Popular milk and cinnamon Youtube challenges proven to be harmful to health page 7
Guest Speaker Talks About Sustainability In Africa

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The College of Natural Resources hosted guest speaker Amanda Ramcharan in the Trainer Natural Resources building on Tuesday night to speak about her work on a sustainability project in Africa.

Ramcharan has been working as a Johnson & Johnson Fellow with the Princeton in Africa Program since last August, providing technical and engineering expertise to water conservation and sustainability projects along with others, such as public health, education and engineering.

Ramcharan, a native of Trinidad, received her B.S. in chemical engineering from Princeton University with certificates in sustainable energy, giving her the required knowledge to work with the locals of Nyumbani village and to provide support.

The Princeton in Africa Fellows are volunteers who are sent by the non-profit organization, funded in part by Johnson & Johnson, to various locations around the continent to work on projects for which they are most qualified. The Princeton in Africa organization does not only have one type of project, they have a wide range of different goals that need a diverse team of volunteers with unique skills.

"Princeton in Africa works with these organizations to create very specific positions for Fellows so that they can gain a really unique experience and make a real impact in what they do; it's such a great program and a first step in the door after graduation," Ramcharan said.

For Ramcharan, that specifically tailored job was sustainability.

"When I applied for my positions I had no specific interest in Africa— even though Princeton in Africa seeks to develop leaders with African interest, my interest was actually in sustainability, which is funny because having been through this experience I'm very much interested and fascinated with Africa," Ramcharan said.

When she started, her priorities were with gaining experience in hands-on sustainability energy, so they put her in the Nyumbani village post, which sits in a very dry part of Nairobi. Getting only 16 inches of rainwater during the rainy season, they were in need of professional water conservation and sustainability support.

"They came up with rainwater harvesting. The village is just so dry and they only have two rain seasons that last two months," Ramcharan said.

She used the design from her predecessor and continued the build of 118 water tanks for the village residential clusters in the village, providing almost a thousand liters per person of clean, malaria-free drinking and cooking water.

"That's where Johnson & Johnson comes in. They collaborated with Nyumbani village and Princeton in Africa to fund a Fellow to work in Nyumbani village for one year as well as to fund the sustainability projects," Ramcharan said.

Recruitment into the organization is quite competitive, though. Princeton in Africa is in its tenth year, having sent over 250 graduates from a whole plethora of U.S. universities to work in 32 countries around Africa. This year alone, 421 applications were sent in from 120 colleges with only 40 to 45 positions available.

"The earlier you contact Princeton in Africa and let them know you're interested, the better your chances are of getting one of these positions," Ramcharan said.

Another option available to UW-Stevens Point students is the International Studies program that takes students every summer to the same village Ramcharan has been working in for the past year. Enrollies in the study abroad program work on similar sustainability and community development projects.
What is Waste at UWSP?

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Even the University of Wisconsin - Stevens Point, one of the UW System’s green campuses, has a sufficient amount of waste. Waste can impose both direct and indirect costs to a community. Waste must be collected and disposed of, creating litter and an aesthetically unpleasant environment, which can lead to poor attitudes, decreased tourism, sanitation issues and overall negative impacts on the community.

What is waste and where does it go?

Waste is something that is no longer wanted, and in turn, requires disposal. Waste may have a value or use to someone else known as a by-product. At UWSP, a hauler takes our waste to a landfill about 22 miles outside of town. Recyclables are processed at the only UW System recycling center, where students studying waste through the College of Natural Resources are able to gain hands-on experience.

Zero Waste

Zero waste, a buzzword often thrown about sustainability circles, does not literally mean “zero waste.” Instead, the term means that more than 90 percent of the waste stream is recovered and either recycled or reused.

Food Waste

“Waste of food on campus is considerable. Students who are conscientious of taking only what they wish to eat are involved in waste reduction. Students majoring in waste management are currently performing a waste audit that is revealing a strong potential for a campus-wide composting program . . . This will reduce total waste considerably. Students who are members of SAGC (Sustainable Agriculture in Communities Society) are composting some food waste,” said Gey Pledger, waste management major.

The FRESH Project is currently collecting polyactic acid, or PLA, containers and looking at ways of recycling or repurposing them. Each dorm has waste reduction and recycling committees and a contest is underway between dorms to collect the most recyclables. At the end of spring semester a ‘tent event’ is held near each dorm where students may dispose of furniture and large items at no cost to them. Also, Saturday, May 10, the Waste Management Society of UWSP will host an electronics recycling drive for staff and students.

Waste Reduction Initiatives

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Efficiency

“If you are efficient at everything, then there is no waste,” said Aga Razvi, professor of soils and waste. But, being efficient at everything is no easy task. To work towards this everyone must be involved, starting with the administrators who must purchase only items that are reusable or recyclable. Then, through education, training and management, better utilization of items such as printing on both sides of paper will begin to eliminate waste by increasing efficiency and decreasing unnecessary waste of staff and students. Where recyclables and reusable items are not available or practical, renewable and long-lasting items could be substituted.

The so-called “route to efficiency,” as it may be called, is quite simple. First, start with recyclable items, then recyclable items, then decrease the amount needed, increase the life of the item and reuse the item to its potential. There, now efficiency of the item has been maximized and waste has been minimized. High-five! “Efficiency all over the place is what we should go after . . . is there room to improve - yes. Is it achievable - yes.” Razvi said.

