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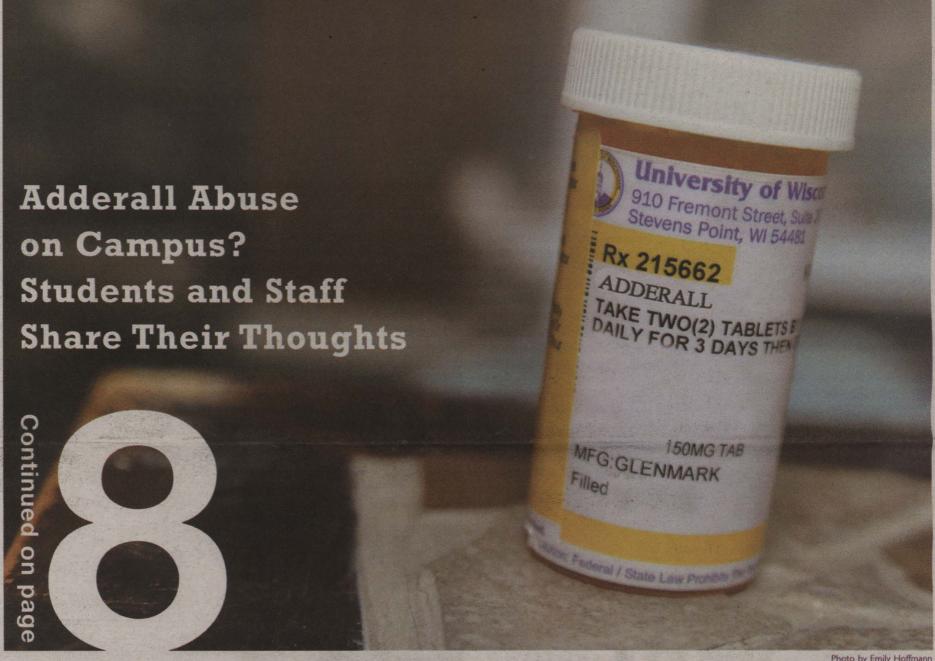


Photo by Emily Hoffmann

HARLEY FREDRIKSEN

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The prescription drug Adderall is used to treat Attention Deficit Disorder, but some people will selfmedicate to stay awake for extended periods of time.

"Side effects include irritability,

anorexia, insomnia, tics, psychotic symptoms, and hypertension," psychology professor Mark Plonsky said. Plonsky teaches a class about psychoactive drugs and behavior.

The list of side effects has not stopped students from abusing Adderall, but there are reasons they do.

Adderall is an ergogenic and nootropic drug, meaning it improves physical and mental performance. For those reasons, it is used in the military and banned in the Olympics and most professional

"While I don't advocate its use as a study aid, I do understand it,"

Plonsky said.

"I don't think it's necessary," senior Benjamin Wolf said. "If they need it for ADD that's one thing, but it's just part of the age we live in; trying to pay attention in a fastpaced environment."

This drug is often prescribed for those who have trouble focusing

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The Pointer



NEWS

EDITORIAL

Regents' Visit Needs Information, Involvement

GRACE EBERT

EDITOR-IN-CHIEF geber 176@uwsp.edu

Faculty, staff and students have been busily preparing for The University of Wisconsin System Board of Regents annual visit to campus Oct. 9 and 10.

The 18 members of the board, two of whom are UW students, provide general guidelines for the UW system. They approve the chancellor of each university, along with the dean of every college and are also responsible for creating system policies and approving budgets.

In addition, the board affects faculty, staff and students as they decide which degrees are offered at each university. For example, there is not an approved journalism major at UW-Stevens Point, so students who study journalism graduate with a degree in communication. Technically, these students are on the journalism track of the communication major with a media studies emphasis.

During the board's visit, committee meetings will be held to discuss future issues at UWSP. I hope to attend some of these meet-

ings and encourage all on campus to as well as a civic service to the university and to the community.

While I hoped to provide detailed information about these sessions and the topics to be discussed, I was unable to gather any. I contacted multiple offices and involved students and staff at UWSP and have had no response from any.

The visit is less than a week away and preparation on campus is evident. Because the board is at UWSP so soon, I am disappointed that very few on campus are informed. I expected to have many conversations with both students and administrators about what to expect during the board's time here and am upset to know that such an important meetings are not being spoken of so freely around campus.

However, we all, as a responsibility to our university, need to make board members feel welcome and express our interest in the future of our campus. We at *The Pointer* will keep you informed of the conversations had during this visit and will provide insight to the issues being discussed.



MADELYNN MARSHALL EXECUTIVE DIRECTOR OF COMMUNICATION AND PUBLIC RELATIONS, SGA mmars524@uwsp.edu

As Pointers, I am sure you all see posters with the SGA logo and hear of the group, but many aren't aware of the work it does on campus. It plays a huge role in so many things across campus that affect student's daily lives.

SGA is responsible for allocating funding for the contract with the Stevens Point City Bus for both the daytime and late night bus programs. It pays about \$201,491 to the City Bus Company for students to ride the bus for free. All students need to ride the bus during the day is a UWSP student ID, while the late night bus does not require a student ID to ride. The buses ensure students can arrive to classes, work and fun safely.

SGA also offers students the opportunity to participate in University Recreational Sports and Intramural Sports. Together SGA allocates around \$280,989.85 to fund both of these important programs. There are 27 clubs total. From the Fly Fishing Club to the Judo Club, students with all different interests can get involved and engage with other students who have the same interests.

SGA prides itself on being able to support programs and activities to help make students lives here on campus feel more like home. Remember to listen to the SGA update on Monday Oct. 13 at 6:30 p.m. on 90FM. We will be talking about the upcoming Zombie Run. If you have any questions you would like to be addressed on air, tweet @ UWSP_SGA. I will give you a shout out and make sure your question gets answered!

PROTECTIVE SERVICES

Monday, September 22nd

A faculty member called in saying that one of her business cards was placed under her door with "hey sexy" written on it. She does not feel like she was in any danger, but wanted to make note of it in case it becomes a pattern.

Tuesday, September 23rd

A male student came in to report that the abortion protesters from earlier were protesting and handing out flyers on the inner sidewalks by the science building and the CPS as well as the CNR.

A female student called in complaining about the radio station. She said she attempted to request songs and the station hung up on her.

Staff member received a call from a female student regarding an older male (with glasses/plaid shirt) handing out anti-Planned Parenthood brochures.

Wednesday, September 24th

A Thomson Hall staff member called to report the smell of marijuana coming from a resident's room.

Thursday, September 25th

Custodians called stating there was a money bag found open on the floor in the C-Store at Lower Debot.

