

the. pointer

University of Wisconsin - Stevens Point

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2 NEWS

Green Fund Aims to Begin Operation in October

FROM THE POINTER NEWSROOM

Will Davis, Environmental and Sustainability Issues Director, hopes to have the Green Fund fully staffed and operating by the end of October.

The Green Fund is a program that, once fully functioning, will provide avenue for expertise from all over campus to come together and work on sustainable resource projects that will benefit campus in the long run.

"There are students on this campus that have ideas for projects to make UWSP more sustainable and the only thing holding them back is access to funding," Davis said.

The Green Fund will be operated by a Steering Committee and the Green Council. The Green Council will be made up of student organization representatives and students. They will meet with the Steering Committee to present ideas for projects they want the Green Fund to sponsor. These will be public meetings that anyone may attend.

"The structure will be composed of a Green Council which will bring all knowledgeable, motivated students and campus organizations together to vote on representatives for the Steering Committee," Davis said. The representatives on the Steering Committee will be responsible for reviewing and approving potential projects seeking

funding."

The Steering Committee will include two ex-officio faculty members, a Student Government Association representative, and one member from RHA. There will also be other members to be elected by the Green Council. The Steering Committee will vote on which projects to implement on campus.

One example of the type of project the Green Fund would try to put into effect is solar-dock picnic table found on the patio outside of the Dreyfus University Center. It was paid for by the Green Fund's predecessor, the Sustainability Reserve.

"Numerous sustainability and energy saving projects have been proposed in the past, but there has been little money available to enact them," Davis said. "Students voted during the spring semester of 2013 to put \$12 of their fees towards the new Green Fund. This amounts to about \$100,000 per year."

UW-La Crosse and UW-Eau Claire both have similar programs.

"This is a brand new program in UW-Stevens Point history and we are lucky to have access to this funding," Davis said.

Students who are interested in sitting on the Green Council should contact Will Davis at Will.R.Davis@uwsp.edu.



Photo by Donna Miller

The newly installed solar-panelled picnic table provides a place for students to use and charge their electronics outdoors while they study and enjoy lunch.

PROTECTIVE SERVICES REPORT

September 8

Staff member called with concerns of a female being extremely intoxicated. She was conscious and talking just having a hard time answering some questions and getting back to her home residence.

Male sleeping in vehicle in Lot T.

Request for report on vehicle sideswiped in Lot Q.

Faculty member requested to be let back into her office in the CCC.

Downed light post on 401 Reserve Street.

September 9

Caller reports a couple males are cleaning birds by the dumpster in Lot G and debris is getting all over.

Faculty member called in to report that he found a KFC sign between the tennis courts and the football field.

Individual found smoking marijuana in Schmeekle Reserve. He was warned and sent on his way.

A computer lab worker called to say there is a person or people shining green laser pointers into the first floor computer lab from the direction of Lot R or the NFAC.

September 11

Student contacted PS stating that her bike (green cruiser) which was stolen yesterday was seen riding past her at a high rate of speed in the sun dial area going towards the DUC parking lot. She describes the rider as a very thin female.

Someone got stuck in the old elevator in the TNR building. Electrician was called.

Female reports the same suspicious vehicle in Lot T. Female called back stating that vehicle just left the lot - unknown direction of travel.

September 13

Two females, one urinating in the corner of Lot Q.

September 14

Found suspicious blue Ford Explorer.

THE POINTER Editorial

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No article is available for inspection prior to publication. No article is available for further publication without expressed written permission of The Pointer staff.

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

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

Campus Library Donates to Better Book World

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New plans for outdated books and books that are no longer needed are being implemented in the James H. Albertson Center for Learning Resources. The University Library is teaming up with Better World Books to help make room for new books that are a better fit.

The first shipment to Better World Books was 3,054 books, which is around 4,335 pounds. This partnership helps out staff when weeding through book stacks at the library to make room for newer books that are more valuable to the university.

"Weeding of books has not happened for decades," said Tom Reich, Collection Development Librarian. He added that weeding is a large task and very time consuming.

Better World Books alleviates that stress and also gives back to the world. Better World books re-sells books that institutions donate, and

gives back 15 percent of that money to the donator.

"We get 15 percent of what they sell the books for and the Wisconsin/Nicaragua project gets 5 percent," said Anne Swenson, Acquisitions Department.

The Wisconsin/Nicaragua project allows the library to give to a cause that is based on the University of Wisconsin - Stevens Point campus. The Wisconsin/Nicaragua project helps mothers and children in need in Nicaragua by sending school materials, sewing tools and other helpful donations.

The library has to use the funds it makes from Better World Books for certain supplies.

"We take our 15 percent and it goes directly back into the collection," Reich said. "The money made from the collection is required to be used for the same purpose."

One of the benefits for the library is convenience.

"It's hard to disperse of the books in a quick fashion," Swenson said.

Since getting rid of books requires lots of desensitizing and removing labels as well as taking the books off the records, Better World does most of that for the customer.

"Basically all Anne and our student workers have to do to the books is basically box them and remove them from our catalogue," Reich said.

Better World Books allows other institutions the opportunity to seek out new books and also send their old titles in.

"They hold books for up to three years to give them a chance to be sold and then if they can't they consider donating them or recycling them in the best possible way," Reich said.

Another way the library is weeding books off of its shelves is by having the book sale. This allows members of the university and community to purchase books. The only downfall to this is that they cannot sell all the books they need to get rid of.

"We could not put 4,000 books up for sale on our shelves, much less

manage that," Reich said.

That is why Better World Books was an agreement to get the books into a bigger marketplace and have a better chance of being sold.

"They have fifty some channels for selling the books," Reich said.

"It's hard to disperse of the books in a quick fashion," Swenson said.

One of the major benefits is to help the Wisconsin/Nicaragua project.

"It makes me feel good as a librarian that we could be helping global literacy programs and much less our materials finding new homes," Reich said.

This channel of selling and getting profits to organizations that help other people in the world is one that the Library hopes to keep for a long time.

"We're hoping to keep it ongoing forever," Swenson said.



Photo by Donna Miller

Melissa Bailey poses proudly in front of three pallets stacked with the books donated to "Better World Books" last month.

Blood Center of Wisconsin Declares Emergency

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The Blood Center of Wisconsin is currently short on supply, having only enough blood in its inventory to last for one day.

The Student Involvement and Employment Office is sponsoring a blood drive on Sept. 23 and 24 to help with the lack of blood. They usually collect 70-85 units of blood, but they hope to exceed this amount by at least 20 units at the blood drive.

