appeal hearing has no date set for resolution yet.

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Applications are processed in the order they are received so apply NOW.

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Is the UW segregated fees policy illegal?

MICHAEL WILSON
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The legality of the University of Wisconsin System's policy on student segregated fee allocations, Financial Policy 50, is being currently contested by the chief financial officer of UW-Madison's student government and by the United Council of UW Students (UC), the statewide student association.

Sarah Neibart, who chairs UW-Madison's Student Services Finance Committee, said in an interview that the UW System has stated that segregating fees, which separates students' rights over segregated fees into "allocable" and "non-allocable" directly by students-F50 was enacted through an "illegal process" that necessitates formal review.

"Financial policy paper F-50 is illegal because it was not approved through an administrative rule," said Neibart, noting that "the Board of Regents have administrative codes that lay out how certain policies from the legislature apply to them; however, UW has never made that way."

Students in University of Wisconsin (UW) campuses, in consultation with their chancellors and the UW Board of Regents, determine "the responsibility" to directly allocate "student activity fees," according to state law.

Statute 36.09(5), which gives students this authority, among other powers, such as the right to organize and select their representatives, is a short paragraph that has been contested and interpreted several times by the state and federal supreme courts. With each decision, new sets of legal precedents are drawn, invariably adding teeth to students' roles in the decision-making process.

As the meaning and intent of this paragraph is re-interpreted, the UW Board of Regents, a state agency, once again attempts to reflect these legal adjustments in its administrative policy. However, one of these policies is becoming the center of a statewide debate on student rights.

"Over the years, actual practice of the institutional guarantee to students' right to share governance has deviated from original intentions of the law," said Seth Hofmeister, President of United Council.

The United Council board of directors recently approved a resolution calling on the UW System Administration to review F-50 and address what it sees as "a contradiction between the institutionalized right students have over non-allocable funds," stated the Herald Editorial Board issued a statement calling on the UW System Administration to refrain from making legal maneuvers that could affect the administrative code, as the process could backfire and limit current student authority.

"The current Legislature or governor may decide that students should not be trusted with such a great budgetary power and may limit our control of allocable funds as well as eliminate any power we have over non-allocable funds," stated the Herald Editorial Board, which noted that if the policy was re-written to give full authority to students, the burden would be too high for segregated fee allocation committees.

In response, ASM Government Relations Advisor Michael Moscicke stated "the process for creating administrative rules would not involve the legislature altering state statute 36. Administrative rules may only interpret state law, they cannot alter or supersede those laws," Moscicke said.

As Gov. Walker recall effort gains up, Walker reportedly taking steps to take control of state's Government Accountability Board, giving him the power to veto recall-related decisions.
October 20, 2011

news

[full circle thinking]

Reading through the bull

BRIAN LUEDTKE
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COMMENTARY

How do you know when someone is telling the truth? Can you tell when facts have been skewed?

Fact: the average American is exposed to 3,000 or more advertisements per day. Fact: your brain registers these advertisements whether you consciously notice them or not. Fact: when the U.S. Army was undergoing intensive research into brainwashing and mind control (you know, giving elephants LSD and such), they discovered that moving pictures were by far the most effective means of manipulating peoples' thoughts, opinions and choices.

Since these discoveries every single person has been manipulated by being told what and how to think. Sponsors of sporting events—you are constantly exposed to advertising. Whether you watch the Super Bowl or the World Series, you are constantly told who to vote for, what to buy or what to believe. The purpose of the course is for students to gain experience in their field and use real-world instruments to collect and analyze data. Student researchers collect samples and examine them in a laboratory. Waak is studying waters that flow in and out of the waste water treatment plant in Marshfield.

“Allen is an excellent scientist. He is very professional and he has high ethical standards. He is a role model for the rest of us,” hind said. The purpose of the course is for everyone to gain experience in their field and use real-world instruments to collect and analyze data. Student researchers collect samples and examine them in a laboratory. Waak is studying waters that flow in and out of the waste water treatment plant in Marshfield.

“All the water that comes out of the waste water treatment plant flows directly into Mill Creek,” Waak said. “I’m looking at how many pollutants the treatment plant is actually removing from the water.” He is studying the water to find out what contaminants are left after treatment and what concentrations of them remain. “Low concentrations of anti-depressants, hormones, birth control, anti-psychotics, sleeping aids, antibiotics, they’re finding all of this in the water. And we don’t know what the effects of these are on the ecosystem or on humans,” Waak said.