Friday, September 26th

A male student called to report a gray Chevy Malibu driving erratically along the sidewalks of campus. He reported being able to see the vehicle near the George Stein building at the time of the call.

Saturday September 27th

An unknown caller reported that there might be individuals on the roof of the NFAC.

Two males were in Lot X with open intoxicants. They were both asked to pour the substances out and were compliant.

A distressed student called requesting a ride home.

Staff member called that there was a subject passed out in the second floor bathroom.

THE POINTER

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

Breaking Down Cultural Barriers

SOPHIE STICKELMAIER

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Dr. Munir Jiwa gave students and community members an insightful look into the five 'media pillars' of Islam Sept. 25, detailing the main reasons he believes people have preconceived judgments about Islamic and Muslim cultures.

"Sometimes the framing of a subject can shape the way we relate to that subject," Jiwa said. "We need to acknowledge the way media shapes our mental structures. We must be mindful of those frames and try to rearrange the way we think within them."

Jiwa explained how the media portrays Islamic culture. He said the tragedy of 9/11 sparked a hatred for people who were unrelated to the incident. He said reacting to tragedy with hatred toward an entire culture does not solve anything. It only makes matters worse.

"Violence that is perpetrated to us is shocking and yet violence we hand out is less shocking," Jiwa said. "It is necessary to think about things within a wider context of the world, not just what we initially see or feel."

Jiwa said the words "al-Qaeda" and "Taliban" are actually English words and most Islamists and Muslims do not know where the words originated.

Jiwa also described a study in which men of Muslim and Islamic cultures were asked about their dreams for the future.



Photo courtesy of Allison Birr

Students, faculty, and staff listen to Dr. Munir Jiwa's presentation on the five media pillars of Islam.

None answered with hopes of further violence. Instead, they wanted better careers.

Since Americans are often given minimal exposure to contrasting cultures, the main learning tool is the media and how these groups are portrayed through various outlets. This is where the problem lies.

"I had no idea that most Muslims in the world are located in Indonesia and not the Middle East," said international studies major Rudy Lange.

UWSP was proud to host this event as an educational experience for students and community members.

"This opportunity came to me through a connection with John Viste at the University of Wisconsin-Marathon County," said music professor David Hastings. "Dean Cirmo and respected faculty expressed great interest in hosting Jiwa. This opportunity allowed us to offer an inclusive learning experience through Munir Jiwa's research and work."

Jiwa said Muslims around the world were asked what they least admire about the west. The main answer was its perceived moral decay and breakdown of traditional values. Ironically enough, Americans gave a similar response when asked the same question.

"Muslims across the globe say the one thing the west can do to improve relations with their societies is to give one thing, respect," Jiwa said. "We need to push the media portrayals aside and look at the different versions of every story in order to figure out where we come in and how we relate to that story."

UWSP Requests Construction of New Parking Lot

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In order to accommodate the construction of the new science building in Lot X beginning in 2015, university officials have been working to replace the lost parking area with the purchase of additional land and a request for lot construction.

"We were able to acquire some additional land that will allow us to expand existing surface parking," said Greg Diemer, the vice chancellor for business affairs. "We now own all the houses south of the fire station west of the Noel Fine Arts Center and have begun the design of a 75 car lot at that location."

The university has also been able to acquire a house east of the Newman Center. This will allow for a driveway to be installed off Fourth Avenue, which will add an additional 25 spaces to Lot T.

Construction of the new lot is aimed to begin yet this academic year

"Project design is currently on hold with approximately 35 percent of the design complete," said Carl Rasmussen, the director of facilities planning. "Before design can proceed to 100 percent with plans and be bid to construction contractors, the campus needs to receive approval to move forward from the State Building Commission."

The university's request was to be reviewed at the August building commission but was held over. Because the commission is not expected to meet until December or January, officials are now pursuing a separate authority to complete plans. This would allow bidding to occur in March 2015 with the project being complete by the start of the fall 2015 semester.

Diemer said that work on the driveway off Fourth Avenue will probably not occur until the summer of 2016.

"So far, we have been able to accommodate parking demand and will be discussing approaches with the city to make on-street parking more student and user-friendly," Diemer said.

This will include increasing the meter time from two to four hours

As for the previously proposed parking structure, Diemer said that administration will consider it when there is more pressure or parking once the new location is developed.

Project Green Challenge Encourages Sustainable Living

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Recently, people have started to think twice about the impacts their choices have on the environment. It is easier now than ever to engage in an environmentally sustainable lifestyle.

Unfortunately, many students stray from green practices and gravitate toward convenience.

In effort to bring new and interesting environmental campaigns to campus, student government representatives at the University of Wisconsin-Stevens Point have hosted sign-ups for events like Project Green Challenge, an international competition designed to test individuals' commitment and knowledge in regard to ecoconscious living.

PGC is a series of daily challenges throughout October where participants examine their own lifestyle choices, then go a step further and complete short assignments that test their

understanding of the day's topic.

Each challenge has three levels of difficulty and includes activities like researching relevant issues, watching video clips and interviewing people in the community. Challenges are judged based on submissions to the PGC website and posts on social media.

Those taking on the challenge can compete as an individual or a team of up to four people. Committed finalists for the challenge have a shot at an impressive array of prizes, ranging in value from hundreds to thousands of dollars.

Alex Thomas, Student Government Association Environmental and Sustainability Affairs Director, and Cate Lucas, Residential Living Green Associate, both have goals to make UWSP more eco-friendly. The duo helped bring the movement to campus this September and is encouraging students to get involved.

"Stevens Point has a history of being a green campus, and this program is a good fit for that," Thomas said. He explained how this challenge is a way for people to learn about sustainability and how it pertains to everyday life.

"I hope this opens up people's eyes to sustainability," Thomas said. "The more people that know about it, the better."

Lucas said PGC will help guide individuals who otherwise might not confront their lifestyle choices on their own.

"It is important to meet people where they are at, then push them a little further," Lucas said. "I think there are always opportunities for growth."

Junior Daniel Rawley likes the idea of PGC, but is not sure if he will participate.

"It sounded a little bit like schoolwork, but I like the fact that it is sort of a call to action," Rawley said. "It helps when there are other people around who are into it."

Taking part in PGC may or may not be the catalyst for students to make real changes, but it is an opportunity to make strides toward a more sustainable world.

Fall Enrollment Decreases

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Fall enrollment at the University of Wisconsin-Stevens Point is down about 295 students, and officials ensure requirements for admission and resources available for students will not be altered.

In tuition revenue, UWSP will have \$1.9 million less than last year due to decreased enrollment and a lack of transfer students and early graduates.

