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University of Wisconsin - Stevens Point

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Civil Discourse Initiative Gains Momentum

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"This is not a 'be nice' campaign. This is a 'be reasonable' campaign," said Dona Warren, assistant Dean of the College of Letters and Science at the University of Wisconsin - Stevens Point who is helping lead the Civil Discourse Initiative.

The Initiative is a project at UWSP that has started gaining momentum the past few months. Warren and the Dean of the College of Letters and Sciences, Christopher Cirimo, have requested and acquired grant money to make civil discourse a reality on campus.

The goal of the program is to help build a community at UWSP where students can engage in discourse with one another in a respectful way. While we may not agree with one another on issues, we don't have to just "agree to disagree," but rather try understand one another's viewpoints and ideals.

The goal of the program is fairly lofty.

"What we're after is to listen to people. If you disagree with them think about it, and then if you think it is appropriate, express your disagreement in a way that is as productive as possible," Warren said.

While she does not believe that students here are unreasonable, she wants to refine reasoning skills so that even in a contentious situation, they remain intact.

The project's inaugural event will take place Sept. 17, Constitution Day of next semester.

"We're going to have a series of workshops during the day in the encore room of the DUC. Then in the evening of Constitution Day, we're going to have a panel discussion to illustrate civil discourse in action," Warren said.

This event, however, is just the beginning of the initiative. Warren is excited by the prospect of growth.

"Where this goes is partly a function of where people want to take it after September 17," Warren said.

While there is no specific growth pattern for the initiative, Warren would like civil discourse to be ingrained in UWSP ideology.

"I see it as eventually becoming an explicit part of the institution's mission," Warren said. "I would like this campus to be known as a place that values disagreement, encourages dissension, and insists on civility in conversation about contentious issues."

The Student Government Association is also joining the cause, as well other on-campus institutions. The best way for students to get involved is to email Warren. Students can email Warren at dwarren@uwsp.edu if they wish to get involved.

Jeff Powers, an English major at UWSP, is certainly interested in the project.

"I think it is important for people to talk about their differences. We're not so different. We just build it up in our own minds," Powers said.

PROTECTIVE SERVICES REPORT

MARCH 16TH

11:24 p.m. - A female student called Protective Services to report a strong odor coming from the DUC dining area and could possibly be a gas leak. One of the stoves in the DUC had a pilot light out for one of it's burners. Cadets, officers, and city police responded to the scene.

10:34 p.m. - A female student stopped into the Protective Services office detailing how she witnessed another student, obviously drunk, had tripped down a flight of stairs, cracked a window with his face, and possibly had a concussion. She also said the student seem combative.

2:16 a.m. - Staff member from Watson Hall called to report that someone had smashed the light bulbs in the bathrooms of the 3rd floor of the building. Maintenance had to clean it up.

1:39 a.m. - A group of people were spotted taking down the High Street and Reserve Street signs. When approached they dropped the signs and ran. City police requested the signs be returned to their office.

MARCH 15TH

10:27 p.m. - Marijuana smell coming from a room in Pray Sims Hall.

MARCH 14TH

11:49 p.m. - An individual called in and said he may hurt himself. He said he did not know what he would do or how he would do it but he was very frustrated. He added that this was not the first time he had these thoughts. Protective services responded swiftly.

8:58 p.m. - A student called to report that a binder was stolen from the trunk of her car but there was no sign of forced entry.

9:24 a.m. - A caller reported a suspicious vehicle driving slowly through the aisles of parking lot Q. The suspect was a white mail with yellow hair and was driving a dark blue Chrysler Sebring convertible.

MARCH 11TH

4:09 p.m. - A gentleman called and said that his Xbox 360 and Xbox video games were stolen from his room. He was out of town when he called but had heard from his roommate about the theft.

1:09 p.m. - A student called Protective Services about their bike stolen from the bike racks on the east side of the HEC building.

MARCH 10TH

11:00 p.m. - Student called saying that his Nike Air Max shoes had been taken from their place outside of the HEC building.

10:26 p.m. - Staff member from Knutzen Hall called to report a room suspected of using marijuana.

THE POINTER

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Campus Searches for Parking Solutions



Photo by Kaitlyn Luckow

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As more and more students become frustrated with the daily battle to find a parking spot on campus, the University and the Student Government Association have taken notice and are brainstorming ways to improve the situation.

Ryan Specht, the director of Student Life Issues, is working to create a Parking Advisory Board. The board would advise Bill Rowe, the director of Parking Services, on ideas and decisions concerning parking. Rowe would still work autonomously and make the final decisions, but the board would have the power to appeal his decisions to the Vice Chancellor of Business Affairs if they disagree with his choice.

"This is actually a massive step because this is the first time students are going to have any say on parking," Specht said.

The board will consist of six students and two members of faculty and staff. The students will be selected from places such as SGA and the Residence Hall Association. The University Affairs Committee will be formally voting after spring break to implement the Parking Advisory Committee.

"One of the biggest things that SGA gets is comments about parking, questions about parking, concerns about parking," Specht said. "So in order to create a forum where these concerns can be addressed in a meaningful and engaging way, we created the parking advisory board."

Building a new parking structure in Lot T will be one of the first and most important things the board would discuss. There are currently five lots that students can purchase permits for, but two of those lots are split to accommodate faculty parking. There are also seven metered lots. Lot X, the largest of the metered lots, will soon be replaced with a new science building, which will reduce metered parking by 338 slots.

"Parking is okay, I think that having to pay at meters every time you want to drive is a bit

frustrating, though," said Taylor Borman, a communication major at the University of Wisconsin-Stevens Point. "Having to always scramble for quarters is annoying."

Borman stated that more parking would be a good thing, but she would rather use permits than pay a daily fee.

Costs for the structure are not yet known and will not be determined for another few weeks. It is estimated that parking slots in a structure cost about \$15,000 to \$20,000 to build each individual parking stall. For a paved lot, they run about \$2,000 per stall. The cost of the structure would be covered through parking permits and meters. Though no exact figure will be known for a few weeks, it is very likely that the cost of parking permits will go up if the structure is built.

"The study in a couple weeks is going to give us hard numbers," Specht said. "And when we have those hard numbers, we can have the hard conversations. At that point, we will have a whole lot of people engaged in these conversations."

Lots E and R were also considered as spots for the structure, but they were rejected because of their potential as places for future academic buildings. The university has hired a team to test the ground in Lot T to make sure that it can support a structure. The structure will not be taller than the surrounding building, limiting it to four stories high.

"It's a long ways to go. It is strictly a study at this time to determine the engineering feasibility and whether something will fit or work on that site and an attempt to put some cost to it," said Carl Rasmussen, head of facility planning.