“I’ll be going to the waste water treatment plant and working with staff there to collect samples of the water that’s coming in, and then water that is going out,” Waak said. He will be testing the water for these potentially dangerous pollutants and preparing the data in a manner that allows him to explain it to the public. After his study is complete, Waak will present his findings to the class. He will also have the opportunity to show off his work at the College of Natural Resources (CNR) research symposium.

Like other students in the class, Waak was given $4,800 to carry out his research. The funds were provided by the Water and Environmental Analysis Lab (WEAL), located in the CNR. WEAL runs through UW-Extension in partnership with the College of Natural Resources. Other student projects currently underway are studies involving golf course pollutant runoff, paper mill sediments in fresh water, and the effects of waste water on private wells.
Opinion

Starving Designers, Thanks to I.T.

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The term "Starving Artist" was one that I heard and knew, but never really understood; that is, until I became a graphic design major. The reason is not because supplies are costly, or because we use professional technology for our projects. The reason is because of the dreaded, outrageous, through-the-roof, awful, insane, and most of all, extremely overpriced printing charges put into effect by Information Technology.

$149.21 is my current printing balance. That's right. It's week seven into the semester. That's one-fourth of my academic year and design projects. At this rate, I will have approximately a $600 printing charge between two consecutive semesters. Starving designer? Now you see why.

Now, hear me out, I understand that printers are expensive. A banner printer runs anywhere between $2,000 and $4,000. Ink is expensive. Prices for printing are posted throughout each University lab and are made very clear by LT. I take advantage of the ability to return mistakes and get my credits back, and I also am very careful to print only what I need.

The thing is, as graphic design majors, 99.9% of our projects are print-based. In other words, my homework is made on a computer and eventually printed out onto paper. For example, some projects are books and some are posters. This poses a problem for my wallet.

Absolutely love it if our printing charges were nonexistent, or even just decreased. We pay a ton already with tuition and art supplies and class fees. Unfortunately, that probably won't happen any time soon. Looks like it's ramen for dinner tonight.

Every time you hit print, you get charged.

Here's a question: do chemistry majors have to pay $600 a year for their test tubes on top of tuition and extra class fees? Do education majors have to pay $600 a year to turn their homework in? Obviously not.

I suggest LT. do differently. The answer is, I'm not sure. Obviously I, along with all the other designers (approximately 175 students, over 50% of the art department) would hate to see this issue anymore than literally everywhere else in the area. If you haven't checked your printing charges recently, do it. You can see them under your finances tab on your MyPoint page.

OWS A Start, But Next Step Needed

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The widespread anger and rage that the public should have been feeling for years has finally taken shape in the Occupy Wall Street movement. While it may be a little late, I am delighted it is happening and hope that tangible results are seen, rather than the movement dying out like I fear.

While some presidential candidates like Herman Cain say we should not be directing our anger at Wall Street but we should instead be directing it towards the government for failed economic policies, that would not be more wrong.

The economic policies of Wall Street and the lax regulation of the Securities and Exchange Commission are the reason why we are in this situation.

As Matt Taibbi puts it, we "are being bled dry by a tiny oligarchy of extremely clever criminals and their castro-like henchmen in government."

These banks devised utterly complicated schemes that produced nothing in the form of tangible goods, sold them to pension and retirement funds, and then bet against them because they knew how much of a "shitty deal" those mortgage backed securities were.

It did not matter to them whether people were able to make payments on an adjustable rate mortgage that was set to balloon in a couple months because they wanted to take that mortgage that they knew was worthless and use it to form a bond that they would get rated as AAA and then sell to retirement funds that can only invest in AAA-rated securities.

When the banks realized how much of a mess they created while they were getting drunk off their profits from swindling retirement funds, they crawled to their friends in the government and asked them for a bailout from the American people.

Our nation is under the heel of these financial institutions, even more so now with the decision by the Supreme Court in the Citizens United case.

