

the pointer

University of Wisconsin - Stevens Point

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SPTV Overcomes Technical Difficulties

SARAH MQUEEN
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SPTV, the University of Wisconsin - Stevens Point's student-run television station, has been unable to run their full program schedule this semester due to a malfunctioning Tricaster, but they have ordered a new piece of equipment and plan to be up and running within another week.

A Tricaster is a multifunctional piece of equipment that is used for recording, editing video, adding graphics, and broadcasting the production once it is complete. Without the Tricaster, the SPTV crew has to put in many more hours to record footage on digital videotapes and then do their editing and graphics on a computer. A new Tricaster has been ordered and SPTV members are looking forward to its arrival.

"We were able to work with SGA and make sure we had enough money in our budget to pursue and buy this new piece of equipment," said Nicholas Collenburg, general manager of SPTV. "We found one for \$5,000 that is not quite a lower-end model. It's a lot of money, and one of our main concerns was how are we going to be able to use this within our budget, but we needed it. With Superstorm Sandy, we are kind of delayed on the shipping, but hopefully it will be here sometime later this week or later next week."

Without the Tricaster, all of SPTV's news and sports broadcasts have been cut. Normally there are two half-hour news shows and two half-hour sports shows a week. Despite the technical difficulties, however, SPTV has been able to continue its music program.

"Music we were still able to do because for that show we get DV tapes from companies, and we are able to capture them using videos, and we were able to just do stand-ups. So we found an alternative that way," Collenburg said.

Ian McKay, the special project

director for SPTV, said that the broken Tricaster has greatly hindered his ability to do his job.

"We have been trying to work with the athletic department this year to livestream our broadcasts for football, basketball and baseball on the Athletic Department Ustream account," McKay said. "But without the Tricaster we haven't been able to cover these games at all."

SPTV plans to begin airing some new programs, and has been working on a situation comedy called "Lack of Communication," which Collenburg said is a spinoff of the SPTV office and community. Five episodes have been completed and will be aired sometime around winter break.

In the face of these problems, Collenburg recalls the positives.

"One thing that has been awesome is all the new general members that we have been able to recruit and help out. We are still trying to keep them involved in student television. Really, right now, we can't produce anything like what we would want to, but we can still go out and teach them how to do a news package. We can still teach them how to go and shoot sports highlights," Collenburg said.

McKay said that he enjoys the freedom the students have to work with in SPTV.

"Most student televisions usually have a professor or some sort of advisor always watching them and breathing down their back, dictating a lot of what happens," McKay said. "But at SPTV we are given pretty much free reign over what goes on. I mean, we have things we can and can't do, but we are essentially on our own doing our production, which gives all of us great experience for the future."

SPTV is managed by 10 paid student staff members and about 15 volunteer members, and runs 24 hours a day, seven days a week on channel 98 or on digitally on channel 983.

PROTECTIVE SERVICES REPORT

November 3rd

7:11 p.m. - A vehicle was found in Lot Q with its windows down, keys in the ignition with a gun case, bows, and arrows in the back seat.

November 2nd

7:42 p.m. - An individual reported that he had snapped his key off in his bike lock and requested bolt cutters to free it. An officer was sent to verify the bike's ownership.

5:04 p.m. - Protective Services officers came across an empty maintenance vehicle with a lift basket in the raised position in Parking Lot across the DUC in parking lot Z.

November 1st

10:43 p.m. - St. Michael's Hospital Security reported a 6'2" male with dark hair wearing a green jacket pulling on the doors to Delzel Hall. The same individual had been seen by the hospital security checking out cars in the hospital parking ramp and had run away when they approached him.

8:51 p.m. - Watson Hall staff called to report marijuana odors coming from a room.

9:02 a.m. - Caller reported an anonymous woman fell by the Library and requested officers come to help.

October 31st

11:41 p.m. - PS officers spotted an unconscious person in a vehicle parked in the Schmeeklee parking lot.

10:08 p.m. - Pray Sims Hall staff reported the smell of marijuana coming from one of their rooms.

October 30th

9:50 p.m. - A staff member from the suites called requesting an officer to investigate a marijuana smell coming from one of the rooms.

7:54 a.m. - An officer from the Rothschild Police Department called stating that they found a set of keys with a UWSP ID, PS called the student to inform her that her keys were found.

October 28th

8:24 p.m. - Staff member called to report a water leak coming from the floor behind the stove or cabinets in the one of the rooms in the suites. Maintenance was notified.

8:51 a.m. - A student called Protective Services to report a fraud case regarding her bank account and Western Union.

THE POINTER

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Letters to the editor can be mailed or delivered to *The Pointer*, 104 CAC, University of Wisconsin - Stevens Point, Stevens Point, WI 54481, or sent by e-mail to pointer@uwsp.edu. We reserve the right to deny publication of any letter for any reason. We also reserve the right to edit letters for inappropriate length or content. Names will be withheld from publication only if an appropriate reason is given.

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Meetings every
Wednesday at 5 p.m.
D.U.C. Legacy Room

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Changes for Stevens Point

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A series of alterations taking place in downtown Stevens Point has created a domino effect of changes in other areas of town.

Part of the city's goal, as stated on its downtown development webpage, is to "encourage efforts to retain, reinforce and attract a diverse mix of businesses to Main Street. Encourage residential development to provide for a '24/7' activity level."

The changes began with the decision to demolish part of the old mall and extend Third Street. This has been accomplished, and Third Street now runs from 6th Avenue to Water Street. It used to be broken up by the mall.

On the east side of Third Street, Shopko and part of the mall building remain. A portion of the mall a little bit bigger than a city street, including sidewalks, has been knocked down. Third Street now runs through this, although the street is not yet open for traffic.

Mid-State Technical College plans to move into the old mall building and use it as a new facility. Construction to redesign the interior will begin in April of 2013. They hope to complete the remodeling, move in and be ready to start holding class in the new building by January of 2014.

"We have a number of new opportunities," said Steve Smith, the campus dean of MSTC. "We will have classrooms of the appropriate size. We will have labs of the appropriate size."

2,800 students attend MSTC in Stevens Point every year. Classrooms in their current facility, located on Michigan Avenue, have been undersized, and parking has been an issue. After moving into the new facility, Smith stated that the school would have 17,000 more square feet than they currently do.

Part of the space will be used to build a loft or balcony for a new student lounge. Smith stated that they are also

excited to have sufficient space to move their early childhood education program from the Wisconsin Rapids campus to Stevens Point. MSTC and the University of Wisconsin-Stevens Point (UWSP) sometimes work together in their early childhood education program, and Smith hopes that being geographically closer will encourage that relationship to grow even more.

Once MSTC vacates the building on Main Street, there are a few possibilities for the building. One would be a new City Hall. Another would be a new facility for The Boys and Girls Club. Director of Development and Marketing Carrie Winn said they were told they might receive a portion of the building.

"We are in a holding period," Winn said. "We hope to use a portion of the Recreation Center or Mid-State, but we are the third prong in this project."

The third possibility for use of the building is a new campus for the Medical College of Wisconsin (MCW). MCW is considering Stevens Point, Marshfield, or Wausau as potential locations for their new satellite college. Representatives from MCW have met with the Stevens Point Mayor Andrew Halverson, and UWSP Chancellor Bernie Patterson. If MCW decides to use the old MSTC building for its campus they hope to collaborate with UWSP so that students could have access to athletics and fine arts programs.