There is discussion over whether a parking structure should be the solution to the loss of parking in Lot X. The Campus Master Plan suggests eliminating freshmen parking, which would free up between 300 and 400 parking slots in Lots Q, P, and J.

The Campus Master Plan states, "Given the tradeoff between providing convenient surface parking and meeting other campus needs and goals, the campus has committed to

the reduction of on-campus surface parking over time. The result of this progressive decision will open up land within the campus boundary for a higher and better use and offer opportunities to transform the character of the campus."

While this addresses student parking, it does nothing to solve the issues of event parking for the Health Enhancement Center, the Noel Fine Arts Center or the Dreyfus University

Center. It is also in question whether or not even the parking structure would offer sufficient student parking.

"With this capital project and its direct link to the pocketbooks of the students, this is going to be something that is in the top list of priorities as we go into the next year," Specht said. "There is no way they are going to build that structure without having conversations with the students."

STUDENT SPECIALS

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Racism Accounts Raise Questions

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On Friday, March 8, a student heading to the Dreyfus University Center was targeted and harassed by a group of students because of her ethnicity. The incident left students and faculty at the University of Wisconsin-Stevens Point shocked.

"A student was walking to the DUC late at night, and as a group of people passed her, they started saying racial slurs and throwing snowballs at her," said Mark Moua, Student Government Association's Inclusivity Director. "She felt unsafe, so she went into the back of the UC, and later a group of friends walked her to her car, which was in a different parking lot."

The following week, Vice Chancellor for Student Affairs Al Thompson reached out to both students and faculty via email, urging those with any information on the incident to come forward. Thompson also went on to clarify "this situation should not happen on our campus and will not be tolerated by the university."

Moua said he thinks UWSP is doing a good job of addressing this issue.

"We are trying to find out who the five students are, and the more information we can get, the better," said Moua.

According to Moua, though incidences such as these are rare, they often go unreported.

"You don't hear people talking about it because a lot of students feel that nothing will get done. I'm very happy that this student decided to report this incident because if she hadn't, nothing would change," said Moua.

It would seem that many students feel the same way. Maurice Nicholson, a freshman, believes that even though racism may not always be apparent, it is still a matter that needs to be addressed.

"I don't know if it's a huge issue, but I think it is an issue that still happens here on campus," said Nicholson. "I think informing and just letting people know that it's okay to report these things is the best thing to do. Students need to be able to speak out and not be scared to speak out."

Senior Michelle Nieuwenhuis agrees that though racism may not always be a pressing issue, it is still present.

"I have not seen any actual acts of racism, but I've heard stories," Nieuwenhuis said. "I don't think it's too common, but I think there are a lot of people who are racist without even knowing it."

Regardless of frequency, Moua encourages students to take action against racist accounts similar to this one.

"It is still happening, unfortunately, but with proper training and cooperation between students and the university, I feel that it is definitely an issue that we could eliminate," said Moua. "All it takes is one person to stand up and do what's right, and that's what a lot of students here on campus need to do."

Moua also stressed that students who have been a victim of or witness to a racist incident on campus can report it by filling out a Bias Report Form, which can be found on the university website.

"There's good people looking at those reports, and though they're not submitted often, when they are, they're taken very seriously," Moua said.

Community Damages Charge Residents

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Floor charges, more commonly known as community damages, are a measure taken by Residential Living to keep students from making a mess or damaging property in a residence hall. A charge is given to keep students responsible for their actions and to replace or repair what has been damaged.

"The main reason is to take responsibility on their floor," said Mike Zsido, Assistant Director of Building Services. "We're consistently educating students on unacceptable and acceptable behavior, and it's simply not acceptable to damage university property."

The system has a series of checks and balances to ensure that costs are going to the right people. Not everything is always charged to students living in the residence halls. Who gets charged for what is ultimately decided by the hall director, who sends it to Building Services.

"As a Hall Director, my role is to assess what the community damage

is and to determine who could have caused the damage in order to charge the appropriate individuals with the damage fees," said Hansen Hall Director Amy Mauk.

Who is charged is determined by the area in which the damage took place. Often, the staff in the residence halls will talk with residents to see if anyone knows who caused the damage.

"If we can identify an individual or individuals, then the entire wing, floor and community isn't charged anything," Mauk said. "And if the damage is bathroom specific, we can also narrow down the charge to either males or females."

Often, charges are calculated for the type of service needed to clean or repair something. Zsido explained that Building Services makes a list of replacement costs, and someone is then sent to repair or clean. If additional service is needed, the residents are charged, but the university makes no money in this process.

"We are primarily concerned with the safety of the residents and respond accordingly. Custodians are

called in overnight for extra cleaning if needed, but all we want to do is repair what has been damaged and bring it back as it was," Zsido said.

Residents can come forward as the cause or witness of damage, saving their fellow residents some money by taking the blame. In Mauk's experience, this situation rarely occurs despite the staff's best efforts to find a culprit.

"Staff is always charged with the mission of creating an environment which makes people enjoy their living area and show respect and pride," Mauk said. "Community damages help stop some individuals from becoming destructive or disrespectful, but sadly it is inevitable that there will be some sort of damage."

When asked how they felt about being charged for damages in their respective residence halls, residents Pallin Allar and Erich Maas had opposite views of how such a situation should be handled.

"I think it's silly. They don't bother to even try to figure out who caused the damages. I know it would be pretty hard to determine, but it still isn't fair that they just assume they

SGA UPDATES

UWSP's Student Government Association and the Student Health Advisory Committee will be hosting an event entitled, "Arts and Advocacy" on Saturday, April 27th, in the Noel Fine Arts Center (NFAC) courtyard at 7PM. The night will consist of student performers showcasing their talents to raise money for mental health awareness. Acts will include but are not limited to monologues, dance performances, and slam poetry. There will also be several student artists creating one-of-a-kind pieces that will be available for purchase at the end of the night. Prior to the concert a raffle will be held. The event proceeds will go to the local chapter of NAMI, the National Alliance on Mental Illness. NAMI works to educate, advocate for, and support persons with mental illness, as well as their friends and family members. Stevens Point area professionals in the mental health field will also be present at the event to give more information about the services they provide. "Arts and Advocacy" not only celebrates the talent that UWSP has on campus, but can provide support and relief to students with mental illness.

For those of you reading this, we sure hope you voted. Polls close Thursday, March 21, 2013 at 4PM in the ongoing SGA election for student body President and Vice President, as well as voting on the Tobacco and The Green Fund referendums. The results of the election will be announced Thursday, March 21st at the SGA general meeting at 6:15pm in the Legacy Room. Should you have any comments, questions, or concerns please visit us in our office 052 DUC or email us at SGA@uwsp.edu.

can't figure it out and just choose to make everyone pay," Maas said.

