

the pointer

University of Wisconsin - Stevens Point

November 29, 2012

pointeronline.uwsp.edu

Volume 57 | Issue 12



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961 Frowns on 420

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As everyone knows, the use of marijuana is illegal in Wisconsin, and those caught with it will face consequences. But what are those consequences, and are they any worse for students caught with this substance on a college campus?

The University of Wisconsin - Stevens Point follows the state law, which states that possession of marijuana, or any drug paraphernalia, is a violation of the law. Drug paraphernalia is defined in chapter 961.571 of Wisconsin legislature as all materials of any kind that are used or could be used in any connection to a controlled substance. The statute further states that an individual may be fined up to \$500 and or be put in jail for up to 30 days for the possession of drug paraphernalia.

Students who are caught with marijuana in the residence halls will most likely suffer consequences. The Residential Living's drug policy states that the university will deal, in a serious manner, with any student who is involved in the use, possession or sale of illegal drugs or drug paraphernalia.

"We don't have anything that is set, like this automatically equals this, but if marijuana is found, Protective Services is brought in immediately, so there might be some legal ramifications. Typically, there might be some probation and education as well," said Kirsten Hoffenberger, who is the coordinator for Student Rights and Affairs.

If Protective Services is called, they speak with the student or students who are suspected of possessing marijuana to determine whether or

not they are in possession. If the officer has probable cause to believe that a student has marijuana, that officer is allowed to conduct a search and seizure. A search and seizure can include a search of personal items such as bags, vehicles or rooms. Probable cause to believe a student might be in possession can include visible smoke, smoke which smells different than that of a cigarette or paraphernalia such as a pipe.

The penalties for being caught with marijuana vary, depending on the amount of substance found, prior offences and even the cooperation of the offender. If it appears someone has the intent to distribute the drug, they may be charged with a felony. If it is a first-time offence and only minimal substance is found, a person might get away with as little as a \$200 citation and no mandatory court date.

Students who are caught using marijuana in their vehicles may face greater consequences than if they are caught in their rooms or elsewhere on campus. Although it may seem like a private place, it is also highly visible, and anyone caught sitting behind the wheel, showing signs of impairment or having any levels of substance in their blood stream can be charged with operating while intoxicated. In a situation like that, a student could get a citation for possession as well as an OWI (Operating While Intoxicated).

For students who wish to talk to someone about any kind of drug, tobacco, or alcohol use, they can obtain peer assistance and education through the Student Health Promotion Office. Further details on the laws regarding drug possession can be found online in chapter 961 of the Wisconsin Legislative documents.

PROTECTIVE SERVICES REPORT

November 24th

6:16 p.m. - A caller reported to Protective Services that a group of students in the NFAC who were possibly consuming alcohol in the Ceramics room. Officers were sent to investigate.

4:02 p.m. - The fire alarm for room 13 in the Knutzen Hall basement was triggered and officers who arrived on the scene reported that the room was covered in a mysterious vapor and visibility was low. The Stevens Point Fire Department was called.

November 21st

11:38 a.m. - Faculty services called in to report that they had found a locked safe in a dumpster behind the HEC building.

November 20th

4:45 a.m. - The Stevens Point Police Department called Protective Services about a female student listed in Watson hall was missing.

November 18th

10:09 p.m. - The staff from May Roach Hall called after he was informed of the possibility that a group of students going to smoke marijuana outside of the Allen Center from a bong or hookah.

2:43 p.m. - A report that two males both carrying hack saws were attempting to cut through bike locks on the east side of Debot.

2:32 p.m. - A caller complained to PS that someone was walking a large black lab without a leash by the TNR.

7:59 a.m. - Maintenance reported that there was a strobe light going off in the kitchen of Pray Sims Hall and requested an officer to make sure it wasn't in fact an alarm.

12:58 a.m. - Two individuals were sopped in parking lot P for messing with the fuel door on a vehicle.

THE POINTER

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The Pointer is printed Thursdays during the academic year with a circulation of 2,500 copies. The paper is free to all tuition-paying students. Non-student subscription price is \$10 per academic year.

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.

Letters to the editor and all other material submitted to *The Pointer* becomes the property of *The Pointer*.



Popularity of Facebook Dwindling

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Since Facebook's skyrocket to success eight years ago the social media juggernaut has been losing its foothold on the popularity it once had among the 18-25 year old demographic.

Part of this negative trend in Facebook's popularity is due to older relatives. Kyle Lenard, a freshman at the University of Wisconsin - Stevens Point, says that both of his parents have Facebook.

"It bothers me sometimes because I feel like I can't have an online private life. I never post statuses or pictures my parents wouldn't want me to because I know they would see them," Lenard said.

Lenard admits that it is an easy way to stay connected while away from home, but at the same time it can be a nuisance.

"It's nice to communicate when I'm at college and an easy way to keep in touch, but I absolutely hate it when they comment on pictures or the few statuses I do have," Lenard said.

Jess Brito, a junior majoring in education, does not mind the fact that her fiancé's mother has a Facebook profile.

"It doesn't bother me that parents have Facebook. I think as we get older we become closer to our parents because they begin to accept our 'college behavior.' I usually don't even think about it before I post things, although I do refrain from cussing or posting negative things because I am friends with my pastor," Brito said.

Brito also likes being able to share photos on Facebook to show family.

"I think communicating with them through Facebook is useful. Sharing photos, videos and statuses is fun and a way to engage our parents in technology," Brito said.

Brito says that there really is not anything on Facebook that she would not want her parents to see.

"I feel like the age I am is the age where everything is out in the open with parents. They know what it was like to be our age, and they accept it. I think by letting them view your Facebook it creates a trust with them. They can see what you're up to and assure themselves that you are having safe fun. It's a way to build onto the relationship we have with our parents," Brito said.

Although Brito does not have a problem with parents and relatives viewing her Facebook, she does admit that it can get aggravating at times and can understand why others would be against it.

"Sometimes relatives find it necessary to comment on everything, and it does get annoying, but for the most part, in my family I have not had this issue," Brito said.

