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Photo by Cole Witter

Quit-N-Time Just in Time for the Spring Semester

JULIA FLAHERTY jflah017@uwsp.edu

The Basement Brewhaus is the place to be on certain Friday nights throughout the spring semester because of their musical lineup that engages students in relaxation and variety.

The Quit-N-Time series will help students wind down from a hard work or academic week as they are accompanied by a range of tunes and an equal variety of free tasty snacks. Coffee and other beverages are also available for purchase.

"There is a sense of community here with Quit-N-Time nights. It's not just the friendly faces you see in class. The Brewhaus draws in a diverse group. There's always someone new to meet," said Joey Bonner, a music and arts management major at the University of Wisconsin- Stevens Point.

Bonner was one of the first musicians to perform as part of the Quit-N-Time series this semester. Bonner performed on Friday, Jan. 31, while the series itself kicked off on Friday, Jan. 24 with musical acts Charles Vang and Sued by Prudes.

"Music is something I'm good at and is something I love to do," Bonner said. Bonner has been playing for the Quit-N-Time events at the Basement

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The Pointer

NEWS

President Specht Addresses Pertinent Campus Issues

JULIA FLAHERTY jflah017@uwsp.edu

On Thursday, Feb. 6, President Ryan Specht of the Student Government Association on campus gave a very important message to his colleagues and to the public in his State of the University Address in the Legacy Room of the Dreyfus University Center.

As mentioned in Specht's speech, the tradition of the President of the Student Government Association giving a State of the University Address had previously been a subject that was mainly obligatory, but it is now, under Specht's presidency, being re-instituted as a form of principal communication toward, about, and for our student body.

Specht opened his address in showing us the progress that we made as a campus, particularly within the Student Government Association. By far, this organization is home to some of the most, if not the most, involved students on campus.

On average, a Student Government member is part of three committees within the governing student body. These members are also part of many other organizations on campus. Looking at 2013, Specht concluded that it was a busy time for this organization as they committed a recorded 3,100 hours total to our campus community.

Aside from the quantitative value of the organization, it was clear that there is also quality to be valued and quality yet to be reached for our student body.

"We are at a crossroads, and we have been for a few years now, but we've made a lot of progress," Specht said.

Among the quality reached in the previous year, the Student Government Association successfully convinced the state that students should have control over their segregated fees. Specht also addressed the pleasures had with helping to instill a sense of sustainability on campus with the Green Fund. Specht also announced the strides we made outside of the organization, as a student body. This was especially relevant as he addressed the incredible support we have for diverse groups on campus, particularly with LGBT. It was clear, however, that there is still a lot to be achieved at the University of Wisconsin-Stevens Point.



Photo courtesy of uwsp.edu Ryan Specht, president of the Student Government Association.

"We need to reward students and faculty for outside class learning. We need to invest in advising to get students in and out in four years. We must prioritize," Specht said.

Staying true to the Wisconsin Idea was a recurring theme throughout Specht's speech as he addressed many a time that if we want to get something from our school, we have to put something into it and hold up our end of the Wisconsin Idea.

This Wisconsin Idea says, "The boundaries of the University are the boundaries of the state." Specht spoke strongly on the importance of achieving public support and the realization that our campus walls extend past the street signs that corner our lecture halls.

Specht spoke about many campus issues including the extension of alumni support, the need for higher education funding, the increased realization of incoming campus diversity, a push toward rewarding students and faculty for outside learning and more. Specht's overall goal is to help initiate a movement on campus to move forward with these goals so UWSP can be better for everyone.

PROTECTIVE SERVICES

Sunday, Feb. 2

Staff member of May Roach Hall called to report that there might be a bag of marijuana on the front steps.

Monday, Feb. 3

Knutzen Hall staff called about a heater issue in the girls' bathroom on the second floor; maintenance was contacted.

The phone in the CPS elevator rang but there was no answer.

A key was found in the doorknob of the east bottom door of Old Main. The door was unlocked.

Tuesday, Feb. 4

Faculty member lost her iPad in Lot E. Information Technology locked the device.

Wednesday, Feb. 5

Pray-Sims staff member stated that she has been seeing a suspicious car multiple times throughout the year. PS told the individual to file a report.

Student reported that her car had been broken into and the individuals who entered the car smoked marijuana in the vehicle. The car's locks were broken. Footprints, dirt and marijuana residue were found in the car.

Friday, Feb. 7

A leaking pipe was found in the basement of Steiner Hall. A staff member called facility services and they said they would take care of the leak.

Centertainment employees could not locate \$55 worth of gift cards they give out as prizes. Staff members assumed they were given out as prizes but there was no documentation.

THE POINTER Editorial

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Pointer.

A better campus for all may just be the push UWSP needs to make a better campus overall. A student called to let PS know that her car was hit Thursday morning in the parking lot around 5 a.m.

Saturday, Feb. 8

Female called to report she believed her car was involved in a hit-and-run in Lot Q. She said that the left side of her car was damaged in the back.



Enrollment Services Center - One Stop Service

EMILY MARGESON

emarg634@uwsp.edu

Financial Aid and Registration have joined forces to create the Enrollment Services Center that opened on Feb. 3 in the Student Services Center.

Students can now go to one location to deal with their registration, finances, transcripts and degree planning needs.

"There are a lot of interrelations and issues that occur between those two offices," said Jim Barrett, associate vice chancellor for enrollment management. "We figure if we can do it all in one place it will be more efficient for the students."

This plan started to form last spring when two positions became available. Once they were filled it was decided to train each of the employees in both financial aid and registration duties.

"This change had been talked about but when we hired them it seemed like the best time to put this idea into action," said Barrett.

The reason for creating the Enrollment Services Center was to ultimately serve students in need all in one convenient location.