The blood drive will be held in the Melvin Laird Room of the Dreyfus University Center from 10 a.m. until 3 p.m. Donors should be in good health, at least 110 lbs, have photo I.D., and eat a nutritious meal beforehand.

"I can't stress that enough," said Vicki Bohman, a representative for the Blood Center of Wisconsin. "Donors not eating a nutritious meal beforehand is the number one problem we have."

Most of the blood drawn at the blood drive will go to Saint Michael's Hospital, after being tested for diseases such as syphilis and HIV. The blood is used for things like trauma victims, cancer patients and

burn victims.

"Most of the students who donate are afraid of needles but they usually say the little girl who has cancer is even more afraid of needles," said Katie Morici, blood drive coordinator.

The number of donations has declined since Labor Day weekend from about 800 donors a day to 500 or 600. With the significant decline in supply the blood center is asking for extra donors.

Donors can either make an appointment or just walk in. 70 percent of donors are walk ins but making an appointment allows the donor to get in and out faster.

Donors should expect the whole process to take about an hour. Donors must first register, show I.D., take a brief survey, perform the donation, then head to recovery. The donation process alone only takes seven to ten minutes. After the donation, donors are sent to the canteen for a few moments to make sure they do not have any reactions.

Drawn blood expires after about 41 days, but none of the blood remains in stock that long due to demand.

"The blood is going out the doors as fast as I can get it in," Bohman said.

UWSP Appoints Interim Dean of Students

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Laura Ketchum-Ciftci, who has served numerous Student Affairs positions and offices across the University of Wisconsin - Stevens Point campus for the last 25 years, has been appointed Interim Dean of Students for the 2013-2014 school year.

"This interim position is a great fit for my skills and abilities. Creating a vision for the Dean of Students office and building collaborations with numerous on and off campus departments, offices and organizations to provide programs, services and resource for students, faculty, staff and family members is truly my strengths," Ketchum-Ciftci said.

The appointment comes after the UWSP Student Affairs Division went through a strategic planning process late last year, which cited the creation of a Dean of Students as one of the highest priority items.

"A position description was drafted and reviewed by all shared governance groups on campus in the Spring 2013 semester, and it was decided to begin the search for the position in the Fall of 2013," Ketchum-Ciftci said. "However, instead of allowing another year to pass before this needed office was started on campus, Vice Chancellor for Student Affairs, Dr. Al Thompson, decided to appoint an interim Dean of Students for the 2013-2014 year."

As Interim Dean of Students, it is Ketchum-Ciftci's duty to provide programs and services to students that

address community support, student advocacy, personal responsibility, student success, and wellness.

"Knowing that what I, and my colleagues in the office, are doing helps students succeed is the most rewarding part of the job," Ketchum-Ciftci said.

Though many are still easing into the new school year, the Dean of Students office has wasted no time pushing initiatives and providing their services to the student body.

"One of the initiatives the Dean of Students office began this year is a poster campaign called, 'See Something, Hear Something, Say Something', to help the campus community understand that they need to be reporting behaviors that are concerning," Ketchum-Ciftci said. "Reporting forms are all electronic now and located on the Dean of Students website, though completed forms are reported directly to the Dean of Students office, also."

In addition to these current endeavors, Ketchum-Ciftci is also excited for what the rest of her term as Interim Dean of Students will hold, citing a number of upcoming initiatives, and urging student participation.

"Our next step will be to begin forming a group to educate the community about Bystander Education--How to Act in the Face of Violence. We are excited about having students approach us about other topics and issues they would like to address in the future," Ketchum-Ciftci said.

United Council Loses Funding

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The United Council is a statewide advocacy group established to unite all students of the UW System. Members include 12 elected officials who serve on the board of directors and represent all 26 UW campuses.

Officials work to advocate for issues of higher education pertaining to value, quality and the student experience.

"United Council works to identify injustice and harm incurred within the UW system and work collaboratively in partnership with all impacted communities to restore justice," the council's website said.

They serve students through four platforms: advocacy, organization, direct services and training and leadership development. President of Organization for the council Lamonte Moore is a junior at the University of

Wisconsin - Milwaukee, and explains the purpose of the council.

"The United Council's mission is to better the climate on campuses and better the lives of the students on those campuses," Moore said.

Moore and the other members on the board of directors decide the priorities that United Council works on. The board members are elected at the Spring Convention each year.

In the past the United Council has focused on issues such as tuition, financial aid, recruitment and retention of students underrepresented on campus and student rights.

All of the hard work put forth by the council has been stunted by the higher authority's decision to freeze funds. In May, state legislators eradicated the Mandatory Refundable Fee, which was a \$3 fee all UW students paid in their tuition.

That money then went to the United Council to work with

organizations on all UW campuses. Changes or additions were made to UW organizations surrounding the issues that directly impact students.

The council mainly works with student governments, but has been branching out to other organizations such as LGBTQA groups and women's resources programs to better represent all student demographics.

"The legislators attacked the ideology of shared governance, because the state statute gives students in Wisconsin the power to organize and seek changes around the issues," Moore said.

Since the incident, the money paid by the students was taken away and the United Council is currently looking to find money to ensure their organization remains operable for years to come.

"The attack forced us to find other funding mechanisms as of right now," Moore said.

Currently the council is solidifying a fundraising plan, but Moore says he is not worried.

"As a group, we are willing to make it happen."

The money is used to hold five to seven campaigns each year where students can come together and discuss issues like Students against Sexual Assault, racial justice, LGBTQA justice and student debt.

"During one of the first weeks in November there will be a gathering to discuss women's issues for the state of Wisconsin's campuses, and I encourage everyone to come," Moore said.

To get involved and find the official campaign dates or current events visit the United Council website, www.unitedcouncil.net.

Students Educated about Off-Campus Housing

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A panel of city and university officials met with students in Neale Hall on Sept. 17 to help educate students on issues related to off-campus housing.

This was the first of many similar events scheduled throughout the fall semester. The program is called Strategic Education Campaign on Rights, Responsibilities, and Community: Landlords, Homeowners, Municipal Governance, Students, and UWSP on the Topic of Housing. The purpose of the program is to prepare students who are currently living on campus for everything that is involved with off-campus living.

"I feel like there is a big gap," said Julie Olaf, Student Life and Academic Affairs Director. "Signing leases starts too early and many students don't know about signing leases and landlords want them to sign immediately and students don't know that they can wait. So we are trying to slow down the process and also educate students more about living off of campus."

The panel includes a local landlord, the campus lawyer Jan Roberts, a city alderman, a student who lives off campus, and the city attorney. Everyone sitting on the panel is volunteering their time.