The building could also end up being used for a combination of those ideas. No decisions have been made yet. The representatives who toured the possible campus locations for MCW will give their recommendation to the board of trustees on Nov 16.

When downtown business owners were asked to comment on the changes taking place many refused, stating that they did not wish to be involved. Halverson was also asked to comment but did not return any calls or emails.



Photos by Samantha Feld

Crews tear away at the mall structure, and create what will be Mid-state Technical College's new building.

States Pass Historic Laws on Election Night

JUSTIN SULLIVAN & ANDY DAVIS

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President Barack Obama was re-elected on Tuesday, capturing Wisconsin and six other swing states in an election that did little to change the political makeup in Washington D.C.

The Republican Party kept its 233-193 majority in the House of Representatives, and the Democratic Party held its 53-45 majority in the Senate. Voters pushed through changes on a variety of other issues.

Voters in Colorado and Washington passed referendums that would legalize marijuana for recreational use. A similar referendum

was voted down in Oregon, and voters in Massachusetts approved medicinal marijuana use. The Drug Enforcement Administration (DEA) is still contesting the measure, however.

On Wednesday morning the DEA released a statement reaffirming that the "enforcement of the Controlled Substances Act remains unchanged."

The Controlled Substances Act—passed by Congress in 1970—consolidated laws against the manufacture and distribution of numerous narcotics, including marijuana, illegalizing the drug. A full copy can be found at the U.S. Food and Drug Administration's website.

Colorado's referendum, known as Amendment 64, would amend

the state constitution to legalize and regulate production, possession and distribution for people 21 years of age and older. Washington's Initiative 502 would do the same thing, but would also impose a 25 percent tax rate on transactions of marijuana from grower to processor, processor to retailer, and retailer to consumer.

"The Department of Justice is reviewing the ballot initiatives, and we have no additional comment at this time," the DEA statement concluded.

On Tuesday night, Maryland, Maine and Washington passed measures to legalize same-sex marriage, marking the first time same-sex marriage rights have been approved by popular vote. Obama—

the first U.S. president to openly support gay marriage—endorsed the measures in these three states during the campaign. In Minnesota, a proposal was voted down that would have defined marriage as a purely heterosexual union.

On the same night, Tammy Baldwin became the first openly gay politician and the first Wisconsin woman to be elected to U.S. Senate, receiving about 167,000 more votes than Wisconsin Governor Tommy Thompson. Wisconsin Congressman and Governor Mitt Romney's running mate Paul Ryan won his eighth term as a representative for southern Wisconsin's 1st District.

Faculty Discounts

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When it comes to campus discounts, University of Wisconsin - Stevens Point faculty does not receive the same benefits as students.

Sarah Pogell, an associate professor of English, has a seat on Faculty Senate and says that this issue has been raised in various situations before.

"I would love to have the fitness center fee waived for faculty and students. This is a wellness school, and one of the best, least expensive and healthiest ways to de-stress is to work out," Pogell said.

"I mainly worry about the students, since I know so many students who say they would work out if they didn't have to pay at all. I believe that at least some of them would actually work out if the fitness centers were free," Pogell said.

Nanc Slizewski, a professor of common diseases, agreed with Pogell.

"I'd love to get discounts, but I feel these should be for the students. Although many professors are still paying off their college debts, we have stable jobs and a steady income. Many of our students are struggling to make ends meet and need any breaks they can get," Slizewski said.

Faculty members also do not

receive discounts for sports and arts events.

"As for tickets to events, I rarely have time to go to anything on campus, since teaching four classes—two of which are writing classes with heavy grading—doing my own scholarship and serving on committees takes up most of my time during the semester," Pogell said.

At the same time, she still believes that if events could be free, or even discounted, it would make a big difference in the community.

"If an entire family could attend one or two UWSP events at a discount or for free each semester, the events being of their own choosing,

then faculty could have more of a presence at UWSP at night or after-hours and feel as if they were supporting the school, not just academically, but in extracurricular activities as well," Pogell said.

While the issue of faculty discounts is important and raises concerns around campus, there are also other issues at hand according to Pogell.

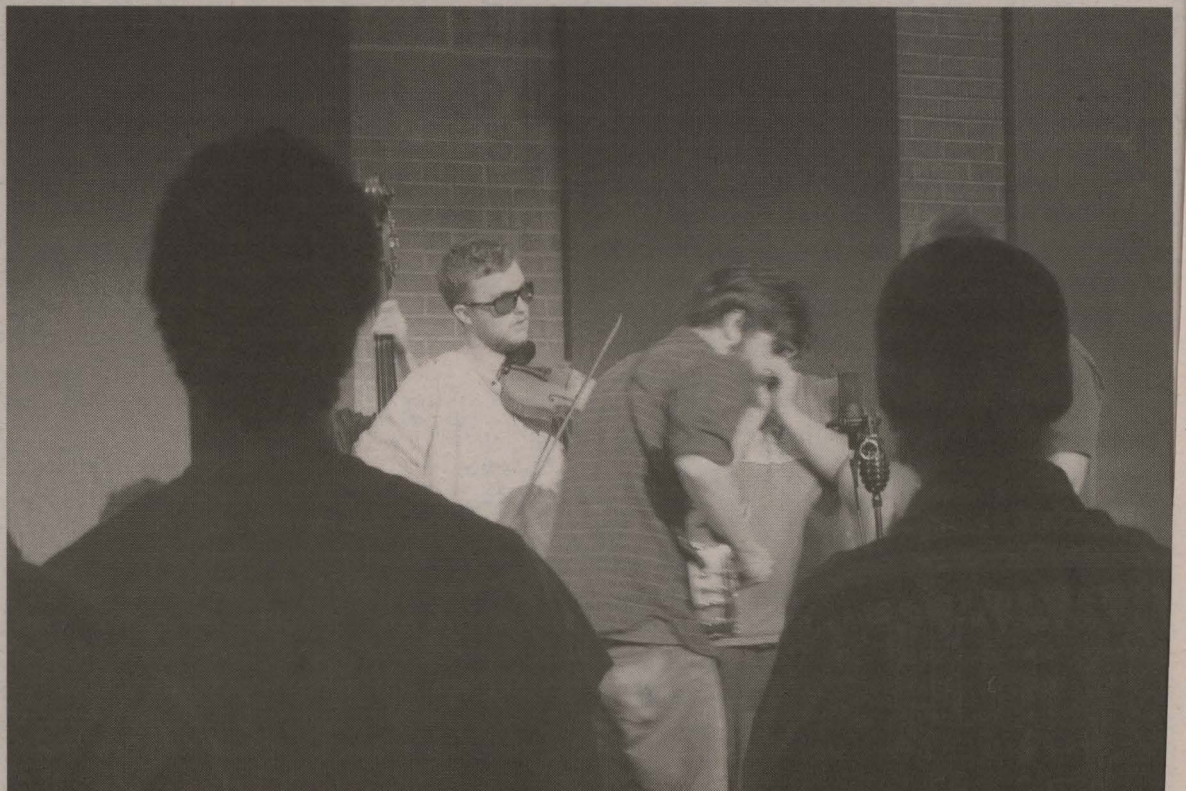
"More important to me than discounts is the need for salary raises, which faculty haven't received in several years. And, of course, the need to decompress salaries for faculty who've been here awhile," Pogell said.