While he feels that the policies in place are "silly," Maas also understands why charges are distributed the way that they are, even though he knows he did not cause damage himself.

"I know they have to be sure, but I'm certain I didn't cause any damage, yet I still get charged for it. I can't prove it wasn't me though, which is the problem," Maas said.

On the other side of the spectrum, Allar has a different view on the situation.

"When I see something that I know could become a charge, I try to clean it up before someone notices, but as far as seeing them on my bill, I don't really mind because they're usually small enough charges," Allar said.

Catch Him If You Can

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Winning any event at the National Collegiate Athletic Association Division III Indoor Track Championships is a big deal. Dan Sullivan accomplished this and more.

Sullivan, a junior mid-distance runner at the University of Wisconsin-Stevens Point, not only brought home the No. 11 NCAA Division III

Indoor National Championship win for UWSP. He also set a new DIII national record, posting a time of 4 minutes, 7.03 seconds in the mile.

Sullivan, a native of Elkhorn, Wis., was favored heading into the event, posting the fastest mile time in Division III this season at 4 minutes, 8.76 seconds. He surpassed that mark and blew away his personal record.

Sullivan explained the experience in one word: awesome.

"There was a lot of hard work put into this, so a lot of stress gets lifted off your shoulders when you accomplish such a big goal," Sullivan said.

Men's track and field head coach Rick Witt was very pleased with Sullivan's performance. Witt also went into detail about how Sullivan actually qualified for three events at the National Championships but wanted to focus on the mile.

"We had elected for him to put all of his eggs in one basket and go for the mile," Witt said. "Running all those races in fewer than 15 hours is just too much."

Sullivan went into this season with high expectations, as he was also the champion in the mile last year at the Indoor National Championships.

"My plan in the beginning of the season was to win at nationals," Sullivan said. "There were some ups and downs, but at the end of the season, I won nationals. I've accomplished everything this year that I could ask for."

Witt said that Sullivan has improved a lot since coming to UWSP to compete.

"He was very talented in high school but in running terms was undertrained. That led to lots of improvement once he got here," Witt

said. "He has trusted my judgment as far as his development and training is concerned, and really puts no limits on what we feel that he can accomplish."

According to Sullivan, upping his miles during the summer from about 45 to 70 miles a week really helped him improve his performance this season.

"I worked a lot harder in the off-season than I ever have before in hopes of defending my National Championship, and it definitely paid off," Sullivan said.

Along with winning the National Championship, Sullivan was named the 2013 NCAA Division III Men's National Indoor Athlete of the Year by the U.S. Track & Field and Cross Country Coaches Association.

"This sport is pretty much my life, so to get that type of honor feels very good," Witt said. "It's awesome when you consider how many outstanding athletes there are in the country."

With the indoor season wrapped up, Sullivan looks ahead to his outdoor track season. However, before his season starts, he and Coach Witt will travel to Stanford University over Easter weekend where Sullivan will compete against some of the best mile runners in Division I track and field.



Photo by Jack McLaughlin

Next, Dan Sullivan (pictured on the left) will compete against some of the best mile runners in Division I track and field.

March Madness Infects Student Body

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In the upcoming week, many students will likely spend their spring break in front of a television. For once, no one is complaining about it.

"No matter what year, there are always multiple great games that come down to the final minute or game-winning shots," said business major Tyler Tillema, who is also a utility guard for men's basketball team. "Every team plays like it is their last game, and location of the games can be a big deciding factor."

The National Collegiate Athletic Association Men's Division I Basketball Championship, aptly nicknamed March Madness, is comprised of 68 teams, each playing in a single elimination tournament to determine the best college basketball team in the country. Since its inception in 1800, the tournament's popularity has only grown. As of 2011, all games were made available for viewing nationwide.

Not surprisingly, Tillema is not alone in his excitement. Evan Hooper,

a business administration major, also looks forward to the upcoming tournament.

"I love March Madness because of the whole tournament aspect," said Hooper. "It's win big or go home. Plus, you're always looking for the underdog to get that one big upset."

One of the most notable aspects of "The Big Dance" is its constant unpredictability. Annually, multiple basketball juggernauts will fall to a considerably lesser-known opponent. This irregularity is both the plight and thrill of devoted viewers. To ensure that his picks are top-notch, Hooper has a strategy.

"I watch a lot of regular season play, but for the smaller teams that no one really knows about, I just ask my little 7-year old brother who he thinks will win. He's been right the past couple of years, so I usually rely on him for the lower-playing games," said Hooper.

Tillema goes for a more straightforward approach.

"Every year I seem to pick more upsets, but usually I just go on instincts," Tillema said. "I try to stay

away from rituals because every year and every team is different."

Not everyone tunes in for the love of the game, however. Every March, millions of individuals from across the country fill out brackets in hopes of winning big in what some have called "the world's largest office pool." For senior Jack Hessel, these increased stakes are the best part of March Madness.

"Since I don't really follow any college basketball during regular season, it allows me to have some moving interest in the games," said Hessel. "When I have my own money on the line, I definitely pay a lot more attention."

Hooper recognizes this added incentive as well.

"Some years I've been successful, and some years I haven't, but hopefully this year I'll be able to get some right and win some money," Hooper said.

Regardless of motives, it would seem that all three individuals have varying views of who will win it all.

"Michigan is one of my favorite teams, and they're in a pretty easy

bracket. In fact, a lot of the Big Ten teams have a good chance, especially Indiana," Hooper said. "I don't like to admit it, but if I had to choose an upset team to win it, it would have to be Ohio State."

Tillema also agrees that Indiana is a strong contender, as well as No. 2 ranked Duke.

"I believe that Indiana and Duke have all the pieces to make a big run in the NCAA because of their depth this year and their experience in the last few years," said Tillema.

According to Hessel, Miami — also ranked No. 2 — will be the team to watch in the upcoming weeks.

"They have size and talent, and what I mean by that is that they're big guys who can shoot the rock from anywhere on the floor," said Hessel. "I think that gives them a huge advantage."

Play-in games to decide the No. 16 seeds began Tuesday, but the first round truly begins tonight, and continues until the championship game on April 8 at the Georgia Dome in Atlanta, Ga.

Pointers Athletes Excelling Off the Field

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There is a reason that the term "student-athlete" places school over athletics.

Student-athletes at the University of Wisconsin-Stevens Point have taken this mantra to heart. 340 athletes from the Pointers made the Wisconsin Intercollegiate Athletic Conference Scholastic Honor Role last year, and the accolades didn't stop there.

This past season, the Pointers women's hockey team had five players on the Northern Collegiate Hockey Association All-Academic Team. Four on the men's team garnered the same honor.

Within the past week, the Pointers wrestling team was honored by the National Wrestling Coaches Association for finishing in the top 25 of team grade point averages.