"Take advantage of the time that they are taking to educate residents," Olaf said.

There are a total of eight sessions scheduled throughout the semester. One session will be held in each residence hall, except for the Suites and Hyer Hall.

"Most people will decide where they are going to live for the following

year by homecoming so this will be a beginning of the year thing," said Director of Public Relations and Communications for SGA Jenna Furger. "Students can get all the different perspectives. So when you get a house you won't just be thinking about what the landlord's needs but also what your neighbors expect of you or learning which neighborhood to live in."

Each session will be an hour long. Half of the time will be spent answering questions pulled from a tenant resource webpage. The rest of the time will be open question and answer session.

"We are trying to slow down the

process and educate students more about living off of campus," Olaf said. "You can find resources online but there is no program designated for this."

The topics will cover things like tenant rights, roommate agreements, landlord entry laws, and city ordinances. There will also be sample leases available so students can learn how to fill one out.

"If we can slow down the process for 100 students then it will still be slowed down as a whole in the city, which is better than everyone just jumping into leases and signing them before they know what they are getting into," Olaf said.

City Attorney Logan Beverage will be specifically covering city ordinances and laws, and rights that students have, like the right to have their home inspected.

"It's a really good opportunity because we are telling you basically everything you need to know and what to watch out for," Olaf said. "You will actually know what you are doing before you deal with problems."



Photo by David Boardman

Students listening to the panel discussion.

Big Dawgs, Bigger Bites

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The Big Dawg Bass Fishing Club's success during the summer was not limited to the B.A.S.S. College Series regional qualifiers and National Championship.

The club also sent multiple anglers to journey across the Forest L. Wood College Fishing Series circuit and achieved equally outstanding success in these events.

Big Dawg fishing sent five teams to, Lake of the Ozarks, Pickwick Lake and Kentucky Lake, throughout the spring and early summer, to attempt to qualify for the FLW College Fishing Central Invitational July 27-28 on the Detroit River.

Cody Hahner and Stephen Maliborski capped off an outstanding club and collegiate season by finishing 10th on Pickwick, enough to advance their way through to Detroit.

The reigning club champions and B.A.S.S. National Championship qualifiers continued to show, both as a team and as individuals their abilities.

"Winning our club was a great accomplishment," Hahner said. "I think, as a team, we are one of the strongest clubs in the Midwest."

"It was an honor to represent UWSP Big Dawg Bass as the number one team out of an entire club of talented anglers," Maliborski said. "My club success was, in my point of view, the evidence which proved that I deserved the chance to represent us in major national bass tournaments."

Jason Hawksford and Cody Lincoln ensured that Hahner and Maliborski would not be the sole Big Dawg Fishing representatives in Detroit. They also advanced at Lake of the Ozarks, qualifying in the 15th and final position, nailing down their spot by a margin of just two ounces.

"Due to the strict FLW College

Fishing Series rules of no pre-fishing, Jason and I had to go off what little we knew to try and sack a limit," Lincoln said.

"When we got on the water, our day started off fast with a quick flurry of short fish followed by a legal. However, we fished the rest of the day catching only one more legal fish. Luckily, this was enough to put us in contention for the Detroit River Invitational," Lincoln said.

"As luck would have it, Cody actually knew a guy who fished Ozarks every spring, so we thought that we would have an advantage going into the event," Hawksford said.

"We knew going into the tournament that it would take just two or three fish to qualify for the Detroit River Invitational because of how difficult it was to catch fish out on Ozarks. With just a six hour tournament you have to execute, make no mistakes, and have a lot of luck. We did all of the above," Hawksford said.

The FLW College Fishing Central Invitational on the Detroit River provided the final triumph in a summer of accomplishments for the Big Dawg Fishing team.

Hahner and Maliborski placed 15th to back up their remarkable

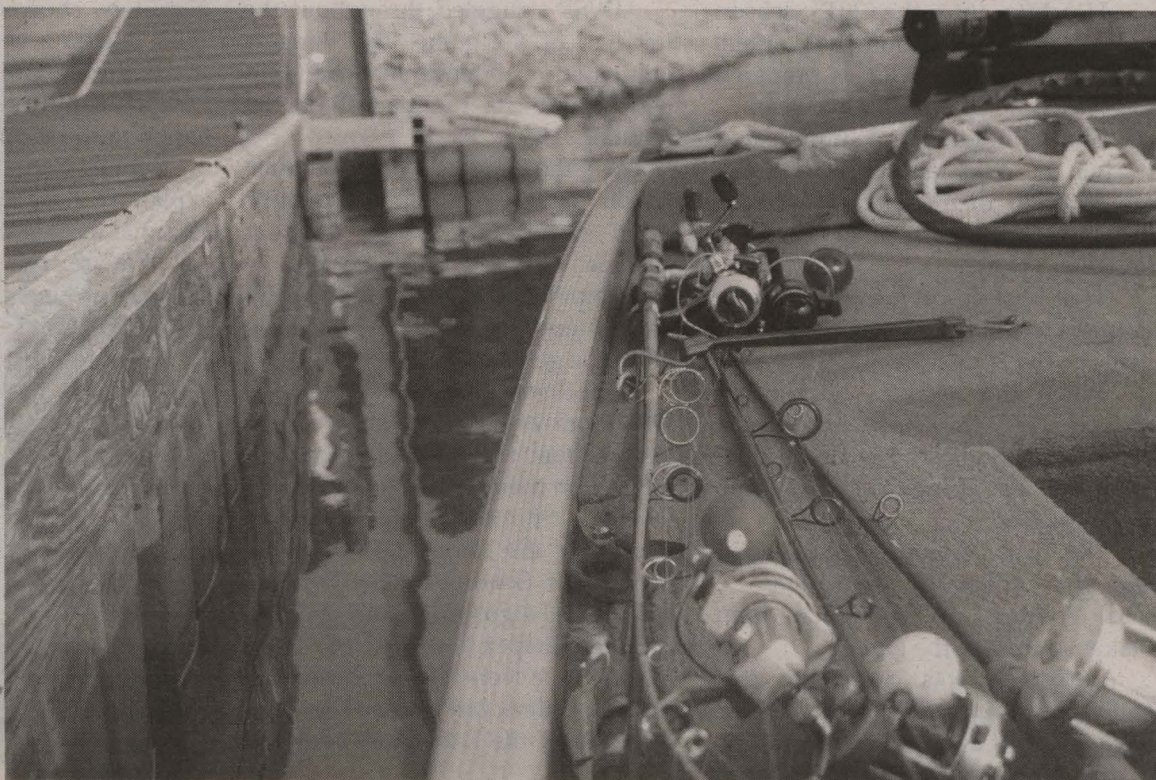


Photo courtesy of Flickr.com

season, but it was the team of Hawksford and Lincoln that stole the show and finished 4th in the two-day event, just seven ounces out of 1st place, while easily gaining themselves a top 10 finish and securing a place in the FLW College Fishing Series National Championship next April.

