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Don't Ovary-React to Menstrual Cups

GENEVIEVE ADAMSKI
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What does menstruation have to do with keeping the environment clean? Every month women throw away used tampons and pads, and the waste from those products goes into landfills.

Most women do not know that they have other options for the cycles that don't harm the earth.

Regular disposable products such as pads and tampons are made with plastics and chemicals. The cotton is doused with chemicals that bleach the material. Even the applicators of tampons which are usually made from plastic, are used once and then thrown out.

Cotton is one of the most water-intensive and pesticide-intensive crops in modern agriculture. The cotton plant is usually sprayed with biocides to kill pest organisms. Many women fear that the chemicals used in the production process may have a negative effect on their body.

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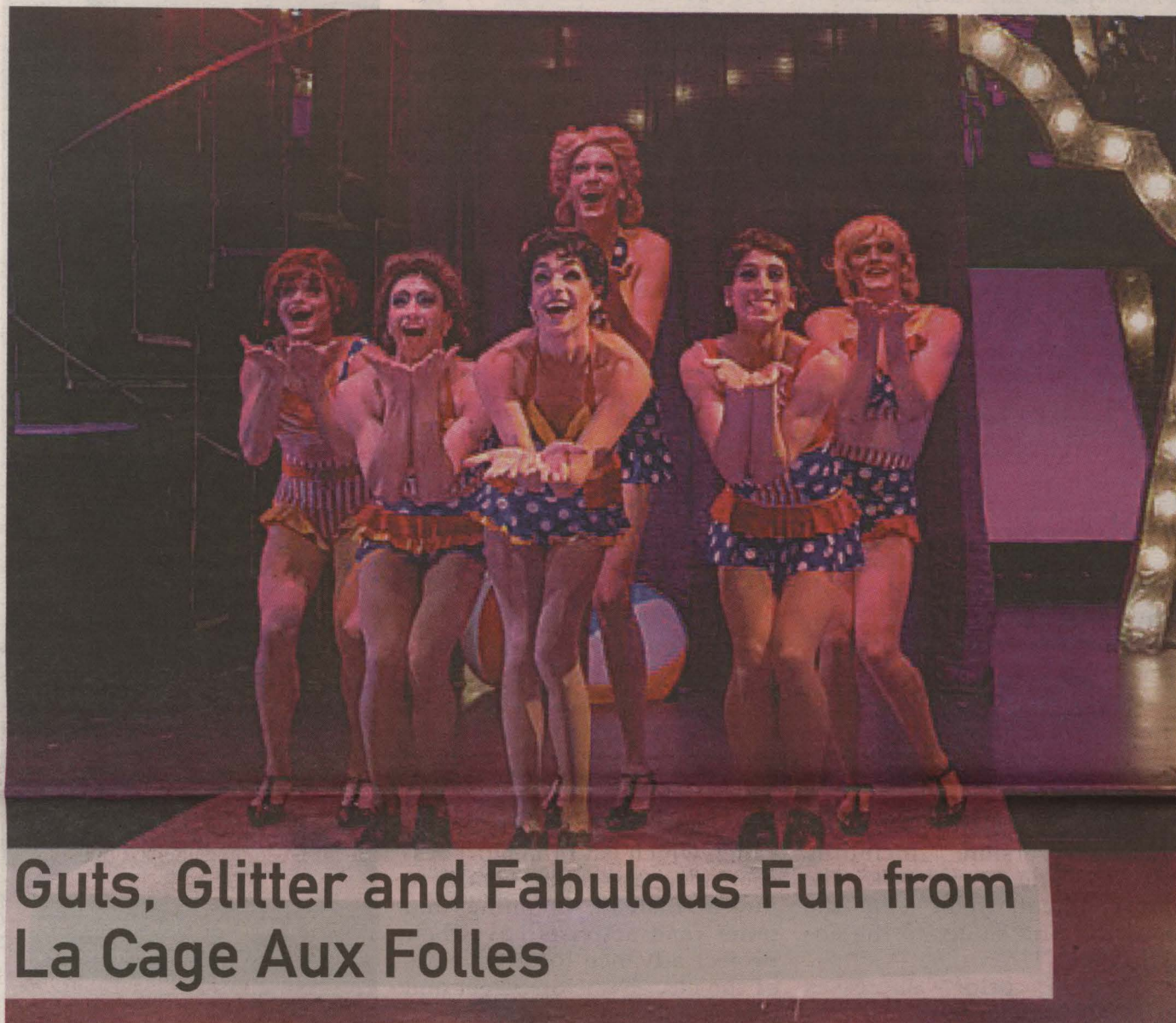


Photo courtesy of Tom Charlesworth.

