Community to Participate in National Campus Sustainability Day

Students and community members will come together at the University of Wisconsin-Stevens Point on Oct. 28 to learn about sustainability during the third-annual sustainability fair.

The fair is sponsored by the Office of Sustainability and will be held from 10 a.m. to 2 p.m. in the Laird Room of the Dreyfus University Center. The event is part of a national celebration of sustainability in higher education.

Free and open to the public, the fair will feature nearly 30 exhibitors from area businesses, farms, organizations and student groups that seek to benefit society through sustainable practices.

Elizabeth Corbin, student special events coordinator for the office, said one of the goals for this year’s fair is to engage people in learning about current initiatives.

“We want to let people know this city is working toward being sustainable,” Corbin said. “There are still a lot of people who don’t know what it even means to be sustainable or what that really looks like in their everyday life.”

Students for Sustainability is one...
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More than one year ago, the University of Wisconsin-Stevens Point decided to ban the use of all tobacco products on campus. Despite this, students and faculty continue to have varying opinions concerning the ban.

The ban requires students and faculty who use tobacco products to do so off campus. Brewster Johnson, junior natural resource planning major, said he does not consider himself to be a smoker but is not in support of the ban.

"I think the bottom line is that it is a decision that the university should not be making. I think it's more of a personal decision. I feel like a solution that meets halfway would be to have designated smoking areas on campus," Johnson said.

Johnson said there is a good objective behind the ban, but he does not feel the ban is a realistic way to stop students and faculty at UWSP from using tobacco products.

Alec Cannata, junior wildland fire science major, said he does not use tobacco products and is also not in favor of the ban.

"I do think that it's stupid to punish people and make them walk off campus because some people are bothered by smokers. I also think it violates people's rights in some ways," Cannata said.

Cannata said since the ban, he sees fewer people smoking on campus. However, he said he continues to see students chewing tobacco on campus and even in class.

"I don't think the ban is necessary. It doesn't affect me that people are smoking or chewing," he said.

But Jack Duffy, junior paper science major, said he is not a supporter of smoking and feels the ban has led to a cleaner campus.

"I have definitely seen less people smoking on campus, even though I did see a few people smoking recently," Duffy said. "I would still say overall it's been fairly effective."

Austin Lowe, junior health promotion major, said he feels the ban makes it more inconvenient for students and faculty members to smoke throughout the day.

"If your college campus doesn't support smoking on campus and is going to the extent of banning it from campus, then the smoking ban is a step in the right direction for making those who smoke aware of their unhealthy lifestyle choice," Lowe said.

Chris Williams, professor of English, continues to smoke cigarettes on campus despite the ban. Williams said the ban is taking away the right to smoke, a right he said he feels students and faculty should have.

"I am fine with encouraging wellness, but you have to let people decide what to do with information. It's not our job to dictate what people do," Williams said.

PROTECTIVE SERVICES
REPORT

Sunday, Oct. 11

Protective Services patrol noticed a laser pointer coming out of a window from Smith Hall pointing in the direction of the Village Apartments.

The Stevens Point Community Center contacted PS to notify them about a group of individuals who had stolen hockey sticks on Illinois Avenue and wanted to know if any PS officers had seen this group.

Monday, Oct. 12

Fire was reportedly coming from the engine of vehicle parked in Lot W. The Stevens Point Police Department gave their assistance in this situation.

A Smith Hall CA reported smelling an odor of marijuana in the hall. The CA called and requested a PS officer to be sent to help.

Tuesday, Oct. 13

An athletics coach called PS and reported her wallet, and the assistant coach's wallet, stolen from their office in the HEC.

A Neale Hall CA reported a marijuana odor coming from one of the rooms in the hall.

Wednesday, Oct. 14

An anonymous individual filed a complaint through PS about a male individual who was acting strange, in a "walk-in-shob" type manner.

A male individual filed a complaint about how the handle of his door had been broken off in Lot J.

Thursday, Oct. 15

A female individual alerted PS of a call she received from an FBI agent. The caller and call was a supposed scam.

Friday, Oct. 16

An individual reported that while working, a man came out of Schmeeckhle, yelled, "Hey, come and get some of this. What are you looking at?" while he grabbed his groin, and then proceeded to run back to Schmeeckhle.

Per Mar Security notified PS that the Carlsten Art Gallery Room 275 had an alarm going off. PS was dispatched to the scene.