Votestock

Photos by Cassie Scott

Horseshoes and Hand Grenades performed at the Votestock event on Saturday, Nov 7 in the Encore at the Dreyfus University Center. Votestock's message was "Tune in, Turn out and Vote Now," and advocated student voter awareness. The University of Wisconsin-Stevens Point Student Government Association (SGA) and Student Vote Coalition (SVC) hosted the event this event, which was a culmination of both organizations' efforts to get UWSP students registered to vote.



Soccer Season Comes to a Close

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Even after storming through the WIAC tournament all the way to the championship and losing by only one goal, the University of Wisconsin-Stevens Point soccer team will not get to play in the NCAA tournament.

The Pointers finished the season with a 13-6-1 record, which was not enough to make it into the field for the tournament.

"I think that we deserved a spot in the NCAA tournament. I was very surprised," said head coach Megan Schmidt. "If you're not on the committee, then there isn't much you can do about it."

"The journey meant a lot to our players," Schmidt said. "We wanted to show everyone we were as good as we thought we were."

The season may have ended on a sour note, but there are a lot of positives to look back on in Schmidt's first season as head coach.

"I always had high expectations for this team," Schmidt said. "I knew what they were capable of. The expectations from others for us were not so high, and it was good to kind of prove them wrong."

The team this year was led by a strong group of upperclassmen. According to Schmidt, the team wouldn't have gone anywhere without them.

"The senior leadership and their willingness to rise up was huge for this team," Schmidt said. "Our players did a great job of taking constructive criticism and improving from that information."

The team will lose some key pieces of their roster next season. Seven seniors are set to graduate, including the Pointers' top five goal scorers: Angela Gallow, Jessica Ruch, Kim Jobke, Sammy Greer, and Kelsey Majerus.

The team will go on without its key players and replace them with some talent that is not quite as well-known said Coach Schmidt.

"The underclassmen are excited because they have opportunities, but they are also nervous because we lost a lot of our starters and leaders," Schmidt said. "They have to understand that they have played against some great competition in practice to prepare them for playing at a high level in real game situations."

The Pointers will retain standout freshman goalie, Kristen Churkey, who was phenomenal in her first season at UWSP, tallying 66 saves and four shutouts.

The teams leading returning goal-scorer will be freshman Sarah Meylor, who had two goals and an assist during the season.

Members of the bench from this year's team will also play a big role. "We had a very strong bench this season, as they will help us in the upcoming years," said Schmidt.

It may look like an uphill climb for the Pointers next season, with limited experience and little known about the team's in-game talent level, but Schmidt maintains a positive outlook.

"The girls returning are just strong players and have been itching to get a shot to play," Schmidt said.

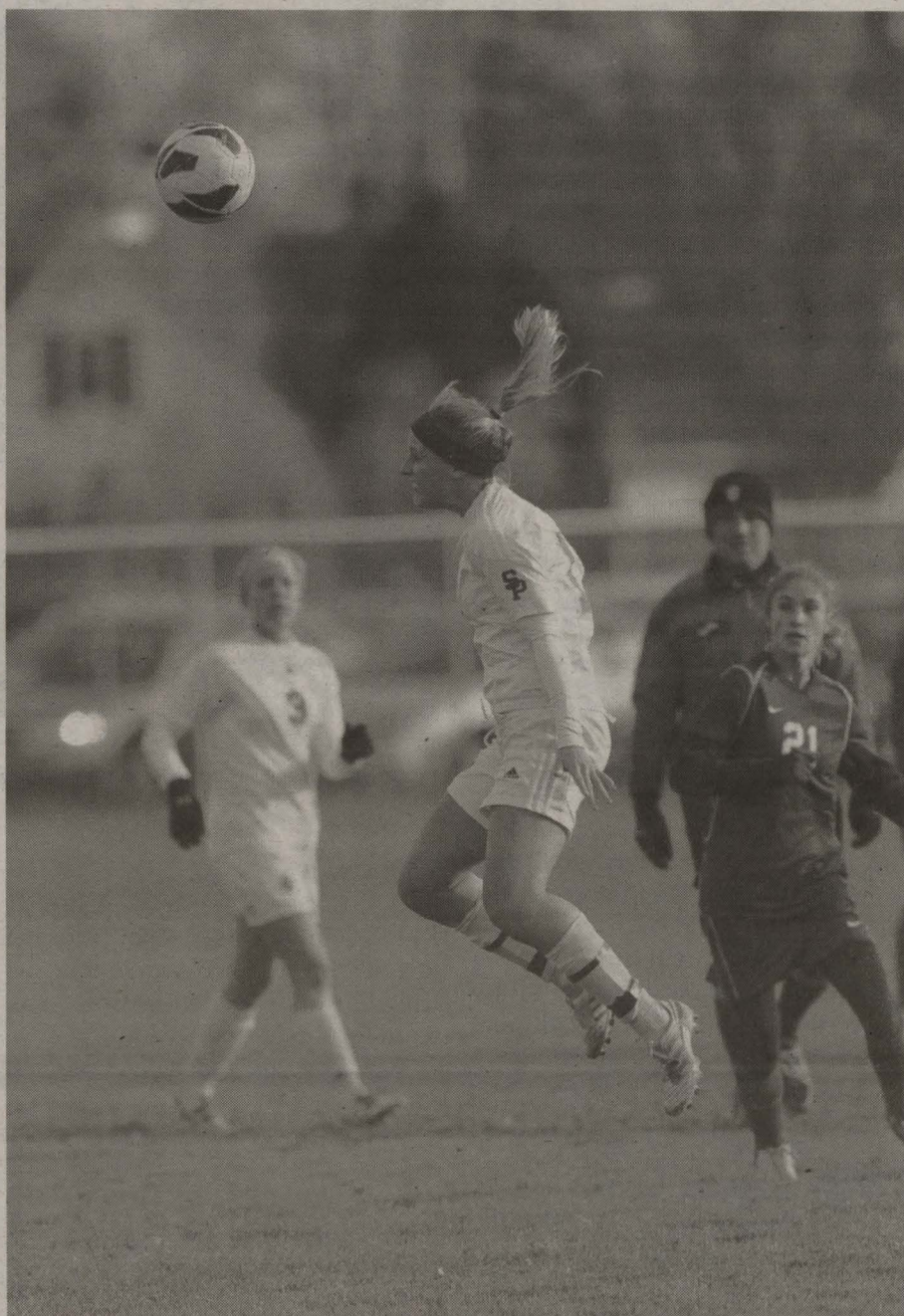


Photo by Photo by Jack McLaughlin

After defeating the UW-La Crosse Eagles, The Pointers have advanced to the second round of the 2012 Wisconsin Intercollegiate Athletic Conference (WIAC) women's soccer tournament.

Multidimensional Athletes

GUS MERWIN

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Commentary

Muhammad Ali refused to serve in the United States Army during the Vietnam War on the grounds that the war was against his Islamic beliefs.