Guts, Glitter and Fabulous Fun from La Cage Aux Folles

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"We are what we are" declares the opening song of La Cage Aux Folles. The phrase both opens and closes the musical, a show performed by the University of Wisconsin-Stevens Point Department of Theatre and Dance the past two weekends.

La Cage Aux Folles tells the story of Jean-Michel's unconventional family melding with that of his conservative fiancé's.

Jean-Michel's father, George, owns the drag nightclub, La Cage Aux Folles, in the French Riviera where his lover Albin stars as ZaZa.

"The show is all about love and has a message that it's important to tolerate and love each other for our differences, and the family that you choose can

be just as strong and vital and lasting as the one you're born with," said Alan Patrick Kenny, assistant professor of musical theatre and the show's director.

La Cage captures audiences with flashy costumes, bright lights and catchy musical numbers characteristic of the night club around which the plot centers.

While the musical sweeps the audience along in a mix of different love stories, it was the introduction that stole the show.

Carson Frost played the role of Mercedes, one of the showgirls at La Cage, but also portrayed a stewardess who conversed with the audience before the plot of the story began.

"The 2010 revival did this original improv, which I thought was a wonderful icebreaker for the audience and a great chance for one of our actors to improvise with the crowd," Kenny

said. "We took a few of the jokes that they originally used, and added a bunch of our own."

This improv started the audience laughing, enraptured with Frost's charisma, and set them up for the fun show ahead of them.

While the show had many successes, it was not without its difficulties.

"The challenges of teaching men how to dance and perform in three-inch heels was significant but also incredibly fun and joyful," Kenny said.

Maddie Adams, sophomore dance major, attended one of the performances.

"I think the dancing is going to be different for everyone, but everyone did the best they could, obviously," Adams said. "I think it was just great overall."

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Car Lane Conversion Drives People Up the Wall

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In September, Stevens Point was awarded a Transportation Alternatives Program grant to implement over 13 miles of bike lanes from the Wisconsin Department of Transportation. The goal of the project is to create a more integrated multi-modal transportation system.

Also in September, ReVisioning Point, a grassroots organization aimed at enhancing the livability, appearance and economy of Stevens Point, as well as University of Wisconsin-Stevens Point, Adjunct Professor, Dr. Tori Jennings, began talking with city leaders and residents about a possible 4-to-3 lane reconfiguration or "road diet" on Stanley Street.

Four-to-three lane conversions realign existing through travel lanes for other uses, such as two-way center turn lanes; bike lanes; pedestrian islands; parking; bus lanes and landscaping.

This proposal is not revolutionary or radical. States around the country and even cities in Wisconsin have made this conversion, including Madison and Tomahawk. The improvements span from the economy and safety to the environment.

Despite prior successes in small and large cities, this project has received strong pushback from some residents of Stevens Point.

On Oct. 26, Stevens Point held a public information meeting where input was given from residents.

Approximately half of the people who spoke were emotionally charged and against the proposal but didn't have much substance or merit to their arguments.

Wade Wilquet, Stanley St. resident, said, "I have two children, and I want to know, are you guys going to come console them when they're washing blood off the street because some bicyclist gets killed out there?"

At first, shifting a street from four lanes to three lanes would seem to clog up traffic. The middle lane will be for left turns, so there will still be two lanes for either direction of traffic. Traffic studies have consistently shown that 4-to-3 conversions will not worsen congestion under the appropriate conditions.

Some residents are concerned about the affordability of the project. The current estimate is that the restraining

of Stanley Street is \$50,000, which is relatively small when stacked against other expenses on a city's budget.

Even so, something would still have to be pushed off the to-do list to make room in the financial forecast.

Mike Wiza, mayor of Stevens Point, is open to consideration but also cautions that there are always more projects than the city can afford.

Wiza said, "If the city council choose to proceed with the re-striping of Stanley Street, then we would likely push back the resurfacing of Whitening Avenue."

Most of the residents who spoke at the meeting had mentioned that they have lived on Stanley Street for numerous years. Jennings was surprised that there was so much resistance from the people of Stevens Point to something bringing beneficial change.

"This is something that should be appealing to everyone," Jennings said. "It will better suite our changing demographics and economy."

When new people come to Stevens Point, they are met with north Division Street and its array of fast food restaurants, which isn't the most aesthetically appealing thing to look at. Instead, if Jennings and other road activists have their project advance to other parts of the city, Division Street and others will look a lot more urbanized and alluring to young people.