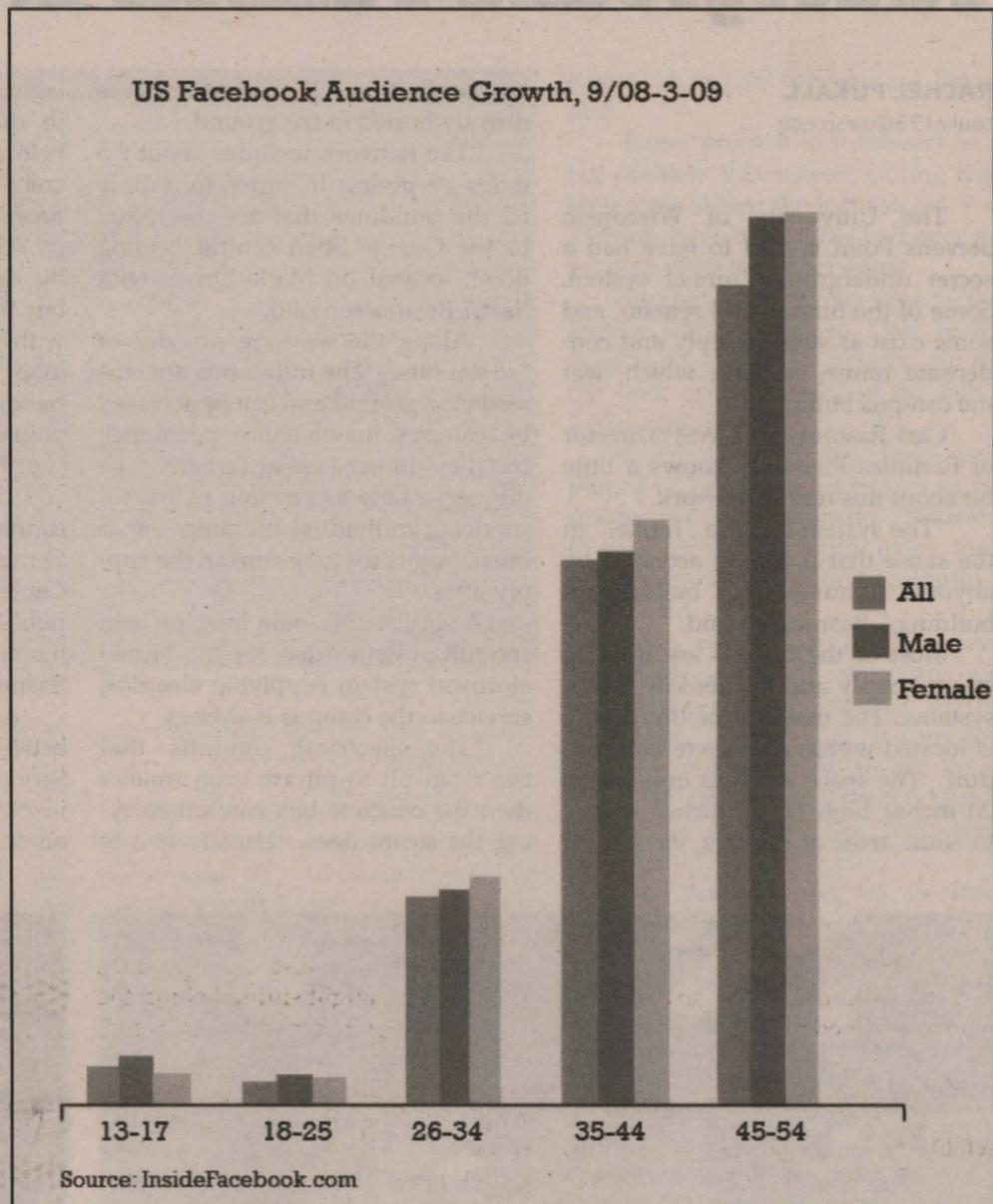
Danielle Arndt, a senior majoring in healthcare administration, does not mind at all that her mom and aunts have Facebook profiles.

"It doesn't bother me when my relatives comment on my photos or my statuses. I have nothing to hide," Arndt said.

Older relatives may not be a bother for most users, but the commercialism of Facebook as a corporation is causing skepticism. On Sept. 6 of this year, Facebook purchased competitor Instagram for \$1 billion in cash and stock.

The reason why is not because Facebook needs users, as it currently

US Facebook Audience Growth, 9/08-3-09



Graph by Samantha Feld

The biggest growth in new users of Facebook over has come amongst users 35-44. Over 4 million more US women 35-44 and nearly 3 million more US men 35-44 joined Facebook in March 2009 compared to September 2008.

has well over 800 million profiles. It seems to be because Instagram, a mobile-based social platform, has been growing rapidly in popularity since its introduction in October of 2010.

Before the acquisition, Instagram was comprised of 13 employees and was offered as a free app, created

not for profit. It claimed no rights over any content—including any text, files, images, photos, video, sounds, musical works, etc—according to the Instagram website, and had strict privacy and usage policies. It now belongs to Facebook, which has been criticized as having unclear and vague privacy policies.

A Full Plate for Lame Duck Congress

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President Barack Obama and the 112th Congress have begun work on preventing the United States from reaching the fiscal cliff.

The fiscal cliff is an automatic reduction in the United States budget deficit beginning in 2013 that was part of a compromise enacted to resolve the public debt ceiling crisis in 2011. The Congressional Budget Office has warned that without action, the fiscal cliff could move the U.S. economy into a recession.

If Congress fails to reach an agreement, Bush-era tax cuts will expire along with across-the-board spending cuts to domestic and defense funding. President Obama's temporary 2 percent payroll tax break will also expire. There would be about \$500 billion worth of tax increases and \$109 billion in government spending cuts that would all start on Jan. 2, 2013.

President Obama is pushing for a bipartisan solution, calling for an increase in taxes on those making over \$250,000 per year in order to increase revenue, coupled with targeted cuts to discretionary programs.

Republican House Speaker John Boehner has stated that any plan including an increase in taxes would not be considered with the closing of tax loopholes as the only acceptable way to raise revenue.

Some GOP legislators have broken with House Speaker Boehner's position, even speaking out against anti-tax activist and lobbyist Grover Norquist's taxpayer protection pledge that requires the opposition to any net income tax increases, regardless of the circumstance.