At the 1968 Olympics, U.S. sprinters Tommie Smith and John Carlos held their gloved fists in the air during the medal ceremony in what Smith described as a human rights salute.

Minnesota Vikings punter Chris Kluwe has become a key advocate in the fight for marriage equality.

An athlete having opinions, feelings, and emotions is far from a new thing, but in the socially connected world we live in it's easier for them to convey something that otherwise my stay inside their head.

Multiple athletes took to Twitter in the days leading up to Tuesday's election to talk politics, endorsements,

or just to encourage people to vote. Clippers point guard Chris Paul, former NBA player and current ESPN analyst Jalen Rose, NASCAR driver Matt Kenseth, and New York Giants wide receiver Victor Cruz are just a few personalities within the sports world that showed some political interest on social media.

Is that their right? Of course it is. Social media gives athletes an opportunity to show their thousands of followers that they are not defined by the sport they play, they are not one dimensional jocks whose only drive is to win.

Athletes can tweet about their games, what they had for dinner, or how they are spending their day off from practice, but as soon as they mention something more controversial than Jimmy Johns, social media explodes.

After the Packers lost to the Seahawks on Monday Night

Football, some players went to the internet to vent their frustrations. Guards TJ Lang and Josh Sitton gained thousands of followers that night after going on Twitter tirades. That night Lang provided us with an expletive laced nugget that became the most retweeted in history.

Rookie defensive end Jerel Worthy was also attacked by people critical of his reaction to the game deciding call following the loss; including a kid I went to high school with. His outspoken support of President Obama also drew criticism Tuesday after election results had been reported.

When people agree with something an athlete has said, they'll reply, pander, and beg for a retweet.

When people don't agree with something an athlete has said, they'll complain, swear, and tell the athlete to stick to the game they are paid to play.

Even reporters aren't safe. ESPN Milwaukee's Packer beat writer Jason Wilde is a constant target for criticism whenever he ventures outside of the realm of sports.

America is wildly divided. As soon as an unfavorable opinion is presented it is immediately swarmed and dissected, and the source is belittled and badgered.

Athletes are not political pundits, they're just people with opinions like us. Instead of telling them to stick to their day job, they should be encouraged to express themselves and form an identity off the field.

When people of influence, like athletes, take action and express their views fans take notice. Hopefully that leads to a higher level of informed involvement by people who otherwise would not bother with social issues.

Volleyball Heading to NCAA Tournament

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The Pointers Volleyball team may have lost to The University of Wisconsin-Eau Claire in the WIAC championship game, but they will still be playing in the NCAA tournament.

The University of Wisconsin-Stevens Point, with a record of 29-7, will play against Northwestern College, out of Minnesota, which has a record of 26-8. The teams clash this Thursday in Saint Paul, Minnesota.

Stevens Point has been playing their best lately, winning 14 of their last 16 matches. "The team has played well," said head coach Stacey White. "We've had our roller-coaster games, but our players work hard every day of the season."

Although the conference title was the ultimate goal, Coach White said that just getting there is a great feat.

"It was an accomplishment, and it helped us meet the goals our team set at the beginning of the season," White said.

White attributes a big portion of the team's success to the upperclassmen. "We have had great leadership from our five seniors,"



Photo by Eva Donohoo

The Pointers huddle up during the game against UW-Eau Claire in the Wisconsin Intercollegiate Athletic Conference Championship final on Saturday. The NCAA Division III Tournament field will be announced on Monday, Nov. 5.

White said.

Senior setter Cassidy Kohlhausen has taken a lot from her last season and will remember her friends and experiences from this team for the rest of her life.

"I could not have asked for

a better team to share my final year with," Kohlhausen said. "Being able to make it into the tournament and go out with a bang is icing on the cake."

Even after qualifying for the NCAA tournament, the team knows they have some things they can improve on.

"We need to continue to work on our consistency, and I think that that's the biggest thing right now," White said. "If we can figure that out, we're good."

"We could improve on our talk and communication on the court," said sophomore defensive specialist Ally Groth. "We tend to be kind of quiet on the court, but we have gotten much better at that as the season has gone on."

The Pointers are well represented in the WIAC awards, headed by White, who was named Coach of the Year for the second year in a row.

Senior middle Morgan Bartkowiak and sophomore setter Alexis Hartman were both named

to the 2012 All-WIAC Women's Volleyball Team.

The Pointers qualified as one of the 22 at-large big teams. The team is excited for the opportunity to bring home a national championship but knows the road ahead will be tough.

"Some say that winning a Division III championship is harder than winning a Division I or II championship," White said.

"Being able to participate in the NCAA tournament for the second year is an honor," Kohlhausen said. "We are grateful for the chance to show everyone that we deserve to be in the tournament, and we are a force to be reckoned with."

So how far can the team go?

"The sky's the limit," says White. "We can go as far as the team wants to go. We have to have the right things happen at the right time."

"As a team, I believe we could go all the way. When we work together and stay positive, there is no stopping us," Kohlhausen said.



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INTERNATIONAL PROGRAMS

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So Much To Say With So Little Time



Photo by Emmitt James
Host, Demitri Smith and co-host, Justine Luther posing after the show.

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Demitri Smith, a freshman from Chicago, hit the ground running with his new show "Time Out" on 90fm.

Smith talked about how he came to campus with a plan. He knew what he wanted to do; he was just looking for an opportunity to make it all come alive.

"I went to the radio and pitched my idea. They got back to me and said they would love a show like that because it's different and it's in demand," Smith said.

When Smith is off the set, it's almost like he's still on, but just turned down a couple notches. When he hits the studio, he immediately locks into character and hopes to captivate his audience's attention.

Speaking of character, Smith goes by "Mitri Taylor" on the show. It's the more dramatic version of him. This is one of the most rewarding parts of the show to him.

"I love it when people come up to me because they recognize my voice," Smith said.

He and his co-host, Justine Luther, another freshman communications major, attempt to get the students' attention by talking about topics that they know will hit home for a lot of students.

"People should listen because it's super-funny, and we talk about campus life so it relates to everyone," Luther said.

Topics vary from finances, relationships, problems with roommates and more. However, coming up with these topics is not always the easiest.

"I remember in the beginning of the show it was really hard to keep conversation going. I want the show to be like we have so much to say but with too little time, rather than we have so much time but so little to say," Smith said.

Smith and Luther make sure to accomplish this goal by inviting guests to the show every time they get a chance. This often helps keep the conversations alive as well as adding another perspective to the discussions.

In addition to picking topics and scheduling guests for the show, the two have built a chemistry that exists on and off the show. Luther is thrilled to work with Smith.

"My favorite part is working with Demitri," Luther said.

The two met at a get together while hanging with friends. A few conversations later, they agreed it would be a good idea to start the show together.

"I said yes to Smith's offer because I'm a communication major, and radio really interests me," Luther said.

Although this is still the beginning, Smith is thrilled to have come across an opportunity like this so early in his college career.

"It's an accomplishment. I like when people compliment me on the show or even give me ideas for future shows," Smith said.

To this day both Smith's and Luther's favorite show is the one about relationships. They invited a male and female to join them on the show and talk about what they thought men and women do wrong while in relationships.

Luther mentions how alive it was and how he felt that 30 minutes was just not enough time.