Jennings urges young people to have their voice be heard.

This is an issue that isn't about bike lanes or road conversions but instead about having a future where the city or even country is shaped by young people. When it comes to voter turnout, or advocacy at a city council public meeting, younger people have the lowest turnout rates.

Adding bike lanes to a single street is not actually about bike lanes; rather, this is an issue of traditionalism.

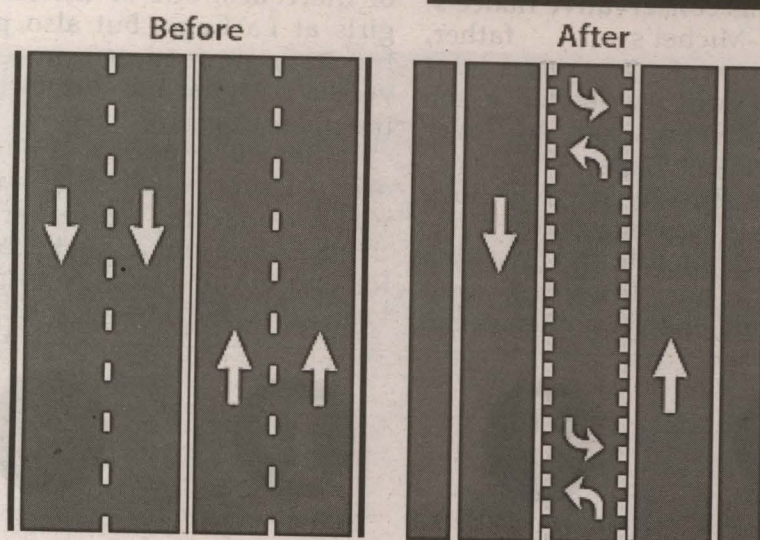


Photo Courtesy of the U.S. Department of Transportation.

PROTECTIVE SERVICES REPORT

Sunday, November 6

An intoxicated individual who was passed out in the bathroom of Smith hall was reported.

A student came into base to report a stolen bicycle.

Monday, November 7

A call notified of a white pick-up truck in front of residence halls using a horn and yelling at people.

A student requested assistance in jumping his car.

Tuesday, November 8

A student's mother called to express concern about students rioting if Hillary Clinton were to lose the election.

A smell of marijuana was reported from Steiner hall.

Wednesday, November 9

A student came into base to claim that when he types on a computer, he hears voices in another room say what he is typing.

A student approached staff concerning threatening messages on social media.

Thursday, November 10

A student reported a group of men screaming about Trump and Clinton near the Neale circle.

A female called in a truck with confederate and American flags where the driver shouted "Maybe we should grab you by your pussy" before spitting and driving away.

Friday, November 11

Harassment was reported coming from a four-door truck with white stickers.

A biker who had fallen was checked on.

Saturday, November 12

Two males were talked to after urinating in front of May Roach hall.

A report was made about a man sleeping in a truck in Lot P.

THE POINTER

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

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The Election that Trumped Us All

ALEXA DICKSON

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On Tuesday, Nov. 8, Donald Trump became the 45th president of the United States.

While some Americans are pleased with the election results, many are not reassured with the outcome. Trump's lack of experience in the political realm and his sexist, racist, homophobic and unfiltered views worry a large percentage of American citizens.

However, Donald Trump is our president-elect.

"To all Republicans and Democrats and Independents across this nation, I say it is time for us to come together as one united people," said Trump during his victory speech.

His views align with many citizens of lower and middle classes who were promised upward mobility. His bluntness is appreciated by some, especially in comparison to the hidden agendas seen during Clinton's campaign.

The fact that Trump has not had political experience causes some Americans to be hopeful for a more honest presidency.

The Senate was won by Republicans with 51 electoral votes to the 48 Democratic votes. The House of Representatives was won by Republicans as well with 239 votes to the 192 Democratic votes, according to Associated Press.

Though Trump will have a broad range of power, these election results show how all parts of government need to work together to create laws that are beneficial to everyone.

"Donald Trump is going to

be our president. We owe him an open mind and the chance to lead. I hope that he will be a successful president to all Americans," said Clinton during her concession speech.

While opinions vary on the outcome, this election proved how pivotal it is to vote and become both educated and active in politics.

According to Policy.Mic, if only millennials had voted either for a Democratic or Republican nominee, Clinton would have won with 504 Electoral votes to Trump's 23.