Saturday, Oct. 17

A Pray Sims Hall CA reported smelling marijuana. PS officers went to try and contact the individuals.
Remembering Musician Brittany Musumeci

Alumna Brittany Musumeci was killed in a car accident in Florida on Sept. 26. She graduated from UWSP with a music degree.

"I worked closely with Brittany in her years here. She was in the UWSP Symphony Orchestra, Opera Orchestra and was a member of the Central Wisconsin Symphony Orchestra's Scholarship Quartet and CWSO. Her musical gifts were prodigious but what made her special were her personal traits: she was warm, caring, kind and considerate. She went out of her way to help people feel appreciated and loved. We were talking back stage once about her Cuban roots and how she was experimenting with cooking. The day next she brought me some of her favorite Cuban foods that she had made after we talked. She went out of her way to do these small gestures. She is greatly missed," said Patrick Miles, horn professor and orchestra conductor.

Professor Creates Instrument, Music from Nature

Cane found in Schmeeckle can be used to make reeds.

Stacey Berk, professor of oboe and music theory, has combined her passion for music with her love of nature by making an oboe reed with phragmites, an invasive plant she found growing in Schmeeckle Reserve.

Three years ago, Berk noticed the plant in the reserve. After picking it and letting it dry for another three years, she was able to make it into a reed.

"To make an oboe reed from the plant, I take a segment where the diameter of the plant is about 10 millimeters, then split it lengthwise and scrape out the inner layers of the plant, leaving the outer bark only about 0.6 of a millimeter thick," Berk said.

Initially Berk was skeptical about being able to make a reed out of the plant but was pleased the plant ended up creating a unique tone for the oboe.

"It was really surprising that the plant worked because it’s not the normal material that I use for reeds. It was exciting to find a new material I could use. It was more exciting to be able to make music out of this plant that grew right here on campus," Berk said.

Currently, the plant is in the process of being removed from the reserve. Paul Skawinski, citizen lake monitoring network coordinator, said the plant was introduced to Schmeeckle Reserve more than 30 years ago.

According to Jim Buchholz, assistant director of Schmeeckle Reserve, the plant is incredibly harmful to the biodiversity of a wetland.

"When you have phragmites you really don’t have a very healthy wetland system because they crowd out all the other native species of the wetland. What you end up with is a single plant that is dominating the whole wetland," Buchholz said. Skawinski believes the consequences of having the plant outweigh the benefits.

"The plant is still in Schmeeckle now. When I was there a few weeks ago, it looked like 90 percent of the plant or more was killed. If the phragmites keeps getting treated with herbicide or are manually removed, eradication of it might be a possibility," Skawinski said.

Since the plant is in the process of being removed from the reserve, Berk hopes she can find other places to pick it.
WE CONTINUALLY DISCUSS WAYS TO REDUCE THE AMOUNT OF TIME WE PUT INTO SUSTAINABILITY REPORTING—HOW CAN WE COORDINATE SYSTEM-LEVEL DATA SO WE ALL DON'T HAVE TO RESEARCH THE SAME THINGS.

-Shelly Janowski, sustainability program and policy analyst

University of Wisconsin System leaders discussed cuts to the Wisconsin state budget that affect the system's sustainability efforts during a recent gathering.

Held at UW-Whitewater, the annual meeting is a place for sustainability representatives from UW schools to share accomplishments and discuss challenges throughout the system. This year’s meeting centered around increasing efficiency despite having a reduced budget.

Dave Barbier, sustainability coordinator, and Shelly Janowski, sustainability program and policy analyst, represented UWSP at the meeting. The meeting itself was in a point of transition as a result of budget cuts, Barbier said.

Two key individuals’ positions were eliminated, including the meeting’s primary coordinator. Barbier said representatives discussed searching for ways to fill voids left by cuts.

“What does the future of sustainability look like on a UW System level, given that we no longer have people in those positions?” Barbier said. “It’s going to have to be collaborative in addition to current duties.”

Fewer funds also helped drive a system-level data so we all don’t have to research the same things.”

Janowski also participated in a session during the meeting on state purchasing policies to better influence policy as a group. A switch to all LED lighting on all campuses or green cleaning policies, she said, are examples of some policies representatives are interested in.

Barbier said without policy change, funds are not being used efficiently. He said things like hybrid fleet vehicles could have a positive return on investment.