However, Smith understands that this is just the beginning and he says this is just "the door opener." He plans to use his communication degree, with an emphasis in media studies, to one day be a television host.

The show "Time Out," a show about campus life, is on the air every Tuesday evening from 6:30 p.m. to 7 p.m.

UPCOMING EVENTS

Thursday, November 8

Black and White Semi-Formal Dance

7:00 p.m.
DUC Alumni Room

"The Campaign"

7:00-8:30 p.m.
DUC Theater

Friday, November 9

Lucky Stiff

7:30-9:30 p.m.
NFAC 120

Boys n' the Barrels and Sans Souci Quartet

8:00-11:00 p.m.
DUC Encore

Saturday, November 10

Taste of the World

10:30 a.m.-2:30 p.m.
CPS 211

Hypnotist Chris Jones

7:00-9:30 p.m.
DUC Laird Room

Sunday, November 11

Hotter Than Blue

2:00-3:00 p.m.
Planetarium

Monday, November 12

Percussion Ensemble Concert

7:30-9:30 p.m.
Michelson Hall

Tuesday, November 13

Observatory Night Skies viewing

8:30-10:00 p.m.
Observatory

Wednesday, November 14

Tobacco Policy Open Forum

4:00-6:00 p.m.
DUC Theater

Wednesday, November 14

4:00pm to 6:00pm

Dreyfus University Center Theater

YOUR CAMPUS

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OPEN FORUM



Farmer Tribute Dinner Celebrates Community

AARON KRISH

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Community members of Portage County gathered at Bernard's County Inn Restaurant on Saturday to celebrate and support the products and food of local farmers at the annual Farmer Tribute Dinner.

The Central Rivers Farmshed and UWSP's Sustainable Agriculture in Communities Society (SACS) collaborated to organize the dinner, which was completely open to the public. All the proceeds went toward the 2013 Central Wisconsin Farm Fresh Atlas. Joelle Groshek, Food System Coordinator for Farmshed, helped to organize the event.

"This is the fifth annual dinner Farmshed has hosted. Everything for tonight is purchased locally from the farmers, and when the community purchases a ticket they help to pay

for the food and support their community," Groshek said.

The dinner is meant to promote community and local products, which is exactly what Farmshed stands for in general. It aims to educate and offer the community opportunities to support food supplied by farmers in Central Wisconsin. Torri Bradley, Educational Director of Farmshed, explains what this means to the community.

"The tribute dinner is a chance for the community to come together and recognize the effort that farmers put into their crop over the last season," Bradley said. "Guests have the opportunity to eat the food grown locally and then have the chance to have a conversation with the farmers who grew what they are eating."

The night was dedicated to the farmers. While the farmers provided all the food, their crop was not

the only thing to be displayed and enjoyed over the course of the night. The dinner also featured a silent auction with many products donated by farmers who do not raise crops. Janice Becker raises sheep at Kimmet Croft Fiber and donated yarn to the event.

"My grandmother taught me how to work with yarn when I was young, and in 1973 I decided I wanted to create my own quality yarns and raise sheep," Becker said. "This is a chance to get recognition and celebrate farming in Central Wisconsin."

Editor of SCENE newspaper, Joy Grimes, simply came to the dinner to support her friends who own farms and the cause they strive for in the community.

"Sustainable agriculture is great for this community," Grimes said. "I have friends with different farms here tonight, and I am here to eat

some great food and meet some new people."

The highlight of the night and what Groshek was most excited for was the tribute video that was compiled to feature the farmers and their thoughts about what they do.

Farmers were asked four questions to answer in the video: What is your mission? Why do you farm and face the challenges that it brings? What does community mean to you? How do you incorporate this into your business?

"11 farms contributed to the video, and 22 farms overall participated in tonight's event," Groshek said. "The message of tonight is to show what farming and sustainability is all about, especially talking to the farmers. They are the backbone of this community."

Why Are We All So Sick?

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You have a date with the library, so you grab a Poptart as you quickly scramble to get everything together and run out the door.

Once you return from cramming what seems like five years worth of material into your brain, those monsters in your belly start rumbling and tell you that it is time to eat again. Lucky Charms it is!

Many students find themselves repeatedly eating these quick and convenient meals once the semester gets rough and midterms roll around. However, this mixture of quick meals and overwhelming stress is the perfect recipe for a snotty nose.

Good nutrition can reduce the risk of developing an illness, like a cold. Antioxidants and phytonutrients in vegetables, fruits and whole grains can boost the immune system, so eating approximately seven servings of fruits and vegetables a day may reduce the risk of developing a cold.

Instead of skipping class because of a runny nose, keeping healthy allows you to attend your classes and possibly score higher on that next exam than you would have if you had to miss lecture.

Besides our frightening eating habits, stress shadows our every move as we attempt to balance school and work. Although stress can work as a motivator for us to get things done, there is nothing good to be said about too much stress.

Have you ever noticed yourself carrying around a box of Kleenex the week after finals? How about over winter or spring break? I give you full permission to blame that on stress. When we surround ourselves with stressful situations, our bodies release

a hormone called cortisol. Cortisol decreases the production of cells that fight off viruses and leaves our bodies more prone to developing illness.

When we allow stress to get the best of us and neglect to supply our bodies with the proper nutrients, the outcome is usually a bowl of chicken noodle soup and a pile of moist Kleenexes.

More often than not, you won't catch a virus solely because that girl sneezed behind you in class; chances are it's because she sneezed on you the morning after you spent all night cramming for an exam and you weren't providing your body with the proper nutrients to build cells that fight off viruses and infections.