Republican Senator Lindsey Graham of South Carolina and Republican Senator Saxby Chambliss

of Georgia have both said they would consider an increase in taxes to raise revenue.

"I care more about my country than I do about a 20-year-old pledge," Chambliss said to Georgia's WMAZ radio station. "If we do it Norquist's way then we'll continue in debt, and I just have a disagreement with him about that."

Democratic Senator Harry Reid stated that once the fiscal cliff was avoided, reforms to filibuster rules in the Senate and immigration reform would be high priority for next year's Congress.

Underground Tunnels at UWSP

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The University of Wisconsin Stevens Point is said to have had a secret underground tunnel system. Some of the tunnels still remain, and some exist as steam supply and condensate return systems, which heat the campus buildings.

Carl Rasmussen, UWSP Director of Facilities Planning, knows a little bit about this tunnel network.

"The system is not a 'tunnel' in the sense that it can be accessed by anyone to travel from building to building," Rasmussen said.

Most of the tunnels are used as steam supply and condensate return systems. The majority of the piping is located within a concrete box conduit. The space inside is only about 20 inches high by 28 inches across. In some areas of campus, there is no

box conduit, and the steam lines are directly buried in the ground.

"The network includes about 2.5 miles of piping in order to supply all the buildings that are connected to the George Stien central heating plant, located on Maria Drive, with heat," Rasmussen said.

Along the way are a series of "steam pits." The utility pits are buried belowground and can be accessed by campus maintenance personnel, but they do not lead anywhere. The pits serve only as junction points for servicing individual buildings or as break points for long runs in the supply lines.

A similar two-mile long pit and conduit system exists for the buried electrical system supplying electrical service to the campus buildings.

"The electrical conduits that run from pit to pit are even smaller than the concrete box conduit carrying the steam lines. Usually two to

eight pipes, about four to eight inches in diameter, are buried three feet belowground and encased in concrete to protect them from damage," Rasmussen said.

These pits can also be accessed by campus maintenance personnel, but they do not lead anywhere. As with steam, the pits serve only as loop points for serving individual buildings, or as inspection and pull points for long runs in the electrical supply lines.

"There is one true tunnel that connects the Park Student Services Center with the Dreyfus University Center. This tunnel is open to the public and can be used during the hours that the buildings are open," Rasmussen said.

Another tunnel once existed between Old Main and the Student Services Center, but it was removed in 1979 when former wing additions on the east and west sides of Old

Main were torn down.

"A small remnant, only a few feet long, was retained as a small storage closet for the Student Services Center," Rasmussen said.

A few interior service tunnels also exist within the Science, Health Enhancement, and Noel Fine Arts buildings. They are there mainly to route utility pipes and move air within the buildings that do not include basements in their construction.

A small coal storage bunker also still remains under the parking lot near Old Main, from the days when coal was burned at a small central heating plant before it was relocated north to Maria Drive.

"The bunker now serves mainly for routing electrical, communications and steam supply lines and occasional temporary storage," Rasmussen said.



Photos by Samantha Feld

University of Wisconsin - Stevens Point memorabilia lines the walls of the tunnel that connects the Dreyfus University Center to the Student Services Building

Lack of Communication at SPTV

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The University of Wisconsin Stevens Point student television station, SPTV, is creating a new sitcom that will premiere sometime in the spring semester of 2013.

Student Eric Zahn, a news producer for SPTV, got the idea for "Lack of Communication" from a short film some students had created for a class.

"The project followed the relationship between SPTV and 90FM and their continued miscommunica-

tion as student organizations," Zahn said. "I decided I wanted to create a show that was in the same vein as that, but it would focus only on the SPTV aspect."

The show would use the SPTV office and studio space located in the Communication Arts Center for a set, with students' homes providing backdrops for the comedy as well.

All the characters that will be portrayed in the show are members of SPTV.

"We all play exaggerated fictional versions of ourselves. Acting comes

a little easier when we're portraying ourselves. At SPTV, we're really all just a bunch of characters and we mesh together well as a group."

Zahn said that he drew inspiration from *The Office*, a workplace television show with quirky characters.

"It's a great example of an ensemble comedy that works because of its well-rounded cast. Another show that inspires me is *Community*," Zahn said. "The writing on *Community* is incredibly clever and quick paced; they're able to fire joke after joke at

you. The pop culture references are great as well."

Zahn has written two episodes so far and has ideas for a few more.

"There are some great stories planned for the series in the future that include things like power moves made at the managerial end of SPTV and a support group that gets out of control. I'm really excited for that one to come to fruition," Zahn said.

SPTV can be streamed online at www.uwsp.edu/stuorg/stv or on cable channels 98 and 983.

Women's Basketball Looks to Bounce Back

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After a short stint as the number-one team in Division III women's basketball, the University of Wisconsin-Stevens Point women's basketball team hit their first snag of the season.

The Pointers were a perfect 3-0 heading into a game against the University of St. Thomas on Sunday. After holding a halftime lead, UWSP fell to St. Thomas, 73-70.

Despite the loss, the 3-1 Pointers are still ranked third in the country. Head coach Shirley Egner is not pleased with how her team handled the St. Thomas game.

"I'm obviously disappointed with the productivity and our passion versus the outcome against St. Thomas," Egner said. "We believe that if we play to our ability, we'll be a tough out, and we just didn't play to our ability, and we're still a tough out. I think that's what makes it sting a little bit more."

One thing that Egner cannot complain about is the offensive production from senior guard Sam Barber.

"Offensively, she is a machine," Egner said. "It's incredible the numbers that she's put up against quality opponents we've played



Photo by Jack McLaughlin

The University of Wisconsin - Stevens Point women's basketball team defeated Marian University 68-19 Tuesday evening.

against."

Barber is averaging a team best 21.8 points per game. Barber also leads the team in rebounds with 5.8 per game.

"She's definitely a kid that can create her own shot, but I'd like her to have that same effort on the defensive side of the ball and help us rebound a little more," Egner said. "She's got the offensive skill set. We just need her to have that on the defensive end of the ball."