Hawksford and Lincoln used their familiarity with the style of fishing provided by the Detroit River to their maximum advantage.

"Jason and I did as much 'pre-fishing' as we possibly could without violating FLW College Fishing Series rules and actually getting on the water. With Jason and I both being enrolled in Treehaven, we could not leave for the Detroit River until 4 p.m. Friday. We did not arrive in Detroit until Saturday morning, just half an hour before the pre-tournament meeting," Lincoln said.

The last minute arrival, however,

did anything but slow them down.

"Detroit really fit right into our wheel house with the type of fishing style we prefer," Hawksford said. "It fished similar to rivers we fish in Wisconsin which didn't as much benefit us as it hurt schools from further south that were not use to fishing a river like Detroit."

Big Dawg Fishing's tremendous success over the summer solidified Club President Hawksford's vision and plan.

"The team that won School of the Year last year fished 10 events and beat us by 450 points. We fished just four events. This year I would like to see us send teams to 10 events and send multiple teams to the events where we can score the most points. We would love to jump into the top 5 and maybe even win the School of the Year program this year."

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Men's Rugby Falls Short in Season Opener

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Heading into the 2013 season ranked 28th in the nation; the Pointers Men's Club Rugby team is prepared to put up another impressive year.

The Pointers went undefeated during the 2012 regular season, but fell short to their conference rivals, the University of Wisconsin - Parkside Rangers.

That postseason loss requires the Pointers to put their focus on the first game of the 2013 season.

When the Pointers hosted 5th ranked UW-Parkside this past Saturday, there was no doubt that this game was going to set the tempo for the season.

"We're just looking to play a solid and fundamentally sound game," said Pointers Head Coach John Blakeman before the game.

Blakeman was clear that this game was going to be a big test for his team right away in the season.

Senior captain Neiko Levenhagen knew exactly the type of mentality the Pointers needed to have going into the game.

"We're going to bring our intensity 150 percent. We should have beaten them last year," Levenhagen said. "We have the talent. We have the skill."

With the strong mental attitude

heading into the epic showdown between two nationally ranked teams, the Pointers were prepared for battle.

UWSP struggled throughout the first half of the game. The Rangers dominated on offense and had solid field position for the majority of the first half.

With the Rangers scoring on three pickoff passes, the Pointers quickly found themselves down 21-0 at halftime.

Senior captain Ben Geurts said the Pointers "Felt a little rusty getting out of the gate."

UWSP went into the second half with more energy and showed the Rangers that there is still plenty of fight left in them.

The Pointers retaliated by outscoring the Rangers 19-5 in the second half. Scoring for the Pointers were Chris Ferguson, Dustin Thomas, and Sven Casper.

It was a very strong comeback for the Pointers, but it wasn't enough to knock off the Rangers as they fell 26-19.

Assistant coach Juan Jimenez said "I am very proud of my team because I feel that the team wasn't pitiful. This was a big game"

"We didn't come out hard in the first half. That was our warm up, and that can't be our warm up," Levenhagen said. "Second half we were warm, we were ready and we

exploited that."

The Pointers emphasize conditioning during practice and it definitely showed in their opener. They played a very well maintained speed throughout the game and the Rangers could not keep up with the tempo in the second half.

Senior Captain Brady Dallman explained how the seniors' role is essential to the team's success.

"We are trying to be mentors all the way around both on and off the field," Dallman said.

Despite losing to their rivals, the Pointers look to rebound and finish the season strong. Dallman said the team's focus is still to, "Win conference again and get back to that number one goal of getting back to the playoffs."



Soccer Team Ready for Conference Play

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Despite their record, the Pointers Women's Soccer team is looking to show everyone that there is a lot of fight in this young team.

With last year's final record at 13-6-1 with a 5-3-0 in conference, the Pointers had a strong showing despite losing 1-0 in the WIAC Championship game to the University of Wisconsin - Whitewater.

With the departure of seven seniors from last year's team, the Pointers have a new task at hand. Out of their 21 player roster, nine of those players are now freshman. In total, 15 underclassmen represent the Pointers soccer team.

There is no doubt that losing seven seniors affects the dynamics of the team. The majority of the departed seniors were forwards and midfielders.

There is a big difference in play from high school to college. The length of the transition at this level can make or break a season, depending on how fast freshman and transfer students can adapt to the faster style of play.

"They haven't had the experience in the system that we play and so it's definitely a big learning process," said second year head coach Megan Schmidt.

Despite the 0-4-2 record on the season thus far, the Pointers have had some hard fought games including the 1-5 loss against top ranked Wheaton College.

The opening schedule that the Pointers have to go through is a challenge for any team in Division-III soccer.

Coach Schmidt has also recognized the leadership in her only two seniors on the team, Kelsey Majerus and Carly Falk.

"You can tell who the seniors are when they are out at practice, not just verbally but physically," Schmidt said. "They lead by example. They have been around long enough to have experienced the success of this team and have seen the team at its highest level."

Falk and Majerus were a part of the 2010 team that made it to the Sweet Sixteen.

When asked about how the record affects the team's outlook, Majerus said "Our 0-4 is going to look like we're not doing that well but realistically, we've been improving a lot."

Coach Schmidt and the Pointers feel confident heading into conference play because of the challenging teams they have already faced this season.

This year, the focus is heavily on defense and breaking down the

dynamics of the game.

"If you don't do the little things well, you're not as successful as you can be," Schmidt said. "Defense wins championships, offense wins games, and that's our philosophy."

They are working hard in practice in preparation for conference play. They open up conference play by traveling to play the UW-La Crosse on Sept. 25.

The Pointers host their first conference game on Oct. 5 against the UW-Eau Claire in a Play for the Cause game.

UWSP will close out the season playing the defending conference champions, the UW-Whitewater, at home on Nov. 2. This could arguably be the biggest game left on the Pointers schedule.

"Tough competition is just fuel for the fire to get first in the conference. Every game is a learning experience," Majerus said.

This Week in Pointers Sports:

Friday September 20th

Volleyball at UW - Riverfalls
7 p.m.

Women's Golf at
UW-Whitewater Tournament

Saturday September 21th

Women's Tennis at Wisconsin
Lutheran 11 a.m.

Volleyball at UW - Stout
12 p.m.