USA Today reported that many citizens wrote in Harambe, a gorilla who was shot at the Cincinnati Zoo earlier this year, as a presidential nominee.

This election has been productive in showing how voting privileges should be taken seriously, especially during closely competitive campaigns.

While candidates and citizens play a large part in deciding government positions, the Electoral College is a large determiner of who actually wins. Majority of public opinion is not a determining factor when it comes to the Electoral College.

Though Hillary Clinton received 47.7 percent of the country's vote in comparison to Trump's 47.5 percent, she only received 228 electoral college votes to his 279, according to Associated Press.

The disparity between popular vote and Electoral vote is notably large.

A similar outcome occurred earlier this season when Bernie Sanders, a candidate who won the popular vote in Wisconsin, lost in the primaries because of the Elec-



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toral College. The results of both elections show the potential flaws in our current voting system.

The nation has come a long way with the Obama administration, and Trump's America should be approached with hope to maintain a country united and passion-

ate for its environment, its economy and its people.

Barack Obama, our 44th president of the United States, said, "we are now all rooting for his success in uniting and leading the country."

Cancer Survivor Advocates to Decriminalize Marijuana at Local Level

KAITLYN WANTA

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Ben Kollock, senior urban forestry and forest recreation major, was sitting in his environmental ethics class when he first felt a swollen lymph node in February 2014.

What he thought would just be the common cold ended up being much worse. After a visit to the doctor, Kollock discovered he had leukemia, a cancer that attacks bone marrow and the lymphatic system.

Doctors detected the cancer early, but Kollock had to stop school and work to begin chemotherapy in Marshfield.

Kollock was isolated as the doctors worked to rebuild his immune system, causing nausea and anxiety that no medication could treat. Doctors said they would prescribe him medical marijuana if they could, but for legal reasons they could not.

Many people in chemotherapy mentioned to Kollock that if medical marijuana was available to them, it would help them drink water and eat simple foods again.

"The second that I learned that, I just felt like there's such an injustice that's going on that no one is really doing anything about," Kollock said.

Once back to health, Kollock researched the politics and science of marijuana.

He began at the local level and communicated with Stevens Point City Council members to request reducing the fine of marijuana possession from \$300 to \$100. The council voted 7-4 to reduce the fine and lower the severity to the equivalence of a parking ticket.

Kollock continued to investigate that a second offense is an automatic felony, up to six months in jail and possible \$10,000 fine.

"The punishment should fit the crime. It does not right now and that is something that needs to be fixed," Kollock said. "Simple marijuana possession is not a severe crime in any way, shape or form."

Although still in the process of lowering the punishment for a second offense in Stevens Point, Kollock does not plan to stop advocating for the decriminalization of marijuana.

He wants to eventually lower the first offense fine to \$20 and is interested in what the structure looks like for the penalties of a first offense to infinity number of offenses.

Brett Nuernberg, fifth year communication major, said that the only negative effect of decriminalizing marijuana he recognizes is that it can dull someone out if they were trying to get school work or intensive work done.

Nuernberg also mention how his former stepmom tried to get medical marijuana to treat full body arthritis.

"She said the times that she has consumed marijuana it really helped her relieve stress," Nuernberg said. "So, I mean, from personal experience and informed stories from others, I definitely think the benefits outweigh the consequences tremendously."

Marijuana involves varying chemical components. Tetrahydrocannabinol, THC, results in relaxation, reduced pain and increased appetite as it binds to cannabinoid receptors in the central nervous system and immune system. Can-

nabidiol, or CBD, is a relaxant that primarily helps with epilepsy, anxiety and sleep disorders.

Arguments against lowering the fine for marijuana possession include concern that marijuana could be a gateway to other illegal activity.

Regardless, it is possible to separate the chemicals in marijuana to address specific needs of users and many states are making changes regarding marijuana.

In the recent election, voters in California, Massachusetts and Nevada approved recreational marijuana initiatives while voters in Florida, North Dakota and Arkansas approved medical marijuana initiatives.

Though Kollock confirms that there are many misconceptions and negative images around marijuana, change is happening.

He explains that the plant itself is not addictive, but the mental connection could be. Kollock looks forward to informing people about the truth regarding marijuana.

Kollock said, "What makes progress happen is you educate people."



Lettuce Go to the Winter Farmers Market

Many different kinds of fresh, organic produce and other food can be purchased at the winter farmer's market. Photo by Mary Knight.

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Featuring baked goods, coffee vendors, locally grown produce, meat, eggs, and Chef C's Munchie Mobile, Farmshed's first winter farmer's market has something for everyone.