Egner explained that the team did have some bright spots so far this season. "For the most part, we've played together, and we've shot the ball well," Edger said.

The offensive output of the Pointers is one of their strengths. UWSP has averaged more than 71 points per game this season.

But according to Egner, the weaknesses of the team have outweighed their strengths. "It's a lot easier for me to tell you the things we

haven't done well this season," Egner said.

Egner pointed to turnovers as a big problem this season, stating that they were killing the team so far. The Pointers have turned the ball over an average of 19 times per game.

Another issue, Egner says, is the team's communication. "We really need to be a more vocal team out on the floor on both sides of the ball," Egner said.

When asked if the team had played to Egner's expectations so far the answer was simple: no. "We need to have competitive spirit every time we step on the floor for 40 minutes," Egner said.

"This really can be a special basketball team if we can get everything coming together at the right time," Egner said. "It's my job and my assistants' job to get those pieces all interlocked so when March comes we're just that well-oiled machine."

The Pointers are set to start conference play this weekend when they travel to the University of Wisconsin-Superior to face a tough Yellowjackets team.

"It will be interesting to see how this team bounces back from a loss," Egner said. "Superior will be a tough game for us on the road. I'm looking forward to the challenge."

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THIS WEEK IN SPORTS

with Gus Merwin

<p>The University of Wisconsin-Stevens Point wrestling team defeated UW-Oshkosh Tuesday, 32-10. The Pointers travel to UW-La Crosse Saturday for the Cadlewood Suites Duals.</p>	<p>Coming off their first tie of the season, men's hockey travels to UW-Eau Claire Friday to start a two day dual against the Blugolds. Game one starts at 7 p.m.</p>
<p>WIAC Athlete of the Week Tyler Tillema leads the men's basketball team Saturday against UW-Superior, tipoff at 3 p.m.</p>	<p>The men's and women's swimming and diving team heads to Illinois for the Wheaton Invitational Friday and Saturday.</p>

Strong Start for Women's Hockey

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After only winning 13 games last season, the University of Wisconsin-Stevens Point women's hockey team already has five wins for this young season.

The Pointers currently hold a record of 5-1-2, including an undefeated conference record of 4-0-2.

"So far we've had a great start," said Head Coach Ann Ninnemann. "We've kind of eased into it. We haven't had our toughest competition yet, but it's coming up in the near future."

The Pointers are set to continue their tough conference schedule this weekend, when they travel to the University of Wisconsin-River Falls. The Falcons are undefeated at home this season.

"We've got some tough

games coming up this weekend," Ninnemann said. "River Falls will be the true test to see where we're at."

A major reason for the team's success so far has been the emergence of some new faces to the program.

"A lot of our new players, including nine freshmen, have definitely stepped up," Ninnemann said. "It's been great to see them come in and contribute because we are definitely going to need them."

Ninnemann explained that the team's top three lines have evened out their scoring this season. "It's unusual for a team to have three great powerful lines up front," Ninnemann said.

Besides the even scoring attack and new players stepping up, other facets of the game have also improved.

"Our goal tending has been



Photo by Jack McLaughlin

The University of Wisconsin-Stevens Point women's hockey team skated to a 1-1 tie against Lake Forest College Saturday afternoon.

a lot better this year than it has been in the past, along with our defense," Ninnemann said. "We've put the stress on defense, and we've become a defense-first team."

Stevens Point uses a goalie in committee style. Sophomores Janna Beilke-Skoug and Hillary Drake have both started multiple times in goal for the Pointers. Beilke-Skoug leads the team with 94 saves on the season.

UWSP is led in scoring by junior forwards Cassandra Salmen and Allie Tanzer, who both have a team high of seven goals. Salmen has also contributed four assists for a team high of 11 points.

Tanzer has also had a remarkable start to her season. Having only taken 14 shots on goal, Tanzer has made 50 percent of the shots she's taken.

Although Ninnemann is pleased with the team's

performance so far, she explained that there are always things to improve.

"Obviously we wish the loss and the two ties were a different story, but we've learned a lot of our lessons," Ninnemann said.

The main aspect of the game that Ninnemann described was that the team needs to become more consistent.

"There are times where we go out and have a good period, and then we'll come in and have a bad period or start slow," Ninnemann said. "It's about being consistent through an entire game and an entire weekend, just playing to the level we are capable of."

If the Pointers can become consistent, Ninnemann said that they are going to be a scary team to face. "We were picked to finish sixth or seventh in the conference. That's way below our expectations," Ninnemann said.



Photo by Jack McLaughlin

The University of Wisconsin-Stevens Point women's hockey team will travel to defending league champion UW-River Falls this weekend.

Best Facial Hair in Sports

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Facial hair exists for three reasons: to keep a man warm, to make a man look powerful, and to give those without facial hair something to revere.

You don't have to be an athlete to grow a beard. You could be sitting in a recliner with Old Style running down your whiskered chin and nacho cheese drizzled all over your shirt. However, it's obvious that if you are an athlete and you can grow a beard, you should. You might not win a championship, but you'll at least look cool.

Therefore, to cap off another successful No-Shave November, I would like to count down the starting

five of my own personal bearded band of brothers.

Hollywood Hulk Hogan: Hulkmania would have been a mere ripple, were it not for Hogan's trademark blonde horseshoe adorning his muscular upper lip. Even though there's been a significant drought on top of the Hulkster's head for quite some time, his mustache remains intact and ready for an atomic leg drop at the drop of a hat.

Rollie Fingers: In my opinion, the MOST iconic mustache in sports history. As a World Series champion, Cy Young winner and Milwaukee Brewer legend, Rollie Fingers stands atop the summit of Cool Mustache Mountain. The best thing about his textbook Captain Hook handlebar—it doesn't seem to be going anywhere soon. Fingers is so dedicated to his

mustache he turned down a contract with the Cincinnati Reds in 1986 because owner Marge Schott would have made him shave. "Tell her to shave her St. Bernard, and I'll shave my mustache," Fingers said. Bravo, sir.

James Harden: As a man who has sported a beard through all types of weather, I can attest to how rough it can get during hot, strenuous work. Maintaining a full beard during a grueling NBA season requires a man with strong moral character, and I believe James Harden is that man. He has gone from fuzzy sixth man in Oklahoma City to bearded star in Houston, and he hasn't forgotten what got him there: great basketball skills and excellent beard skills.