Academic excellence for athletes at UWSP has been a trend for years and reached a peak in the 2010-2011 academic year, when the Pointers were honored with the top student-athlete GPA in the WIAC.

How has UWSP continued this focus on academic achievement for athletes? It starts from the top of the athletic department and goes all the way down to the players.

Athletic Director Daron Montgomery understands that the first objective for the athletes that play at UWSP is to get their degrees.

"I'm a competitive person, and I want to win just as much as our coaches and student-athletes do, but as an Athletic Director, we're not going to compromise our academic integrity in our efforts to hoist a trophy," Montgomery said.

The importance that Montgomery has instilled on academics goes down to the coaches, who place academics as the top priority of their players.

"I think that our athletic department places a significant emphasis on the academic development and professional enhancement of our student-athletes," said head baseball coach Pat Bloom.

"As a program we talk about the importance of having three facets of equal importance; academics, athletics and social," said men's hockey coach, Chris Brooks. "If any



Photo by Jack McLaughlin

340 athletes from the Pointers made the Wisconsin Intercollegiate Athletic Conference Scholastic Honor Role last year

of the three take more importance than the other two, there is an issue. All three go hand-in-hand."

Coach Brooks also explained that being on his team and not attending class, is inexcusable. "If they are caught not attending a class, they lose the privilege of playing on our team."

Head women's hockey coach, Ann Ninnemann, plans practices around students' schedules and even lets athletes leave during practice sessions to go to study groups or tutoring.

"Also, we have a study tables requirement for all new freshmen entering UWSP to do two hours of study tables per week," Ninnemann said. "In addition, anyone else on the team who has under a 3.0 cumulative GPA is required to do two hours of study tables per week."

Coach Bloom and the baseball team go even further to ensure that student-athletes know exactly why they are attending this school.

"We meet with all of our incoming recruits and transfers the summer before they set foot on campus, helping to inform the young men and their parents about the expectations, responsibilities and resources available here at UWSP," Bloom said.

However, none of this talk matters unless the athletes understand that they are a student first. The message from the coaches has definitely reached the players.

"It is very important to our coaches that we are great on the court, but it's ten times more important that we are doing great in the classroom because that's truly what we are here for," said senior guard, Sam Barber.

The players, coaches, and athletic director are on board, but what brings them together with the rest of the faculty on campus are two employees known as the Faculty Athletics

Representatives.

Dr. Nate Bowling, an associate professor of chemistry, and Dr. Annie Wetter, an associate professor in the health promotion and human development department, serve as the men's and women's Faculty Athletics Representatives.

"The biggest thing we do is help develop conference and university rules to assure that the academic interests of the student-athletes are protected," Bowling said.

Both Bowling and Wetter ensure that no conflicts occur, schedule-wise, between athlete and professor. According to Bowling, this usually isn't an issue.

"These instances are surprisingly rare—about an average of one occurrence per year for all of athletics," Bowling said.

Wetter explained that there is a reason that UWSP has some of the best academic standards in the WIAC.

"The academic standards for acceptance to UWSP are higher than at other UW institutions in our conference, so sometimes prospective students who want to play sports at UWSP can't get in," Wetter said.

In the end, it is all about preparing student-athletes for life after their sport. Very few athletes from Division III eventually go on to professional sports, so preparing them for the real world is the genuine focus of everyone in the athletic department.

"Of course all of us want our teams and athletes to be successful within our sports, but we also are in unanimous agreement that the most important victories come from seeing our Pointers graduate and become successful young professionals in their chosen field," Bloom said. "Those are proud moments that make every coach, faculty and staff member feel like a champion."

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Bike Rental Program Aims to Move Students

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On any given spring or autumn day, you are bound to see a few students on bikes. In such a spread-out city, with lanes specifically for bicycles and biking paths like the Green Circle Trail, bicycling is a natural part of life here in Stevens Point.

The Bike Rental Program started by the Student Government Association has the goal of arming students on campus with bicycles so they can enjoy the city of Stevens Point. With their bicycles, students can go downtown with ease, take a ride on a trail or get to class on time.

The program has many students excited, including Leah Mancl.

"I like the idea because I wouldn't have to transfer my bike from home to campus. Since the weather here isn't conducive for bike riding all year round, it'd be nice to just have one around whenever the weather happens to be nice. Also, I wouldn't have to worry about my bike being stolen," Mancl said.

Olivia Locasio, another student at the University of Wisconsin-Stevens Point, is also excited about the program.

"It would prevent me from having to madly sprint to class as a last-ditch effort to get there in time. Plus, I could use the bike to get to places off campus that would normally take a good

amount of time to walk to," Locasio said. "I also wouldn't mind to take a relaxing bike ride with some friends."

Andrea Hamann, a sophomore at UWSP, also likes the idea of the program.

"Well, I have my own bike, but it is pretty bad. I would probably use it if it did not raise my tuition or caused money issues for the university," Hamann said.

While the program has attracted a lot of praise, it has also faced its share of challenges. Trina Pearson is currently leading the program and notes that there is a lack of bicycles to meet the needs of students right now.

"All the bikes have been rented out since the very beginning of the year, and any additional students looking to get a bike from us have to be put on a waiting list," Pearson said.

The program has also had a problem with finding space on campus to store the bicycles.

While there may be problems facing the program, Pearson keeps looking forward.

"Our hope for the future is that we will have more money to make the bike rental what it should be—available for all students and not just the first few that ask about the program," Pearson said.

To access the program, head over to the SGA office in the lower level of the Dreyfus University Center.