Women's Soccer at Simpson
College 5 p.m.

Football Pink Game vs.
University of Dubuque
6 p.m.

Women's Golf at UW -
Whitewater Tournament

Wednesday September 25th

Women's Soccer at UW -
Lacrosse 4 p.m.

Volleyball vs. UW -
Whitewater 7 p.m.

Wednesday September 25th

Women's Soccer at UW -
Lacrosse 4 p.m.

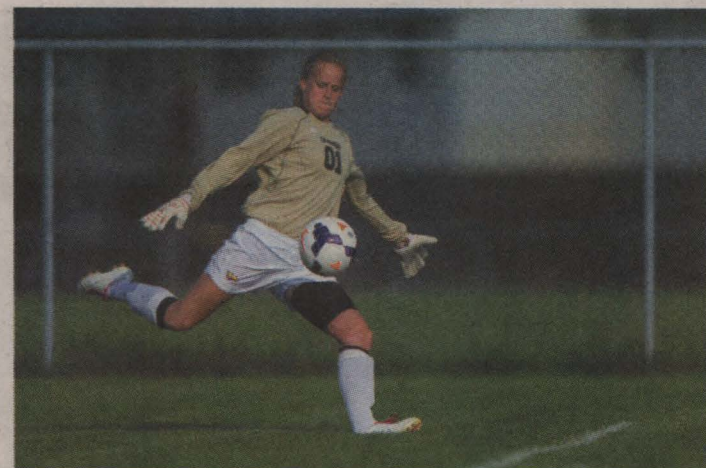
Volleyball vs. UW -
Whitewater 7 p.m.

"Our goal is to win first in conference."

With the type of challenges that the Pointers have already faced, it can be expected that this team is ready to take on the conference at full speed.

They have plenty of fight left in them, and the Pointers are set out to prove that records do not tell the entire story. With their sight aimed at the top spot in conference, the Pointers know that it is still theirs to win.

The Pointers won their first game of the season Wednesday, defeating Marian University 3-1.



Below Photo by Jack McLaughlin
Goal keeper Kristen Churke drop-kicks the ball to her teammates.



Photo by Emma St. Aubin

Cure-All Kale Salad

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COMMENTARY

To ensure a long and pleasant stay on this plane of existence, or simply build up a solid wall of defense against the common cold and the dreadful flu, you must carefully maintain your body as you would an expensive European car.

Yes, consuming those foul, unsweetened, and disturbingly moist vegetables may be a struggle. Yes, it may seem easier to skip class, avoid anything outside of your bedroom, and spray a steady stream of Lysol at anything that attempts to approach you to avoid the plaguing germs. Still, classes are paid for and you should probably attend them to get the most out of your education.

It will always be difficult to maintain a healthy diet when we are placed into a world of Pepsi and cupcake sandwiches. No matter how hard I try, no vegetable concoction will exceed the deliciousness of a bowl of homemade cookie dough.

Your dietary choices, however, are vital, so I have concocted something that is palatable enough to consume with a smile. And the cool thing is, it will protect you against most school-year diseases that would normally have you filling your backpack with snotty tissues.

The following recipe is my go-to cure-all kale salad. When I feel like I am coming down with

something, I scurry to the grocery store and pick up the ingredients listed below to stir up a dinner sent from the health gods.

I add ginger root because it is great for a queasy stomach. It can also be used for pain management, so it is great for easy headache relief.

Real raw honey is fantastic for colds as it soothes coughs, is anti-viral, anti-bacterial, and anti-fungal and helps with digestion.

Those yellow babies known as lemons are powerful. They are great for detoxing the body, packed with vitamin C, great for digestion and for fighting off colds and the flu.

Walnuts contain a serious serving of protein, fiber, potassium, and omega-3s.

I add extra-virgin olive oil as part of the dressing, rather than any other form of vegetable oil, because the extra-virgin olive oil is essentially fresh-squeezed olives. The anti-inflammatory benefits are higher than other forms of oils, with stronger concentrations of phytonutrients which may help prevent disease and keep your body working properly.

For the grand finale, I mix it all in a bunch of kale. Kale is one of the healthiest vegetables on the planet; it is a nutritional powerhouse. It contains calcium and antioxidant vitamins A, C and K, which will keep your immune system strong and help prevent colds, the flu and other infections.

Cure-All Kale Salad Recipe

- | | |
|--|-------------------------------|
| 1 bunch of fresh kale, stemmed and torn into bite-sized pieces | ½ tbsp extra virgin olive oil |
| 3 garlic cloves, peeled and freshly chopped | 1 tbsp toasted sesame oil |
| 1, 3 inch piece of fresh ginger root, finely chopped or grated | Juice of 1 lemon |
| | 1 tbsp low sodium soy sauce |
| | 1 tsp honey |
| | walnuts |

Put kale in a large salad bowl. Whisk the remainder of the ingredients together in a small bowl. Pour over the kale. Sprinkle with walnuts. Toss gently and serve.

Makes approximately 3-4 generous portions.

Pointoberfest Aims to Educate and Entertain

KYLE FLORENCE
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This coming Saturday, Sept. 22, The Stevens Point Brewery will once again host Pointoberfest.

The annual celebration is promoted by Pints for Prostates, a campaign which furthers prostate cancer awareness by appearing at beer festivals and other events across the country.

"It's sort of a way to subtly create awareness among men that go to beer festivals. They're definitely not in your face about it, but there will be prostate cancer survivors bartending and walking around," said Julie Birrenkott, Director of Marketing at The Stevens Point Brewery.

Now in its fifth year, Pints for Prostates is a grassroots campaign which emphasizes the importance of regular health screenings and the

early detection of prostate cancer.

"It's for a great cause and it's going to be a great time," said Marketing Assistant and University of Wisconsin - Stevens Point student Samantha Stroschein.

Pointoberfest will take place at The Stevens Point Brewery, 2617 Water St., and run from 4 p.m. - 8 p.m., with advance tickets available for \$20 up until the day of the event.

Guests will receive a souvenir mug upon entering the festival and have the opportunity to sample all Point Craft Beers and Ciderboys Hard Ciders.

In addition, live music will be provided by the Wisconsin-based country outfit Tuscan Road, while Rockman's Catering will provide German food available for purchase throughout the duration of the event.

"It's a unique opportunity to sample everything that is made here

locally and I think that more people should really start to support local business and support local job growth in the area," Birrenkott said. "We're brewing more original, different types of beer than we ever have in our history."

"There's something for people of all ages—older generations, young college students—and I think that we'll have so many things on tap that if you haven't tried something, you'll have the chance to all under run roof, and that never happens," Stroschein said.