Brian Wilson: One of Major League Baseball's biggest personalities just so

happens to sport the MLB's biggest beard. While he has been plagued by the injury bug as of late, it hasn't changed who he is: an odd individual with a lush forest growing out of his face. Though Wilson sat out the majority of last season, he and his pet beard had a front row seat as his San Francisco Giants captured their second World Series championship in three years.

Brett Keisel: There are no words that do this beard justice. The Steelers' defensive end has transcended the title of "athlete" with the mane that engulfs his face. Leif Ericson, Zeus, Grizzly Adams: that is the kind of company Keisel is in with his beard. It is a masterpiece, plain and simple. We should all bow our heads to the majesty of this beard and to the man's man that dons it.

35 Years for Barney Street

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Barney Street, an anthology of prose, poetry, artwork and photography from University of Wisconsin-Stevens Point students, is now collecting submissions for its 35th annual publication for the University Writers.

Students are encouraged to submit up to three prose works, five poems, or five pieces of artwork. The organization usually receives over 100 submissions and narrows it down to a selection of 20 to 25 works that get published.

"We usually get a ton of good work here. We have lot of good artists on campus," said Andrea Wagner, co-president of Barney Street and an English major at UWSP. "Whether it is photography or artwork or poetry or prose, we usually get a lot of really good submissions, so it is an enjoyable process."

Barney Street had its first publication in 1978 and has been publishing student work ever since. It got its name from a street that was demolished in 1962, Barney Street. Barney Street—the actual street—only existed for 15 years before it was removed. The street was named after Barney Kostuchowski, a long-time citizen of Stevens Point.

Barney Street upholds many long-standing traditions such as only printing in black and white, including the cover. Wagner said that this may have started out due to printing costs but has turned into a tradition. The few times they strayed, once putting red on the cover and another time having a pick addition, people were displeased with the changes.

Another tradition ensures that the publication is always free. They have never charged for copies of the anthology because they want to keep the work available to the people of campus and the community.

One final tradition is making sure that the contributors always have full rights to their work. When an author or artist submits, they are never asked to give up the rights and will always have the option to publish again



Photo by Samantha Feld

Barney street Literary Magazine's reception in the Spring of 2011.

elsewhere if they wish to.

"We cherish the idea that your work is your own," Wagner said.

They are currently taking submissions for their 35th publication and will continue to do so until December 14. All submissions are read by the University Writers and judged anonymously.

"We go through and basically we look for good writing, things that are intriguing, new ideas," Wagner said. "We want things that kind of span new horizons that we haven't quite seen yet. We try to take everything into account and give everyone their fair judgment."

After the anthology is put together and printed, it is distributed at a launch party, usually held in April or May. The books are also handed out at the involvement fair and sometimes to professors who

like to have copies to keep or hand out to their students. Although the book is not widely distributed, it can act as a stepping stone to becoming a published author or artist, Wagner said.

"We are a small publication. We know we aren't the grandest. You're not going to get national recognition from this, but this does allow artists and writers to be able to say, 'I am a published author. I have done this.' And then from there they can go on to greater things," Wagner said.

Students who wish to submit to Barney Street can send submissions to barneyst@uwsp.edu until December 14. Rules for submitting and a submission form can be found on their website.

Stress!

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COMMENTARY

It's that time of year where students overcrowd the library, spend all their money on caffeinated drinks, and wear sweatpants everywhere. It's the end of the semester and everyone's stressed.

"Why am I stressed?" asked senior English education major Kristin Miller, "because my professors don't seem to think I should have a life outside of school."

This is a common problem among many students in the last few weeks of the semester. Junior communication major Monica Lenius echoed the sentiment.

"I'm stressed because my professors piled on homework all at the same time," Lenius said.

School, however, is just one stress factor for students.

"When I'm not stressing about school, I'm panicking about how to pay the rent," Miller said.

Students have figured out many ways to cope with stress through their years at the University of Wisconsin - Stevens Point.

"I go for jogs," Lenius said. "It gets rid of a lot of nervous energy that I usually build up when I'm stressed."

Stress is the body's response to a perceived threat to our physical, emotional, or spiritual well-being. Without those perceived threats we create, situations aren't recognized as stressful, so it's important to keep a positive attitude in order to minimize the amount of negative stress in our lives.

Easier said than done, right? After a long day of exams, homework you can't make sense of, and roommates getting on your last nerve, it seems impossible to stay optimistic knowing it will just start all over and repeat again tomorrow.

Some students find it helpful to watch movies or television with happy characters to raise their spirits.

"I have been obsessively watching TLC wedding... It's nice to know that someone else out there is happy," Miller said.

For freshmen, this is their first

SEE **STRESS!** PAGE 8

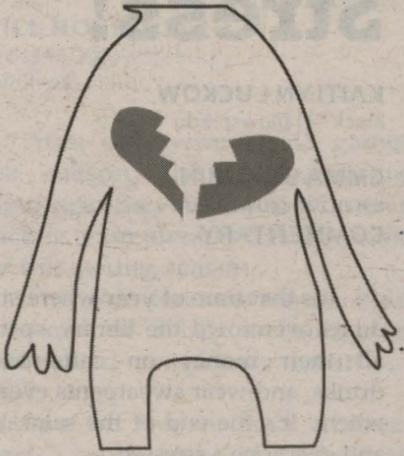
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Falling Out of Love With Your Major?



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What happens when you fall out of love with your major? Was it just an academic fling? Should you go see your advisor? Falling out of love with your major is common among many college students.

Keith Wixson, a social science major, has switched his major about five times. After switching so often, he found himself at a point where he was unsure about he wanted to do.

"I felt like I went in to college a little too early. Before I knew it, I did not know what I wanted to do because it was expected of me to go to college. Not going to college just means like, 'What's wrong with you?'" Wixson said.

Originally, Wixson wanted to be an international business major. This turned into international studies—until he found out he was not the best at foreign languages, which led him to focus on history and political science. Before Wixson settled down with a social science path, he also aspired to teach. Then that passion died down as well.