“Fake Democrats” to Appear on Recall Election Ballots

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Six members of the Republican Party will appear as Democratic candidates on ballots for recall elections in an effort to postpone the election of a new governor.

The recall elections for Gov. Scott Walker (R), Lt. Gov. Rebecca Kleefisch (R) and four Wisconsin Republican senators have been scheduled for either May 8 or June 5. By recruiting these protest candidates, the state Republican Party has escalated that primary elections would take place on May 8, pushing the general election to June 5. This will cause confusion for college students whose addresses, and therefore voting district, will have changed since the end of school.

According to attorney Jeremy P. Levinson in a partisan primary, candidates are required to file a “Declaration of Candidacy” form GAB-162 with the Government Accountability Board (GAB). The form requires those filing to state their candidacy under oath.

Levinson says the protest candidates are committing felony election fraud. “Clearly, a candidate running in a Democratic primary for the purpose of disadvantages that party and giving electoral advantage to the Republican Party and the Republican incumbent the Democrats seek to recall can do so only by falsifying his or her declaration of candidacy,” he said.

Proponents of the protest candidates argue that it is not illegal for Republicans to run under one party while belonging to another.

According to the Milwaukee Journal Sentinel, Ben Sparks, a spokesman for the Republican Party, said in a statement, “Their candidacy will ensure election fairness going forward and guarantee there is one primary and general election date for all candidates.”

This issue will be brought to the GAB sometime in the coming weeks, but according to Reid Migney, a GAB spokesman, party affiliation does not affect a candidate’s eligibility to be named on the ballot.

Waste Audit

Students of the first solid waste class in the new Waste Education Center are currently performing a waste audit of the Dreyfus University Center. The students will interpret the results and present recommendations based upon the waste stream.

April 1 to April 7

April 1

1:30 a.m.: An ambulance was called for a student at Watson Hall that was experiencing chest pains.

3:45 a.m.: A student in the LRC called about an individual hurting himself or herself.

April 2

10:56 a.m.: A vandalized compact car sign was found in Lot A.

April 3

4:49 a.m.: A student in the LRC fainted.

11:08 a.m.: A student reported his bike was stolen from the Science Building. The bike was later found damaged.

12:11 p.m.: A student had passed out in the Multi-Cultural Center, an ambulance was called by a third party.

10:36 p.m.: The staff at Knutzen Hall called an individual hurting himself or herself.

April 4

1:42 a.m.: The LRC called about a belligerent man.

April 5

5:34 p.m.: A student reported his bike was stolen from Smith Hall.

April 6

3:00 a.m.: Units responded to a call from the Stevens Point Police Department about a student who reported harassment issues.

3:37 a.m.: A car in Lot P had its driver side mirror destroyed.

9:31 a.m.: Two skateboarders were seen riding a ramp behind the DUC and going into the streets. Callers were concerned a car may hit them.

12:23 p.m.: More skateboarders were seen between the DUC, Student Services Center and Communications building.

April 7

2:19 a.m.: Three individuals were seen messing up the construction area by the HEC.
SGA Election Results: Hoffmeister For the Win

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Public higher education funding is declining, student debt is soaring, and U.S. competitiveness in the global economy is narrowing, but two newly elected students believe they can help right the ship for students in the coming future.

As of last Thursday, April 5, Seth Hoffmeister and Shantanu Pai have been the winners of the Student Government Association's presidential and vice-presidential elections, giving students at the University of Wisconsin - Stevens Point hope for the future.

Hoffmeister and Pai were able to garner 479 out of the total 686 votes in the two-way election, which also featured senatorial candidates from each of the four colleges. Furthermore, several students were successful in running write-in campaigns, although their confirmation as Senators is pending until the end of the semester.

Although both Hoffmeister and Pai supported the administration's differential tuition increase last semester, they are also committed to affordability and accessibility in the educational system.

“I know that when I am advocating for more affordable, accessible, and quality higher education that I am doing what I enjoy,” wrote Hoffmeister in the presidential application packet that he and Pai submitted to SGA earlier this semester.

A recent independent study in Indiana University, conducted by economic researcher Tripp Umbach, concluded that IU’s economic impact of universities across the country is highly undervalued in the current dominant rhetoric of “broke” or deficient state budgets.

Resulting from research, direct employment and other factors, the State of Indiana’s investment in the university is about $460 million annually, while the economic gains made by the state are estimated at $11.5 billion per year. That sum does not include the impact made by IU’s quarter of a million alumni.

Among other peer institutions reviewed by the study are the University of Wisconsin – Madison, which also reported returns in the billions for the state. Studies like this debunk the theory proposed by the Wisconsin administration that the state must suspend public services like education for temporary economic relief.

Not all is lost, however. Thanks in part to student and other organizing and political pressure on the state’s legislature, the Washington State budget that was approved by the legislature on Wednesday keeps funding for education intact.

The budget preserves higher as well as K-12 public education – without any of the traditional cuts that students, professors and citizens have come to expect across the nation. Legislators also agreed to close a half-billion dollar shortfall by raising taxes on the richest and closing a $14.5 billion tax-loop hole for large banks.