According to Jim Barrett, the associate vice chancellor for enrollment management, 217 more students graduated last year than the previous year. The new General Education Program is helping students graduate sooner than in the past.

"The General Education Program is doing what we hoped to do, which is allowing a more timely graduation," Barrett said. "The negative is that we would be concerned about the financial aspect of it, but we also want to make sure that students are succeeding."

Barrett also said the university had 57 less transfer students this fall.

"We are dedicated to find more freshman and transfer students for the spring," Barrett said. "We're looking at next year's incoming class, and we want to increase the size of it." Even with declining enrollment, Barrett does not foresee changing the university's admission requirements.

"We want to maintain the quality of students we are attracting," Barrett said. "Our average ACT is 22.9. We don't see that changing. If we have to work harder to get students, that's fine."

Greg Diemer, the vice chancellor for business affairs, is confident in the ability of the university to recruit students from both in and out of state.

"We will try to not impact students with any changes due to the enrollment reduction, but it could have an impact on the number of extra sections we are able to offer," Diemer said.

Sophomore communication major Sydney Inks hopes the enrollment this year does not affect UWSP's available resources.

"It's unfortunate that our enrollment is going down, especially because I feel that Stevens Point is a great school for all of our disciplines," Inks said. "As a school, we have a lot to offer."

The university's management staff will be working rigorously to increase UWSP's enrollment for next year.

"We welcome any suggestions that people would have and take them to heart," Barrett said. "We are glad to have everybody here."

Public Service Announcement

UWSP students:

The state of Wisconsin recently enacted new voter registration and voter ID laws. If UWSP students wish to vote on Nov. 4, here are a few things to know to avoid confusion and potentially long lines at the polls:

• Check your voter registration status at myvote.wi.gov. If you have recently had a name or address change, you are no longer registered to vote. If you wish to register before the day of the election, please visit the Student Government Office in DUC 052 to get registered, or in the DUC concourse between the hours of 10 a.m. and 2 p.m. Remember, the deadline for pre-registration is Oct. 15.

• On Election Day, bring one of the following IDs: non-expired

driver's license, non-expired Wis. identification card issued by the DOT, U.S. military ID, or passport. If you do not have any of the above, UWSP is issuing free voter ID cards to students at the Point Card Office in DUC 340.

• Along with your state issued ID or driver's license, bring one of the following items with you to the polls to verify your current address and enrollment at UWSP: an enrollment verification form, found under the HOT TOPICS link on your MyPoint homepage; a course schedule; or a billing statement from UWSP.

If you have any more questions, contact Ryan Kernosky, the SGA Legislative Affairs Director, in DUC 052.

Become a Member of StWEA! UWSP Student Wisconsin Education Association: Like Us on Facebook: UWSP Student Wisconsin Education Association Check out our Webpage: http://stuorgs.uwsp.edu/swea/Pages/default.aspx

Students Rise for Peace

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The Guardians of Peace, a new student organization, will be making its first appearance on Oct. 3, not only to lead an interactive event, but to start a revolution.

Guardians of Peace will be focusing on three controversial political turmoils today: the Gaza and Israel Conflict, the Ukraine crisis, and the Ferguson debate. They will be discussed Friday night from 6 p.m. to 8 p.m. in the Laird Room of the Dreyfus University Center.

"This isn't just about the controversial topics we're going to be discussing, it's about getting people to start speaking out," said Yulia Golovasheva, a Guardians of Peace leader. "We need to be less apathetic and more active."

Golovasheva is native to Ukraine and hope's to shed some light on the current situation for those who are unaware of the country's uprising. She says that she may be able to offer a more personal and insightful opinion than others due to her proximity to family and friends who are witnessing the rebellion first hand.

"The goal of this event is to get to the root of the issue," Golovasheva said. "We've grown up in a society that has no views on peace. We just think, 'do we send our troops or not?' We look at the immediate gains, we don't look ahead."

Ron Strege, the director of diversity and college access, will be speaking at the event along with Skip Jones, a performer and peace advocate. Jones will accompany Strege with musical and spoken motivation regarding heated topics. Following the two lectures will be the opening of three booths, each assigned to an issue.

The hope is that students will become more conscious of their role in promoting peace amidst conflict.

"These subjects matter," said Serah Washington, a fellow Guardians of Peace leader. "The various conflicts, their origins and what steps can be taken to resolve these conflicts are very important for students to address because students are the future leaders of the world. We need to educate ourselves about all aspects of these conflicts to be better equipped to raise awareness for them now and come up with solutions once we come into positions of influence."



Photo courtesy of Yuliya Golovasheva

Students with a poster for Guardíans of Peace.

The goal of Guardians of Peace is to spark conversation among students, not to change anyone's mind. They want this to be a movement, not a fleeting night.

"I hope that those who attend this event will have the opportunity to learn as much as possible about the aspects of the conflicts at hand and have stimulating conversations with their peers who are also passionate about these conflicts," Washington said. "I also hope that this event will foster an interest and a desire for students to get involved and realize that they can make a difference."

SPORTS



REBECCA VOSTERS

REPORTER rvost360@uwsp.edu

Boxing Club overcame a number of barriers to get its feet on the ground.

One of the biggest challenges the University of Wisconsin-Stevens Point Boxing Club faces is the distance barrier between campus and the Gust Gym in Marshfield, where the club

"We can't practice on campus. We brought home champions when we were allowed to practice here and compete in a successful way," said President Diamond Campbell.

A fatal incident on a Madison campus caused all boxing clubs to shut down on campuses across the state. Since then, these rules have been revoked but the club still does not practice on campus.

"I assumed we could use the rooms in the HEC," Campbell said. "I looked through all the rule books, but it turned out we couldn't. We were sanctioned and forced to practice off campus."

Campbell started the club during the beginning of her sophomore year, unaware of this issue. She was merely interested in sharing her love for the sport after recovering from a heart problem.

"I had just gotten approved to do physical activities again," Campbell said. "I wanted to get back into boxing, but there was nothing in Point boxing related."

Campbell boxed in high school and wanted to become physically active again.

"She didn't have to start the club," said coach Don Jisko. "She could have just come to the gym and done the same thing."

The club started with 28 members and has grown to nearly 150.

With a group so large, it is a task to get members to Marshfield to practice. The Student Government Association provides a budget to fund vehicles, but the vehicles fill quickly.

"We only have two vehicles per practice and they are usually filled by

Monday," Campbell said.

The club practices Tuesdays and Thursdays from 6 p.m. to 8 p.m. and is open to any experience level.

"We try and reach the potential of the person who wants to do it and get them where they want to go," Jisko

The club is largely female dominated without a single male on the executive board. However, Jisko is willing to work with anyone.