Wixson, like many other college students, came to the realization that

he wanted to do a lot of things. This is a part of the college experience: finding a passion.

"If you have a passion, you have an interest. A lot of kids are in certain classes because they feel it's going to get them a good job or something they want, but they're not there because they really enjoy it," Wixson said.

But what happens when knowing what you love to do is still not enough?

Mai Xee Thao, a senior business major with a double concentration in marketing and international business, started as undeclared even though she knew what she loved to do.

"I know what I love to do, but I couldn't pinpoint what I love to do with a major in Point," Thao said.

However, Thao's journey started with an interest in sociology.

"I thought I wanted to do sociology because I was leaning toward social work, since I wanted work with families. But after working at the Boy & Girls Club, I realized that's not what I wanted to do," Thao said.

Thao mentioned she did not think she would have the patience to stay with that kind of job and would eventually lose the passion for it.

After social work, she tried arts management but only because that was the closest thing to what she thought she wanted to do. During the introductory course, she realized her passion lay elsewhere.

Thao's arts management pursuits transitioned to an interest in public relations and then to where she is now, a business major.

Thao mentioned she loves her business major because of the numerous opportunities that lie within it.

"I think it's what I want to do for the rest of my life because the

field is so broad. If I wanted to, I could go into consulting, retailing or merchandising," Thao said.

Switching your major underlines the true essence of being a college

student—finding a major that fits you best. Even though you might fall out of love with one, it is simply a part of the exploration.

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Stress!

CONTINUED FROM PAGE 7

experience with finals week and many do not have strategies built up for how to survive this time of year.

Besides the typical techniques of coping with stress such as attending yoga classes, going for jogs, and deep breathing, there are also more practical techniques that fit into our busy, college schedules.

Fine-tune expectations. Negativity and always expecting the worse will most often get less than the best. What you expect often comes to you.

Get rid of irrational beliefs. You don't need to have complete support of every person you pass throughout a day to validate your self-worth. Acknowledge your hard work and reward yourself when you have done your best, even if your grades don't always match. A sense of serenity comes with self-acceptance and will

benefit you during these seemingly never-ending days of stress.

Consciously create images of success, healing, or relaxation. Visualizing positive scenarios repairs the body and rids our brain from its pessimistic outlook during a stressful week. Repeated exposure to a setting that is happy, peaceful, and calm provides a profound sense of relaxation.

"I would suggest getting plenty of sleep and getting a comfy pair of sweatpants," Miller said. "I would also suggest this website: <http://writtenkitten.net/> because there is no greater motivator than pictures of kittens."

When it comes down to it, what helps you manage your stress depends on what fits your lifestyle and your personality. Just because your friends go to yoga doesn't necessarily mean it will work for you, too.

Amongst the chaos of school, finances, and everything else that is causing stress in your life, remember, this too shall pass.

Make an ImPPrint

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

PRSSA
Public Relations
Student Society
of America

A Night Dedicated to Female Artists

AARON KRISH
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The Women's Resource Center is sponsoring the upcoming Female Artist Showcase to exhibit the artistic talents of women in the University of Wisconsin - Stevens Point and Stevens Point community at Kristin's Riverwalk, Friday, November 30th at 7 p.m.

The showcase has been typically held on campus and has entailed different forms of artistic performance, such as dance, live painting, singing and the spoken word. Jessica McKenna of the Women's Resource Center helped organize the event this year.

"Typically, throughout time, women artists have not received nearly as much recognition for their artistic achievement as their male counterparts," McKenna said.

The Women's Resource Center creates a message and delivers it to the public asking for artists to participate in the event. All artists sign

up at their own free will and have the opportunity to display their art, whatever it may be, in front of a live audience.

"We receive about 10 to 15 performers each year and about 30 to 50 observers," McKenna said. "This year we moved the event to Kristin's Riverwalk to encourage the community to attend, but the campus has always been supportive of the event."

McKenna explained that the event has taken place for at least the past five years that she has attended the university and that she hopes attendance will double this year. This is the first year the showcase decided to incorporate a fundraising aspect, which will mainly be a silent auction with items donated from local businesses such as the Coffee Studio, Stevens Point Area Co-Op and the Brewhaus.

"All the proceeds will be going to a scholarship that will be given to a female student artist in recognition of her achievement on the UWSP campus," McKenna said.

The event will feature multiple performers. One example is the group known as the Back Alley Blossoms, a four-piece, all female bluegrass-folk music group based in the Stevens Point area. Student Loren DeLonay will also be dedicating her time to participate in the event.

"I have participated in the last two years of the event and have enjoyed each wholeheartedly," DeLonay said. "This is a great evening to support the valuable services that the Women's Resource Center provides to the UWSP students."

DeLonay plans to do a Shuvani Tribal Dance with the members of the Central Sands Bellydance group. Central Sands consists of community members who study bellydance with DeLonay at Studio B Pilates. They will perform five dances at the showcase.

"This group of women meets weekly and enjoys sharing the beauty of bellydance," DeLonay said. "Shuvani Tribal Dance was established in 2001 and has performed at

various cultural festivals throughout the state."

DeLonay encourages participation in the Women's Artist Showcase and other performances because she feels the experience is valuable to the Stevens Point community. She looks forward to participating with her fellow dancers and expects to have a good time.

"It is always an honor to perform with the group of ladies I dance with. I also love seeing other artists sharing their work. The evening will be very fun," DeLonay said. "I am interested in the conversations that will take place and seeing people who I have not seen for a while, as well as meeting new people."

Doors will open at 7 p.m. at Kristin's Riverwalk on Friday, with the event starting at 7:30 p.m. The Back Alley Blossoms are scheduled to close the event with a performance at 9 p.m.

Up All Night.

EMMA ST.AUBIN
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Have you ever stayed up all night just to stare at the ceiling? With fears of the future, hopes of a better tomorrow and whirlwind thoughts racing through the mind, it can be difficult to catch enough z's, especially as a college student.

Most of us have probably experienced our fair share of sleepless nights, but if it has become a nighttime routine, it might be something more serious.

Casey Stanke, a junior business administration major, has had difficulty sleeping for several years.