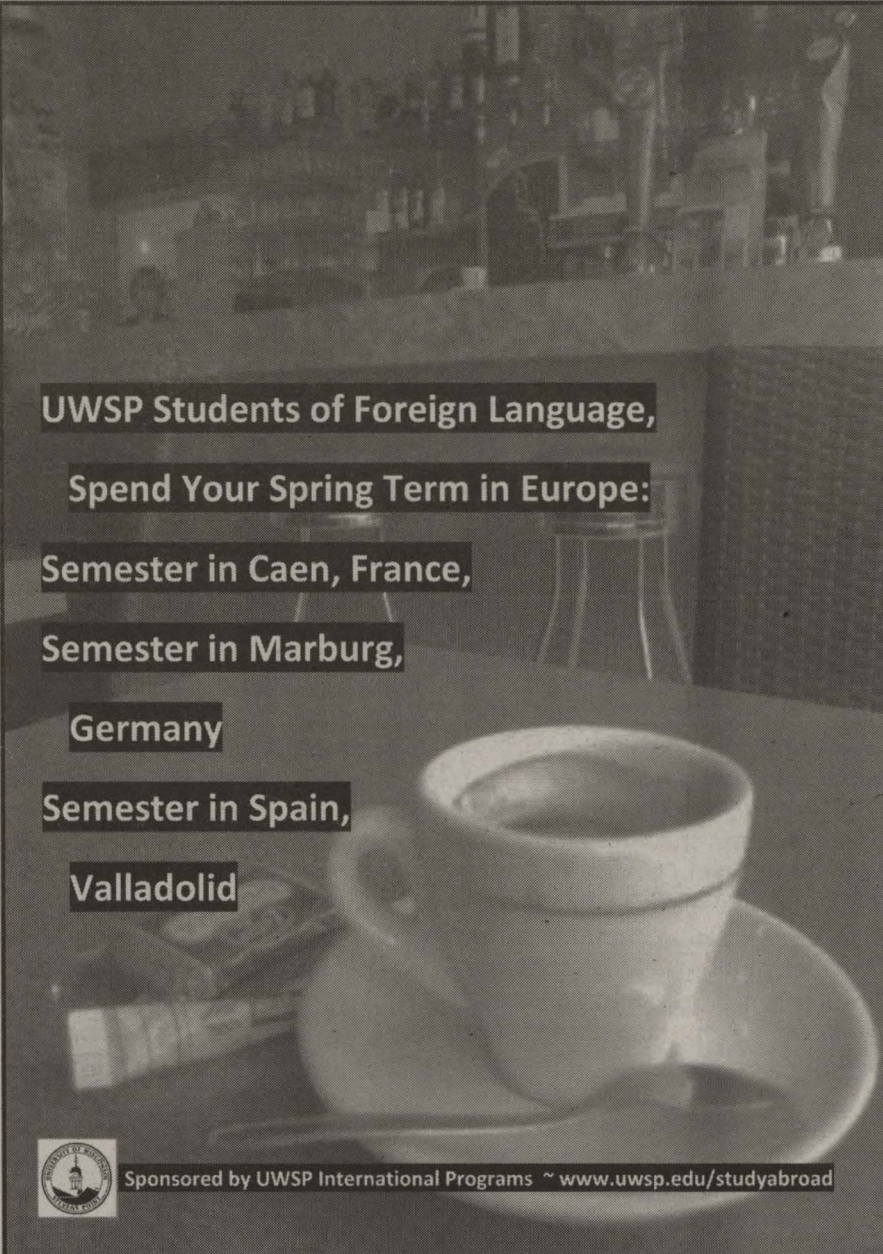
The easy answer: eat like an Olympian. Consume the daily recommended amount of vegetables, fruits, grains, dairy and protein while avoiding stress at all times. Easier said than done, right?

So why don't we all eat like Olympians? Plain and simple - we are college students struggling to fork out the cash that provides us shelter on top of the tuition bills. Spending six dollars on a box of quinoa sounds absurd when a pack of hot dogs only costs two dollars.

Also, it's much quicker to grab a bowl of cereal or a granola bar when you're running out the door to class, practice, meetings and everything else. For many, it is difficult to find enough time in the average school day to cook nutritious meals.

And why don't we avoid stress? We can't control the situations around us. However, we can control whether or not we perceive a situation to be stressful, and we can find healthy ways to manage our stress.

Although it may seem impossible, stay healthy and stay in class, folks.



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Candlelight Hike Festival

RACHEL PUKALL

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The community Candlelight Hike Festival took place on Nov. 2 at Schmeckle Reserve and brought in a record turnout of 900 participants, including students from campus and families from the community.

The semiannual festival has been held every fall and spring since the winter of 2005 and is free for the public to attend.

Megan Espe, the graduate assistant at Schmeckle Reserve, helped organize the event.

"The event takes several weeks to prepare for. We choose the event theme, design posters, market the event, gather supplies and buy food. The students in the practicum course write their program script, make their own costumes and rehearse many times. It all pays off during the main event," Espe said.

The event is put on by Schmeckle Reserve staff and volunteers. Schmeckle Reserve employs 45 to 50 work-study employees every semester. The maintenance staff puts out the torches and pumpkins on the trails, keeps the campfire going and directs parking. The office staff greets people in the visitor center, where they offer free snacks such as hot chocolate and popcorn, and tells them about the evening's activities.

CNR students in the environmental education and interpretation practicum plan out and present the character campfire program and discovery stations.

"The event includes one-mile and half-mile torch-lit trails that weave through the woods and wetlands. For the fall hike, Schmeckle student employees carved creative designs into dozens of pumpkins, and the lit jack-o'-lanterns were placed along the trails," Espe said.

Part of Schmeckle Reserve's mission is to serve the recreational needs of the campus and community, and the Candlelight Hike Festival is an excellent way to do that.

Another part of Schmeckle's mission is to provide education to the community focusing on the natural and cultural history of central Wisconsin. The Candlelight Hike Festivals provide opportunities for visitors to learn about the natural world around them based on a theme.

"It's a neat opportunity for visitors to walk torch-lit trails at night, and it's a very popular event for families, with something for everyone to enjoy. It's also a great opportunity for the students working and volunteering during the event to interact with youngsters and parents and others from the community," Espe said.

Every Candlelight Hike Festival has a different theme. This fall's theme was "night skies."

Twice during the evening, students in the environmental education and interpretation practicum course presented a half-hour character program at the campfire ring. The students dressed up as stars, planets and constellations for the campfire program. They also had star and moon-shaped cookies for kids to decorate, comet and constellation crafts, an astronaut training discovery station, and a telescope for visitors to look through, assisted by UWSP astronomy students.

"The Candlelight Hike Festival is such a fun event because so many students, either employees or volunteers, all pitch in to make it happen. It's impossible to not have a great time while painting kids' faces, helping them decorate cookies, playing a character at a campfire program or walking the lit trails," Espe said.



Photos by Jim Buchholz

TOP: Visitors arrived for the Candlelight Hike Festival on Nov. 2 at Schmeckle Reserve. The event featured trails lit by jack-o'-lanterns and torches.

BOTTOM: Students in the environmental education and interpretation practicum presented a campfire program at the Nov. 2 Candlelight Hike Festival at Schmeckle Reserve.

Protective Services Prepares Student Employees

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Protective Services is the University of Wisconsin-Stevens Point's law enforcement branch that focuses on the safety and protection of students and faculty, as well as the Stevens Point community as a whole.

Along with providing emergency assistance and other services around campus, Protective Services is an important asset for UWSP students pursuing a career in law enforcement-related fields.

Ryan Schwobe, a senior philosophy major, has been working for Protective Services for three semesters as a student services cadet. His responsibilities include working the dispatch, operating Campus Cab and patrolling campus. Schwobe said

that working for Protective Services has helped prepare him for a career as a multi-cultural diversity director.

"It was a job at the time, but I wanted to work with people so it allowed me to do that," Schwobe said. "You get to know a lot of different types of people from the community by having random conversations with people you've never met before. I really like that."

Junior resource management: environmental law enforcement major Mike VanOfferen has been working for Protective Services as a student services officer for one and a half semesters and agreed with Schwobe that the job of a cadet will help him in his eventual job as a natural park ranger.

"I learned a lot from this job. How to contact people and how to

take a hold of a situation and keep people calm and nice and organized while we're still talking to them," VanOfferen said.

Senior Ethan Purkapile, who has been working for Protective Services for a year and half, said that he believed his job as a cadet would be very important in preparing him for a career working in abnormal psychology and mental health fields.