Additionally, both Birrenkott and Stroschein were adamant that Pointoberfest will supply enjoyment to all who attend, including those who may not particularly enjoy beer.

"We started making Ciders in 2012, so obviously those weren't available during Oktoberfest season, so hopefully this year we can draw

not only beer lovers, but cider lovers as well," Stroschein said.

Birrenkott said in addition to ciders, a number of other beer alternatives would also be made available to patrons, such as wines and craft brewed, non-alcoholic beverages.

Nicholas Riesing, a Stevens Point resident who attended the festival last year, insists that the event is well worth the admission price.

"Last year me and a group of people went without really knowing what it actually was and ended up having an absolute blast. With all those different craft beers under one roof, it's hard to go wrong," Riesing said. "I'll definitely be attending again this year."

TNR Mosaic Gets a Facelift

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Over the summer, the mosaic mural on the South wall of the Trainer Natural Resources building underwent a much needed renewal to bring it back to its original glossy finish.

Conrad Schmitt Studios Inc. of New Berlin looked at the mural in May and found that a large amount of sediment had collected on the wall over the past 30 years, making the image look dull and dirty.

While the mural seemed to have collected a lot of dirt and debris, it was still in great structural.

Carl Rasmussen, the Director of Facilities and Planning, said that the University of Wisconsin - Stevens Point had been looking into several methods of restoration for the past couple years.

"Work was completed in three weeks and it cost \$38,850. The progress was inspected and coordinated on a daily basis," Rasmussen said.

The ceramic wall, facing the

sundial, was hand scrubbed using a light soap and then rinsed. The work was then contracted to Conrad Schmitt Studios. It was selected by the Wisconsin State Division of Facilities Development in Madison, which administers most large construction projects on campus.

A two-person crew used a water-based cleanser and hand pressure back in July to clean all of the tiles on the wall. UWSP's Environmental Health and Safety office also made sure the cleanser was non-acidic so it would not damage plants or contaminate the soil around the building.

"There is definitely more contrast and definition now," Rasmussen said. "As work progressed, when comparing the completed panels against those not cleaned, there was a noticeable return of luster."

The mural, which was completed in 1982, was designed by retired art professor Richard Schneider. Schneider was approached in 1975 by Chancellor Lee Sherman Dreyfus, with the idea to place a mural on the empty wall of the new building

because he wanted to preserve Old Main, which was in danger of being demolished.

The original design for the mural focused on Old Main and its cupola, but also brought in Portage County and the state of Wisconsin with the badger and white-tailed deer at the right of the mural and the Muskie in the center.

It also incorporates robins, violets, and a maple leaf on the left side. The history of natural resources and some symbols of the newly built building are also included.

Schneider originally created around 50 designs, of which 28 were selected to be showcased on the wall.

With the technology of the Control Data Corporation, the design was divided into 286,200 tiny squares, which were each analyzed for grayscale value. They were made into huge photographic negative printouts, which were divided into 646 panels, each 3 by 4 feet. They were then placed together by 113 vertical rows of steel channels and cemented to concrete fiberglass

"wonderboards," which were proven to be weather worthy.

When the mural was first going up, people were more concerned with possible damage from ultraviolet light and deterioration, but neither of these things were detected.

Rasmussen believes that the mural was originally constructed in the best and most cost effective way possible.

"There was very little physical deterioration after being exposed to very harsh environmental conditions over 30 years, concerning temperature extremes, freezing, thawing, wind, hail, rain and condensation," Rasmussen said.

While the mural is in excellent condition architecturally, it will most likely need to be cleaned and renewed again in the future.

"Judging from the accumulation of dirt and grit, another thorough cleaning in 15 years would be advisable," Rasmussen said.

It's Time for Harvest Fest

MARY MARVIN

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Are you often bored on the weekends and always on the lookout for something to do? Do you twiddle your thumbs as you wait for classes to begin again just to relieve the soul-crushing monotony? Look no further for this weekend's key event - Harvest Fest is happening.

But Mary, you may be asking, what is this Harvest Fest of which you speak?

Harvest Fest is a celebration of all things that make autumn great. It has Polka bands for you to get your groove on, Polish and American food for your hungry tummy, Polish crafts and demonstrations to impress

your significant other with, and a farmer's market so you can stock up on delicious veggies and fruits.

The petting zoo is always a hit for students missing their pets. Go snuggle with the fuzzy animals or take a romantic ride in a horse-drawn carriage. This is sure to be a weekend full of autumnal amusement.

The weekend also includes a Sunday Polish mass for those religiously inclined, complete with refreshments afterwards.

The official name for Harvest Fest is Dozynki, or Thanksgiving. It is a traditional Polish celebration. The event is put on by the Association of Downtown Businesses, who invites you to come sample what they have to offer.

The Dozynki Harvest Fest will provide much-needed relief from the stressful student life while educating folks about Polish traditions and customs. It is also a great chance

for newcomers to get a feel for the layout of downtown and also create memories by experiencing something totally unique.

Saturday, September 21

- 7am - Farmer's Market on Crosby Street
- 10am-4pm - Main Street Petting Zoo, Inflatable Rides, Pumpkin Painting, Polish Heritage Display-Library, Horse Drawn Carriage Rides, Trolley Rides, Food and Crafts
- 10am-4pm - Art in the Park, Pfiffner Park
- 10am-5pm - Antique Farm Equipment Display
- 11am-7pm - Polish food and drinks on the Square by Michele's
- 12pm-8pm - Continuous Dance Music - Hauser's Hot Shots / Benji's Polka Pak
- 2pm - Annual Ponczka Eating Contest
- 3:30pm - Dozynki Royalty March on Main Street
- 3:45pm - Dozynki Royalty Coronation

Sunday, September, 22

- 10am - Polka Mass by Father Jerzy Rebacz (music provided by Benji's Polka Pak)
- 11am-6pm - Polish Food by Michele's
- 11am-6pm - Polka Dance Competitions
- 12pm-6pm - Continuous Dance Music - Jim Killian's Honky Chicago & Norm/ Dombrowski's Happy Notes

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Traditional Scottish Garb Raises Questions and Awareness

CASSIE SCOTT

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Three years ago co-founder, and now the President of Kilted to Kick Cancer, Justin Schorr started to wear a kilt to inform the public about cancer and prevention methods.

During the month of September about 100 men across the country, with representatives in 34 states and two other countries, wear a kilt to raise awareness about prostate and testicular cancer.

"Kilts make people ask," Schorr said. "When they approach us, we can then tell them about the risks of cancer and get them to take action."