In Portage County, the largest employer and engine of economic growth is UWSP. The election of candidates who are well versed in issues of higher education, and aware of how our economic and social progress is a step towards winning victories as in Washington. However, student apathy will need to change and collective action will be key to ensuring a sustainable future for the state and the country.

“I have been a vocal and passionate individual even since high school. I have headed rallies that stop cutting forests in the western forests in India, to organized training sessions regarding citizen participation in planning in a city of 4 million people,” Pai wrote in the vice-presidential candidate application.

“I am not content with complacency and I am not discouraged by how much work is to be done,” Hoffmeister wrote in his application. “I am not content with complacency and I am not discouraged by how much work is to be done.”

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“This political turmoil, in the State and the World at large, calls for creative solutions that must be sound both in thought and policy,” Pai wrote.

United Nations Student Organization Attends Conference in New York

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On Friday, March 30, the United Nations Student Organization (UNSO) of the University of Wisconsin - Stevens Point left for New York City to attend the National Model United Nations conference. The conference lasted five days and gathered more than 5,000 students from around the world. The trip was punctuated with a visit to the UN building on Thursday, April 5.

The students who represented UWSP were Emma Radosевич, Abby Henchack, Jenna Helmsinki, Stephanie Metropulous, Julie Lee, Amanda Glasspole, Denise Erpenbach, Brian Young, Nathan Woods, Andrew Bretenstein and Gabriel Peterson, led by President Valerie Landowski and their advisor Professor of Political Science Jeff Guse.

The country the UNSO was assigned to represent at the conference was Iraq. Organization members spent months researching different aspects of Iraqi government and political issues in preparation for the conference.

The group was split up into different committees and each committee dealt with a different issue, for example peacekeeping, human rights, economic and social development and the environment. At the conference, delegates from each committee collaborated and wrote working papers containing the framework for formal resolutions similar to those passed by the United Nations.

In order to gain the support of other countries, students had to explain the purpose of their papers and what they hoped would be accomplished if the paper were passed eventually as a resolution. Several model resolutions were passed during the conference, even a few proposed by Iraqi delegates.

This type of work and experience cultivates skills in diplomacy and international relations, as well as oral and written communication. Landowski said this was a very enriching experience.

She recently received an award during the annual Wisconsin Institute for Peace and Conflict Studies (WIPCS) conference for a paper she had written about Saudi Arabia, and was also nominated Student Activist of the Year by the WIPCS several weeks before the conference.

“We did really great,” she said, mentioning the honorable mention the UNSO was awarded on behalf of UWSP. She said one of the biggest challenges of the conference was acting like a citizen of Iraq. “We in the West could never even really imagine some of the policies enforced by Middle Eastern countries.”

Researching, writing and voting about the issues of the country assigned required a cultural awareness of the people of Iraq and the Middle East. Radosевич said that her committee had to vote down a proposal regarding women’s rights because it collided with the values of the people of Iraq and the teachings of the Quran. “I am a strong proponent of women’s rights, and I would have loved to vote in favor of the proposal, but it conflicts with the beliefs of the people of Iraq,” she said.

According to Landowski, around 80 percent of the organization that traveled to NYC was new to the Model UN. She said she hopes that they will attend the conference next year, and is equally hopeful that more students will get involved. “We as students can talk about, read and learn about these issues, but it is entirely different to directly participate,” she said.

The Pointer

Stevens Point left for Wisconsin.

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al economy is narrowing, but two presidential and the coming future.

MICHAEL WILSON

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Sports

At the Plate: Jill Millis

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Even though softball Head Coach Jill Millis is in her first year at the University of Wisconsin - Stevens Point, she is no stranger to the Wisconsin Intercollegiate Athletic Conference.

During her senior year at the University of Wisconsin - Eau Claire, Millis hit a walk-off home run with two outs in the ninth to give the Blugolds the win in the national championship.

"It brings a smile to your face—remembering that moment and sharing that moment with my teammates was the best feeling ever," Millis said. "I grew up with athletics, my brothers were athletes, and my parents were athletes."

During Millis' playing career, she not only won a national championship but also set school records in fielding percentage and times hit by a pitch. She ranks second all-time in batting averages and home runs at Eau Claire as well.

"I became a student of the game at whatever I was watching at a very young age," said Millis, who added playing with older kids and her brothers made her tougher and play harder as an athlete.

After her playing career, Millis became an assistant coach at Eau Claire for one year under Blugold Head Coach Leslie Huntington. Following her assistant coaching position, she went to coach under the NCAA's all-time winningest coach Deb Pallozzi at Ithaca College.

"Playing under these coaches really teaches you that there is more than one way of doing things," Millis said. "I just take the best of what I liked at all those places and I can implement them in my program."

During her time at Ithaca College, Millis completed her master's degree in sports management. Using her master's degree, Millis followed up her assistant coaching career with a media relations internship with the Minnesota Intercollegiate Athletic Conference.

Millis then became the head coach of the Dakota County Technical College softball team in the end of 2010. She expanded the program to bring in 14 recruits next season. Millis followed that up with her current position at UWSP. In addition to her position as head coach, Millis is also taking over the duties of assistant media relations director of athletics.

Under Millis, the UWSP softball team will have to adapt, which she said will be a difficult part of the transition; she also said that things are really starting to click with the team. Millis has been emphasizing fundamentals in her coaching strategies as well as building a culture of high expectations.