The seed for the event was planted when Redeemer Lutheran Church approached Farmshed offering to host a winter market in their gymnasium.

Layne Cozzolino, Executive Director of Farmshed, said that the idea of a winter market has always been up in the air, but it was not until they were approached by the church that they secured a location large enough for the event.

Tommy Enright, owner of Black Rabbit Farm, approached Farmshed about a winter market around the

same time as Redeemer Lutheran. From there, Enright began working to set up the winter market as a member of the Farmer Advisory Board.

The winter market offers conscious consumers much of the same fresh produce they could find at the summer market. Available at the market, Farmshed's new Frozen Assets program freezes summer

produce to make it available year-round.

Cozzolino said, "I think a lot of times people forget that foods are still available in the winter."

Tony Whitefeather, owner of Whitefeather Organics, hopes to continue selling longer-lasting produce such as carrots and other root vegetables throughout the winter. In addition to this variety of pro-

duce, Whitefeather also sells apple cider and eggs.

In addition to produce, the winter market features two coffee vendors. Deanna Linzmeier and her husband Jared own Ruby, a coffee company based in Nelsonville. The company aims to provide coffee-drinkers with ethically and sustainably sourced coffee.

Whitefeather hopes to see a lot of community members attending the winter market. "The more customer based we get, the more farmers will chime in and we can kind of make a nice indoor cultural event" Whitefeather said.

"I want to see this thing succeed," Linzmeier said.

With the exception of Christmas and New Years, the winter farmer's market will be held in Redeemer Lutheran Church every Saturday until March 25 from 8 a.m. to 12p.m.



Photo by Mary Knight.

Low Unemployment Rate Diminishes Student Job Search Concern

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Scott Walker promised to add 250,000 jobs to Wisconsin when running for governor. The Bureau of Labor Statistics data confirms that more than 140,000 private sector jobs have been created since he took office, far below the jobs promised.

The Bureau of Labor Statistics states that when Walker took office, Wisconsin's unemployment rate decreased from 8 percent in 2011 to 4.6 percent in 2015.

Wisconsin's labor force participation rate was 67.4 in July 2015, about five percent higher than that month's national rate of 62.6 percent.

The BLS defines labor force participation rate as, "The percentage of the population that is either working or actively looking for work."

The unemployment and labor force participation figures come from the BLS Current Population Survey, which includes self-reported employment and people who work on family farms.

The Wall Street Journal asserts that unemployment rate fails to account for people who cannot find a job and stop searching. Therefore, a low unemployment rate is more meaningful if it is accompanied by a high participation in the labor

force.

Wisconsin's labor force participation rate was higher than the national average even before Walker became governor and Wisconsin's unemployment rate has consistently been lower than the national average since 1985.

While Walker claims the numbers for his success, the trend is not out of the ordinary for Wisconsin.

As students at the University of Wisconsin-Stevens Point prepare for life after graduation, they are encouraged to look for job opportunities before they graduate.

Jackie Burrell, junior dance and geoscience major, hopes to start her own art firm and put on live shows to spread awareness about environmental issues.

"I'm a little bit concerned. I know I need to work hard to make myself look better now because there's a lot of people trying to compete for jobs," Burrell said.

Burrell mentions that becoming well-rounded and versatile will help her gain that competitive advantage.

"I think I just need to get out there and do what I can and hopefully if people start seeing what I'm doing, they will support me," Burrell said.

Daniela Chávez, junior social work and sociology major, plans to help organizations become more inclusive after graduation.

She knows that future employ-

ers look for experience beyond getting a degree. She encourages students to get experience through an internship, volunteering, or being a student leader on campus.

"School is great. When I first went to school it kind of opened my eyes to critical thinking which I think is important, but it's 100 percent experience," Chávez said.

Andy Held, adviser and assistant director for the Academic and Career Advising Center, agrees that some employers are less focused on the degree and would rather see students develop skills that will contribute to their success as a professional after graduation.

"College students in general struggle to think broadly about how their soft skills relate to certain jobs or positions," Held said.

These "soft skills" include ability to communicate effectively, work in teams, and display flexibility and adaptability among others.

"A low overall unemployment rate is a good sign of the country's economic health," Held said. "How employable individual grads are depends on the condition or growth of the specific industry they're trying work in and their own skill set." Megan Schram, freshman graphic design major, plans to land a job in graphic design after graduation.

"Technology and consumerism and marketing is a growing industry. It makes sense that there would

be a lower unemployment rate," Schram said. "Especially looking at marketing and graphic design, there is always going to be something new."