"I don't believe a woman was put on this earth to get hit, so we train them hard in defense," Jisko said.

Senior Brett Thompson encourages people to test the boxing waters.

"It's more about the dedication and the focus. You don't have to spar or hit the heavy bag," Thompson said.

Thompson acknowledged the stigma around boxing, which is another challenge any boxing club

"It's not like the UFC fighting you see on TV," Thompson said. "There's more to it than that."

Thompson said while there can be

boxing injuries, the same risk is found in other sports like football, wrestling and rugby.

Boxing is more than just throwing and blocking punches.

"Boxing is probably one of the hardest physical sports out there," Thompson said. "You get your running out of the way in the morning and then you work on the actual boxing at night."

There is no offseason when it comes to boxing. According to Campbell and Thompson, people train harder for bigger fights but not everyone competes.

"You can train to see if you really want to do the sport or for physical fitness," Jisko said. "Some people want to compete, some don't."

Boxing interest levels seem to be high in Point and the UWSP Boxing Club welcomes anyone who wants to

"If you're interested in boxing, we're interested in teaching you,' Campbell said.

Pointer Golf Gets its Footing

REBECCA VOSTERS

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The women's golf team has a full roster for the first time in three

"This is a good start. We look to bring in more girls in the future to play the greatest game known to man," said head coach Rory Suomi.

For the past two years the University of Wisconsin-Stevens Point needed an exemption to play. A full team consists of five golfers with the top four scores contributing toward the team total. UWSP played with only four golfers until this

The team wants to expand and grow. Suomi was hired in late May with his assistant coach Katie Kreuser and left without time to recruit golfers.

"These girls came to Point and happened to play golf," Suomi said. "Most of them are still learning how to compete at the collegiate level."

Senior Maggie Martin joined the team this year to try something new and fun. Martin was a thrower on the women's track and field team throughout her entire college career.

"It turned out to be a great choice and I am really having a good time," Martin said. "I am not experienced in competitive golf, but I have been playing for most of my life."

For some golfers, competition play is a new thing entirely.

"You're thrown into a sport you've never played before and you have 50 to 100 people watching you tee off," Suomi said. "That's not easy."

The team consists of three freshmen, a senior, and a sophomore, the only returner, Tiffany Boak.

"I'm more relaxed this year," Boak said. "Last year I was high strung and nervous. Now I make sure I am setting a good example for the rest of the team."

Suomi sees this year as a building year, so the golfers can get their feet wet.

"We're a very young team. I try not to put numbers on the score," Suomi said. "I want to see our girls get better."

With such a small group of

girls, it is tough to put numbers on anything, including goals.

"I just want to keep having a good time and making sure I keep improving," Martin said.

"We definitely had our ups and downs, but there has been a lot of success," Martin said. "I can say that I have seen improvement in my own personal abilities."

Golf is a big time commitment because practices easily last five hours and competitions sometimes take twelve hours.

"They practice hard, and I'm happy with their attitude," Suomi

The toughest teams the golf team faces are UW-Oshkosh, UW-Whitewater, UW-Eau Claire, and UW-Stout.

"I think we're capable of beating any one of them if we all have our good days at one time," said freshman Shania Steen.

One of the biggest struggles the team faced this year was to have a competition where everyone excelled on the same day. Steen considered this when she stated her goal for the team.

"I really want our team to come together and have a good day," Steen said. "Usually when someone has a good day someone else doesn't."

Boak has more personal experience under her belt that has helped her create a specific goal for the Pointers.

"Usually I have a good nine and a bad nine," Boak said. "It's a work in progress, but I want to make that split shorter."

Starting Oct. 3, the Pointers head into the Wisconsin Intercollegiate Athletic Conference Championships at Lake Arrowhead Golf Course in Nekoosa, Wis.

Martin has a conference goal in

"I want to see our team as a success, personally and collectively," Martin said.

"It's a tough conference," Suomi said. "If we play up to our potential, realistically, we could come in fifth."

That is one place higher than the Pointers ended the conference meet

"I want to be right in the middle there," Steen said. "Fifth is perfect."

SPORTS



COURTESY OF UWSP SPORTS INFORMATION

The University of Wisconsin-Stevens Point defense had four interceptions and three big fourthdown stops as the Pointers upset No. 5 North Central 34-27 in the team's Homecoming and Pink Game Saturday afternoon at Community Stadium at Goerke Park.

North Central,2-1, was faced with a fourth and one at its own 47-yard line with 1:30 remaining but the UWSP defense stuffed a quarterback keeper by Tyler Dicken to stop the Cardinals. The Pointers, 3-0, ran out the clock for their first win over a top-10 team since Oct. 25, 2008 when UWSP knocked off second-ranked UW-Whitewater.

The Cardinals also threatened to tie the game earlier in the fourth quarter as the visitors had a first and 10 at the UWSP 14. Following an incomplete pass, Aaron Karlen recorded back-to-back sacks of Dicken to force North Central into a fourth and 22 as the Pointers held firm. Karlen had a career-high 2.5 sacks in the contest and forced a fumble.

North Central took its biggest lead of the game at 24-16 after a 64-yard touchdown pass from Dylan Warden to Zach Pattat on the Cardinals' first play of the second half. However, UW-Stevens Point scored the next 18 points of the game to earn the win. The Pointers trailed at halftime of all three wins this season.

The UWSP comeback started when Kyle Larson connected with Logan Taylor for an 8-yard touchdown with 6:28 remaining in the third quarter. Taylor set career-

highs with 10 receptions and 108 yards in the game and also caught the ensuing two-point conversion to tie the score at 24-24.

On the next North Central drive, Deion Jones recorded his second interception of the game and returned it 36 yards to the Cardinals' 19-yard line, setting up a five-yard touchdown run by Jake Menzel to give UWSP a 31-24 lead.

After a failed onside kick, the Pointers defense stopped the Cardinals on fourth and one at the UWSP 35. The teams traded field goals in the fourth quarter to set up the final defensive stand by UWSP. Jesse Vervelde made field goals of 28, 43, 26 and 33 yards in the win.

Kyle Larson eclipsed the 300yard mark for the first time in his UWSP career, finishing 25-of-38 for 302 yards and two touchdowns and no interceptions. Like Taylor, Matt Sosinsky went over the 100-yard plateau by catching nine passes for 145 yards and a score. Sosinsky has at least 100 yards and a touchdown in all three games this season.

North Central outgained UW-Stevens Point 394-376 in the game, including a 163-46 advantage on the ground, but the UWSP defense intercepted Warden three times and Dicken once. In addition to two picks by Jones, the Pointers got interceptions from Zach Vallafskey and Jake Luedtke.