"Every time a student comes in

they know what to expect, it's not a surprise and two different offices don't give them different answers," said Tiffany Firkus, enrollment Advantages to this new one-stop service can range from location to deeper input on academic advice.

"I was a student here two years



Photo by Emily Hoffmann

The Enrollment Services Center is located in room 106 of the Student Services Building.

services specialist.

"The services should be easy to use, the challenging work should be in the classroom," Barrett said. ago and I would have loved to have this available," Firkus said. "You have someone on your side thinking of so many different aspects of your career here, it's such a benefit to the student."

"It helps us put our thumb on the questions that students don't know the answers to and will help clarify the lines of communication," said Leah Rose, enrollment services specialist.

There are many advantages to this new center, but there are also some aspects that still need some work.

"We hope over time this keeps running efficiently," Barrett said. "It will be an ongoing process for all of us."

Rose understands there is a lot to learn and admits to hearing from many students and parents who are grateful for the new operation.

The center is working on making their website more efficient for students to find what they are looking for. They will also be adding a frequently asked questions page, as well as work on engineering new processes for emails.

"We are looking at new tools to implement over the next year to enhance those services," Barrett said.

The Enrollment Service Center can be found where the former Financial Aid Office was in room 106 of the Student Services Center.

"We look forward to seeing the students and are happy to help them," Barrett said.

Retirement Books to Serve as Tribute to President Reilly

MYKAYLA HILGART mhilg143@uwsp.edu

President Kevin Reilly may be retiring from his position as president of the UW system, but unique collections of Irish literature will allow his memory and legacy to live on in every university library across the state.

On Tuesday, Feb. 4 at 9:40 a.m. in the lobby of the Learning Resource Center, Chancellor of the University of Wisconsin-Stevens Point, Bernie Patterson, presented Reilly's retirement book with his personal dedication to Professor Kathy Davis, UWSP's library director, to add this special tribute to the library's collection.

There are 30 books altogether with

already have the book in its collection. "This campus made it happen for the rest of the state. It would not have happened without UWSP," Davis said.

The floral book plates were printed here at UWSP, forever connecting the book to Stevens Point.

On each book plate, there is a dedication that reads, "This is one of a set of Irish literature books given to UW institutions to honor UW System's sixth President, Kevin P. Reilly, champion of more graduates, proud Irish American, published scholar in Irish studies, and devoted connoisseur of poetry – fondly known for reading a poem at virtually every Board of Regents' meeting."

"It seems only right that we do this in his honor. We really wanted to do something meaningful for Reilly to show him how much he is appreciated," Patterson said.



26 personalized messages – four being sent to the University of Wisconsin-Madison. Each of the books features a spot in which every chancellor or dean had space to compose a special, personalized, message to Reilly.

The gift was presented as a special surprise at Reilly's retirement party.

"I told him that he couldn't keep them, that he'll have to check them out just like anyone else," Patterson said.

Patterson was the brains behind this project. With the help of Davis, they worked from a list and purchased all the materials necessary to be certain that each individual university did not Patterson's personalized note to Reilly reads "Kevin – the heart and soul of any university is the library, so it is only fitting that this tribute to you will reside in our library, as you have been the heart and soul of the UW System all these years."

All of the books will be installed in each library within a special rare books collection where they can forever be used and displayed.

UWSP's book includes four complete novels by Flann O'Brien:

Photo by Doug Moore

Chancellor Patterson presents professor Kathy Davis, the director of the library, with President Kevin Reilly's retirement book.

At Swim-Two-Birds, The Third Policeman, The Poor Mouth, The Hard Life, and The Dalkey Archive.

Anyone can easily gain access to the book by inquiring about it in

the Nelis R. Kampenga University Archives and Area Research Center on the fifth floor of the LRC.

NEWS

Collegiate Job Fair Attracts Students

RACHEL PUKALL

rpuka198@uwsp.edu

Central Wisconsin's 13th annual Collegiate Job Fair will be held on Wednesday Feb. 19 in the Laird room of the DUC from noon to 4 p.m.

Career Services co-sponsors the fair each February, giving students an opportunity to interact with employers offering intern and career level positions.

"It's a collaborative event with our colleagues from Midstate and the two-year campuses in Wausau and Marshfield," said Lorry Walters, the associate director of Career Services. "What we're trying to do is bring together students, graduates, and employers to fill intern and career level types of positions."

The job fair attracts employers to campus who are interested in recruiting intern and career-level candidates for a variety of positions within their organizations and to publicize it widely.

"We have 56 employers registered, which ties with last year and if we go any higher it will be the highest we've ever had," Walters said.

Some of the career level positions and internships are in central Wisconsin, but there are also many that are in other locations and potentially opportunities on a nationwide basis depending on who the employer is and where they are located.

"On the career services website there's a section for job career fairs and if you go on UWSP sponsored events, the Central Wisconsin Collegiate job fair is on there," Walters said. "Other fairs that are offered in Point are on there as well, along with a directory of the employers that will be there."

Other job fairs that will be taking place this semester include the Summer Camp & Recreation Fair held on Feb. 18, the Natural



Photo courtesy of University Relations and Communications

Marshfield clinic was among many organizations at the career fair last year.

Resources Career Fair on Feb. 27, and the Summer Job Fair on April 8. SIEO sponsors the summer fairs and the CNR Student Success Center sponsors the Natural Resources fair.

"We host job fair preparation programs to help students get ready, not just for this event, but others that take place here at UWSP this semester as well," Walters said.

Career Services will be doing three different programs where they will bring in a panel of employers to answer questions from students.

"We'll give them a brief intro as to what the fair is and what to expect and then open it up for questions and let the employers tell you what their looking for and what they like to see," Walters said.