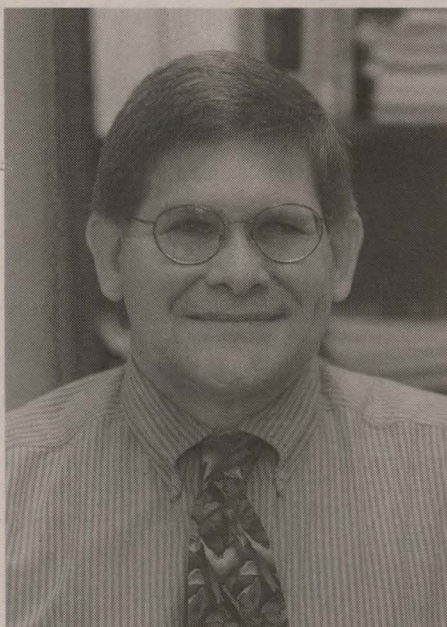
"I really enjoy getting to learn from the law enforcement agents on staff so I can learn what to do, such as basic ways to go about speaking to people and portraying the department in a positive light," Purkapile said. "In police work you really do a bunch of everything, all relating to different types of people. Our campus is relatively diverse. It's good to know people's living issues."

Sarah McQueen, who has worked for Protective Services for almost two years, said that her job as a cadet will help her utilize her three degrees in English, communication and international studies. McQueen hopes to use her experience at UWSP and her job as a cadet to prepare for a job as a foreign correspondent journalist working in combat areas.

"I learned how to de-escalate a situation and bring the anxiety down. We have to be extremely flexible in dealing with different situations and be able to think on our feet," McQueen said.

All four students cited working with the Stevens Point community and interacting with the UWSP students and faculty as the biggest perks of working for Protective Services.

OPINIONS



STEVE HILL

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COMMENTARY

What's the cost of tobacco? It's hard to tell exactly, but I see plenty of indicators.

When I had virus-related bronchitis last year, even a little

secondhand smoke, inhaled on the way to class, could set off 10, 15 or even 30 minutes of intermittent hacking, often when I tried to lead class discussion or explain assignments. What's the cost for me and my students?

Not as much as the \$98,000 in cancer-related medical bills received by my stepfather, Walt, since a softball-sized growth was found at the bottom of his esophagus. It has mystified a large team of doctors, and Walt has eaten little food for two years. But we know it was cancerous, that it had spread a bit, and that the bizarre casing around the cancer that kept Walt from eating also may have saved his life. Walt, a reformed smoker, is certain tobacco didn't help him.

Wheezing through class isn't as expensive as the shots my son Sam, now 9, received as an infant. Born seven weeks premature, he spent his initial months sheltered because of respiratory vulnerabilities. Multiple injections at more than \$1,000 each helped him ward off respiratory syncytial virus.

Walt's share of the huge medical bills has been exactly zero because of his insurance. Our share of more than \$50,000 in birth-related bills was barely over \$500. For those reduced costs, my family and I thank each person reading this.

We all foot the bill. UWSP's state employees certainly need no lessons on who pays for insurance.

Money isn't the entire equation. The diminished quality of Walt's life and the sleepless nights we spent when my son's heart and breathing monitor constantly went off are events we wish on no one.

We all know these costs. Whose circle of friends and family hasn't been affected severely by tobacco? The facts are staggering: at least \$4.5 billion in health-related costs in Wisconsin annually with clear ties between tobacco and the six major causes of death in the U.S.

There's no question about tobacco's harm. Yet we hesitate.

On Nov. 14, the SGA and others are sponsoring an open forum from 4-6 p.m. in the DUC Theater for all to speak about campus tobacco policy.

The SGA has asserted that it would like to be done with this issue.

I believe that leaves us with one choice: a tobacco-free campus. If we banned it tomorrow, we'd be the 58th to do so in Wisconsin alone - unimpressive for a campus that prides itself on being a healthy, sustainable community.

The train barrels on, but we're not riding.

In May, the faculty senate refused to endorse even the idea of a referendum on tobacco. As a senator, I'm ashamed for not speaking up then. I immediately joined a campus-wide ad-hoc committee backed by Spark, an American Lung Association-affiliated effort whose goal is to rid campuses of tobacco.

I can't speak for my fellow committee members, but I've realized the costs of my inaction are too great. I'll be at the forum. And if it fails to help us reach our goal, I'll remember that speaking out, again and again, is among the least expensive of my worries.

Irony in Germany

ANTHONY MEIER

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COMMENTARY

Greetings once again from Poland! Today's small life lesson actually comes from Berlin. For those that don't know, during the Poland trip, we get a week off to travel anywhere we choose. My friend Nate and I chose to visit Berlin during that time. It was an amazing trip, with not enough days and hours to do everything you would want in the

city. The free tours, the museums, the historic sights, the beer, all were incredible. However, this particular story comes from the end of the trip.

We were on our way back to the bus station, to go back to Poland, when the tram inspector came onboard. He wanted to see everyone's tickets, so we produced ours. It turns out that we had been buying the wrong tickets the whole time. We tried to explain that we didn't realize the mistake, but he wouldn't listen. Instead, he fined us 40 euro and sent us on our way.

It's worth mentioning that we had been penny pinching as much as possible during the trip. No fancy meals, no insane souvenirs, bus instead of plane to get there, all that. So, to cap all that off with a fine was incredibly ironic. Not so long ago, I would have been mad, or at least frustrated. Instead, I looked at the ticket, and just laughed. It was perfectly awful. Study abroad can be a very difficult time, and very frustrating. Yet during it, I've learned to better cope with problems and how

to make the most of them. Laughter is certainly better than anger.

To make the most of it, I'm writing this article to tell the world my silly story and so hopefully others learn from my mistake. Remember, if you're ever in Berlin, unlike almost everywhere else in Europe, you don't get a student discount on tickets. Enjoy those free life lessons courtesy of the study abroad program.

PHOTO OF THE WEEK



Photo by Nathanael Enwald

The Full Moon.