Even if one person takes the steps to ask their doctor about the risks of prostate or testicular cancer, Schorr believes he has done his job.

"Some people run 5-ks, others wear kilts and I'd rather embarrass myself by wearing a kilt if it helps lift the stigma that talking about cancer risks are taboo," Schorr said.

Most men are uneasy or unwilling to talk to their doctors openly about the risks. The kilt acts as a symbol which draws attention to the issue of male-specific cancers.

"The kilt draws attention. When people approach me, I am able to talk to them about and make them aware of the risks. I encourage men to get

tested," Schorr said.

Out of the 100 kilt-clad men, 12 of them wear a kilt to raise money for one of three programs: The Prostate Cancer Foundation, Livestrong.org and Bluecure.org. Fred Simons wears his to raise money for Livestrong.org.

Simons works full-time in the UWSP Security Office for Protective Services. He was interested in being involved after he realized it was a good cause and it was an excuse to purchase kilts.

"Kilts cost anywhere from \$50-\$300. I have four that I rotate through," Simons said.

The 12 men who raise money for the organizations each have their own blog and participate in a friendly competition with each other. The one who raises the most money wins a prize from the sponsors of Kilted to Kick Cancer.

Kelly Grayson coordinated the fundraising campaign and made the necessary connections for the organization by cooperating with the three charities.

This is the first year Simons has participated in the fundraising competition and notes he will be doing it again in years to come.

"The idea is to wear the kilt anytime I'm not in my work uniform," Simons said.

By wearing the kilt, he notes that

many individuals give him a double-take or ask why he wears it, but he said he does not mind. He is able to use this initial shock as an avenue into a conversation about cancer awareness.

Schorr explains the difference between a kilt and a skirt is that you wear something underneath a skirt, and with a kilt, you do not. Simons said he is okay with going commando for a month.

"It's a little strange at first, but once you get used to it, it is very comfortable and it certainly cuts down on the amount of laundry," Simons said.

Schorr emphasized the aim of the organization is to promote cancer awareness and preventative measures.

"We aren't trying to find a cure, we are trying to prevent cancer from happening," Schorr said.

For more information about the Kilted to Kick Cancer organization, visit their homepage at www.kiltedtokickcancer.org.

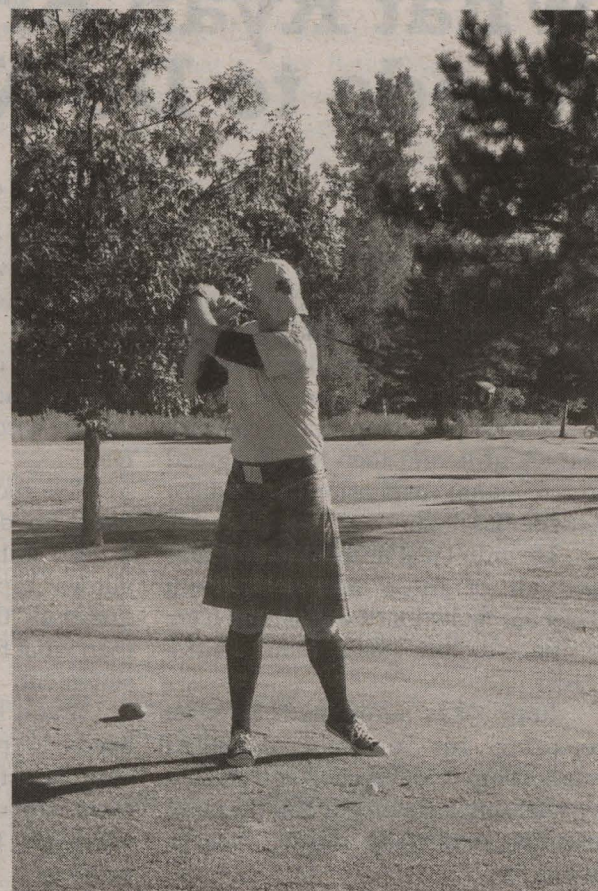


Photo by Fred Simons

Fred Simons proudly sports his kilt during a fun golf outing last Friday.

kiltedtokickcancer.org.

Donations can be made to Simons' blog at www.gunscoffee.blogspot.com.

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10 OPINIONS

What Ryan Braun Needs to Do Now

WILL ROSSMILLER

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I don't think I need to explain to sports fans from all around Wisconsin what has happened to their baseball hero over the past two seasons.

Simply put, Ryan Braun cheated, lied about it, and then finally agreed to a 65-game suspension from Major League Baseball.

He didn't just lie to his teammates and all of those associated with baseball, he lied to the fans that have supported him during his entire career.

Braun has attempted to start repairing his severely damaged relationship with baseball and its fans by releasing a statement and by, more recently, personally calling fans to apologize.

The Brewers organization has also attempted to ease the pain Braun caused by using Braun's 3.25 million dollars in salary, that he lost during suspension, to give fans a ten dollar stadium voucher as they enter Miller Park.

Even with these attempts to get back into the good graces of baseball and its fans, Braun still hasn't done enough to even begin improving his image for the better.

So the question that remains is, what does Ryan Braun need to do to be loved and respected by his fans once again?

I'm a devoted supporter of the St. Louis Cardinals, so you may be asking yourself why I should even care about this issue.

My response is that I'm not simply just a fan of the Cardinals, but a fan of the game of baseball.

I, like many Brewers fans, believed Braun when he initially pleaded his innocence. No fan of baseball would hope that a former MVP was guilty of using performance enhancing drugs, just based on how terrible that would be for baseball's reputation.

When Braun finally came out about his drug use I, like Brewers fans everywhere, felt betrayed that I trusted Braun throughout the whole ordeal.

Braun now has a chance to make things right, and here is how I believe he can accomplish that monumental feat.

The most important thing Braun needs to do is come out and hold a very public press conference that allows reporters to ask him the questions that we care about, rather than what he addressed in his written statement.

Braun has to understand that he needs to personally articulate how sorry he is for his decisions, and, even more importantly, what his thought process was throughout that time period.

If Braun comes out and acknowledges, in front of a camera, what exactly he did, then he may start to regain some trust.

By being on camera, we can see how genuinely remorseful and sorry Braun is for his actions, and this will go a long way toward forgiveness.

There is a long road for Braun to travel to reach the level of trust that his fans granted him before this whole scandal, but I sincerely hope he can achieve that comeback.