Walters thinks that this is a great

opportunity for students to connect with employers and that everyone should take advantage of it.

"We're doing a whole lot of the work for you. We're bringing all these employers to campus, letting you know which programs we offer, and telling you the time and place," Walters said. "Even if you're booked solid with classes that afternoon, talk with your professors and let them know you're looking for an internship or trying to sort out options after graduation and really want to talk to these employers. See what you are doing in class that day, and if you can make it up beforehand or after."

Walters also encourages students to take it seriously.

"Don't dress like you're a student and come to the job fair. Dress like you're someone looking to get hired," Walters said. "It's very very easy to tell the folks that are there because someone told them they had to be. They stick out like sore thumbs and if I can pick them out, you can be sure the employers can pick them out."

Walters would also advise students to look at the advice from employers on the Central Wisconsin Collegiate Job Fair site.

"This is what they would like students to know. They suggest things on how to be prepared and how to present yourself," Walters said. "It's a little bit of their perspective, saying don't be afraid to come up and ask us questions, but when you come up to talk with us, introduce yourself and don't wait for us to take the first step."

Student-Athletes Must Adhere to New Drug Screening Policy

WILL ROSSMILLER wross460@uwsp.edu

The athletic department at the University of Wisconsin-Stevens Point is now facilitating random drug tests on all of its athletes

Kris Ficken, the Pointers' Director of Sports Medicine and Athletic Training Services, is in the process of informing teams about the policy.

"Right now we're just informing all of the teams," Ficken said. tests, Ficken also said that if there was very specific cause, athletes could be tested under suspicion as well.

For an athletes' first failed drug test the penalties aren't as harsh, but are meant more as a warning to an

In this system, a second positive drug test can terminate an student athlete's career.

"The second positive is an immediate and permanent dismissal from the team," Ficken said.

With the issue of drugs becoming more and more discussed in today's sports world, a turn to drug prevention and education is a muchneeded change.

Random drug testing for student athletes has been commonplace in Division I since it's inception in 1986. Now 90 percent of Division I programs use random drug tests.

Drug testing has yet to become a popular trend in Division III, with only 20-30 percent of D-III schools taking part.

UWSP is now entering its first semester using the new program.

'Hopefully we will be done with that this week."

Ficken explained that the athletes would be under the constant possibility of being tested at any time. "We don't provide the information of when we are going to test or how often we are going to test," Ficken said. "So it's really random."

Athletes will be instructed to provide a urine sample to a third party that is separate from the university. The third party will test the sample and provide the information to the university.

Beside the use of random drug

athlete to stop their behavior.

"In addition to some educational meetings, the first failed drug test suspends an athlete for 30 percent of their season," Ficken said.

The suspension is enforced during the playoffs and if the suspension runs into the next season.

Athletes that try to cheat the drug testing system will have harsher punishments on their first offense.

"If athletes are caught using a masking agent or try to cheat the testing system then they will be suspended for a calendar year," Ficken said.

The trend of D-III programs starting to test their athletes for drugs has become popular in the Wisconsin Intercollegiate Athletic Conference. "We are the sixth WIAC school to now have institutional drug testing,' Ficken said.

Ficken said that the most important part of the new policy is education athletes about the drug abuse that is prevalent in professional sports history.

"It's not just there to be a punishment but we can help the student athlete make wise decisions," Ficken said.

SPORTS 5

Michael Sam Making History

WILL ROSSMILLER wross460@uwsp.edu Commentary

Earlier this week, former Missouri defensive lineman and NFL prospect Michael Sam took a brave step forward in an attempt to establish universal acceptance in sports by coming out as a homosexual.

If Sam is drafted, experts have

him going in the third to fifth round. He would become the first openly gay athlete in the National Football League.

This is an incredible move in the right direction in making the NFL, and every professional sports league, more accepting of each individual's sexual orientation.

It still remains to be seen if Sam

will be drafted and make an active NFL roster.

The talent is definitely there, so it would be a shame if NFL executives just looked to his recent announcement as a reason to avoid Sam on draft day.

The question still remains: will we now see a mass number of professional athletes finally come out of the closet?

> While it would be beneficial if that happened, and would make professional sports better as a whole, it's occurrence is

doubtful. Last April, NBA big man Jason Collins announced that he is gay. Collins coming out was a statement to all of professional sports, yet he still remains unsigned to this day.

Many people may look to Collins remaining unsigned as related to the fact that he came out, but I beg to differ on this case.

Collins is, and has been for some time, a

very marginal NBA player at best. He may not have been signed despite his announcement, but it may have made teams shy away from his services.

At Missouri, Sam announced his homosexuality earlier in the season to his teammates and coaching staff, and they kept it quiet until after the season.

The team and coaching staff were very accepting and provided a comfortable environment for Sam. If Missouri could do it, then any NFL team should be able to provide that same acceptance.

The main goal of all of this is to make sure that athletes coming out are no longer news but a norm in the current professional sports culture.

I wish I could say that I think Sam will be automatically accepted into an NFL locker room, but that would be a lie.

Anyone that is a trailblazer in attempting to achieve equality, may it be gender, race or sexual orientation, is going to have to overcome more obstacles than other athletes.

I hope that more athletes come out, not only in the NFL but all professional leagues, and express their true emotions and selves. It would be a step in the right direction for sports and all of society.

<image>

Michael Sam (52) announced his homosexuality earlier this week.



MARTY KAUFFMAN mkauf036@uwsp.edu

The Winter Olympics have begun in Sochi this week with many athletes from around the world, including athletes from Wisconsin and the local area.

Joe Pavelski, from Plover, will compete in his second Winter Olympics as a member of the United States men's hockey team.

Pavelski was a member of the team in the 2010 Winter Olympics in Vancouver. He played in six games, tallying three assists, and received a silver medal as the team lost to Canada in the finals.