"Short term, we want to get in that conference tournament," said Millis regarding her expectations for this year. "If you win a lot in this conference, that says something about your team."

Millis said that consistency is big for long-term success. Millis also said that the team is young and she wont get mad if they make mistakes, she will only get mad if the team doesn't learn from its mistakes.

UWSP and their new look softball team will face off against two WIAC competitors this weekend. Saturday, Point will take on the University of Wisconsin - Platteville in a doubleheader beginning at 1:00 p.m. The following day, University of Wisconsin - La Crosse comes to town in another doubleheader starting at 12:00 p.m.

Why I'm Bad At My Job

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I have been called a good writer by: my parents, my sister, my grandparents, my aunt, cousins, countless family friends, my own friends, teachers, professors, colleagues, and fellow students. People I have known for years and people I have known for months.

This is the type of compliment we all like to hear. For any writer, musician, artist, designer, or plumber, any job where you are performing tasks that will be openly judged, the greatest feeling you can get is when you know what you have done has been appreciated by someone else.

The only person I know that has read something of mine and has never once uttered the phrase, "You are a good writer," or "Good job," is me.

That's not because I'm a tortured soul or because I have some sort of obsession with chasing perfection, it's much less egotistical than that.

"The reason I have never, and will never compliment myself has nothing to do with me, and everything to do with what I write about."

No one who has ever written about sports can completely capture the moment with their words. We can provide recap, we can summarize, we can inject analysis, but we can't infinitely preserve emotion. Once the moment passes the only ones who will keep it as it was are the people who actually lived it.

Pictures can freeze the exact instant, video can show us what happened, words can give us a person's translation of the event, but nothing replaces living in that moment.

How do you tell the story of Bubba Watson winning the Masters without losing a little something by putting it in writing? He looked like a regular guy standing among the green on the tenth at Augusta, he was no longer a regular guy. How does one go about putting legend into words? I can't.

How should I write about a coach encouraging the intentional injury of players? What if under the watch of Gregg Williams a player suffered a career ending injury? What if a player with a history of concussions took one last hit and couldn't get back up? Urging players to "Kill the head" is a despicable enough act, but what if someone actually did? I am incapable of taking a story with that much raw emotion and controversy and putting it on paper.

I love to write and I love sports. But writing about sports is like trying to map out space; no matter how much time you spend, how much work you put in, you haven't even scratched the surface and you never will.

There are a lot of great writers out there that put their own style and spirit into their writing, and I would like to believe I am one of them. But when it comes to putting the spirit of an instance into writing, capturing the feelings of thousands of people, trying to put into words a spectacle that rendered the human mind incapable of forming any, I am quite an amateur.

The best way to experience sports is not through the paragraphs and pages of print that someone has put together for you to read. The best way to experience sports is to live through them. No word can fully describe a feeling, and no author can fully retell a tale.

I am bad at my job because I fail, but I love my job because I get to try.
Definitely Not Saints

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Football is a physical sport with plenty of contact, but with recent developments, the New Orleans Saints have been taking it to a new level over the past few years with their bounty program.

In the last month, a lot of new information has been brought up, and suspensions have been handed out.

Saints Head Coach Sean Payton has been given a full season suspension by NFL Commissioner Roger Goodell. Also, Saints General Manager Mickey Loomis was suspended for the first eight games of the season, and assistant coach Joe Vitt will be suspended for six games.

The Saints staff members appealed their suspensions this past week, but they were not reduced, which is not surprising considering the awful actions that took place.

Along with the suspensions, the Saints organization was fined $500,000, and this year and next year's second round picks in the NFL Draft.

But the worst is still to come for the Saints, as player suspensions have not yet been filed. It has been reported that possible criminal charges may be placed on some of the players.

However, the title of biggest offender in the Saints bounty case goes to former defensive coordinator Gregg Williams.

Williams, now with the St. Louis Rams organization, was suspended indefinitely by the NFL and was the only person suspended that did not appeal his case.

This past week audio from documentary filmmaker Sean Pamphilon was released to the public. The audio is from inside the Saints locker room before the NFC championship game against the San Francisco 49ers.

In the audio clip, Williams is addressing his defensive unit and states some terrible threats that make this bounty case look even worse.

One of the main sayings by Williams in the audio is “kill the head, the body will die.” It is easy to understand why people would take offense to this, but really this is football jargon 101. It’s a metaphor stating if you stop the head, the rest of the body won’t function.

A lot of what Williams says is limited to inside a locker room, and as shocked as people may be, that is just typical locker room chatter.

Williams doesn’t really get into foul play until he starts to talk about specifically injuring players. He talks about 49ers receiver Kyle Williams, and “finding out about his concussions.”

This is the point where Williams is starting to enter the dark side, such as advocating intentionally-given concussions.

With all of the problems that former NFL players are currently having with the after effects of too many concussions, this is not a light subject.

Williams even talks about beating the heads of 49ers quarterback Alex Smith and running back Frank Gore. He says “we need to decide how many times we beat Frank Gore’s head.”

Along with intentionally going for concussions on players, Williams talks about going after wide receiver Michael Crabtree’s ACL muscle.

Intentionally trying to injure a fellow football player doesn’t follow the nature of the game. These injuries have the potential of ending a player’s career, and to try to do that on purpose is sickening.