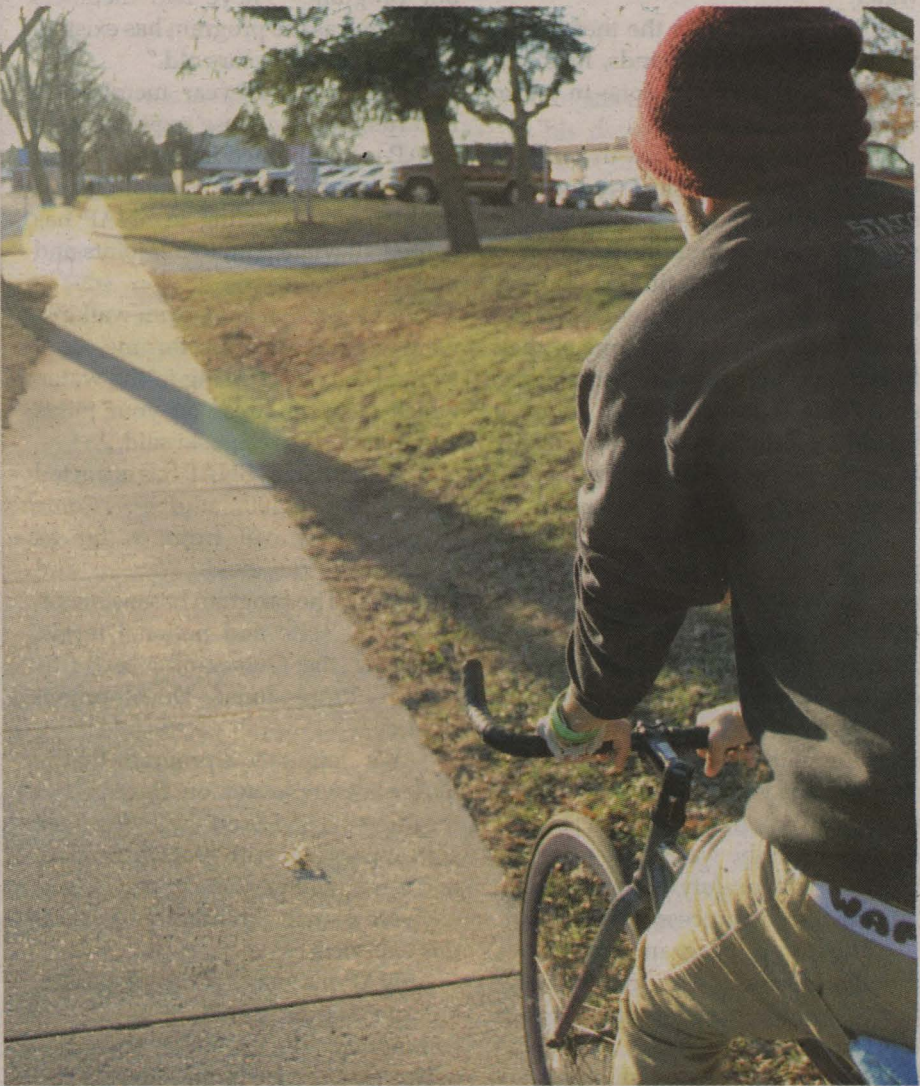


Photo by Sara Rebers

The Bike Rental Program started by the Student Government Association wants to arm students with bicycles so that they can enjoy the city of Stevens Point with ease.

K

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SNAP the Pain Away

AARON KRISH
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Since 1993, the Special Needs Aquatic Program has offered aquatic exercise for adults with disabilities and swimming lessons for young children in the Health Enhancement Center's therapeutic pool.

Under the direction of Rory Suomi, founder of SNAP and Associate Dean of Health, Exercise Science and Athletics, the program reflects

exercises and training that are seen in physical therapy facilities around the nation, following a curriculum set by the Arthritis Program.

"There is no other place for people to get this kind of exercise," Suomi said. "It's the type of program people would join post-physical therapy to continue working on different areas of their body because it's basically the same exercises, only in 90-degree

SEE SNAP: PAGE 8

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SNAP

CONTINUED FROM: PAGE 7

water."

Exercises done in the therapeutic pool work on arms, hands, hips and knees. Everything is done in warm water.

Suomi explained that the athletic training and physical education students are able to help out and take something away from the program.

"The athletic training students often observe the different exercises in the program as part of one of their introduction classes for their degree, and while it is valuable to them, it would be valuable for the university to get a physical therapy program," Suomi said.

Currently, SNAP has two different programs. One is for adults ages 50 and above. The other is for young children, usually toddlers or younger. After some years of inactivity, the children's program is starting again with physical education students working with the children.

"For the young children in SNAP, we want to give them a starting experience in the water. We teach the basics of water safety, and parents are involved in the process," Suomi said.

The adult program offers two different classes. The first includes basic aquatic exercises for groups or individuals which deal with the physical and social needs of older adults. In the second class, participants with arthritis are "led through a series of designed aquatic exercises" to alleviate pain throughout the body.

"We have four class sessions and probably get about 60 people attending," Suomi said. "People come back and are happy to participate in

our program. We've had members for as long as the program has existed, which is now 20 years old."

One of the 20-year members is Pat Trebatoski, whose experience in SNAP is highlighted in the College of Professional Studies Annual Report booklet. Participating in SNAP has helped alleviate pain in her joints and muscles.

"Exercises on land, even walking, were getting difficult for me, so I wanted to try exercising in the water, which has less stress on your joints and muscles," Trebatoski said.

Since its start, SNAP has attracted more than 2,400 adults. Some participants travel from as far as Marshfield, Plainfield, Wausau and Waupaca. The program has even won awards at state and national levels, including the Outstanding Arthritis Health Professional Development Award.

"It's definitely a program that is under-known throughout the area and the university," Suomi said. "We have a great program with great instructors and a nurse. Everyone interacts, and we have a small community based on this experience."

SNAP may be a series of classes, but, as Suomi stated, it is also a community. Trebatoski has had near-perfect attendance in the 20 years she has been involved.

"The class not only restores my physical energy, but I have developed some healthy friendships with other participants who also have various chronic pain conditions," Trebatoski said. "It's a support group that I don't like to miss twice a week."

Wearing Sweatpants to Class: Acceptable or Not?

RACHEL PUKALL

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Sweatpants and the just-rolled-out-of-bed look have become popular around campus, but is it sending the wrong message? Do professors and peers take students less seriously and view sweatpants enthusiasts as sloppy and unprofessional?

Tyler Betry, a senior majoring in land use planning, believes it is okay for students to wear sweatpants to class.

"We have pretty busy schedules as students, and sometimes we just don't have the time to get ready, so the next best option is to throw on some sweats," Betry said.

Brock Agamaite, a senior majoring in business administration, believes that if a student is more comfortable and relaxed in class, they are more likely to pay attention and learn something.

"I usually wear sweatpants to class at least once a week. Class isn't a job interview, so what's the difference?" Agamaite said.

Sarah Pogell, an Associate Professor of English, says that her colleagues view sweatpants as a little unprofessional but not as bad as pajama pants.

"I don't mind it. I tend to see young women more than guys wearing them, and I guess it doesn't bother me. It's better than really revealing stuff, but if it represents looking like you just rolled out of bed, then I can see it as being problematic," Pogell said.

When asked about the difference between sweatpants and pajama pants,

neither Agamaite nor Betry saw much of a difference between the two.

"They both are comfy, but in my opinion I think sweats are a little more presentable than pajama pants," Betry said.

Pogell agrees but for different reasons than her colleagues.

"It's because the students look so cold. Sweatpants to me seem warmer, and I guess there's something about pajamas that really does intone, 'I rolled out of bed,' even though I know it's a fashion statement," Pogell said.

Research shows that what you wear and how you present yourself can impact your confidence and self-esteem.

Although Pogell has not compared the scores of students who wear sweatpants on test days and students who do not wear sweatpants, she believes it could have an effect.