Pavelski has seen success at every level of hockey. In 2002, he won the only state hockey championship for the Stevens Point Area Senior High hockey team. He was a national champion at the University of Wisconsin-Madison in 2006. Pavelski currently plays for the San Jose Sharks of the National Hockey League. This past week on Feb. 7, the Stevens Point area celebrated Joe Pavelski Day to honor the accomplishments of a hometown hero.

Pavelski will not be the only player on the team from Wisconsin. Phil Kessel of the Toronto Maple Leafs, who is from Madison, and Ryan Suter of the Minnesota Wild, also from Madison, will join him in Sochi.

Both Suter and Kessel were silver medalists along with Pavelski in the 2010 Winter Olympics.

Phil Kessel is not the only Kessel from Madison in Sochi either. His sister, Amanda Kessel, will be there as a member of the women's ice hockey team. Amanda also has teammates on women's hockey team from Wisconsin.

Goalie Jesse Vitter is from Cottage Grove, and forward Brianna Decker is from Dousman. Decker is competing in her first Olympics, and Vitter is in her second after being a silver medalist in 2010.

U.S. Curling also has a pair of siblings in the Olympics from Wisconsin. Craig and Erika Brown are another pair of siblings from Madison in the Olympics.

Erika is the skip on the women's team, and Craig is an alternate on the men's team.

Wisconsin also has athletes competing in speedskating events. Alyson Dudek from Hales Corners is competing in her second Winter Olympics.

Dudek received a bronze medal in 2010 while competing in the women's 3000-meter relay. Maria Lamb from River Falls joins Dudek on the women's speedskating team.

Lamb is competing for her third time in the Olympics and competes in the 5000-meter event.

Another Wisconsin native on the women's speedskating team is Sugar Todd. Todd is from Milwaukee and will compete in the 500 and 1000meter events in her first Olympics.



Photo courtesy of mcwade.com

On the men's team, Janesvile native Tucker Fredricks will compete in the 500-meter in his third Olympics. His teammate Mitch Whitmore is from Milwaukee and joins Fredricks in the 500-meter and also in the 100meter.

Finally, Prairie Du Chien native Matt Antoine is a member of the U.S. Skeleton team. Antoine is competing in his first Olympics.

SPORTS

Curling Club a Success in First Year

MARTY KAUFFMAN mkauf036@uwsp.edu

Curling is exposed to the world every four years during the Winter Olympics and this year it has been exposed to the University of Wisconsin-Stevens Point campus.

The Curling Association of UWSP is currently in its first year as a university recreational club, as the university approved the club last November. In their first year they have been very successful.

With 13 active members, the club has seen success in the Midwest

competing in tournaments called bonspiels. Currently, the club is qualified for the United States Curling

Association

National Championship in Blaine, Minn. from March 14-16.

Club president Ryan Kernosky felt confident going into the season. "We knew going into it we would be successful. We are usually the team to beat," Kernosky said.

The majority of the members have been curling for years prior to the club being recognized. Kernosky is in his ninth year curling. Club treasurer Matt Rueth is in his fifth year of curling.

The group has many members that have curled before but are looking for new players. Kernosky and Rueth say the club is fortunate intramurals for recruiting purposes.

"We work with intramurals to pull players from and get to a more competitive level," Rueth said. Kernosky hopes the club will be more interactive with intramurals. He is also open for advice from intermural players.

Kernosky believes that the exposure the sport has from the Winter Olympics will increase membership.

According to Kernosky, most private curling clubs do open houses during the Olympics to allow people to come try the sport.

"Curling is a quickly growing club sport in America," Kernosky said.

Along with UWSP, there are four other college curling club teams

"We knew going

into it we would be

successful. We are

usually the team to

beat," Kernosky said.

in the state. UW-Green Bay, UW-Lacrosse, C a r r o l l U n i v e r s i t y and Marquette University each have a club. The club's

next season will start near the end of October and they hope to see an increase in members.

"The Olympics and intramurals should help us get more members early," Rueth said.

Rueth describes curling as a lifetime sport. "It's a lifetime sport. Anyone from 10 years old to 90 years old can do it," Rueth said.

As founding members of the club, Kernosky and Rueth both have hopeful visions for its future after they leave.

"I hope that it still thrives, and that the club competes at nationals," Rueth said.

Kernosky has confidence in club advisor Jodi Olmstead to lead after he graduates. He feels Olmstead has good specific visions for the club in



Above is an outside curling venue that the club played at earlier this season. Photo by Kylie Able

the future.

Rueth also has hopes the club can host a bonspiel in the future in either Stevens Point or Wausau.

The Curling Association of UWSP is free to join, with the only fees being for hotels. If interested in joining the club you can like their Facebook page for information, or contact Ryan Kernosky by email at rkern318@ uwsp.edu.

THIS WEEK IN POINTERS SPORTS

Friday, Feb. 14

Men's hockey vs. UW-Eau Claire at 7 p.m.

Women's Hockey at UW-Superior at 7 p.m

Saturday, Feb. 15

Wrestling at WIAC Championship at 9 a.m.

Women's hockey at UW-Superior at 2 p.m.

Women's basketball senior day vs. UW-River Falls

Men's Hockey vs. UW-Eau Claire at 7 p.m.

Men's Basketball at



The curling team has experienced success early in their season. Photo by Kylie Able Men's and women's track at WIAC Quad Meet Wednesday, Feb. 19

Women's hockey at Marian College at 7 p.m.

Women's basketball vs. UW-Oshkosh at 7 p.m.

Men's Basketball at UW-Oshkosh at 7 p.m

POINTLIFE 7

Continued from page 1



Sheyenne, also known as John-Ford-Dunker, performed in the Brewhaus last Friday.