"I am normally tired before bed, but when I go to lay down for the night, I can't sleep," Stanke said. "It's the same thing every night."

Insomnia is a sleep disorder that is characterized by difficulty falling asleep or difficulty staying asleep.

"Throughout the night I wake up a lot and usually don't feel very rested the next day," Stanke said.

The sleep disorder may be a result of other health conditions such as asthma or depression, but it also may be a result of something as simple as too much light or noise in your sleep environment.

The effects of insomnia can be either short or long-term, can come and go with periods of time with no sleep problems, or just last one night. It is considered to be chronic when the insomnia continues at least three nights a week for over one month.

Insomnia can be caused by many things, including significant stress, pain or discomfort at night, illness,

some medications, depression or anxiety, a switch in sleep schedules or environmental factors, like noise and light.

"I think the reasoning behind why I have difficulty sleeping is all the stress that school brings. Especially now with it being the final stretch towards finals," Stanke said. "I usually get the best sleep on nights that I don't have anything going on that stresses me out, but I honestly can't remember the last good night of sleep I got."

In the midst of the thought-tornado wiping through your mind at night, good sleep habits can help you get a good night's sleep and beat insomnia.

- Avoid caffeine and alcohol late in the day. Caffeine will only stimulate those thoughts and alcohol may cause waking throughout the night.
- Make your bedroom comfortable by making sure it is dark, quiet and a good temperature. Living with roommates can make this difficult, so try using a sleeping mask to keep out the light and earplugs or a fan to block out the excess noise.
- Follow a routine before bed to cue drowsiness, such as reading a book or listening to music.
- Lists work wonders. If you are a worrier, make to-do lists before you go to bed to avoid focusing on those worries overnight.

For more serious cases of insomnia, it is best to contact your health care provider to treat any underlying conditions or health problems that are causing the insomnia.

Are you

Graduating?

If you have any questions about commencement on December 15, 2012, visit the commencement website!
www.uwsp.edu/commencement

- RSVP online to walk at the ceremony by December 7.
- Purchase caps, gowns and tassels at the University Store December 3-7, Monday-Thursday, 8 a.m.-7 p.m., Friday 8 a.m.-4 p.m. If you are out of the Stevens Point area, call 715-346-3431 to mail order your cap and gown package to be shipped December 3-7.
- Reserve and claim your six general admission tickets for the ceremony. Tickets will be available December 3-7 at the UWSP Information and Tickets Office in the Dreyfus University Center. Additional tickets, if extras remain, will be available December 14. Each graduate will be allotted one additional ticket until extras are gone. Hours are 8 a.m.-9 p.m., Monday-Friday. A student ID is required.

IMPORTANT!

If you are unable to pick up your tickets between December 3-7, please call the UWSP Information and Tickets Office at 715-346-4100 or 800-838-3378 to RESERVE them. If you do not, tickets may not be available for your guests.



University of Wisconsin
Stevens Point

EVENTS

DECEMBER 2012

SATURDAY 1

Day Trip: Mall of America

Mall of America, Bloomington, Minn.
8 a.m. – 11 p.m.
\$20 with UWSP Student ID, \$25 without.
Bus will meet and return outside DUC.

The Vegans with The Heavy Critters (Alternative Rock)

The Encore, DUC
8 p.m.
Free with UWSP Student ID, \$5 without
www.facebook.com/veganation

Late Night Chills with Rogue Valley (Alternative Folk Rock)

Alumni Room, DUC
10 p.m.
Free with UWSP Student ID, \$5 without
www.lostinroguevalley.com

THURSDAY 6

The Well Reds (Pop/Rock)

The Encore, DUC
8 p.m.
Free with UWSP Student ID, \$5 without
<http://thewellreds.com>

FRIDAY 7

Study Break with CP

- Board Games at 8 p.m.
The Encore, DUC
- Movie: The Breakfast Club (Drama
Comedy) at 8 p.m.
Theater, DUC.
- Late Night Breakfast at 10 p.m.
the Alumni Room, DUC.
Free with UWSP Student ID, \$5 without

SATURDAY 8

Breakfast with Santa

The Encore, DUC
Free for UWSP Students with ID and their
families.

Cans for Community (Food drive)

Outside Laird Room, DUC
5 p.m. – 8:30 p.m.
*Sponsored in part by students of UWSP School of
Business and Economics. Donations will be split
between The Cupboard at UWSP and Operation
Bootstrap in Stevens Point.*

SATURDAY 8

Trampled by Turtles with The Boys N' The Barrels (Bluegrass)

Laird Room, DUC
7:30 p.m.
\$20 in advance, \$25 day of show.
Currently sold out.
www.trampledbyturtles.com
www.theboysnthebarrels.com

David Ramirez (Acoustic Folk)

The Encore, DUC
8 p.m.
Free with UWSP Student ID, \$5 without
www.davidramirezmusic.com

WEDNESDAY 12

Movie: The Possession*

Theater, DUC
7 p.m. and 9:30 p.m.
Free with UWSP Student ID, \$3 without
www.thepossessionmovie.com

THURSDAY 13

Magic the Gathering Tournament

The Encore, DUC
8 p.m.
Free for all
Only UWSP Students eligible for prizes.

FRIDAY 14

Movie: The Possession*

Theater, DUC
7 p.m. and 9:30 p.m. – Free with UWSP
Student ID, \$3 without
www.thepossessionmovie.com

Team Trivia

The Encore, DUC
8 p.m.
Free for all
Only UWSP Students eligible for prizes.

*All movies and student artist shows are subject to change.

About UWSP Centertainment Productions

UWSP Centertainment Productions (CP) is the completely student-run programming service for the University Centers at the University of Wisconsin-Stevens Point. CP is the primary events planner for the entire student body and welcomes community members to most events. CP strives to provide a wide array of educational and entertaining opportunities for all to enjoy including bands, movies, comedians, public speakers, lectures and much more.

All CP events are held at the Dreyfus University Center (DUC), 1015 Reserve Street, Stevens Point, WI 54481.