A lot of former players and Saints’ fans have come out to argue that this is just the way that the NFL works, and that football is supposed to be physical. These arguments don’t come close to justifying what Gregg Williams said.

With the indefinite suspension on Williams, I think that it’s time for the NFL to really send a message that the game is not going to work, and that football is supposed to be physical. These arguments don’t come close to justifying what Gregg Williams said.

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Helping Fallen Heroes Presents The 1st Annual Kampmeyer Klassic Benefit Softball Tournament

Saturday
May 19th, 2012
8am - 6pm
Sunnyvale Park, Wausau, Wi.

"Together We Can Do It"

Co-ed games will begin at 8am and will run through out the day. Food and beer will be available. There will be silent auctions and raffles going on as well.

So come early and stay late...

Pre event Raffle: NASCAR related items with the Grand Prize being 2- 2013 Speedweek tickets for Daytona International Speedway with VIP access to celebrate with the 2013 Daytona 500 winner on Gatorade Lane

100% of profits will go to the Kampmeyer family!

Additional information, early ticket purchase, and team registration forms are available on our websites:
www.learncentral.org or www.helpingfallenheroes.com

** Team Tournament Registration due by May 7th

Contact Us:
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contactus@learncentral.org
www.Learncentral.org

Be a leader. Get involved!
**Pointlife**

**Challenges Behind the Challenges**

EMMA ST. AUBIN  
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**COMMENTARY**

Stop videotaping yourself attempting to eat spoonfuls of cinnamon. For those unaware of the Cinnamon Challenge, I will break for a quick lesson. The Cinnamon Challenge is when you attempt to eat an entire tablespoon of cinnamon in one minute without inhaling or vomiting the powder, resulting in over 30,000 of these videos on YouTube. This trend goes back to 2006 - that's as good as dinosaur times for the fast-paced world of the Internet. The Cinnamon Challenge is a double-dog dare gone viral. Although kids have been daring each other to do stupid stuff long before the dinosaur times of the Internet, this craze has health professionals going crazy. Why? Because swallowing the spice is basically impossible since there isn't enough saliva in the human mouth to absorb it without serious health risks. The cinnamon can cause burning and damage to the eyes if it's gagged right away. It can also enter your airways and cause inflammation to the lungs. In extreme cases, it can even cause your lungs to collapse. Other challenges more dear and close to our hearts, like the Polito's Challenge, are less severe but can be just as bad for our bodies. For those unaware of the Polito's Challenge, I will break for another quick lesson. Two contestants are allowed on a team to complete the Polito's "Monster Pizza" Challenge, in which they have one hour to eat a 28-inch, 12-pound pizza, and receive a cash reward of $500 if completed. Unless the contenders train and have a regular diet of 12-pound pizzas, the calorie-packed challenge doesn't carry the load of health risks as the Cinnamon Challenge, but is still nutritionally harsh on your body. After doing the math, a 28-inch cheese pizza is approximately 5,120 calories; add additional toppings at your own risk. As a Cheesehead, it might burn your eyes to read this, but cheese is pizza's biggest havoc. A single serving of a plain cheese pizza includes half a day's worth of saturated fat, and that's just one slice. Granted, the challenge is a one-day event. Yet, there are several long-term effects of repeatedly eating the massive amounts of sodium and saturated and trans fats, including an increased risk of developing conditions such as hypertension, Type 2 diabetes, high cholesterol, hardening of the arteries and heart problems. So, can these challenges kill you? This question may sound ridiculous when so many teens are participating in much more dangerous and life-threatening games like the choking game and car surfing, but that doesn't make any single challenge "healthier" than the next. Although no deaths have yet been reported, the challenges still remain dangerous and may even end up with a vacation to the doctor's office or hospital.

**London's Like That: Observations from a Student Abroad**

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The other day, as I listened to the waft of a passing ambulance mingling with the soft strains of a classical melody drifting from the Royal Academy of Music that's just a stone's throw away from my dorm, I realized something. I love the city. And as far as cities go, London is the quintessential example. I love the noise, the crowds, the constant activity. I love being able to walk ten minutes in any direction to find a grocery store. I love never having to go to the same pub twice. I love the museums, theatres, trains, cafes, and stores that are always teeming with people. In the concrete metropolis that is London, the labyrinth of streets and the uncountable buildings that line them practically hum with life. As I walk another day, though, I might paint a very different picture of London. Because sometimes I hate the noise, the crowds, the constant activity. I hate standing in line to try on a shirt, buy a sandwich, or use the restroom. I hate waiting for what often feels like hours for the light to change at a crosswalk. I hate having to search for a quiet place to just sit and relax. Sometimes I wish there was a pause button for London.
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One bad apple ruins the bunch is the old adage. One bad restaurant ruins almost the entire reputation of an entire culture’s food. That being said, Mexican food and its derivatives have gotten a bad rap because of...

As a kid, I thought tacos were the end-all, be-all of Mexican food coming from stucco-covered buildings filled with busy white teenagers working to fill orders for nachos and cinnamon-covered puffed dough. It didn’t occur to me much later, when on a school trip to ethnic establishments to sample other cuisine that the little I knew about Mexican food was limited to what is considered to be street food by native Mexicans.