Brewhaus for eight semesters.

Quit-N-Time did not originally feature music. It is still a recent and encouraging development that has occurred in the last few years.

Bonner first enjoyed the Brewhaus's 'Open Mic Night' as a young student. He recalls that the Brewhaus was the first location he ever played on campus, so it is special for him to get to continue to play this location.

What goes into making this event happen is more than just the musical talent, but also the people behind the scenes, including the events and promotions coordinator at the Brewhaus, Emmitt Williams.

Williams' list of duties includes

"You get to support your peers. It's your opportunity to support someone on campus that you might not have known about before," Williams said.

The Quit-N-Time series is notable for featuring on campus talent. Williams says that when looking for acts to book he searches for variety. He enjoys a change in genre.

"I go with what I think sounds good and hope other people think it sounds good too. It's fun to mix things up," Williams said.

Genres that have been featured in the past include neo-soul, free lance and acoustic, and the list goes on.

Whether you are going for the coffee, the musical variety or because you are in search of a new face to call friendly, it seems that there is an aspect of Quit-N-Time for most everyone to enjoy.

Winter 100 Program Keeps Allen Center Members Motivated

MYKAYLA HILGART mhilg143uwsp.edu

The Allen Center is challenging its Cardio Center members to keep active during Wisconsin's deep freeze with an incentive to win free prizes during the Winter 100 program.

The program began on Monday, Jan. 27 and will run through Friday, March 14, which marks the beginning of spring break for University of Wisconsin-Stevens Point students. Members can easily sign up with a scorecard and log their miles.

Any type of cardio miles count and members can mix and match from any machine of their choosing: ellipticals, bikes, treadmills, rowers, stair steppers and more.

After 50 miles, members receive a free water bottle. After 100, they earn a T-shirt and a recognition at the front desk of the Cardio Center. After they complete their 100, they can start a new card if they choose.

"The Winter 100 aims to give members motivation during the winter months and a reason to keep track of their miles, to get to 100 is quite the accomplishment," said Katie Ayello, a desk attendant at the Cardio Center.

So far the challenge has nearly 300 participants with an impressive four finishers by only the second week.

Devon Feldt, a senior elementary education major, finished first in an astounding three days by running, biking, and using the elliptical. He is excited for it to warm up so he can run the Green Circle Trail again, but the challenge gave him an opportunity to push himself while there is still snow on the ground.

Feldt has been challenging himself at the Allen Center for quite some time now.

"In high school I was a pretty big guy, like 325 pounds big. When I came to college, I decided that it was time for a change, and I chose to get in shape," Feldt said.

Feldt is now down to 130 pounds and has a lot more energy. He even runs races and takes part in Tough Mudder competitions.

"I was able to complete the challenge in such a short amount of time because I spend a lot of time at the Allen. I go for at least two hours a day, and I don't have a problem with waking up early," Feldt said

"To aspiring Winter 100 participants I would say that you are awesome and to keep it up." Felt said. "Don't worry about how long it may take you, 100 miles is a long way. No matter how fast you go you are lapping everyone on the couch."

The full-time staff members are also participating in the Winter 100, challenging themselves along with members to reach their full potential.

Beth Northuis, a health and fitness specialist at the Allen Center, is behind the Winter 100. This is one of the busiest winter workout seasons she has seen in a while, and she believes that the program provides substantial motivation.

The Winter 100 is not the only program keeping students moving. Find Your Fit Week is running through this week and offers stress relief, workouts, fitness testing, food and prizes. In addition, there are some new yoga and pilates classes starting up.

According to Northuis, the staff at the Allen Center works to bring its members motivation and worthwhile programs to keep them active yearround. There will be many programs to watch for in the coming months.

making pre-contracts with outside campus talent, coordinating with on campus graphic designers, setting up equipment for talent, and administering Facebook banners, all to help make this series feasible.





POINTLIFE

Local Author Provides Inspiration, Advice

AARON VOEKS

avoek774@uwsp.edu

Rachel Allord, an author and University of Wisconsin-Stevens Point alumna, was at the Portage County Library this week to talk about her new novel, "The Mother of my Son."

Allord's book is about a college girl who gives birth to a baby and abandons him out of fear and desperation. Many years later she meets a woman and builds a friendship with her, only to discover that her new friend has raised the child she had abandoned.

The book signing audience was small, but very keen to ask Allord questions regarding both her book and the writing process. Those who attended wanted to know many things about her book and what it was like to make it.

Allord described the writing process that she began in 2001 and completed in2013 when the book was published.

"It started on a whim, I just wanted to get the story that was in my head out," Allord said. She claims that her goal is not to preach to people, but that the book does have a message rooted in religion.

"I would say the message is that God's grace is sufficient, meaning that God loves us," Allord said.

She went on to talk about how much the story meant to her. She said it was inspired by an actual event she saw a news story about that made her upset.

Allord told audience members it is important to write about things that make them passionate, which is what she did for her own novel.

Allord also talked at length about the publishing process, describing how she made it through the process with her first novel. She talked about what it was like going through a small publishing house and how doing so differed from self publishing.

She said she was amazed at how extensive the editing process was, claiming that she would often have pages covered in notes from her editor, and that having that input was a major help for creating a good final product.

Allord is proud to have a finished

product that she can see and hold in her hand, but is more proud that she told her story well.

"Honestly, if I hadn't written the book I would have still really liked the story. That's what I'm happy about, the satisfaction of having told a story well," Allord said. Beyond "The Mother of my Son," Allord has also contributed to "Chicken Soup for the Soul" a number of times and is currently working on her second novel. More information can be found at her website: rachelallord.com.



Rachel Allord at her book signing on Monday.