The Pointers controlled the ball for 39:14 and were 12-of-22 on third down, compared to just 1-of-9 for the Cardinals.

Ryan Kent led North Central with 107 yards and a score on 12 rushes. Warden completed just 6-of-

16 passes for 175 yards and two touchdowns and three interceptions. Peter Sorenson hauled in four passes for 114 yards, including a 50-yard strike in the first minute of the game.

Through the team's Pink Game sponsored by MADA and Team Schierl Companies, the Pointers helped raise

\$50,625 for Bill Schroeder's Circle of Friends, the Breast Cancer Family Foundation and the Joanne Suomi Memorial Fund.

UWSP travels to River Falls to face the Falcons,1-2, Oct. 4 at 2 p.m in the Wisconsin Intercollegiate Athletic Conference opener for both teams.



Photo by Jack McLaughlin
UWSP huddles before the game against North Central.



Photo by Harley Fredoksen

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Through a straightforward lecture style and an engaging lab, students learned about one of the

oldest species on the planet.

Phycology is a branch of biology that focuses on studies involving algae, cyanobacteria and blue-green

These species are unique because they are primary producers in most aquatic environments. Their evolutionary tale is widespread.

"They came from nine different lineages" said Dr.Bob Bell of the biology department. "It's not often you find organisms with such a diverse background."

Students share Bell's interest in algae's evolutionary history.

"I like the evolutionary logic of the class," said microbiology major Jon Mielke.

Mielke said he enjoyed how phycology coincided with his other classes.

Laura Reichaiet, biology and captive wildlife major, said that lecture makes things clear and she enjoys lab.

"Lab is the best part. I learn from doing,"Reichaiet said. "Plus, we get to draw pretty pictures." The lab portion of this class focuses on examining, identifying and illustrating what students find in their samples from several locations. Unlike labs for many classes, the students were enjoying themselves.

Deanna Torphy, biology major, was happy the class was able to venture to Jordan Lake.

"Collecting the plankton was fun. We got to throw a huge net out," Torphy said. "Dr. Bell makes it fun, he's really helpful."

Outside of class, groups collaborated with Dr. Bell to collect samples from Adams, Waushara and Portage counties. At each stop, the groups measured temperature, oxygen concentration and general water quality parameters. They also collected samples.

With each sample, the goal is to classify all the algae in the sample and relate it to the type of environment the water provided.

People generally only think of algae when it becomes an issue, but seeing how they fit within an ecosystem and how much variety there is among the types is a change of perspective. A logical, practical approach to lecture combined with the hands-on, relaxed atmosphere of lab make this new outlook on algae a welcome change.

Don't Say "I can't get it"

EMILY SHOWERS

POINTLIFE EDITOR eshow592@uwsp.edu

October is Breast Cancer Awareness Month and the Women's Resource Center will have a table the whole week starting Oct. 6 in the Dreyfus University Center to raise awareness about breast cancer.

October started with Pink Week, but now it is time to maintain the awareness in the campus body.

Alyssa Oltmanns, gender and sexuality outreach coordinator of Diversity and College Access, said they will attract people by cranking Beyonce music and tabeling in the DUC.

Oltmanns said October is a very active month because in addition to Breast Cancer Awareness Month, it is also Domestic Violence Awareness Month. The WRC plans to inform students about both issues.

"We want to do a theme around Beyonce's song 'Flawless'," Oltmanns said. "What is something, as a woman, that makes you flawless and no one can take away from you?"

Brianna O'Dell, the resource coordinator for the WRC, shared information about breast cancer she was once unaware of.

"I read one of our pamphlets and found out you should get your first mammogram around 21 or 22," O'Dell said.

O'Dell stressed the importance of self-checking every month.

"The self-checking is not taken as seriously as it should be," O'Dell said

Loren DeLonay, the WRC's promotions coordinator, said breast cancer affects a lot of people. She said that even men can get it.

According to breastcancer.org

and the American Cancer Society's website, one in eight women will have breast cancer in their lifetime.

In contrast, men are 100 times less likely to have breast cancer than women, but it can still happen.

Many people commonly believe breast cancer is something they should start worrying about when they are older, but it can occur at a young age.

Kim Lizan Lorenz, volunteer coordinator of the WRC, said she worked with a woman who was 23 and had already dealt with breast cancer.

"We didn't know she had breast cancer until she told us," Lizan Lorenz said.

The WRC wants to inform students about the facts and personal stories of people who have dealt with breast cancer.



Photo courtesy of Wikipedia/Messer Woland The pink breast cancer ribbon.

POINTLIFE

continued from page 1

and while this is a real issue for many students, others can obtain a prescription without trouble.

A typical bottle contains between 30-60 pills, depending on what the doctor has prescribed. It can be sold illegally for around \$5 per pill.

"I think it's over-prescribed," senior Meghan Kelling said. "Even the people that need it might abuse it."

A junior waste management student talked about their first-hand

experiences with the drug. This student was prescribed Adderall and takes it on a weekly basis as a study aid. With the addition of Adderall in their study routine, this student made the dean's list with 4.0 honors multiple semesters in a row.

While they recognized the benefits of the drug, they also said they see why it has a high potential for abuse.

A senior pre-med student who had also taken Adderall said if it is

used responsibly there is no issue. They compared it to other drugs with a high potential for abuse, such as tobacco and alcohol, and said the responsibility falls on the user.

It is easy to pin the blame on students but over-prescribing drugs is a complex, systemic, issue in medicine that goes beyond college procrastinators. The college dealer may make \$40 per bottle, but that pales in comparison to the profit margins of the companies peddling these substances.

While discussing this type of issue can be a touchy subject for many, it is important.

Something that seems black and white has a range of opinions. The urge to provide anonymity for students who had taken the drug brings the stigma surrounding Adderall to light.

The risks are as real as the penefits.

OPINIONS & EDITORIALS

Sliding Through the Crowds of Appleton's Octoberfest

EMILY SHOWERS

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Appleton is my hometown and I am lucky enough to live five blocks from downtown, where all the action is.

This past weekend around 50,000 people filled College Avenue for Octoberfest, offering food, drinks, crafts, and music.

Octoberfest is one of the many festivals my sister and I have ventured to in order to listen to some jams and people watch. While I observed the cheerful attendees enjoy themselves, I wondered why they all seemed so happy.

This weekend while taking a break from school life, I never ceased being a journalist and decided to figure out why 50,000 people file into a single city strip and stay for a couple hours.

Alexander Michelsen is from Norway and searching for the perfect gift for his fiancée on the east side of College Avenue, the craft portion of Octoberfest. Michelsen chose a stuffed dragon that was black and had a gold and red pattern on it.