“It doesn’t take long to see,” Barbier said. “How do we make those realities come into a policy related issue?”

Darrek Sams, senior fisheries biology major, said he hopes staff are able to make the most of cuts and continue working toward a more sustainable university.

“I think a smaller budget might help everyone think a little more carefully about how we do things,” Sams said. “It’d be a shame if we became less sustainable because of budget cuts.”

Sams has enjoyed energy efficient buildings and composting while at UWSP and said those are important parts of a sustainable college experience.

“Not every school has those types of things,” Sams said. “It’s good exposure to those kinds of things. It’d be great to spread that to every school.”
Pointers to Visit International Sustainability Conference

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This week, a group of students, faculty and staff from the University of Wisconsin-Stevens Point will have a chance to learn more about sustainability in higher education. The group will travel to Minneapolis to attend a four-day conference sponsored by the Association for the Advancement of Sustainability in Higher Education. It features workshops, case studies, panel discussions and keynote addresses delivered by experts in the field.

Alex Thomas, senior waste management major and Student Government Association green fund coordinator, Dave Barbier, UWSP sustainability coordinator, and Cathy Scheder, administrative program specialist, will join three UWSP students and over 2,000 attendees from around the world at the event.

Thomas helped secure SGA funding during September to cover the students’ conference fees and created an application process for students. Applicants were selected based on involvement and time remaining before graduation, Thomas said.

“We made a good case, and we realized we want to have our school represented at this national platform,” Thomas said. “Our hope is that students will take what they learn and start implementing it here on campus.”

Thomas said the students represent three different colleges and grade levels and will each attend a different array of programs. Thomas, for example, will be attending talks on organic collection.

“It’s a unique opportunity to not only see what’s going on at other campuses but also to talk to the people behind them,” Thomas said. “This is a great tool to learn what else we can do.”

Minneapolis is the closest location the conference has been held to Stevens Point since it began in 2004.

Previous locations were prohibitive—expensive and time consuming—said Dave Barbier, UWSP sustainability coordinator. “We want to get a nice cross section of both students and community members.”

Barbier has attended the conference before and said the level of exposure to sustainability leaders has an empowering effect.

“It’s sort of a great inspiration for people,” Barbier said. “It gets people excited because they’re seeing successes that other students have had on campuses.”

Barbier will focus on sustainability in athletics programs during the conference and said the networking opportunities are a big part of the experience in terms of sharing UWSP’s successes and learning from others.

Scheder will also be focused on making connections at the conference. She will represent the school of education in anticipation of a new doctorate of education degree program in educational sustainability beginning in fall 2016.

“For me, it’s really about getting a better understanding of this group as a whole,” Scheder said. “My goal is to go and begin to network with similar programers like UWSP.”

Scheder will use the conference as a tool to promote the program and explore new ways to improve the curriculum. The degree is one of three offered in the United States and is geared toward integrating sustainability into schools, businesses and communities, she said.

“It’s another program that enhances our sustainability efforts on a variety of levels,” Scheder said. “This conference is a really good match.”

continued from page 1

student organization exhibiting at the fair, and club officers said they’re looking forward to the opportunity for outreach, networking and sharing information about their efforts to help make UWSP a fair-trade campus.

Abbie Carlson, junior communications major and public relations officer for Students for Sustainability, said the fair is an important meeting place for a wide array of professionals.

“One of the main benefits of attending the fair is that it is an excellent networking opportunity,” Carlson said. “I like talking to the other exhibitors because there is always a wide variety of people with interesting backgrounds.”

Carlson represented the club during last year’s fair and acknowledged the benefits of the fair’s unique and casual atmosphere.

“I think it is a one-of-a-kind opportunity to receive such a plethora of information about different forms of sustainability in one central location,” Carlson said. “Another advantage to this type of setting is that a student is at their own discretion to how much they want to explore and learn at the fair.”

The last fair drew around 300 people and 24 exhibitors. Coordinators are hoping to build on that success by creating a more engaging atmosphere for a wide range of people.

“We’re trying to create an environment with a little more glitz,” said Dave Barbier, UWSP sustainability coordinator. “We want to get a nice cross section of both students and community members.”

A number of sustainability-focused films will be shown throughout the day and tables will be set up for eating soup and sandwiches sold by the CPS Café. The Theatre and Dance Department is also expected to sell used Halloween costumes during the event to complement the theme of reducing waste.