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or call 715-344-7524

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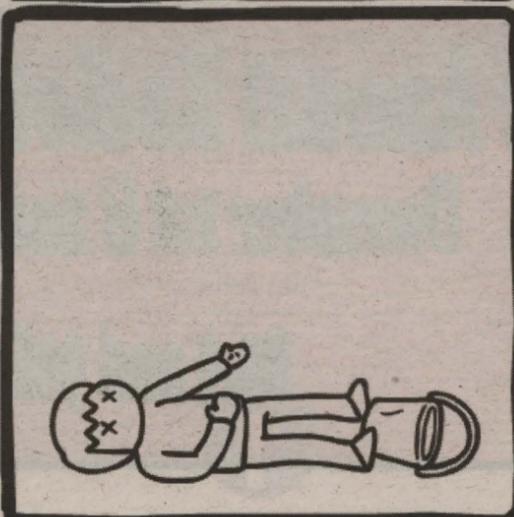
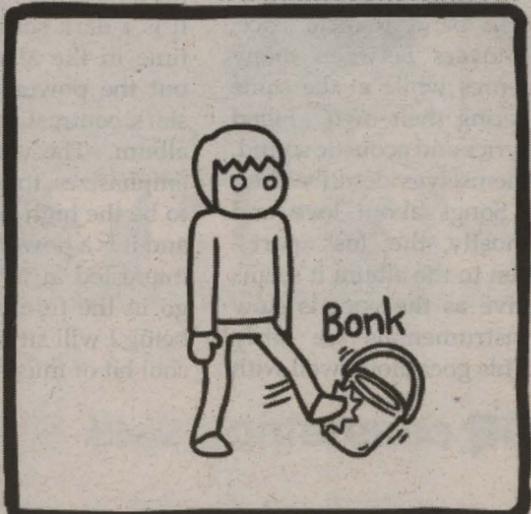
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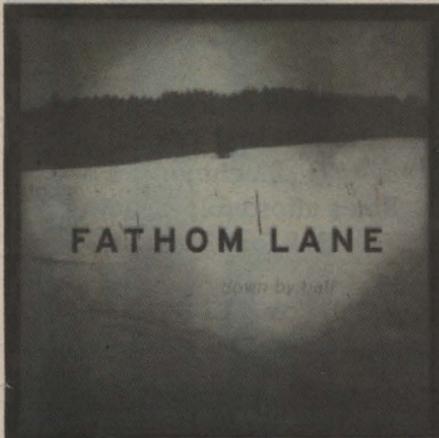
www.mrlovenstein.com



BROUGHT TO YOU BY:



Fathom Lane – *Down By Half*



MITCH SLUZEWSKI
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90FM ALBUM REVIEW

Ever wonder what indie folk-country sounds like? First off, yes, it does exist, and if your curiosity has been piqued, a brand new band out of the Twin Cities named Fathom Lane has released a pretty cool debut album, *Down By Half*. It was released earlier this month and it has quickly become my personal most listened to album. Reminiscent of John Denver, Simon and Garfunkel, and a recent band Radical Face, the band hovers between many different genres while at the same time pioneering their own. Filled with dark lyrics and acoustic sound, the band themselves describe their music as "Songs about love and loss-but mostly the loss part." When I listen to the album it seems contemplative as the pace is slow and the instrumentals are fairly minimal. This goes along well with

what they are trying to convey, but it can drag at times. Though, there are still tracks that will take you by surprise by contrasting the acoustic with gritty electric guitar. The album is good for those days you just want to kick back and relax, or when the night is winding down.

Ok, now for the tracks you should keep an eye out for. The opening track, "Hope You Never," does a great job of setting the tone for the album. The first :30 is just muted guitar and semi whispered vocals, but then opens up into a sweet lap steel guitar solo, then an even cooler guitar solo. Now lap steel may be stigmatized as being from old country/western back when the two were different, but these guys fit it into the style and make it their own. "Sweet September" really shows their country side. The harmony between the two vocalists reminds me of a '90s country love song, and the addition of more lap steel just seals the deal. My favorite track of the album has to be "Ghost of Me." It is a dark song but it is the only time in the album they just bust out the power chords, creating a stark contrast with the rest of the album. The volume of the guitar emphasizes that this is supposed to be the high point on the album, and it is a powerful one. I am very interested in where this band will go in the future, but for the time being I will sit back and enjoy this cool bit of music.

Sleeper- *Self-Titled EP*



KYLE FLORENCE
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90FM ALBUM REVIEW

In my opinion, if you can't get lost in the music you're listening to, than it really isn't worth listening to in the first place. Taking this mantra into account, it should come as no surprise that I instantly fell in love with the band Sleeper's self-titled EP, released earlier this year through Woods & Ether Records.

It should be noted however that the phrase 'band' should be thrown around with caution. In actuality, Sleeper is the brainchild of California-native Paul Olsen, who recently returned to the limelight after a year-long hiatus from songwriting. Upon his reinstatement to the alternative genre mid-2011, Olsen tried his hand at various musical collaborations, before eventually branching off to construct a more contemplative solo project.

The result would be 'Sleeper', a lofty arrangement laden with layered instrumentation, haunting vocals, and provocative lyrics. The album opens with "Ice House", a melodically infectious track which relies on jittery acoustic riffs and a chorus of playful whistles to propel it forward. Airy backing vocals grab wistfully at some unseen force in "Big Sur", an evocative track that may seem almost familiar to fans of Justin Vernon and Ben Gibbard. Conversely, the skewed rhythms and time signatures of "Hillbound" and "Wishing Well", both of which are complemented by a gentle, trickling lead, will effectively have your head spinning, and your ears aching for more. Throughout the album, Olsen's lyrics remain concise, and his singing tender yet versatile, often times jumping from a spacious falsetto to a somber grumble with ease.

Considering the albums density though, perhaps the most impressive part of 'Sleeper' is the considerable lack of lag-time between Olsen's return and its release. In just over a year's time, he has managed to craft an album as instrumentally sound and lyrically rich as more established acts such as Bon Iver, and he didn't have to lock himself in a cabin in Wisconsin to do so. It is without doubt that 'Sleeper' will become an anthem for the lazy winter days which are right around the corner.

90FM's Annual Radiothon This Weekend!

December 1st & 2nd 7am to 9pm

89.9 and 90fm.org