However, many students do not think that what they wear can have a drastic effect on grades.

"Usually when I see someone wearing sweats, they either look like they just woke up, or they look normal and like they just want to be comfortable," Betry said.

While comfort is a high priority for many students, sporting sweatpants to class can come off as unprofessional, especially when giving a presentation.

"If you're giving a speech, and all eyes are directed on you, you might not want to wear sweatpants that day. I think it's a good life lesson to know that if all eyes are looking at you, then you probably should look more professional," Pogell said.

Tanning and its Related Health Risks

RACHEL PUKALL

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Despite health risks, the desire to maintain a glowing tan is increasing as more and more people use artificial tanning sun beds.

Ashlee Slagoski, a freshman majoring in accounting and business administration, is one of many students who artificially tan.

"Tanning relaxes me and relieves stress, but I do believe there are health risks associated with excessive amounts of tanning," Slagoski said.

Jim Zach, the Medical Director at the University of Wisconsin - Stevens Point, finds it interesting that studies show tanning has the ability to make an individual feel good.

"Troublesome to the prevention of complications are studies that find many people feel better when they use tanning beds. UV and sunlight do have beneficial effects for people, but they need to be in moderation," Zach said.

Among the many students who artificially tan, a student on campus who wishes to remain anonymous is

personally familiar with the risks.

"I was told by a family doctor that I had to get my skin looked at in December. In January, I had an appointment with a dermatologist, and while there, they found two sites that were abnormal or cancerous and had to be removed. When I got my test results back, one of the sites was benign, but the other came back as the pre-stages of melanoma," she said.

One site was on her back and the other over her left rib cage. Her doctor was able to remove all of the tissue needed so that a second appointment was not required when she got her test results back.

"I am very grateful that she did this because otherwise a second appointment would have been needed, and the experience would have been worse than what it was. Now the cancerous tissue is gone," she said.

The student does not go tanning anymore. She says that she will never step into a tanning salon again, and she's okay with that.

"I used to go tanning about three to four times a week. I was aware that there were health risks to tanning,

but because I hadn't heard of any of my friends experiencing any negative effects, I guess I just thought that I was invincible to the health risks. After what has happened, I now believe that there are health risks to tanning," she said.

She liked to go tanning for the same reasons as everyone else. It was a way to relieve stress and made her feel good.

"I thought I looked good with a little color, but my advice is—don't do it," she said.

Her doctor had her entire family tested, and she now has to go in every couple years for checkups.

"I am blessed and thankful that it was only the pre-stages and that it hadn't gotten to the point of what it could have been. It is still uncomfortable, knowing that I potentially could have had a very serious, non-curable cancer had I not gone to the doctor when I did," she said.

Sue Pederson, a licensed nurse practitioner on campus, doesn't think that anyone should use tanning beds.

"They are simply a more intense way of receiving harmful UV rays.

The potential for skin damage from tanning leading to skin cancer is high," Pederson said.

There are a few alternatives to sun bed tanning, such as spray tans. Although spray tans may give off harsh chemicals, they don't emit any UV radiation.

Over the last 34 years, Zach has cared for half a dozen patients in their twenties with early melanoma.

Zach says some sun exposure is valuable for Vitamin D production, but fair-skinned people get enough Vitamin D within twenty to thirty minutes.

"My physician once told me that anyone who is fair-haired, blonde and blue-eyed and has a sunburn before the age of eighteen runs the risk of getting skin cancer 10 times greater than someone else," Pederson said.

Pederson recommends using sunscreen at all times. If you start to get pink, get out of the sun.

"Anyone who notices a change in a mole should also see their physician, regardless of age," Pederson said. "It doesn't hurt to have something checked, but it may hurt to wait."

Embarrassing, But Familiar Approaches to Dieting

EMMA ST.AUBIN

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None of us want to look like the before picture on a weight-loss ad, but we also don't want to give up fried food and couches for green stuff and crunches.

Maybe we should have ordered a smaller size, eaten an apple instead or gone to the gym this morning, but we didn't... for the past few weeks. Maybe you are okay with that. However, this is usually when the shame kicks in, and the diets begin

The Health Critic

Most dining experiences these days include scouring the menu to guess which of the foods have been processed the least. Nothing enters your mouth without weighing its caloric impact and nutritional value. To avoid chocolate-y temptations, you make sure everyone around you is healthy too. Health food comments shoot from your mouth like cannons at the dinner table. Hey, it's for their best interest.

The Lifestyle Changer

You will never admit that what you are doing is a diet. You have been incorporating more fresh ingredients into your diet, making things yourself and eating slowly—you are gung-ho on sticking to this plan for a lifetime. Last time this happened, you ended up going solo through the drive-through at Culver's because you didn't want your friends to find out that you were eating ice cream and french fries dipped in tartar sauce.

The Drunk Dieter

You eat fresh, organic food all week, but once the weekend arrives, you have no idea what is in half of the alcohol you drink. In attempt to stay somewhat within your daily recommended calorie limit, you eat a small salad for lunch so you can spend your calories on drinking—until you end up somewhere that serves chicken-bacon-ranch pizza.

The "I'll just burn it off at the gym" Dieter

Every time you eat, you trot off to the gym to try to reverse anything that wouldn't look good in a swimsuit. If you didn't eat before the gym, you head straight home post-workout to make a protein shake. If you are serious enough about this fitness stuff, you even bring that green drink into your classes to show everyone how both physically and mentally strong you are by choking it down at 9 a.m.

The Fad Dieter

You eat cookies at every meal because a five-year-old on TV told you that they are nutritious, but you stay away from the bread aisle because you heard that carbs will make you fat. Last week, you were collecting "points," and next week you and Jenny Craig will be BFFs. If Dr. Oz recommended rubbing jalapenos on your legs to get rid of cellulite, you would do that too.

The Tomorrow Dieter

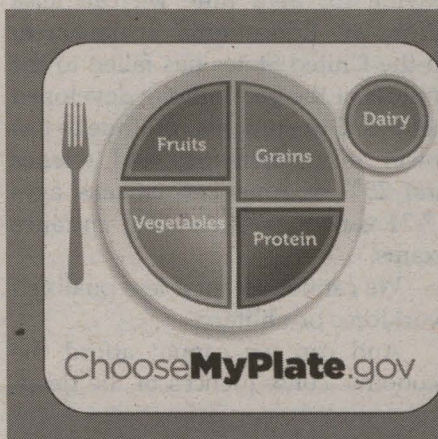
"I'll start tomorrow," you say, scrolling through the "health and fitness" tab in Pinterest while mindlessly shoving all things consumable into your mouth. Tomorrow comes. Repeat.