Ice Climbing Adventure for Outdoor Edventures

RACHEL PUKALL

rpuka198@uwsp.edu

Outdoor Edventures is heading --to Cedar Falls, Iowa to take students ice climbing this weekend.

"We're going to be at the University of Northern Iowa and we're going to be climbing the ice silos there," said Mike Piekenbrock, recreational activities coordinator.

The group will be heading down on Friday, Feb.14 and coming back Sunday, Feb. 16.

"I have room for about 13 or 14 students," Piekenbrock said. "I do still have some spots available, but it is filling up quick. Typically we take a 15 passenger van on most of the Outdoor Edventure trips." In addition to ice climbing, the group will be doing many other activities.

"We will be going to their recreation facility and climbing the indoor rock wall," Piekenbrock said. "They have one of the biggest indoor walls in the Midwest, so we are going to do some climbing there and hopefully have access to their leisure pool as well to do some hot tubing, water slides and all that good stuff."

Piekenbrock has offered this trip before, but last year not enough people had signed up.

"I think now that this is our second year offering it, it's going to do better. I wasn't able to run it last year because we only had about three people that actually signed up," Piekenbrock said. "This year I think the word is out more about it and we already have about seven students signed up."

Piekenbrock said he is not only looking forward to ice climbing, but also just being back in Iowa.

"The University of Northern Iowa is my alma mater, so that is where I've spent a lot of time," Piekenbrock said. "I never got a chance to climb the ice silos, but the man who runs them was a colleague of mine, so I've seen the ice silos before and it is an impressive sight."

The group is planning to spend all day Saturday ice climbing.

"We'll head out there in the morning and we'll be there until sunset," Piekenbrock said. "There's a nice little warming hut right there that we'll have access to, so you can do a couple good burns top to bottom and then go and warm up a little if you need to."

Most of the Outdoor Edventure trips are geared to all skill levels, so beginners are welcome to come along on this trip as well.

"Someone who has never climbed anything before and is interested in trying something new, that is what this trip is all about," Piekenbrock said.

The trip costs a total of \$115 and includes transportation, permits, tickets, guides and gear.



Photo courtesy of inhabitat.com

On the Edventures trip to lowa, students will ice climb a silo that has been converted into an ice wall.

Local Farmshed Works toward a Sustainable Future

ADAM HELMSING

ahelm519@uwsp.edu

Nestled away at 1220 Briggs Court, Central Rivers Farmshed is a small non-profit organization with big goals.

Farmshed's mission is to expand the connection between local residents and their food by providing opportunities for participation, education, cooperation and action to support a local food economy in Central Wisconsin.

"We do all sorts of food system education networking to build the local food economy here in Central Wisconsin," said Krista Engelhardt, Farmshed Coordinator. "Whether that be helping our producers learn about different marketing strategies or working with restaurants to try and get them to buy more local food. We want more people purchasing local food."

To help spread awareness they are also hosting community potlucks and anyone is invited to stop by to talk and learn about the organization. Hosted at their residence on the second Tuesday of each month at 6:30 p.m., some community members come out for more than the food.

"I'm a member of the community, and I just love hanging out here," said Suzanne Paulik. Paulik has taken part in some of the classes offered through Farmshed, including a canning and preserving class and cheese making class.

The potluck also serves as a great opportunity for new community members like Sandy Liang to introduce themselves.

"I was looking for a place where I could meet new people," Liang said. "A friend told me about this place and I thought it would be a great opportunity to get involved."

Establishing community ties is one of many goals for Farmshed, but their most ambitious goal is the reconstruction of the once abandoned Sorenson's Greenhouse into Farmshed's "The Greenhouse Project."

The 35,000 square foot future community food center will house an 11,000 square foot production greenhouse, community kitchen, gathering space and learning center.

The estimated expense of the project is \$150,000 according to Executive Director Layne Cozzolino. \$45,000 has been collected by private donations. She expects that everything will be functional by next spring.

"There is definitely a lot of potential and growth," said Heath Stoltz, a board of directors member. "A lot of people are really excited to see what this place is going to become."

"One of the biggest goals of Farmshed is to reconnect the community to the producers around us," Cozzolino said. "We can be self resilient. Not only knowing how to find your farmer but also finding your inner farmer. How can you be self resilient? If it isn't growing your own food then it's cooking for yourself or cooking for your family. I think that sometimes we've really lost that connection."

This Thursday Farmshed will be holding their biggest outreach program, the Local Food Fair at SPASH from 5:30-8:30 p.m.

"The Local Food Fair is our largest outreach event, it draws about 600 to 700 people a year," Cozzolino said. "We have mini workshops on anything from community supported agriculture to seed saving."









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Photos by Emily Hoffmann

(Top Left) Suzanne Paulik serves herself a bowl of soup at the Farmshed potluck. (Top Right) Jared Campbell, Sean Campbell, and Laura Selin enjoy their meal at the Farmshed potluck. (Bottom) Spaghetti squash with smoked Roma tomato sauce with chickpeas an pickled mushrooms. Delivery or Pick-up! Applicable on any current specials! Order while you're hungry! Offer expires: 4/19/2014 Toppers Pizza: 249 Division Street Stevens Point, Wisconsin, 54481 Open Daily: 11am – 3 am (later if you're lucky!) Delivery / Pick-up / Carry-out: Phone: (715)-342-4242