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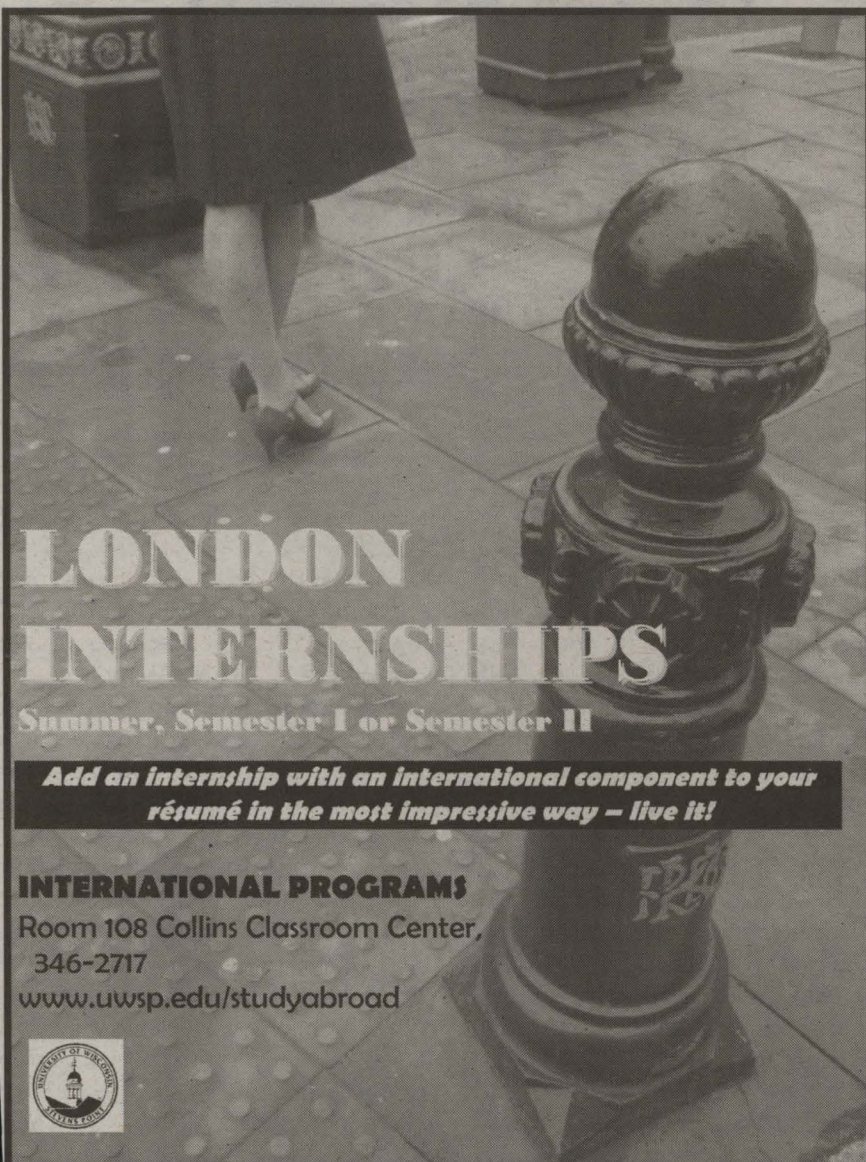
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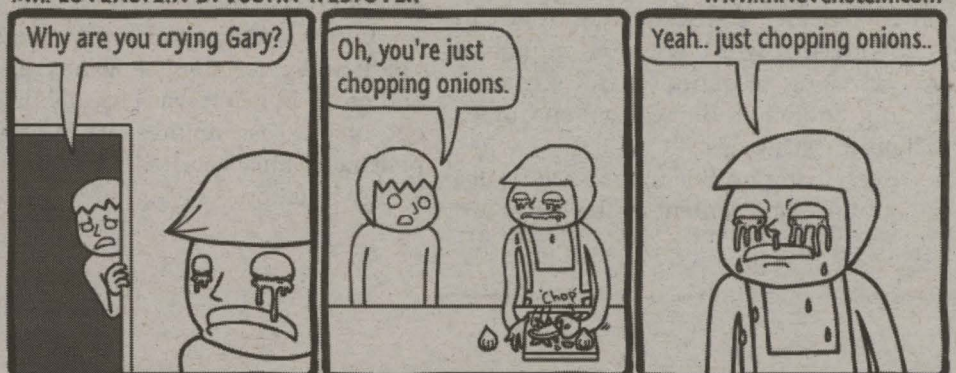
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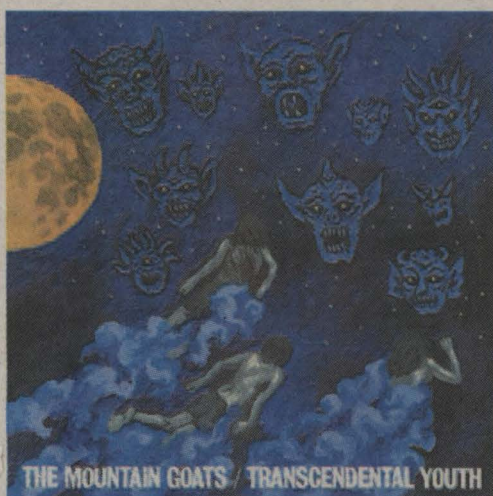
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EARLIER THAT DAY..



BROUGHT TO YOU BY:

The Mountain Goats - *Transcendental Youth*

MITCHEL DE SANTIS
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90FM ALBUM REVIEW

According to the Merriam-Webster Dictionary, the definition of empathy is the action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experience of another of either the past or present without having the feelings, thoughts, and experience fully communicated in an objectively explicit manner. If having to describe The Mountain Goats' newest release, *Transcendental Youth* in one word, that word would be empathetic. Each song recounts several scenarios of drug addiction, depression, and other serious life struggles.

Every song on this album is lyrically penetrating. The content of the songs are

rather weepy but with a pinch of positive insight sprinkled throughout the tracks, the songs tend to end with hope for the future. For example in the number entitled "Harlem Roulette," we as the listener are presented with the lines, "The loneliest people in the whole wide world are the ones you're never going to see again." If you are anything like myself you had to sigh after reading those lyrics that is some really deep shit. Later in the song we are inspired with "Every dream's a good dream, even awful dreams are good dreams, if you're doing it right." Thank god, I feel a little better now.

The four-minute track and my personal favorite song denominated "Lakeside View Apartments Suite," seems to portray the tale of a drug addict locked in what seems to be a beautiful world. The story is rather melancholic, however the actual sound of the song is rather beautiful. Piano driven and vocally the song glides into what some would call "bliss."

Overall the sound of the album as a whole seems to reflect the content of the lyrics, some of the songs are rather doleful, where others pick you up and are rather optimistic. Much like the character of Hannah Montana, this album lives the best of both worlds.

Lyric upon lyric, *Transcendental Youth* was everything I wanted it to be and more. In fact it was lyrically probably one of the best albums I've indulged in personally this year. It is a gem in 90FM's Heavy Rotation.

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Two Gallants - *The Bloom and the Blight*

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90FM ALBUM REVIEW

Alright all you rockers out there, have I got a album for you this week! It comes from a two piece southern/blues rock band named Two Gallants and the name of the album is "The Bloom and the Blight." This is Two Gallants' fourth full length album, and it has already been put on my list of favorite albums of the year. As the first release in five years from the San Francisco native band, it seems they have put their time to good use. Besides being awesome musicians and knowing how to rock out, these guys are putting their own mark on the southern rock scene by subtly including elements from prog-rock into the mix. Think White Stripes or The Black Keys, but with complex

rhythms, very technical and fluid guitar riffs, as well as a somewhat discordant sound coming from non-traditional chord progressions. With some prog stuff it can sound like they are trying too hard, but that definitely isn't the case with Two Gallants. On top of rocking out they also wander into the acoustic realm for a good chunk of their music which brings out the folk style of their sound. Overall their sound is refreshing and new, while still fitting into the genre set by bands such as The Black Keys.

Now for the album itself. My picks for top tracks have to be "Halcyon Days", "Ride Away", and "Winter's Youth". "Halcyon Days" is the first track of the album and it

takes off right away into an in-your-face sound. The passion in the lead singers voice will send shivers down your spine. "Ride Away" is my favorite track. Switching between a wall of sound and ethereal sounds this song will draw you in, then you will stay for the amazing drum and guitar solos. "Winter's Youth" showcases a little more of their more folk side. You'll hear a bit of Mumford and Sons initially with the acoustic guitar and raw, simple vocals, but then you will be blown off your feet when the electric guitar and drums come in for the chorus. These are just a few tracks off this overall impressive album, "The Bloom and the Gloom" by Two Gallants.