Michelsen said they both love dragons and the pattern on the dragon matched the curtains in his fiancée's room.

Michelsen explained how he scouted the craft fair to find the perfect gift.

"There is not much of a goal, but there is always something to see," Michelsen said.

While Michelsen went on his way to browse through more crafts, I stumbled upon a stand that sold an item called Skunk Gunk. Emily Kalz manned the Country Lane Creations stand that sold the product and said Skunk Gunk are silicone fragrance beads.

Contrary to the name, there were many pleasant aromas like spa day, eucalyptus and spearmint, apple cinnamon, and lemon. With their vibrant colors, Skunk Gunk is not only appealing to the nose, it is appealing to the eye.

Many people questioned the strange name of the product.

"Since the fragrance beads look so much like jelly, we had to give the product an odd name like Skunk Gunk," Kalz said.

Stephanie Bohnert meandered through the craft section because she enjoys them. Besides Octoberfest, Bohnert said there are many other places to visit in Appleton.

"It's a safe town to go and explore," Bohnert said. "There is a lot of community stuff that is free or pretty close to you location-wise."

She named a couple organizations that have music events such as Lawrence Chapel,

the Performing Arts Center, and high school plays. There is also a cascading amount of shopping centers like the Fox River Mall or thrift shops.

Kalz agreed the Fox River Mall was a big highlight when traveling to Appleton.

"Why not get your shopping on?" Kalz said.

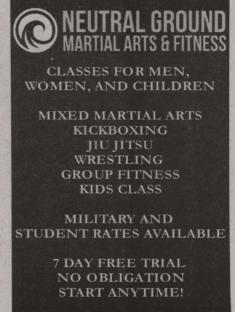
My hometown is full of events to go to and places to see. This is only a sliver of what is out there. Appleton seems to be a fan of local music, so there are several venues that offer that.

In addition to local music, there are plenty of small businesses along College Avenue ranging from import stores to quirky bakeries to a magazine shop. When you need to get out of Point for a weekend, head down Highway 10 to this midsized city.



Photo by Emily Showers

Octoberfest attendees browse through the craft fair.



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OPINIONS & EDITORIALS

Communicating about Disease

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I think it is funny when I tell you I'm high you laugh. I think it is funny when I tell you I have to stop exercising and you say I'm lazy. But I think it is frustrating when I tell you I have to wait two hours before I eat you are annoyed, because you want to eat now. Most of all, I think it is funny that you never considered I may be a person with juvenile diabetes.

The role juvenile diabetes has in my life is a big one. I have had juvenile diabetes for more than half my life and it was not until recently I started questioning whose responsibility it was for others to become aware about my condition.

At first, I treated my juvenile diabetes like something to be shameful of, not worthy of discussion. However, this idea made me think that I was not worthy of discussion and I simply could not allow myself to continue to view my life that way.

When I tell you I am high, I am talking about my blood sugar levels. I have a certain target range I need to meet each day. Since I am on a sliding scale, I test my blood sugar, adjust my insulin dose accordingly and carry on with my life.

Some days, it is not as simple.

If I have learned anything from having juvenile diabetes, it is that this disease makes simple things harder and a lot of people do not realize what you are going through. Sometimes when I am about to go to sleep, I lie awake for a while and wonder if it is going to be the first time I fall asleep without waking up in the morning. I will admit to you that I have woken up with some pretty nasty lows and cold sweats.

Luckily, I have always been able to detect and manage my low blood sugar levels, even in my sleep.

When I tell you that I cannot eat right now because I am high, I'm not talking about pot. My blood sugar levels should fall between 70-140, which likely means nothing to you, but just know when I test my blood sugar and it is at 258, a meal is not my next step. Injecting insulin into my system is.

Unlike most people, my body does not produce insulin on its own. I have to take medicine in order to supply a function to my body that does not naturally occur. I count my lucky stars I was not born 100 years ago- I would not have survived the time period, as there was no treatment for juvenile diabetes.

There were no survivors of type one diabetes in 1914. In the 1950s, one in five people died within 20 years of their diagnoses.

Juvenile diabetes is not curable. It is treatable and sometimes tolerable, but neither of those are the same thing. Someone once encouraged me that if I was lucky I could one day overcome diabetes, but their statement was inaccurate. To me, this person was not supplying a statement of hope, but of ignorance.

Their ignorance was not their fault, but shared between us.

I have never wanted sympathy or coddling from anybody. If anything, aside from a cure for juvenile diabetes, I wanted to be treated as a regular

I am realizing now more than ever that if I want to be the most normal version of myself I have to be honest with others, especially in writing, because that is what I am passionate about in this life. Certainly, I want to be special. We all do in some way, even if we are not too crazy about being the center of attention. We want to be recognized for our

Sometimes, normalcy is our most important form of recognition. It helps us make connections to our audiences, whether those are friends, family members, or readers of The Pointer. Establishing connections with each other is an intimate experience,

even if just through a passing smile.

I do not hope the first or last thing you notice about me are my needles or container of glucose tablets that resemble colored Rolaids. I hope that if these are your lasting impressions, my experience enables you to become more aware of the people around you. According to jdrf.org, three million Americans are managing type one diabetes. They may not look so alone or discomforted but in a crowd full of people it is easy to push disease to invisibility, putting those coping with disease even further into the hole.

Allowing disease to the surface for discussion may seem difficult, but it is not impossible. Progressing past the people around you cannot be the tragedy of the passerby, but the justification of the interactor. An interactor increases communication, not through Facebook or Twitter, but through something a little oldfashioned that has survived for the past 100 years ago and now. That task is to ask people about themselves: who they are, what they are, and how they are with your voice.

Sometimes, "How are you?" is a more important and relevant question than you would believe. Juvenile diabetes cannot be spread, but is certainly worthy of communication.



Photos courtesy of themazerunnermovie.com

BRADY SIMENSON

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"The Maze Runner," young heroes are doing their best to desperately escape a deadly labyrinth. By the end, will you be the one trying desperately to escape the theater? More importantly, how many instances of maze wordplay will I resort to in this review?

The answers are "no" and "a lot." The film begins with Thomas (Dylan O'Brien) waking up in a strange elevator and emerging into the titular maze without any memory of how he got there. He meets several inside a safe area of the maze. Thomas annoying qualities (you know, like the Maze Runner." The film builds up a quickly impresses group leaders with new ideas of how to escape their situation, but not everyone is happy with the changes he suggests making. What follows is a Lord of Flies nightmare scenario where young men are jockeying for power while trying to decide whether to keep the status quo or to finally make a dangerous escape attempt.