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¹⁰ CLASSIFIEDS AND OPINIONS

VALENTINE'S DAY CROSSWORD PUZZLE

Across

1. Amount of heart Janis Joplin wanted to break, with "little" 5. Video maker, for short , French 8. En for group 13. Beauty mark 14. Bird's home in a home 15. All , total 16. Two of a kind 17. Grouping before tens 18. Epic prose 19. Romeo and Juliet had 22. Steak sauce 23. Pigeon noise 24. At hand 27. Hair styled with a pick 29. Disease cause 33. Fetal membrane 34. Garlic mayo 36. for Vendetta 37. Heart throbs 40. Tavern drink 41. Put it under your pillow for money 42. A bunch of asses 43. __ is more, paradoxically 45. Used to mail Valentines 46. The unfinished poem by Ezra Pound 47. Positive response to a proposal 49. Little piggies 50. e.g. Valentine's Day, Sweetest Day, etc. 58. Popeye's love, i.e. Oyl

59. Of the mouth 60. Milk's favorite 61. Sound navigation



62. There are seven deadly ones 63. DEA informant 64. Itsy-bitsy 65. Repealed military doctrine, "Don't ____ Don't Tell" 66. Eye infection Down

1. Roch band intensifier 2. You row in it 3. Hip bones 4. Glass gardens 5. Birch bark boat 6. Grows old 7. Predicament 8. To botch 9. Not digital, in clocks 10. Starch from palm stems

11. Serb or Croat

14. Like bad jokes and some breads 20. Co, periodically 21. Common food born bacteria 24. the "N" of U.S.N.A. 25. "South Pacific" hero 26. Puts chins in 27. Autostrada sights 28. Untaxed IRA 31. Front of printed pages 32. Badland flat-top formations 34. At the summit 35. Jerusalem is its capitol

12. "...or __!" warning

38. Composer John

Phillip

ender

39. The run high in bad relationships 44. Learning Center 46. Lets off steam 48. Nail file 49. Acknowledge 50. Emcee 51. Lotion additive 52. "What's your sign?" is one Parks of the 53. 30. To kick out of a rental Civil Rights Movement 54. Mr. Kringle 55. "Dang!" 56. High nest 57. To bind

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Life By Jonathan Seymour



ARTS AND ENTERTAINMENT

Two Dudes, One Film - Nebraska

KYLE BEHNKE kbehn697@uwsp.edu

WILL ROSSMILLER wross460@uwsp.edu

Movies can be viewed in many ways. One view is from a consumer standpoint and another is from a more technical standpoint, like that of a filmmaker.

For these film reviews we will analyze movies from both perspectives in order to give an in-depth look at the world of cinema.

This week we are reviewing the Oscar nominated best picture, "Nebraska," directed by Alexander Payne ("The Descendants"). The movie stars Bruce Dern ("Monster") as Woody Grant and Will Forte ("Saturday Night Live") as his son, David Grant.

Bob Nelson makes his major motion picture debut as lead writer for the film, and Phedon Papamichael was nominated for an Oscar in best cinematography.

The film follows Woody, a senior citizen with a hazy memory, as he makes his way to Nebraska with his reluctant son, David, to redeem a hoax riddled million dollar contest voucher.

On the journey to Lincoln, Neb., Woody and David visit Woody's home town of Hawthorne to catch up with their relatives. The plot climaxes with the realization that the contest has to be real or the whole trip is a waste of time.

The film has a very unique stylized look, as it is shot in black white. Nebraska as a state is flat in character and in landscape and the black and white filer combined with the lighting adds a lot of depth to the visuals.

Establishing shots were very prominent and brought out specific elements of the landscape, like cows and the crops.

"Nebraska" is shot in a very

indie style, with neutral and soft editing, which gives the film a consistent and relaxed feel from start to finish. Overall, the black and white is fitting for the plot of this movie. Black and white does not work for every film, but it certainly enhances the



cinematography of this one.

Woody, played by Dern, and David, played by forte, visit Woody's childhood home.

The music consisted of one simple theme with multiple variations throughout. During important dialogue moments, the score was silent.

During filler scenes, such as traveling montages, the music was brought to the forefront for the viewers.

The music was simple, well timed, and provided an audio cue for viewer with knowledge of important events to come.

The plot has a small town feel that is reminiscent of small Wisconsin communities, which brought a nostalgic feel to the movie.

The plot also held a steady pace. Some go from zero to 60 while "Nebraska" was consistent around 20 mph.

The film was not necessarily slow in any part, but was more rhythmic in it's pacing, leaving the audience intrigued while effectively telling a simple story.

Dern's performance is worthy of all the acclaim he has received through multiple award nominations.

Dern provides such a realistic character that he makes viewers forget he has been acting in a multitude of roles for over 50 years.

The supporting cast, including Forte, June Squibb, who picked up an Academy Award nomination for her role in the film, and the rest of the cast put you directly into what appeared to be a real life dysfunctional situation.

This film offers a unique experience from both a technical and narrative standpoint. We both would highly recommend seeing this movie for its witty, yet serious, > writing and its stylized and distinct look.

Emy J's: A Local Treasure

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AARON VOEKS avoek774@uwsp.edu

Emy J's is a coffee shop and cafe located in downtown Stevens Point on 1st Street that specializes in a variety of baked goods, ice cream, coffee, and food comprised entirely of locally farmed meat and produce.

Upon entering Emy J's, I was immediately hit by the aroma of freshly brewed coffee. The intoxicating smell was more than enough to lure me in, and the warm atmosphere characterized by original works of art made me want to stay. I placed my sandwich order after a long period of deliberation; there are a plethora of menu items to choose from, and deciding between breakfast and lunch has always been a weakness of mine.

The wait for the food was somewhat lengthy, but given that the cafe was so full I had to sit on a bench instead of at a table I would say that this was no fault of the workers.

Table markers are action figures and dolls instead of numbers usually seen in a traditional restaurant, and mine happened to be a tiger.

I am happy to report that when my turkey sandwich finally did arrive, it was worth the wait and thensome. The bread was fantastic, the tomatoes were not the giant slabs served at the university center and the mayonnaise was delicious. The kettle chips were also amongst the best I have ever eaten, and far surpass anything I have ever purchased from the grocery store.