Based on the unemployment numbers and her major, Schram is confident that she will have a job after graduation.

Lauri Keefe, career specialist and career development coordinator for the Academic and Career Advising Center, mentions that there will never be a guarantee that graduates will find a job after they graduate, but factors of major, experience, ability to relocate, supply, demand and other personal factors contribute to job preparation and the ability for students to sell themselves.

"Each student is uniquely qualified and comes with varied qualifications, motivation, energy and life plans," Keefe said.

Sue Kissinger, Interim Director for the Academic & Career Advising Center states the three things students need to do to get a job and rewarding career after graduation are choose the correct major, minor and degree, don't just complete the degree but get experience and be mobile.

"Literally these are the three things that I always tell students they need to do to find a job after graduation," Kissinger said. "It's kind of become my mantra and seems to work with any major."

Women's Basketball Team Takes on Season One Point at a Time

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As the start of the women's basketball season approaches, the players have begun to prepare for the competitive teams they will be up against.

Lauren Anklam, senior point guard, is one of the team's captains. In her final season, Anklam is striving to do her best to remain positive and facilitate team cohesion.

"I think it's just kind of an emotional rollercoaster. I try not to think about the end and just live day by day and in the moment. I don't like to think that this is my last of this or

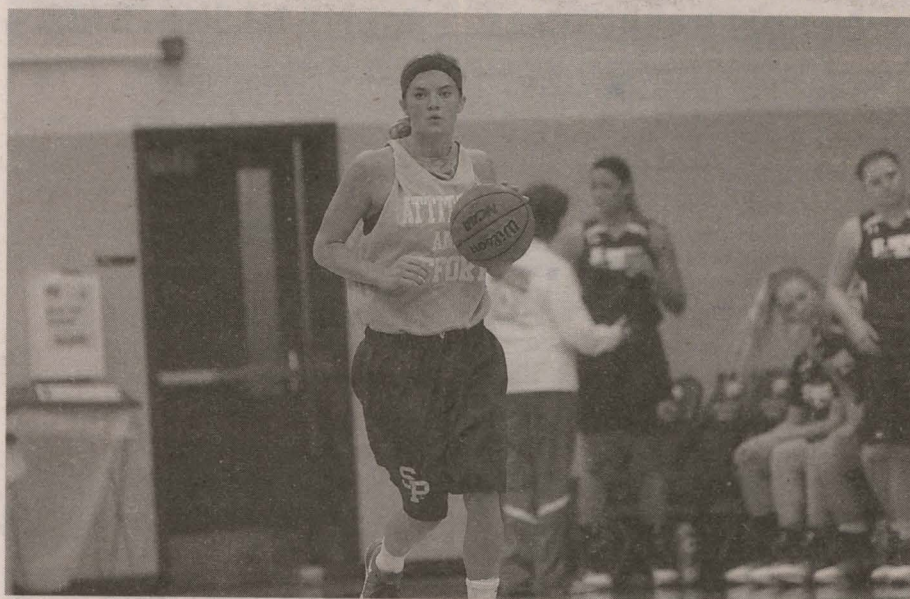
that, I want to take it as the journey goes and enjoy it," Anklam said.

Anklam describes the team's senior leadership and dynamic as strong.

Taylor Douglas, senior guard, is Anklam's co-captain. Douglas stresses the importance of staying healthy throughout the season and maintaining a close-knit team.

"We've grown a lot stronger as a basketball team and our relationships now are a lot stronger than they were when we were underclassmen," Douglas said.

As a captain, Douglas leads by example and chooses to address issues head on.



Senior guard Taylor Douglas takes the ball up the court during a scrimmage against St. Norbert College on Sunday, Nov. 6 in Berg Gym in Stevens Point, Wis. Photo by Kylie Bridenhagen.



Photo by Kylie Bridenhagen.

"If there is an issue I won't let it continue. I would rather take care of it and get it over with then let it become a bigger issue," Douglas said.

Shirley Egner, head women's basketball coach, has been coaching the team for 28 years.

Egner expects her athletes to be respectful and accountable and the upperclassman to be welcoming and encouraging to new players.

"We try to foster an environment that will help our women grow and be prepared when they are done with their

education to be successful in the outside world," Egner said.

Egner admits the players are dedicated students and overall the team has the highest GPA in the athletic department. She is looking forward to watching the players continue to grow.

"It's a 19-week season so we have to be patient with coaches and players. We know it's a journey. It's a marathon, not a sprint," Egner said. "We are going to have some losses; we must be able to reflect upon when we have a loss and how to get better after that."