The actors all navigate their way through strong performances, but O'Brien is the one who takes all the right turns, bringing a genuine, earnest, quality to his scenes that make it easy to root for him. Think

way he insists on always being Shia LaBeouf). This will easily be a starmaking role for O'Brien, reminiscent to what "Hunger Games" was for Jennifer Lawrence.

The tone of the film is the next standout, as it is much darker than what most will expect from a movie aimed at teenagers. The danger here feels real and visceral and you never get the sense that happy endings are guaranteed for anyone. There are scenes of genuine terror, so if you are looking for something to watch with kids this is a dead end.

Speaking of endings that is the

teenage boys who built a community Shia LaBeouf without all of the only real complaint I have with "The lot of tension and suspense making you wonder why all of these boys are in this maze, who it was that imprisoned them, and why mostly Urban Outfitters models were selected, (okay, maybe not that last one), but when we finally reach the end, the answers we get are at times, laughable and at times indecipherable. Looks like we are going to have to wait for the rest of the trilogy to come

"The Maze Runner" gets seven lab rats out of ten. They made it through, but no one gets any cheese.

OPINIONS & EDITORIALS

A Thousand and One Ways to Fail at Relationships

MYKAYLA HILGART

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According to Albert Einstein, the definition of insanity is doing the same thing over and over again and expecting different results. Well Al, one would think I would have gone stark raving mad by now.

What if Marcellus Gilmore Edson had quit trying to patent peanut butter after the first failed attempt? Where would we be today if nobody ever kept trying?

For the sake of journalism, I have chosen to expose my complete and utter stumble through romantic relationships to hopefully help someone out there, if only a bit.

I have done it all. I have had my heart broken, stomped on some myself, lied, been lied to, stayed too long and not long enough. I have found a plethora of ways to spiral into beautiful, unyielding failure.

However, absolutely none of the

time spent failing is ever a waste. There is always something to learn from every relationship, date, and fling. You learn what you want and what deal breakers are. It could be as trivial as unclipped toenails or as serious as wanting children.

I have learned the hard way you cannot always be "the nice one," no matter how tempting it may be. If someone hurts you, tell them. Do not let people play games and walk all over you then pass it off as nothing. That is the equivalent of saying, "more, please." It is not attractive and you will earn more respect if you stand up for yourself.

Perhaps the most important thing I have learned through my years of guessing my way through relationships is that in order to have a successful relationship, one must learn to accept themselves first. If you do not have confidence in yourself, how do you expect your partner to?

So many people, especially college-aged individuals, think a

relationship will complete them and give them ultimate happiness. After all, we are told teenage dating is pointless and we will find "the one" in college.

We may feel lonely on Saturday nights and think having somebody by our side watching "Bates Motel" will fix our downtrodden feelings. In reality, a relationship will not be the cure if you do not already love yourself. It sounds cliché, but could not be more true.

If there is anything I have learned from the brief amount of time I have spent single in college, it is that you need to be your own best friend.

In a way, college relationships are overrated. This is the time of our lives to learn, make mistakes and figure out who we are, where and what we want to be in the future. If you quit actively seeking out love, it might just leap out from under a rock with jazz hands and find you when you least expect it.

If we spend all our time worrying

if someone is interested or not, we may miss the chance to be quirky and explore interests. Why not join the club you were always intrigued by or volunteer your time to a cause you care about? Surely these are the memories you will be happier looking back on than the nights you spent using a backhoe on your rocky road ice cream trying to forget the guy who ignored you on Homecoming night.

I am not knocking relationships as a whole. They can be truly amazing. No relationship is perfect and there is no sense searching for that. While I do not believe in soul mates, I believe it is not too much to ask to find to connect with who will be direct and have a willingness to make it work. Everyone deserves that, whether they find it in college or not.

Al, everyone is insane in some way. You have to find the degree of insanity to which you are comfortable putting up with.

ARTS & ENTERTAINMENT

Oltmanns and Cates Discuss 'Abc's of LGBTQ+'

CAROLINE CHALK

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Coffee and Culture's "ABC's of LGBTQ+" was part of the Student Involvement and Employment Office's Coffee and Culture series. The discussion was held on Sept. 25 in the Legacy Room of the Dreyfus University Center and students were encouraged to become aware of the LGBTQ+ presence on campus and form allies.

Alyssa Oltmanns, the gender and sexuality alliance outreach coordinator, and Ethan Cates, the GSA program coordinator, were guest speakers at the event, and spoke about their own experiences.

"My objective for this event was to help people think more about how LGBTQ+ issues can affect them personally and to make more allies," Cates said. Cates explained to students that allies are heterosexual people who support the LGBTQ+ community.

"GSA is a very safe place," Cates said. " We make sure to emphasize that we don't just tolerate people. We are very inclusive."

Cates emphasized the importance of safety throughout the event, creating an atmosphere for audience members to feel comfortable voicing their opinions.

Cates and Oltmanns both shared their personal stories about coming out and encouraged audience members to participate in discussions throughout the event. The pair also prompted audience members to name common stereotypes.

Junior Samantha Yocius felt empowered listening to Cates and Oltmanns speak.

"I am an LGBTQ+ member. Knowledge is power. Getting information is always good," Yocius bica

Yocius plans to get more involved with GSA this year. She believes there is a need for further education on problems the LGBTQ+ community face. Yocius was happy to hear Cates and Oltmanns give voice to these issues.

Oltmanns works with students in the LGBTQ+ community everyday on campus. She strives to change campus policies and helps advocate for the various minority groups at the university

"I want to debunk assumptions and provide education for those who aren't as acquainted with the LGBTQ+ community and the issues in it," Oltmanns said.

Part of her goal for the event was to empower those who do consider themselves allies or members of the community.

"Just because I was invited as an expert does not mean I have all

the solutions," Oltmanns said. "I think in order to really affect change individuals have to think critically about the role they play."



Photo by Emily Hoffmann Oltmanns address LGBTQ+ issues



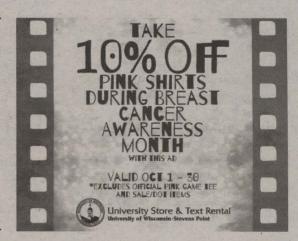
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JULIA FLAHERTY

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Communication Week at the University of Wisconsin-Stevens Point concluded with a visit from one of the university's most renowned alumni. Peggy Rajski helped the university celebrate the end of Communication Week on Sept. 26 by providing a master class to students, networking throughout the day and partaking in a question and answer session, following a screening of her Academy Award-winning short film, "Trevor."