At this stage of my life, I categorize Mexican food in three ways: junk Mexican food, Tex-Mex, and authentic Mexican cuisine.

Junk Mexican food is food being produced by certain taco and burrito establishments. Tex-Mex is the hybrid cuisine of Mexican food being produced by Texas cooks. Tex-Mex includes foods like chimichangas and nachos, as well as the introduction of cheddar cheese to recipes. Lastly, authentic Mexican food features fresh corn tortillas, tamales, carne asada and tostadas.

Of the three I listed, Tex-Mex is definitely my favorite. Tex-Mex proved to me that food highs exist. A food high is when the perfect combination of flavors explodes on your palate and takes you to an elevated state of mind.

My first ethereal experience of the culinary variety was devouring seafood enchiladas at Jose Tejas in Woodbridge, New Jersey. Something about that dish sent me over the moon and made me fall in love with Tex-Mex food.

This week, I offer you a recipe that encompasses all three of my personal categories. Spanish rice, Mexican rice, or even the old arroz is a staple in all three. My favorite way to serve Mexican rice is with a little sour cream and refried beans.

---

**Spanish Rice**

**Ingredients:**
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 1/2 green bell pepper, chopped
- 3 cloves garlic
- 2 cups chicken broth
- 1 (10 ounce) can diced tomatoes
- 3 medium green chiles, finely chopped and seeded
- 2 teaspoons chili powder, to taste
- 1 teaspoon salt
- 1 teaspoon cumin

**Directions:**
- Heat the vegetable oil in a deep skillet or pot over medium heat.
- Sauté the rice, onion, garlic and peppers until rice is browned and vegetables tender.
- Stir in water and tomatoes. Season with chili powder, cumin and salt.
- Cover, and simmer for 30 minutes, or until rice is cooked and liquid absorbed.

Spanish rice, Mexican rice, and arroz are all staples of Tex-Mex and authentic Mexican cuisine.
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Approximately one in four college women will be the victim of a sexual assault during her academic career. Most of those victims won't report it; many will contemplate suicide, and junior Elizabeth Colianni wants to help.

At the University of Wisconsin-Stevens Point, health promotion students like Colianni are required to take a class in which they learn about various aspects of health psychology, including the effects of sexual assault. The students in health psychology then present a skit to the Healthy American classes on campus to show the reality of rape and raise awareness to the students.

"Students are educating students about what's acceptable and what's not acceptable on campus. We all have intimate relationships and we need to learn; many students don't even know what rape is," said health psychology professor Celine Kline.

"Programs like this create curriculum infusion where we combine what we're teaching in the classroom to the lives of the students; student affairs and academics become blended," Kline said.

After taking that class, Colianni, the Student Life Issues Director with the Student Government Association and the chair of the Sexual Assault Awareness Week task force, created a committee by simply taking something she learned and putting it into action.

"We are all fully aware of how big an issue this is on this campus and campuses nationwide. We knew it was something that had to be addressed," Colianni said.

To begin, Colianni and the women in the Women's Resource Center brought forth the idea of having a Sexual Assault Awareness Week at the UWSP campus. They gathered about 20 people from the campus and community to create a task force and plan the awareness week.

"We saw UWSP students facing this extremely serious and personal issue and we knew something had to be done, so we went to work," Colianni said.

Each night of the awareness week free events were offered to students. To begin the week, rape victims and a Sexual Assault Education Panel, consisting of professionals in the area who provide services to sexual assault victims, spoke and gave presentations to spread awareness and hope. To end the week, the film "Precious" was shown in the Dreyfus University Center, along with a self defense night in the Health Enhancement Center.

As both a health promotion student and an employee for SGA, Colianni took the combination as an opportunity to bring her health promotions knowledge to life by making a difference for what she believes in.

"I am so grateful to have the position I do with SGA because it has provided me with this opportunity to make a difference on this campus in so many ways. It has allowed me to spread awareness of the issue of sexual assault this campus is facing," Colianni said.

Reporting to End Bullying

"Bully," a new documentary by Lee Hirsch, exposes the first-hand effects of bullying and has brought up the issue again in everyday conversation. Last week, the Motion Picture Association of America changed the film's rating to PG-13 after a month-long dispute.

The Department of Education estimates the number of bullied kids at over 13 million.

"We were able to see not only the huge toll bullying takes on the kids who are bullied, but also on their families. And we witnessed how administrators and schools are profoundly challenged in successfully dealing with bullying," said Hirsch in his production notes for the film.

Ben Franklin Junior High School of the Stevens Point School District is taking a tough stance on bullying.

"We all tease as human beings, but any time that's intentionally done to hurt ... that's when it's bullying," said Principal Connie Negard. "It's about educating kids and helping them understand what bullying can do."

A survey done at the school reported that 75 percent of students have never been bullied. That leaves 25 percent who have.

Bullying leaves a lasting effect on the students who are the victims. Lisa Bardon, Coordinator of Special Education at the University of Wisconsin-Stevens Point remembers a young student that came to school with severe stomach aches and was unable to make the connection that it was an effect of bullying.

"It can be detrimental to their learning, self concept, their belief in who they are," Bardon said.

The nature of bullying has changed over the years with the introduction of social media, which makes bullying hard to control. Molly Farley, a sophomore secondary English education major at UWSP has witnessed this type of bullying. Farley's friend was bullied in high school by another girl starting rumors about her.