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SPORTS EVENTS

WOMENS BASKETBALL

Nov. 15,
at Alverno
College
7 p.m.

Nov. 18,
vs. Luther
College
6 p.m.

Nov. 19,
vs. Luther
College
3 p.m.

Nov. 20,
vs. Illinois
Wesleyan
1 p.m.

Nov. 22
at Lakeland
College
5 p.m.

MENS BASKETBALL

Nov. 15,
at St. Olaf
7 p.m.

Nov. 18,
vs. Christopher Newport
University
7 p.m.

Nov. 19,
vs. Lynchburg
5 p.m.

WOMENS HOCKEY

Nov. 19,
at UW-Superior
2 p.m.

Nov. 11,
vs. UW-Riverfalls
7 p.m.

WRESTLING

Nov. 15,
at UW-
Parkside
7 p.m.

Nov. 19,
at Concordia
opens 9 a.m.

Nov. 22,
vs. UW-
Oshkosh
7 p.m.

MENS HOCKEY

Nov. 18,
at Marian
University
7 p.m.

Nov. 19,
at St. Norbert
7 p.m.

SWIMMING & DIVING

Nov. 19,
at UW-Whitewater
1 p.m.

Look Into Sports

AUSTIN KRUEGER
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CROSS COUNTRY CLOSES SEASON AT
NCAA REGIONALS

Senior Neil Pederson finished his NCAA Division 3 Midwest Regional race in 25:31 to place 30th overall in a field of more than 240 runners on Saturday, Nov. 12 at Lake Breeze Golf Club in Winneconne, Wis. Photo by Kylie Bridenbagen.

Behind senior Neil Pederson, the UWSP men's cross country team finished the NCAA Division 3 Midwest Regional in fifth place out of 33 teams on Saturday.

Freshman Bailey Wolf led the way for the women who placed 13th out of the 38 teams competing. She claimed a 39th place individual finish while also posting a sub-23-

minute showing in the 6k.

Senior Dane Tyler finished only one second after Pederson, claiming a time of 25:32 as the two finished 30th and 31st.

For the women, juniors Kathy Derks and Emily Schlebecker finished with times of 23:11 and 23:26 to place in the top-100 out of 244 finishers.

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FOOTBALL SUFFERS SETBACK IN SEASON FINALE



The Pointer football team capped off their season with a 6-4 overall record and a 3-4 record in the WIAC. Photo by Kylie Bridenhagen.

After posting a 10-0 lead following the first quarter on Saturday, the University of Wisconsin-Stevens Point football team allowed UW-River Falls to climb back and win the game 34-16.

The Falcons were able to rack up 34 unanswered points to hold off the Pointers' hot start to their final game of the season.

In senior Kyle Larson's final game of the season, the Pointers quarterback totaled 217 passing yards with two touchdown passes.

Larson connected with senior Jared Pankow six times, including one touchdown during the game.

Pankow totaled 74 receiving yards and was only nine yards short of 900 on the season.

The Pointers struggled to get much going on the ground during the game as they finished with only two total rushing yards.

The Falcons hurt the Pointers by putting together numerous lengthy drives and racked up 21 first downs compared to the Pointers 12.

The Pointers have now finished with a win percentage over .500 for the second time under head coach Tom Journell by finishing the season with a 6-4 record.

WOMEN'S HOCKEY SPLITS WEEKEND SLATE



Junior forward Ali Biagini has scored five goals in the Pointers' six games so far this season. Photo by Kylie Bridenhagen.

After not scoring in the first two periods, the UWSP women's hockey team rallied back to claim a 3-2 victory over Gustavus Adolphus this past Tuesday.

Fresh off a two-goal outing, junior Ali Biagini notched yet another two goals in the Pointers' victory over the Gusties.

With the game tied at two in the last two minutes of play, sophomore Lauren Smith scored the game winner for the Pointers, putting the team at 2-2-1 on the season.

The Pointers then faced off against No. 2 ranked UW-River Falls on Friday where they fell 2-1

in UWSP's home opener.