Corbin is looking forward to celebrating the community’s accomplishments. She said there is a strong culture surrounding sustainability on campus and in the community that continues to grow.

“There are a lot of things we can still improve and work on,” Corbin said. “Sometimes you don’t think about some things that we do and how sustainable they are.”

Photo courtesy of auduboninternational.org

The Association for the Advancement of Sustainability in Higher Education

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This year’s conference will take place at the Minneapolis Convention Center.

This year's conference will take place at the Minneapolis Convention Center.
UWSP Football, Soccer Fall Short while Volleyball Wins

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Football Loses Fourth Quarter Lead

On the road for the second straight week, déjà vu struck for the University of Wisconsin-Stevens Point football team as the Pointers lost to ranked conference opponent UW-Oshkosh in a game ending 21-10.

The Pointers went into the fourth quarter with a 10-7 lead, but the Titans scored 14 unanswered points to win the game.

Neither team scored in the first half until UWSP got on the board first with a trick-play pass from senior wide receiver Matt Sosinsky to junior wide-receiver Jared Pankow for 36-yards.

UW-Oshkosh tied the game at 7-7 after a fumbled punt by the Pointers. UWSP added three points on a 31-yard field goal by senior kicker Jesse Vervelde after the Pointers had a drive that went 51-yards on 10 plays.

The Pointers had 319 yards of offense, led by senior running back DeJuan Wright. Wright ran for 124 yards on 26 carries, while Pankow caught five passes for 90 yards with a score. Junior quarterback Kyle Larson completed 14 passes for 140 yards.

Defensively, UWSP was led in tackling by senior defensive back Matt Gaffney with seven tackles.

The Pointers next play sixth-ranked UW-Whitewater at home on Oct. 24.

Volleyball Wins Twice at Oshkosh Invitational

The Pointers volleyball team finished the weekend 2-1 at the UW-Oshkosh Invitational against non-conference opponents on Oct. 16 and 17.

In the first match, UWSP swept Martin Luther after hitting .292 for its 14th win via sweep this season.

The Pointers defense held Martin Luther to a hit percentage of .012. Junior outside hitter Kelly Cefalu had her twelfth-straight game with double-digit kills, adding 10 in the win. Senior Hannah Picel had a match-high 11 assists, while freshman setter Brittany Laffin had 32 assists.

The next day, UWSP began with a sweep over St. Thomas.

The Pointers once again held St. Thomas to an attack percentage of .109. The Pointers were led by Cefalu and junior outside hitter Gabby Thomas, as each recorded 10 kills. Picel again led in digs with nine and added three aces, while Laffin tallied 33 assists.

In the last match, UWSP fell 3-1 to eighth ranked Colorado College. In the loss, Thomas led UWSP with 15 kills, a match-high, and 10 digs. Cefalu again had double-digit kills with 11, while Picel had 23 digs.

UWSP's next game is at home against UW-Oshkosh on Oct. 21.

Soccer Loses Another One-Goal Game

A 40-yard goal at the 56th minute by UW-Eau Claire was all the team needed in the 1-0 defeat of the UWSP women's soccer team.

The loss puts UWSP's record to 3-13 and 1-4 in the Wisconsin Intercollegiate Athletic Conference.

UWSP was outshot 12-4 with senior goaltender Kristin Churkey making three saves on net. Freshman midfielder Kayla Huber had the Pointers best chance to score with a one-on-one opportunity but could not convert.

UWSP next plays Viterbo at home on Oct. 26 for Senior Day. UWSP is now 3-12 and 1-3 in conference play. They will host UW-Eau Claire on Oct. 17.

SPORTS SCHEDULE

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<thead>
<tr>
<th>WOMEN'S SOCCER</th>
<th>VOLLEYBALL</th>
<th>CROSS COUNTRY</th>
<th>WOMEN'S TENNIS</th>
<th>FOOTBALL</th>
<th>SWIMMING</th>
</tr>
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<tbody>
<tr>
<td>Oct. 23, 3:00 p.m. vs Viterbo</td>
<td>Oct. 21, 7:00 p.m. vs UW-Oshkosh</td>
<td>Oct. 23 UW-Oshkosh Open</td>
<td>Oct. 24, 9:00 p.m. vs WIAC Tournament in Madison</td>
<td>Oct. 24, 1:00 p.m. vs UW-Whitewater</td>
<td>Oct. 24, 1:00 p.m. at Tri Dual (UWEC &amp; St. Cloud)</td>
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**UWSP Freshmen Transition to College Athletics**

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With seasonal sports underway, student-athletes have returned to the university and college athletics.