"It went on for a really long time till it stopped. At the end of the rumors were heard by a lot of people," Farley said. "They probably didn't think much of it, but she's never been the same since it happened." Farley herself was also victim to social media.

"I've gotten terrible messages from girls in high school. I guarantee they would never have confronted me in such a mean way had it been in person," Farley said.

In a school setting, this new kind of bullying is harder to monitor, but its after effects are still seen at school whether it be academically or emotionally.

"I've had a couple of students want to stop coming to school," Neegard said. "In order to monitor bullying at Ben Franklin, the school has not only been consistently documenting instances, taking disciplinary measures, and contacting parents, but cultural awareness and tolerance is built into the curriculum.

"We want to make people aware that there are differences and differences should be respected and treasured," Neegard said.

Tolerance is also something that Bardon teaches to future educators in her classes. Bardon takes a proactive approach rather than a reactive approach to teaching about bullying in her classrooms.

"It's about creating a respectful classroom ... it's about helping get rid of prejudice and stereotypes," Bardon said. "It's like medical care. She went on to say that it's always better if you take care of yourself before you get sick rather than trying to cure a sickness after the fact."

On the hands of the parents, the biggest perpetrators of bullying are the bystanders who watch it happen and don't speak up.

"Much of it [bullying] goes unnoticed or untold from fear of the person getting bullied or of the bystander who is afraid to get involved," Neegard said.

Ben Franklin keeps all of their students confidential for this reason; students are worried about what others will say if they found out that they reported them and are scared for the possibility of becoming a victim themselves.

"[We] make reporting an expectation of the kids and not have students look the other way," Neegard said. Reporting is also something that is in the hands of the parents. Neegard said that most students will go to their parents, but not want their parents to report it because at an adolescent age having a parent stand up for you is socially embarrassing. However, Neegard reiterated that the most important thing that a parent can do is report it.

Once a bullying problem is reported, Neegard often has a one on one conversation with both parties involved.

"Many times just having a conversation ends it," Neegard said.

Taking the first step of reporting bullying is key to ending the issue.

"Most bystanders do nothing. They are empowering that [bullying] to continue. The silence gives permission," Bardon said.

"We made 'Bully' with the conviction that audiences, especially young people, can be moved off the sidelines and empowered to stand up for those around them," Hirsch said.
**POIN-TAN** by Randy Shaw

Photo of the Week

Photo by Amanda Hays

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**Opinion**

**Pink Driver and a Green Jacket**

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Bubba Watson claimed his first ever major and green jacket during the 2012 Masters that had golf fanatics speechless. But let me be the first to declare that even though Bubba held off an albatross for the win, he will not be the “new” face of golf.

Bubba, declared as one of the young players in the PGA, is 33 years old, just three years younger than Tiger Woods. Which, in order to match Tiger in major wins, Bubba would have to win every single major tournament until he is 36 years old, just to tie Woods.

Now it may seem unrealistic to ask Watson to win as many majors as Woods but in order to be the new face of golf it is necessary to win. In his 10 year career, Watson has won just four tournaments including the Masters. His $1.4 million dollar winnings on Sunday is more than he earned in his first five years as a pro, combined.

Of course you have to be a great golfer to win major tournaments, especially the Masters, which is arguably the biggest of them all. But Watson was playing for more than he usually does. He was playing for his father that he lost and also for his recently adopted child. Both great reasons to give more than you normally would but under normal circumstances, he is a middle of the pack golfer.

Known for being arguably the longest golfer in the PGA, averaging just over 313 yards per drive in 2012, he is also known for having the most unconventional swing. Using his pink Ping G20 driver, his feet struggle to hold his crooked swing in place, leaving room for a lot of inconsistency.

Sometimes in sports, however, you can get away with having an unconventional way of performing a task. For example, Phillip Rivers (it’s okay, I wasn’t going to reference Tim Tebow) has one of the worst throwing motions ever seen. But he gets it done, and has the stats to prove it, whereas Watson has little proof of success.

People are willing to turn to the next major winner to become the face of golf, but I don’t think we should be so desperate to jump on the Bubba bandwagon. Though he didn’t perform particularly well during the 2012 Masters, Rory McIlroy is eleven years younger, with equal major wins.

McIlroy is also in the top rankings more consistently, he has been ranked in the top five all season and currently sits third, one ahead of Watson. The “will Tiger Woods surpass Jack Nickolas?” debate will continue until Tiger retires but the bigger concern now is: Who will bring viewers to non-major tournaments? My chips are still on McIlroy.

Don’t get me wrong, I am glad an American won the Masters, especially after seeing all those commercials about how bad our academics are. And maybe we don’t need a new face, maybe the suspense of equal chances is what we needed all along. I’m just saying, don’t be surprised if you never see Bubba Watson walking off of 18 on the Sunday of a major with a win.

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**Instant Gratification**

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We want everything and we want it now.

There used to be a day when stores were closed on Sundays; people were forced to wait. Patience existed because everything took time.

If you took a picture, you had to wait for the film to be developed to see the photos. If you needed information, you looked it up in an encyclopedia at the library. If you needed to get in contact with someone, you looked up their phone number, picked up a telephone and hoped that they were home to answer. If they weren’t, you would call back later. If you wanted to listen to a new song, you either had to come home on the radio or you would go to the record shop and purchase the album.