We bailed these banks out and this is how we get repaid. They walked away from the financial collapse as if nothing had happened and continued with business as usual. They foreclose on peoples' homes without even owning the mortgage or even attempting to have their paperwork in order. They use their piles of cash to find new ways around the regulations that were imposed on them with the Dodd-Frank Wall Street Reform bill and bilk us for more.

The Occupy Wall Street movement has been going on for over a month now and while it has generated some media coverage for the protesters and their goals it is entering a make or break phase and that is: where does the movement go from here?

Simply maintaining the occupation will not suffice; the media's attention span is even shorter than most Americans' and they will eventually tire of reporting on how many protesters were arrested by the police each day. Protesting is a way to mobilize people and draw attention to your cause but simply being in a public place and voicing your opinion doesn't do anything politically.

There is clearly one political party who is on the side of the banks and the filthy rich in this country and one party who is attempting to stand up against it, even though they themselves are not perfect one hundred percent of the time.

Do not mistake protesting as the sole means to achieve the change this movement seeks.
Let the Savings Be With You

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Making one dollar stretch as much as possible is a never-ending quest for college students. How much can you buy with a small amount of money? How far will that amount of food get you? It’s no secret that carbs are cheap and protein is expensive. That’s why obesity is such a concern to Americans; low-income families rely on highly processed foods because they’re plentiful, inexpensive and quick to prepare.

However, it shouldn’t be the case. Smart shoppers can avoid the corn syrup and processing and still remain in the black if they follow a few simple suggestions.

1. First, carbs are cheap, plentiful, and if you eat the right ones, healthy! Whole grains come in breads, pastas, and cereals. Research shows that whole grains can fight the onset of diabetes and heart disease as well as being a lot more nutritional than their counterparts: refined grains. Also, rice is a very simple food to make and adds to ‘fullness.’ Choose brown rice though. White rice doesn’t contain near the nutrients that exist in brown rice.

Fruits and vegetables are absolute nutrient necessities that we don’t eat enough and are not budget breaking. There are a lot of deals and savings in the produce section of grocery stores. Also, farmer’s markets in the area are the perfect vectors to purchase cheap, fresh and local produce. Look for the deals no matter what—you want to look in newspaper ads and scour the stores and you’ll always leave a winner.

I’m a man that loves his protein. For me, a meal can hardly seem complete without a piece of meat on my plate, preferably red and rare. However, red meat is usually not the cheapest meat. Chicken is, however. You can purchase five pound bags of chicken breast, or you can buy and freeze it yourself. Thighs and wings of the chicken are also really cheap and fantastically amazing, though darker meat.

Ground beef is another good, cheap choice. Usually the fatter the meat, the less it costs, so be wary. A blend of 70 percent lean beef/30 percent fat will usually be cheaper than a blend that is 90/10. Processed foods seem great at first, but there always exists a price you pay, usually in the way of sodium or fat. If you want some Oreos cookies, go home, make chocolate cookies and add some vanilla cream between them. Processed foods exist as short cuts. So if you can, make it yourself. You can do it and you’ll avoid the mass amount of other chemicals that have nothing to do with normal food.

Let the savings be with you as you step to the cash register with a cart filled with whole foods and a mind full of value-conscious shopping. So, good luck out there you cost effective, grocery store warriors.

Release the Sunbird’s “Come Back to Us All”: A Review

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Release the Sunbird has come forth with one of the most chill albums I’ve ever heard. The songs all have a fleeting style to them, like they’re almost fading away from you and each song is rectifying their final words. The album seems to share a story of unhappiness or regret but is spun in a way that can’t help but make you smile.

A very wide variety of riffs and rhythms on guitar, physical sound effects and synthesized ambience gives it a very, very chill indie image. It comes across as a confident exploration in the definition of music, because its song structures are very sporadic yet unafraid in doing so. At times it can lead to a confused sense of what’s going on, but I think that’s actually what they’re aiming for and I think that’s very important.

They’ve obviously set their boundaries around this fluent, low tempo—a chillness that most definitely separates them from the pack. The exceedingly delightful aspect of the album is that all their songs sound different but remain in the same realm of chillness. It’s really hard to pick the best songs off the album because I feel like each song is great in its own way. I really like the album overall. Being indie and not getting obnoxious is no easy feat and they accomplish it with such effortless eloquence that it’s definitely worth the listen.