Incoming freshmen athletes who are getting their first taste of competition at the collegiate level transition from high school to college athletics and sometimes struggle to do so, said John Wozniak, Sarah Roundtree and Jordan Peck. These three each offered insights into their own experiences with the transition process, discussing topics ranging from the challenges they have faced to the surprises they have encountered so far.

Wozniak, a member of the football team, provided a different perspective. He said it is hard to balance life while needing to figure out how to distribute adequate time and effort to both sports and studies.

"It's been more difficult to balance athletics with academics, since there is a larger amount of coursework in addition to the other involvements of college," Peck said. "Also, sports at this level seem to require a greater level of commitment and dedication as opposed to high school."

Roundtree, a tennis player, said the challenge of competing as well as with building new relationships can be hard.

"I've noticed a higher level of competition, obviously," Roundtree said. "I guess the most difficult part has just been finding my place within the team and getting comfortable with my teammates and coaches."

Wozniak also noted fundamental differences in the way his teams prepare for each game.

"The practices tend to be longer and more frequent than what they were back in high school," Wozniak said. "Another thing I noticed is that in college we spend more time with our pre-game preparation, particularly in the film room."

Peck agreed.

"Practices are longer and more intensive," Peck said. "Some of the drills and exercises we do are familiar, but there are some new ones as well."

According to Wozniak, the best part of his participation in football at both levels is the close-knit community.

"Just the comradery of it. Everyone in the locker room is like family," Wozniak said.

Peck offered a similar take.

"Playing with teammates who have your back, and who want you to do well, makes everything a whole lot easier," Peck said. "You can tell that everybody here is passionate about the game."

According to Roundtree, he enjoys the love of the game and the shared experience.

"Being able to play the sport you love with people you enjoy," Roundtree said. "That's the best part of it all."

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**UWSP Soccer Strives to Find Progress as Season Continues**

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With some stability finally coming around for the University of Wisconsin-Stevens Point women's soccer team, the only things missing now are the results. Unfortunately for the continually improving Pointers, the clock is ticking on the season.

UWSP has endured four losses by one goal over the past six games. A common theme to some of the losses early in the season was the inability to finish scoring opportunities, and that theme has continued to rear its ugly head as they have entered conference season.

"We are still having trouble just finishing the chances we get, and our play is not consistent," said senior forward Emily Dietrich. "If we can just capitalize on our opportunities, when we do have lapses, it wouldn't hurt us as much."

In the latest game against conference foe UW-Platteville, UWSP started to find its groove and capitalize on these opportunities with a 3-1 win, marking the first conference win. UWSP is emphasizing staying positive and continuing to trust results will come.

"We have come a long way. Still, we are showing less lapses in our play and beginning to finish when we get some good movement going," Dietrich said. "We are all trying to stay upbeat, and now that results are starting to show, hopefully we can get some wins to end the season."

The regular season is winding down, with four games remaining for the Pointers before the Wisconsin Intercollegiate Athletic Conference Tournament, in which the top six teams qualify. UWSP is currently sitting in sixth place, but with a few wins to round out the year, a nice seed is very well attainable.

Head coach Dawn Crow in her first year at UWSP has continued to preach improvement each and every day even though it hasn't come as fast as some of her players expected.

"The season hasn't gone as expected to be honest, but we just keep focusing on getting up and staying positive and improving every day. We are starting to connect on a lot of things even if it has taken a little bit longer than I thought to happen," Dietrich said.

UWSP is currently 3-13 overall. The team will next take the field in Stevens Point on Oct. 23rd against Viterbo.
Review: ‘Crimson Peak’ Reaches Impressive Heights

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Actress Mia Wasikowska must be an English major at heart.
Over the years, she has starred in adaptations of "Jane Eyre," "Madame Bovary," "Alice in Wonderland" and Fyodor Dostoyevsky's "The Double." Now, with "Crimson Peak," she stars in a perfect love letter to Gothic literature.