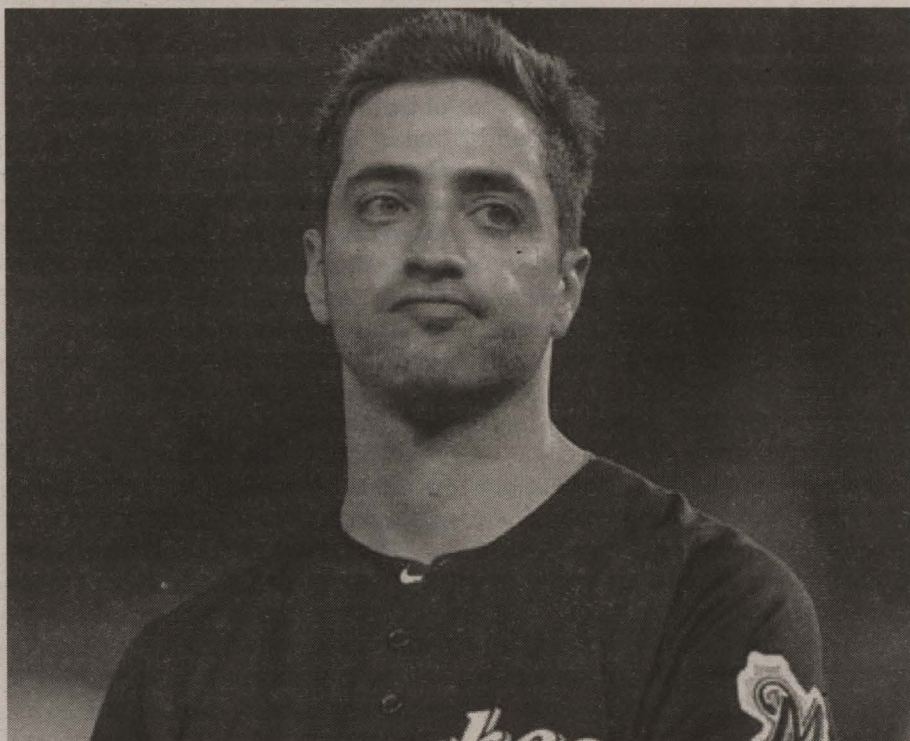


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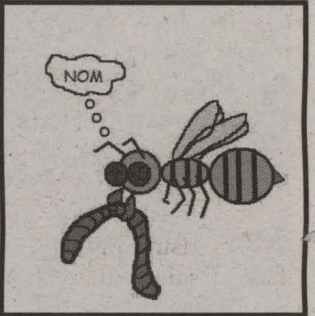
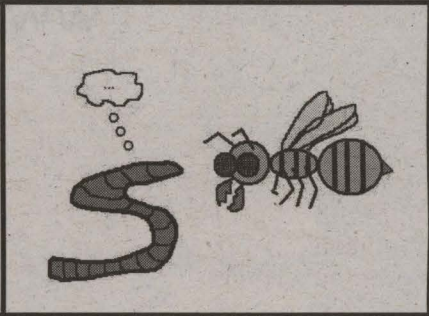
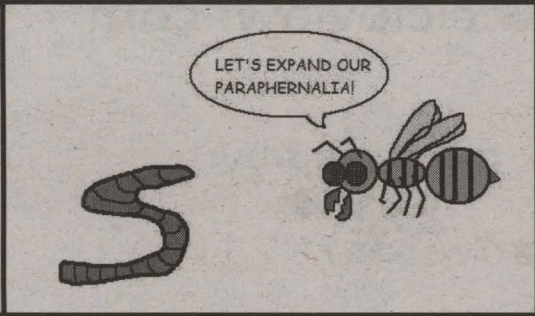
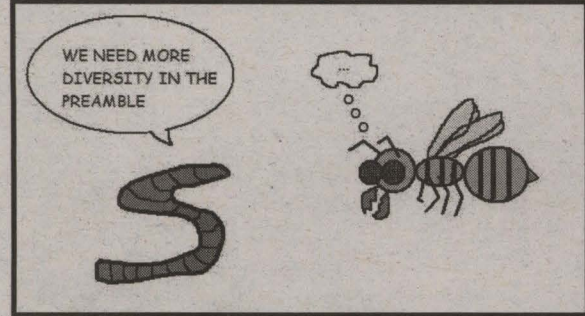
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IS IT POSSIBLE THAT MY VOICE IS NOT AS LOW AS I THINK IT SOUNDS??



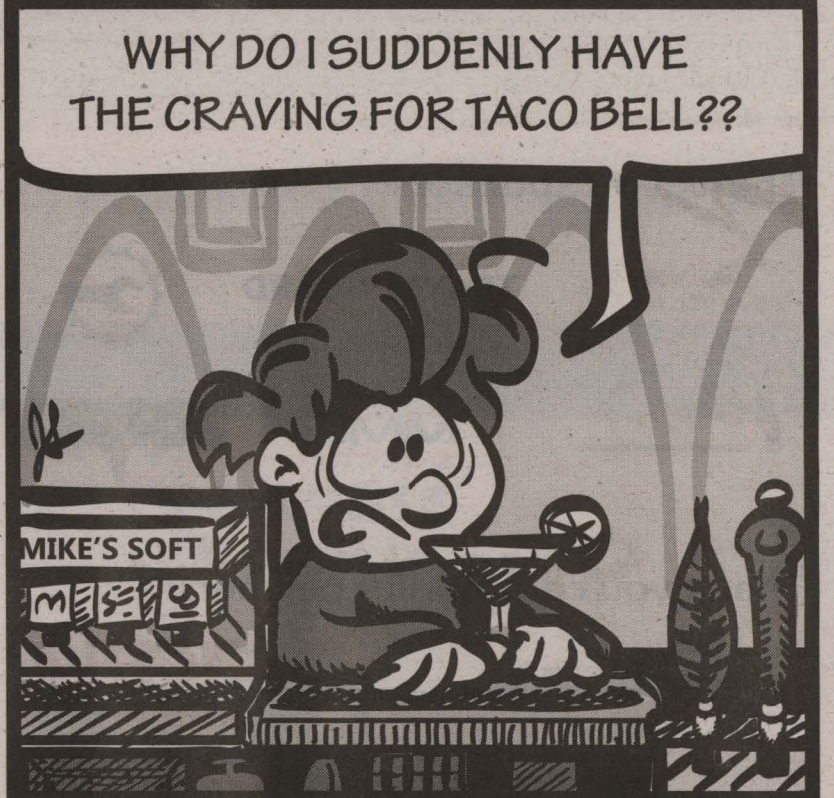
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WHY DO I SUDDENLY HAVE THE CRAVING FOR TACO BELL??



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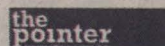
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