"I was here from 1971 to 1975, but I still remember very distinctly what it was like," Rajski said. "The stuff I learned here was foundational."

Rajski has been in the film industry for 30 years. The films she has worked on have been nominated for Golden Globes and Academy Awards. Rajski's passion for producing and filmmaking lies within the process of character development.

"As a producer, I want to work with people who have a strong point of view," Rajski said. "Artistry is something I take pride in."

Rajski told students who partook in her networking session that she did not go to school thinking she was going to get a job in the industry.

"School cultivated me in so many ways as a person," Rajski said. "Maybe I'm one of the rare ones who actually got a chance to work in the field."

Rajski told students she was privileged to get the opportunity to

work within a growing company. In a year's time, Rajski was able to move from being a receptionist for a small production company to making films for it.

"I don't know what the answer to success is. I don't think there is one," Rajski said. "What I can say is that in the art of creation, imitation is educational. You won't know what your own voice is as a producer at first, it requires a lot of experimentation."

Matthew Bonde, co-president of the UWSP Filmmakers Club, said he learned lessons from Rajski he would not have achieved in the classroom.

"During the networking session, Peggy talked about some of the thoughts that should be going through a filmmaker's head as they create and work, ideas such as 'Why would an audience want to watch this?' and 'What connection to this idea do I have to make me motivated to see it through?,' "Bonde said. "Those questions really stood out as something that was incredibly important to consider as a filmmaker."

Ashley Hommer, co-news producer at SPTV, said the biggest takeaway from Rajski's master class was her passion.

"I learned a lot from her about what it means to be a producer and how much time, energy and money it takes to make a film," Hommer said. "She taught us that you really need to know what your story is about and to be passionate about it, otherwise you will never get others to be passionate about it."

Rajski said that movies have been an ethereal gift to drive her Photo by Julia Flaherty
Peggy Rajski networks with communication students.

personally.

"Movies help me understand things outside of myself," Rajski said. "I have always found them to be a deep, visceral experience when they are at their best. The people who survive the industry know it's crazy."

"Trevor" was screened in the Dreyfus University Center theater at 2 p.m. and 3:30 p.m. Following the screening, Rajski told the audience she recently found out "Trevor" is going to be made into a Broadway musical.

"If you think it's hard to make a movie, it's just as hard, if not harder, to get a musical on Broadway," Rajski said.

Though Rajski has had success, she admits to disappointments in her career. Rajski explained that part of the production process sometimes means stopping it altogether. Not all films get seen or even made.

"It's a certain kind of quiet death," Rajski said. "These experiences have made it much clearer to me what my own strengths and weaknesses are, personally and professionally."

Rajski is undeniably joyous and a passionate about her work. She said she was happy to be able to travel to Los Angeles and New York to work on productions and continue to support The Trevor Project that was created as a result of the impact "Trevor" had on audiences. Returning home was her own intrinsic reward.

"The riverwalk is beautiful," Rajski said. "It's not new to you all, but to me it is. It fed my soul."

Life By Jonathan Seymour













ARTS & ENTERTAINMENT



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The Noel Fine Art Center's Carlsten Art Gallery is hosting Clare Verstegen's 'Connecting Threads' exhibit until Oct. 26. It is free to the public.

Verstegen is a distinguished artist and University of Wisconsin-Stevens Point alumna. She attended a reception given in her honor to celebrate the exhibit opening on Sept. 22 from 4 p.m. to 6 p.m. In an intimate setting, students were able to interact with Verstegen and ask questions about her work.

Verstegen went into great detail, sharing her artistic processes,

giving art students insight on how a professional artist operates. Eager to teach those around her, Verstegen encouraged attendees to pass around materials she used to create her showcased pieces. Verstegen hoped to enhance attendees' understandings of what they were observing. A major focus of the collection was on an otherwise unnoticed safety pin.

"I like the idea of the safety pin— of safety itself," Verstegen said. "I'm holding onto my memories and making them safe."

Verstegen explored the idea of safety by holding pieces of her life experiences together through her collages. Verstegen said she wanted to remember details of her life and thought artistic expression was the best way to do so. Other focuses of her work included measuring devices and life cycles of nature.

Caren Heft, the director of the Carlsten Art Gallery, arranged for Verstegen to showcase 'Connecting Threads' while also showcasing the work of four other UWSP alumni.

"I thought it would be fabulous to have her here for homecoming," Heft said. "The work of other students that is showcased shows very different techniques from embroidery to quilt making."

Several art students attended the event as part of their curriculum and senior Amanda Wood appreciated that the exhibit gave her a chance to step outside the classroom to embrace

"I heard it was a fiber art show, so I wasn't sure what to expect," Wood said. "I initially looked at Clare's work and was mesmerized by the use of color. Every little detail was well thought out and the eye is never bored when looking at the pieces. I appreciate the craftsmanship the most, as it's hard to have time to focus on it, but it's obvious that she made the time."

It was clear to those who attended the reception that Verstegen was joyful when remembering her life experiences at UWSP that led to a full, creative career.



Glass pumpkins blown by students for sale at Pumpkin Harvest.

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Sculpt showcased some of their most beautiful fall projects at the Glass Pumpkin Harvest on Sept. 27 outside of the Noel Fine Arts Center.

Sculpt, a University of Wisconsin-Stevens Point student art group, hosts this event annually, which gives members a chance to show off their artistic skills. They also have the opportunity to sell their pumpkins made in various shapes, sizes, colors, and styles for the event.

"We are selling the pumpkins to

raise money," said Sculpt president Ryland Gulbrandsen. "We use the money to bring in visiting artists and they do public lectures, public workshops and other events. We also use the money to go to conferences and to pay for materials."

Many of the artists from Sculpt were at the event and eager to explain the processes behind their pieces.

"When blowing a clear pumpkin, you start by blowing a bubble into a mold and then shape it from there," said Sculpt treasurer Katrina Rudolph. "It's a two person process. One person makes the stem and the other makes the pumpkin."

Rudolph said that creating a colored pumpkin is a slightly different process. She explained the color is a dust-like material that is added to the clear glass creating a different experience for the artist. Rudolph enjoys having the opportunity to create this type of art.

"I had seen glass blowing here before and I fell in love with it," Rudolph said. "It's one of those processes you have to learn when you see it."

you see it."

Community members were also excited about the sculptures.

"This is the first time I've been able to make it to the event," said academic department associate Kim Siclovan. "I was drawn to it because I love colored glass and I work on campus so I had known about the event."

The Glass Pumpkin Harvest gives students and community members an opportunity to learn about an art form they may not have previously had access to. It seems community members and artists share an equal passion for these sculptures that act as a beautiful transition from a warm September day to an alluring fall.