The Gothic genre is widely accepted as the birthplace of modern horror. As one of the most important current descendants of this tradition, Guillermo del Toro is a great director to bring this style alive for a whole new generation.

"Crimson Peak" is why words like "phantasmagoria" exist. It stands with, and perhaps even above, "Pan's Labyrinth" as one of the greatest visual tapestries del Toro has ever painted on screen. No matter how you feel about the story of "Crimson Peak," there is no denying the dark magic this film casts with its special effects, costumes and set design.

The plot is admittedly an afterthought to the movie, but it's strong in its own right and is a clever and faithful homage to the literature that inspires it. The aforementioned Wasikowska and Jessica Chastain are great, but it is Tom Hiddleston, with his appropriately low-key performance, who really brings del Toro's words alive.

The only things holding "Crimson Peak" back are the overly-long first act, and a climax that underwhelms compared to the fantastic build-up. The story never quite ascends to the kind of macabre madness it has the potential for, and settles instead for a decent, yet too conventional, finale.

In other words, there basically ends up being too much Jane Austen here and not enough H.P. Lovecraft.

The complaints about "Crimson Peak" are forgivable since the experience is far more good than bad. You should look elsewhere if you yearn for genuine fear or splash-house gore, but if stylish and wicked melodrama appeal to you, you are in for a treat.

"Crimson Peak" stands tall among this year's Halloween movie fare, and scores seven "Loki puns you may not have noticed above" out of ten.

Review: ‘Every Open Eye’ by CHVRCHES

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"Every Open Eye" is the second studio release of CHVRCHES, Scotland's synthiest band of the 2010's.

The band exploded into critical acclaim with its 2013 release "The Bones of What You Believe." Its first album pulled no punches, showcasing a musical prowess that rarely is seen from such a young band. In "Every Open Eye," CHVRCHES doesn't prioritize breaking new musical ground, instead opting to tighten up the riffs and rhythms that found success with the first album.

CHVRCHES starts out where it left off, which was with one of the most notable albums of 2013. From the very beginning of the first track, the listener knows the sound is CHVRCHES. The album starts with "Never Ending Circles," a song that perfectly compiles every sound and beat fans loved from the first album and rearranges them into a sound that's familiar and exciting.

One of the album's highlights is "Clearest Blue," a beautiful track in which Lauren Mayberry's airy voice is just as much an instrument as the synths. As she sings, the synths build and build until bursting into a sugary synth riff reminiscent of synth-pop legends Depeche Mode's "Just Can't Get Enough" released in 1981.

The listener barely has time to recover from the heavy beats of "Clearest Blue" before the next track, "High Enough To Carry You Over" begins. Out of all the songs on this album, "High Enough To Carry You Over" takes the largest step away from the traditional formula of a CHVRCHES song. Instead of Lauren Mayberry singing lead, the microphone is passed over to synth player Martin Doherty. While the track still heavily uses synth, the song is driven by a rhythm from the drums and bass that sounds more like a R&B band instead of a synth-pop song.

"Every Open Eye" provides the listener with a more refined sound as well as a more mature answer to the themes presented in "The Bones of What You Believe." If the first album was just bare bones, "Every Open Eye" is the meat and potatoes of CHVRCHES's sound.
Is the End Ever ‘The End’ for Open-World Experience?

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The new expansion called “Hearts of Stone” was recently released for the “The Witcher 3.” I was incredibly anxious waiting for its release, because this new, downloadable content supposedly adds a whopping ten hours in additional story to the already massive experience.

Once it was released, I was surprised to learn the new content is specifically designed for characters over level 32, which is roughly the same level a player would be only after completing the main storyline. All this has had me thinking a lot about storytelling and resolution within the medium of the video game, particularly of the open-world variety.

After all, I had already battled for the fate of the world, saw the rise and fall of rulers and their kingdoms and found true love with the character I chose to romance throughout the game. Shouldn’t my character’s story be adequately concluded? Shouldn’t I be satisfied with this resolution?

One of the most appealing aspects of the open-world experience is the freedom to explore or traverse the game’s world as one pleases. Having this freedom in turn demands a certain flexibility in the design of the narratives the developers employ.

This is definitely the case with Bethesda’s “Fallout 3” or “Skyrim,” in which the main story is constantly interrupted as the player explores the world or takes up side quests as they move from objective to objective. Because of this, while the main story is certainly present and highly relevant to the player’s experience, in many ways it functions more as an incentive to further explore the world and discover new people and places. Essentially, it becomes a quest that facilitates more questing.