The Crash Dieter

You want it all or nothing. Cutting out sweets and eating nothing but dark leafy vegetables sounds easy now, but just wait until the end of the week. Let's face it. If you can continue eating like this for any period of time, you must be a the spawn of Hercules because no one can crash-diet forever and stay both fit and healthy.

The "Diet" Dieter

Today's lunch includes carrots dipped in low-fat ranch, a light vanilla yogurt, a sandwich made with 35-calorie bread and a diet Coke. Although you have successfully cut approximately 400 calories from your diet, you have consumed approximately 400 weird, unpronounceable chemicals.



Looking to get your eating patterns back on track? Check out ChooseMyPlate.gov for resources on weight management, healthy eating tips and more nutritional information provided by the United States Department of Agriculture.

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Response to Article on St. Patrick's Day

I fear that what I was trying to say during the interview was not paraphrased correctly in this article. When asked what my thoughts were on St. Patrick's Day, what I was trying to get across was the fact that while it is a good holiday to promote Irish awareness, it is often used as an excuse to get drunk. I wish that my quote had been double checked with me before running it. The article's context reads that it is my sorority's

founder's day therefore, we use that and St. Patrick's Day as a reason to get drunk. This is not the case at all. We are a dry sorority on campus meaning our events are about love for the organization and each other. We spend our founder's day reaffirming what the organization means to us and spending time with each other as sisters.

Monica Lenius

A Call to Action in Defense of Education

ADELAIDE M. DAVIS

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In 2011 the student debt hit \$1 trillion with \$3,000 of new student debt accrued every second, according to *Buisnessweek Magazine*. Simultaneously, the cost of education has exploded promising student loan debt will only continue to rise in the future.

In his State of the Union address, President Obama promised to make university education more accessible to America's students.

"Let me put colleges and universities on notice," the President said, "If you can't stop tuition from going up, the funding you get from taxpayers will go down. Higher education can't be a luxury - it is an economic imperative that every family in America should be able to afford."

Yet, an intractable Republican-led House of Representatives allowed sequestration to take effect including measures that will only exacerbate the student loan crisis in the United States.

According to Secretary of Education Arne Duncan, under the sequester, an estimated 70,000 students who can least afford it will have to borrow more for college. Federal work-study grants will be cut by \$49 million and supplemental educational opportunity grants for undergraduate students will be cut by \$37 million. Furthermore, many American students will lose access to grants and work-study. It is likely thousands of students will be unable to pursue higher education due to the sequester's restrictions.

Work-study students won't be the only ones suffering the sequester fallout. Additional cuts to federal support for state universities will perpetuate the vicious cycle of students and their families being forced to pay higher tuition, and take on even more debt, to fill the gap left by waning public support for higher education.

Sequester cuts even imperil the quality of the education students are

paying for at a time we can least afford it. Educational achievement in the United States has fallen to the middle of the pack among developed nations. Our students continue to test lower in mathematics and science and 75% of American citizens ages 17-24 cannot pass military entrance exams.

We cannot accept a less qualified workforce or military.

And can we cannot afford the economic consequences of the deepening student loan debt crisis.

One Wisconsin Institute's recent research indicates student-loan debt is handicapping the Wisconsin economy. Statewide, the length of student loan debt is 19 years for bachelor's degrees and a whopping 22 years for master's and professional degrees. Student loan debt inhibits individuals spending capabilities and, therefore, adversely affects the state and national economy. For instance, individuals paying on a student loan are more than twice as likely to purchase a used versus new vehicle. Annual aggregate new vehicle spending consequently may be reduced in Wisconsin by up to \$201.8 million.

Democrats, Republicans and independents certainly have different views on many of the challenges facing our state and nation. There is one thing we all can agree on, however - we love the University of Wisconsin-Madison. We want Wisconsin's best students, regardless of income, to continue to attend our university. We want our students to be taught by the best possible faculty and staff. And we do not want our graduates and economy to be crippled by student debt.

It is time to tell Congress that we have had enough. The future of our state and nation depends on it.

Adelaide Davis is a senior at the University of Wisconsin-Madison studying History and African Studies with an emphasis in International Public Policy. She is an intern at the progressive advocacy organization One Wisconsin Now.

Spark, Sizzle or Burn?

Many of us have seen the anti-tobacco group known as Spark campaigning on the DUC concourse as the referendum on tobacco use on campus begins. But are these students truly working to better our campus or simply fueling personal agendas? As a former student government senator I have had more than ample time to see the true colors of this group and have been shocked at what I see. Some of the many things Spark does not tell you in their almost religious pursuit to input their own personal agenda into this tobacco ban are the major drawbacks that could cost us as a student body much more money than simply building smoking shelters or actually enforcing our current policy on smoking here on campus.

For one, to enforce a tobacco free campus the university would have to hire students to walk about and ask people to put out cigarettes whenever they saw smokers. This would cost us students a great deal of money as it would certainly be included in

our segregated fees. Secondly any sidewalk touching a public road is property of the city and not of UWSP so someone wishing to enjoy a cigarette need only step out onto a sidewalk next to a public road for their activity to become completely beyond the university's power to regulate. Lastly the Spark members do not want you to know that this system of tobacco bans with enforcement by paid students has been tried and failed at other UW schools including Stout, rather in their fervor to force through their own agenda they seek only to consolidate into legislation their own personal prejudices.

Treating smokers as if they are seriously mentally ill due to their addiction is degrading and insulting to their intelligence as people. We are all students paying tuition here at this school and no one group should target another based solely on lifestyle choices and their own personal prejudices.

Joshua Schreiber

When Did Inclusivity Become So Popular?

EMMITT JAMES

@Emmitt_James

I'm no Anna Wintour, but I know a trend when I see one. Pardon my Ebomics, but when did everybody and they momma become so inclusive?

I don't knock the effort our campus has taken to promote inclusivity, I just wonder if it's a fad - a "here today gone tomorrow" kind of thing. It has definitely become the "in thing" among the whole University of Wisconsin system.

As someone who loves fashion and gets a kick out of adding to my H&M and Goodwill catalog, I have an acquired taste, and it makes me cringe when people jump on the bandwagon simply because something is popular.

I appreciate the extra tab on the school's home page, the diversity dialogues, and inclusivity weeks, but it's going to take more than a school year campaign. Let's be honest, those are only seasonal like handbags and wallets at ALDO.

Trends change, slogans fade away, and good ideas only last as long as the PR power behind them.

The question is how do you educate a culture about a people they never asked to learn about? Or

change the climate of a campus so that no matter your ethnic identity, you feel comfortable?

I'm not naive about where I am. I don't expect nor am I expecting everyone to be all for diversity. At the end of the day, I know this is what I signed up for when I left the city for a small town.