In this world of instant everything takes away the need for patience. We want everything now, now, now. Heck, most people can’t even walk downtown without sidewalk anymore without a cell phone glued to their ears. Just imagine how unbearably awkward it would be to stand alone in a crowd without texting someone. Who needs to go out or make new friends in classes when you can just text the people you already know? And waiting to talk to someone is unheard of with the ability to text and email.

Yes, instant messages and calls are certainly great for making things convenient, but how are we supposed to relax if we are expected to do everything at instant? How are we supposed to retain the useful knowledge when overwhelming loads of useless information are constantly being thrown at us through Facebook and Twitter? How are we supposed to not stress over school and work when we are expected to know everything and anything as it is all virtually provided to us in a click of a button?

Technology is supposed to make our lives easier, which oftentimes it does, but it’s also the blame of this instant world in which we live. I think the world needs to take a deep breath, stop tailing each other on the highway going 90 mph, and just slow down. Patience is something far and few in this world of instant everything.

I dare you to put your cell phone down, to turn on the radio instead of reaching to plug in your iPod, make yourself dinner instead of rushing to the drive-through, and just wait.

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**Serious Concerns Over Erroneous Articles: A Letter to the Editor**

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In the April 5 issue of The Pointer, William Helmke voiced serious concerns about an article featured in The Pointer the week previous titled “Occupy Spionoff comes to Miller Park, Brings Beer, Apathy.” These concerns need to be taken very seriously.

The article in question was written by Aaron Osowski and published around April 1, 2012. In his critique of Osowski’s article, Helmke asserts that this article is not only “erroneous,” but also “unsupported” and “unreliable.”

In this issue, Osowski discusses the “Occupy Movement” and its influence on the Miller Park stadium. He highlights the “problems” associated with the movement, including the “negative impact” on business and the “apathy” of the audience.

Helmke points out that Osowski fails to provide any evidence or sources to support his claims. He asserts that Osowski’s article is not just “erroneous” but also “unreliable” and “unreliable.”

In his article, Osowski mentions that the “Occupy Movement” is gaining momentum and is having a negative impact on the business. He cites examples of businesses that have experienced a decrease in sales due to the movement.

However, Helmke points out that Osowski’s article is not just “erroneous” but also “unreliable” and “unreliable.” He argues that Osowski’s article is not just “erroneous” but also “unreliable” and “unreliable.”

Helmke concludes that Osowski’s article is not just “erroneous” but also “unreliable” and “unreliable.” He argues that Osowski’s article is not just “erroneous” but also “unreliable” and “unreliable.”

Helmke urges readers to be cautious when reading Osowski’s article and to seek out reliable sources of information.

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*Photo Courtesy of telegraph.co.uk...*
New Paper Technology Helps With Printing Costs

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In the span of a semester, the average student spends $10 on printing fees. At least that is what the school thinks and allows for the printing budget. The Art Department holds the definite exception to this set cost. Between painting, printing, and drawing, the Art Department's specialty paper required cost much more than average printing paper.

Luckily, the Paper Science and Engineering Departments have reached a breakthrough to eventually lower this cost and help out art students along the way.

"Essentially the paper we've created is a clone of the special paper that the art students use for painting, drawing, etc. The difference is that we can sell this paper for half of the charge because you don't have any overhead charge or shipment from China. Anything that can be made locally is always better," said Kurt Oleszko, a paper science major who contributed to the development of this paper.

Coming out of the Navy, Oleszko decided he'd find the most challenging thing he could do. Since the majority of his family is on different levels of the paper industry, he became interested in this major. Because of his experience and passion, he has been operating the paper machine in the Science Building for three years now. Some students have the opportunity to operate this machine, but it is a process and not many are allowed to for safety reasons.

Students got the rare opportunity to develop a replica of the art paper when Bob Erickson, a printing professor, began talks with the Paper Science Department. Ever since, the Paper Science Department and Art Department have been going back and forth testing the quality of the paper and trying to get it as exact as possible.

"What's neat is that we have the ability to communicate with the Art Department to get instant feedback. If they don't want as much water intrusion in their paper, we can do that with a flip of a switch," Oleszko said. "Every paper has different ingredients (furnishes) that go into it, so it's just finding the right mix."

These furnishes require a lot of knowledge in soft and hard pulp, or the trees they come from. If you have this knowledge, you can actually apply to work the paper machine.

"We take applicants to run this machine, just like any other job on campus. It's a big operation to keep up because the maintenance on this $7 million machine is roughly $50,000-$100,000 per year," said Don Guay, associate professor of the Paper Science and Engineering Department.

The bulk of the money for this maintenance is self-generated. Doing different testing for companies, selling paper for education courses, and selling paper through the Printing and Design Department are just a few examples of how they gain these revenues.

Considering that UWSP is one of the few in the country that has a paper science major, education courses for this machine are in high demand. A large hope for the future is that this new creation will bring in some extra revenue for the Paper Science Department.

"The goal is to have a small market where only a couple of days' production would produce enough of this drawing paper to supply the entire demand at this campus and eventually the entire UW System," Guay said. "In the age of declining budgets, anything to help universities and maintain equipment would be a win."