And this perhaps speaks to my excitement about continuing the story of “The Witcher 3” even after the credits have rolled and the world has been saved. While I think a certain sense completion and resolution to wrap up individual plot lines or story arcs, I ultimately came to this game looking to wander, to explore and discover exciting new characters and locations all while my own character grows and develops with each new quest completed or battle won.

In this sense, the end is not the end for “The Witcher 3,” and I wouldn’t have it any other way.
Pointers have a new way to expand their studies to fitness. The University of Wisconsin-Stevens Point has partnered with Balanced Body to offer an assessment-based professional certificate in pilates mat instruction. Joan Karlen, professor and program coordinator of dance, and Amy Beversdorf, associate lecturer for dance, are co-directors of the UWSP Pilates Faculty and Training Center.

"I first experienced Pilates while attending UWSP as a dance major. I fell in love with it fast as a movement practice and decided to work toward a mat certification before leaving college," said alumna Amy Larson, a University of Wisconsin-Stevens Point dance major.

According to the company, nearly nine million people in the United States did Pilates in 2009, a 456 percent increase from 2000. Pilates has long been used by elite dancers and athletes to strengthen the body's core, improve balance, increase coordination and decrease stress. Joseph Pilates developed the principles of this body-mind exercise, which is now practiced worldwide.

Patrick Strong, an instructor at UWSP, influenced Beversdorf and her classmates to seek Pilates certification. Pilates workshops have been offered for about 20 years, but it was only in the last three years that it has become a certification program.

"Pilates is a time tested approach to whole-body wellness. The UWSP Balanced Body Pilates teacher training program provides an excellent opportunity for our students to leave UWSP with a marketable skill," Beversdorf said.
<table>
<thead>
<tr>
<th><strong>What was the craziest thing you've done this year?</strong></th>
<th><strong>What is your jam song?</strong></th>
<th><strong>What would you name your autobiography?</strong></th>
<th><strong>What's your favorite quote?</strong></th>
<th><strong>If you could move anywhere, without language barriers, where would you move? Why?</strong></th>
</tr>
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<tbody>
<tr>
<td>&quot;I went waterfall hunting in the UP. We saw eight waterfalls.&quot;</td>
<td>&quot;Hideaway by Daya&quot;</td>
<td>&quot;The Uneventful Life of Alicia Dalebroux&quot;</td>
<td>&quot;Don't ruin a good today because of a bad yesterday.&quot;</td>
<td>&quot;North Carolina. I've never been there, but I've always wanted to live there for no reason.&quot;</td>
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<td><strong>What was the craziest thing you've done this year?</strong></td>
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<td><strong>What's your favorite quote?</strong></td>
<td><strong>If there was a day between Saturday and Sunday, what would you do with it?</strong></td>
</tr>
<tr>
<td>&quot;Fight Song by Rachel Platten&quot;</td>
<td>&quot;I was front row of the Jason Aldean and Kenny Chesney concert at Lambeau.&quot;</td>
<td>&quot;The Crazy, Busy, Non-Stop Life of Dana Derenne&quot;</td>
<td>&quot;She believed she could so she did.&quot;</td>
<td>&quot;Be spontaneous.&quot;</td>
</tr>
<tr>
<td><strong>What's your favorite quote?</strong></td>
<td><strong>If you could move anywhere, without language barriers, where would you move? Why?</strong></td>
<td><strong>What's your favorite quote?</strong></td>
<td><strong>If there was a day between Saturday and Sunday, what would you do with it?</strong></td>
<td><strong>What's your favorite quote?</strong></td>
</tr>
<tr>
<td>&quot;She believed she could so she did.&quot;</td>
<td>&quot;Hawaii because I've always wanted to go there, and it looks fun.&quot;</td>
<td>&quot;Have fun.&quot;</td>
<td>&quot;Be spontaneous.&quot;</td>
<td>&quot;If you could move anywhere, without language barriers, what would you do with it?&quot;</td>
</tr>
</tbody>
</table>

**ALICIA DEALABROUX**
Alicia Dalebroux is a sophomore health promotion and wellness major.

**SPOTTED AT:** CPS Café

**DANA DERENNE**
Dana Derenne is a Spanish and dietetics major in her sophomore year.

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