Before you get your panties all in a bunch and find yourself offended by this article, I encourage you to step back and investigate your own motives - both people of colour and allies.

If you still don't agree, they do call it an opinion article for a reason, right?

At the end of the day I don't claim to know the answer but before we get ahead of ourselves, what more can we ask for other than accountability from the higher ups?

Once we share our stories and strategies amongst ourselves and the powers that be, then we must give it time before we can analyze what is and is not working

Until then, enjoy life and read Vogue! That usually gets me anyway.

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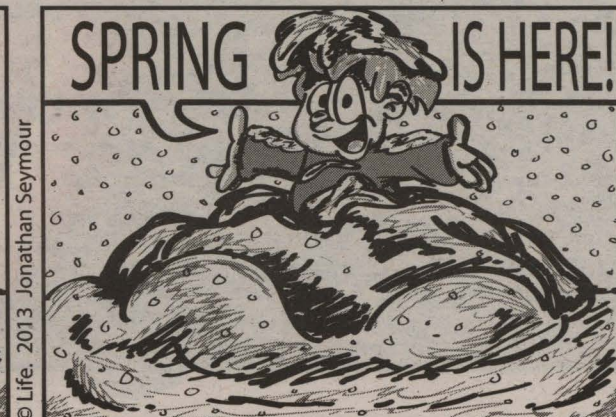
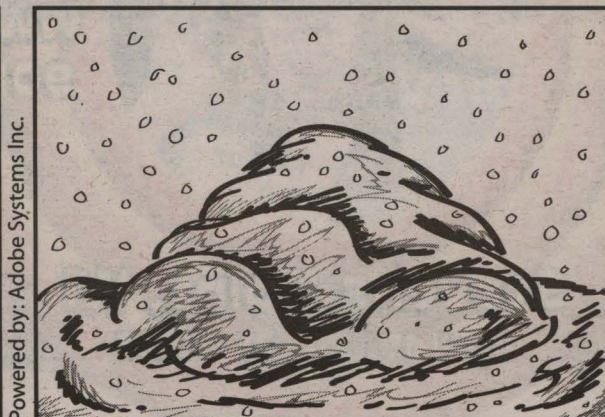
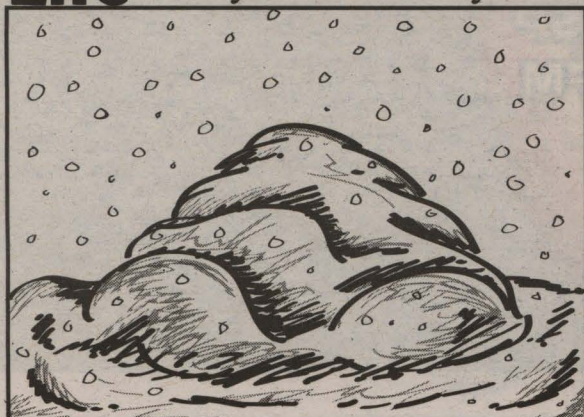
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ALBUM REVIEWS

BROUGHT TO YOU BY:



Sallie Ford and the Sound Outside – *Untamed Beast*



DAN WATERMAN
dwate309@uwsp.edu
90FM ALBUM REVIEW

Sallie Ford and the Sound Outside deliver a snappy, upbeat and chipper performance on their 3rd album, *Untamed Beast*.

Don't be fooled into thinking that Sallie Ford is the quite reserved type as her quirky librarian glasses would suggest. When it comes down to it, she can belt it with the best of them.

Sallie Ford and the Sound Outside are in the same vain as the Alabama Shakes, except I'd give Sallie Ford and the Sound Outside more hipster cred. They put their Portland, Oregon spin on the retro, vintage sound that's been surging into popularity.

Untamed Beast is the type of album that would be as popular now as it would be if it were released in the 60's or 70's. What's more is that you could listen to the

album in its entirety in almost any situation and enjoy yourself. In other words, you could use it as a soundtrack for spring cleaning and have a blast!

I get the feeling that Sallie Ford could sing about anything and sound like a bad-ass. In the song "Addicted", Ford has a whole verse where she exclaims how "Cold Turkey, It's a bad idea," and it's brilliant. Even though the song is clearly a song about desperation (the chorus is simply, "How will I get over you.") Ford's powerful voice overcomes any helpless vibes you get from the lyrics.

Some of the tracks on the album give off a groovy surf rock feel. The Ventures would get a kick out of the track "Bad Boys". Classic tube reverb and tremolo make this song stand out.

My favorite part about Sallie Ford is that she's not afraid to have a bit of a potty mouth. Normally I'm immediately skeptical when an artist feels the need to be too obscene in their songs. However, if gracefully cussing was an art form, then Ford would be at the cutting edge.

The best part of the record is that Partisan Records released the album with clean versions of the songs in question. That way, when you call 90FM to request a song from *Untamed Beast*, we can play it without having to worry about any hefty FCC fines.

Cloud Cult – *Love*



TAYLOR CHRISTIAN
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90FM ALBUM REVIEW

Not too many bands out there are lucky enough to function on their own record label, and even fewer of those that do can run their studio on purely geothermal power and recycled materials. Cloud Cult's lead singer Craig Minowa, however, has done just that with Earthology Records. Located on his own farm, Craig has been putting out music on his label since its founding back in 1997, and doing it steadily at that. Since forming in 1994, Minowa's band Cloud Cult has just released their 11th album as of this year. The Minneapolis-based experimental indie rock group has been many things over the course of their career, and none of them is normal. From the array of instruments the massive band employs (8 members as of now) to the live show spectacles they've become known for, such as having painters make on stage paintings

throughout the performance and auctioning the paintings after the show, the band puts forth a serious effort to be a thoroughly unique experience.

Their most recent album, entitled *Love*, succeeds again in this goal, with broad sweeps across varying musical styles even in the first three songs. The album immediately kicks in with a soaring, beautiful ballad that does a great job catching the listeners attention, before dropping into a sad violin number for track two, and jumping into a raging freak folk tune reminiscent of Akron Family. These tracks seem to be the precursor to an album that re-grabs your attention between every track, but unfortunately the album seems to slide into a bit of a gloom over the course of the remaining tracks, losing the array of genres the opening tracks feature. This loss of distinction between tracks makes the album lose its catch on a prolonged listen, which is unfortunate as Cloud Cult is usually a band that does a great job of releasing albums that are intended to be listened to as a whole. The album on the whole features several great tracks that are each worth a listen, but as a whole, seems to mark a bit of a downturn for the band. However, the experimental nature of a band like Cloud Cult is one that creates a very large disjunction in how the albums are received from listener to listener, so fans of the band or people who enjoy listening to something they've never heard before could easily find plenty to like in *Love's* thirteen tracks.

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"That's not all Folks!"



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