Seeing as how no meal would be complete without dessert I also sampled one of their day-old oatmeal raisin cookies. Don't let the day-old sign discourage you, this cookie was every bit as good as the meal that preceeded it.

As you would expect, Emy J's also has free Wi-Fi, making it hot spot

for caffeine craving college students trying to study for exams. The welcoming atmosphere and endless supply of sugary goods makes it a great place for doing homework, sitting down with friends or even going on a date.

My experience there was excellent. I have no complaints to make about the food or the service, and will certainly find myself there again, quite possibly tomorrow.

Emy J's ability to provide good coffee, ice cream and food truly makes > it a local treasure.

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ARTS AND ENTERTAINMENT

Book Review - 'I Am Malala'

GRACE EBERT

geber176@uwsp.edu

The unnerving story of a young Pashtun girl, "I Am Malala" chronicles Malala Yousafza's experience being raised in a prominently radical nation dominated by the Taliban.

Her life was drastically transformed at age 15 when she was approached by a member of the Taliban on her bus ride home from school. The man demanded to know "who is Malala?" before firing a shot directly into her face. The event was tragically broadcasted and is known worldwide as just one of the Taliban's cruel acts.

Although terrorism is nothing new and media coverage on war in the middle east has always been prominent, Malala's experience living under Taliban rule in Swat, an area in Pakistan, is still undeniably shocking.

Throughout Malala's childhood, various rebel groups in Pakistan attempted to overthrow the government and eliminate corruption as a way to "restore" Muslim culture that they deemed lost. The most successful and influential, though, was the Taliban, led by Fazlullah in her home in the Swat Valley.

Support grew for Fazlullah and the Taliban during Malala's younger years with the promise of reestablishing proper Islamic practice and traditions. However, these acts to restore faith quickly escalated into violent, destructive acts.

Claiming that the Qur'an prohibited girls from attending school, Fazlullah demanded to end education for young girls. When people refused, however, the Taliban attempted to prohibit it themselves by bombing schools, threatening teachers, and eventually closing schools for girls all together. This was devastating to Malala as school was her only escape from the terror surrounding her.

Despite the violence and death threats, Malala was not deterred from fighting for her right to education. Following her father's example, Malala began to speak out about her education. She attended public meetings and was interviewed for various newspapers and television programs, both local and international.

In her descriptions of these interviews and meetings, it is evident that Malala had little fear regardless of the warnings to not speak out against the Taliban, especially as a young woman. Although she understood the danger involved, she was persistent and unwilling to abandon her belief that all should have access to education.

Her acts proved to be both courageous and unusual for a girl of 11 years old1 and her desire for an

learning was even greater. While leader for peace. "If one man, the number of young girls attending classes dwindled, Malala, with the

encouragement of her father, Ziauddin, remained enrolled in school. Her passion gave her the power to hide her books from the Taliban occupying Swat on her walk to school each day.

As an inspiration to the oppressed, Malala proves that one person can make a difference in a seemingly impossible society. When describing her first acts of speaking out against the Taliban and their malicious acts, Malala confirms her confidence and power as education and activist

Fazlullah, can destroy everything, why can't one girl change it?"



Photo courtesy of washingtonpost.com

Winter's Garden Exhibit Blossoms in the Midst of Winter

EMILY SHOWERS eshow592@uwsp.edu

The 10th annual Winter's Garden Exhibit at the Riverfront Arts Center boasts an array of local artists' works centered around a floral and winter theme.

"The Winter's Garden Exhibit is a juried art show where local and regional artists can showcase their work," said Nancy Thorson, the Riverfront Art Center director.

The annual exhibit gained popularity amongst artists and viewers over the past decade. "The exhibit draws a nice crowd statewide. People come from Milwaukee, Madison and north of Wausau," Thorson said. The flowery exhibit stands in contrast to the frozen landscape outside. It gives the promise of spring.

support the community's Riverfront Arts Center," Thorson said in a press release for the exhibit.

"A substantial variety of pieces from fiber art, paintings, sculpture, jewelry and photography inspired by garden, floral, botanical and winter themes were submitted in a diverse and interesting array of styles," Thorson said in a press release for the exhibit.

Artwork and orchids blossom together as viewers stroll through the exhibit, stirring the senses and emotions.

Thorson highly recommends people come to physically see the exhibit and enjoy it.

In the past, students have submitted artwork to the Winter's Garden Exhibit. Thorson encourages student submission. She offered some advice for new artists.

"Look for shows. It is good to get into a juried show. It is a good experience for new artists to gain," Thorson said.

Rachel Montoya is a University of Wisconsin Stevens-Point freshman who is pursuing a bachelor of fine arts with a graphic design emphasis.

"I have not entered artwork in a juried exhibit yet. I want to get more quality artwork," Montoya said.

Montoya offers insight to how new artists create their work.

"Getting started is a huge issue. If ou don't have motivation you can't

"Not only do we have artwork, but we have an orchid sale during the show," Thorson said.

"Hand selected live orchids from Orchids Garden Centre and Nursery in Waunakee, Wisconsin will compliment the gallery exhibition space and artwork. The orchids and artwork are for sale as a fundraiser to



start," Montoya said.

"Know where to start. When you're getting into a project, ideas can branch off and you can get a product that is outstanding. You have to push through and continue working. The more you fiddle around with a piece the more you can see different ways to do a project," Montoya said.

The Winter's Garden exhibit displays a gorgeous array of artwork and live orchids, while highlighting local artists' works just waiting to amaze their viewers.

The exhibit is on display until Feb. 16.

Both floral works and live orchids are on display at Riverfront Arts Center.