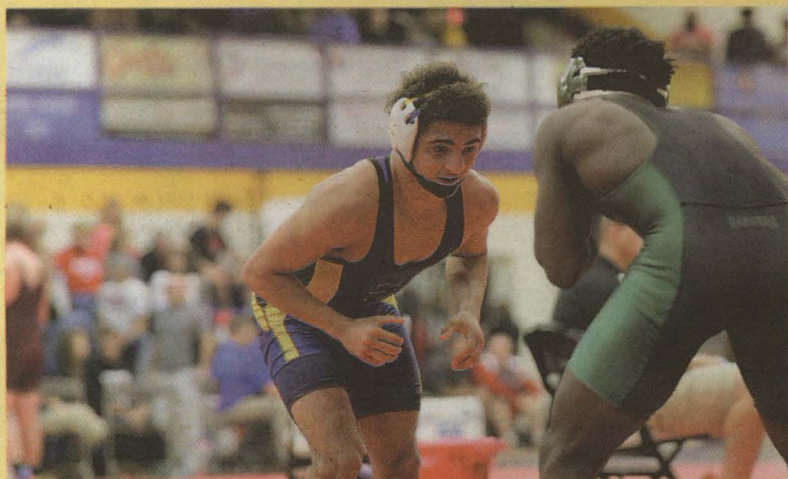
The Falcons took advantage of a Pointer penalty as they scored only a minute into a power play opportunity to go up 1-0.

After no scoring in the second period, the Falcons scored the deciding second goal only 27 seconds into the final period.

It took until later in the third period for UWSP to get on the board with a goal from Biagini to put the score at 2-1.

The Pointers were not able to get any more offense going as they fell to 2-3-1 on the year. The women's next game comes Nov. 19 at UW-Superior.

UWSP WRESTLING SPLITS WEEKEND DUALS



Sophomore Moziah Clark recorded a victory in the 125 weight class against the University of Dubuque on Saturday, Nov. 12 in Dubuque, Iowa. Photo by Kylie Bridenhagen.

The UWSP wrestling squad defeated the University of Dubuque by a slim 22-20 margin after being defeated by Loras College.

Sophomore Moziah Clark recorded a fall at 7:11 into his match at the 125 weight class, while junior Joe Cook also won by fall at the 1:17 mark in his match in the 157 weight class.

Other Pointer victories

against Dubuque came from freshman Jordan Weinzetl who recorded a 13-1 victory at 165, senior Logan Hermesen who claimed a 7-2 victory in the 174 weight class and sophomore Donny Ralston who took a 6-1 decision in the 285 class.

In the Pointers loss to Loras, Ralston won by fall at 4:01, while Weinzetl pinned his opponent at the 5:56 mark for the Pointers.

MEN'S HOCKEY SKATES TO A SUCCESSFUL WEEKEND

On Nov. 11, UWSP men's hockey team's first game of the weekend, the Pointers squared up with Concordia-Moorhead and came away with a 6-3 victory.

Sophomore Tanner Karty led the charge for the Pointers by racking up two goals during the game.

Junior Omar Mullan got the scoring started for the Pointers in the first two minutes of play by netting his first goal of the season.

After Concordia tied the game up a few minutes later, senior Lawrence Cornellier got the Pointers back on top midway through the first. Karty then scored his first goal of the game to give UWSP a 3-1 lead before heading into the second period.

In the second period, senior Jacob Barber scored his fifth goal of the season, putting the Pointers up 4-1.

At 6:47 into the last period, sophomore Ryan Bittner tallied his first collegiate goal, giving UWSP a 5-1 lead until Concordia found the net shortly thereafter to bring the game within three.

Karty landed his second goal of the game only two minutes later to put the Pointers back up four points. The Cobbers scored the final goal of the night, putting the match at its final score of 6-3.

UWSP out-shot Concordia 35-18

as junior goalie Max Milosek recorded his second victory of the season.

On Saturday, the Pointers collected their fifth win of the season by taking down Saint John's 5-2. Senior Eliot Grauer led the way for the Pointers scoring two goals on the evening.

Following a scoreless first period, Grauer scored the first goal of the night just under two minutes into the second period.

Barber kept the Pointers rolling by knocking in the second goal of the night at the 5:20 mark in the second.

The Pointers allowed Saint John's to score their first goal just seconds later but recovered with junior Willem Nong-Lambert scoring his first Pointer goal, putting the team up 4-1.

The final three minutes of play saw a fair amount of action as Saint John's brought the game to 4-2 before Cornellier put in an empty net goal to give the Pointers a three point advantage.

The Pointers 5-2 victory came behind sophomore goalie Jesse Gordichuk's 23 saves for the Pointers.

UWSP takes to the road for their next two games against Marian and St. Norbert on Nov. 18 and 19.

Football Players Fight End of Season Nostalgia

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REPORTER
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Quarterback Kyle Larson and middle linebacker John Kontowicz reflect on their experiences playing football for the University of Wisconsin-Stevens Point.

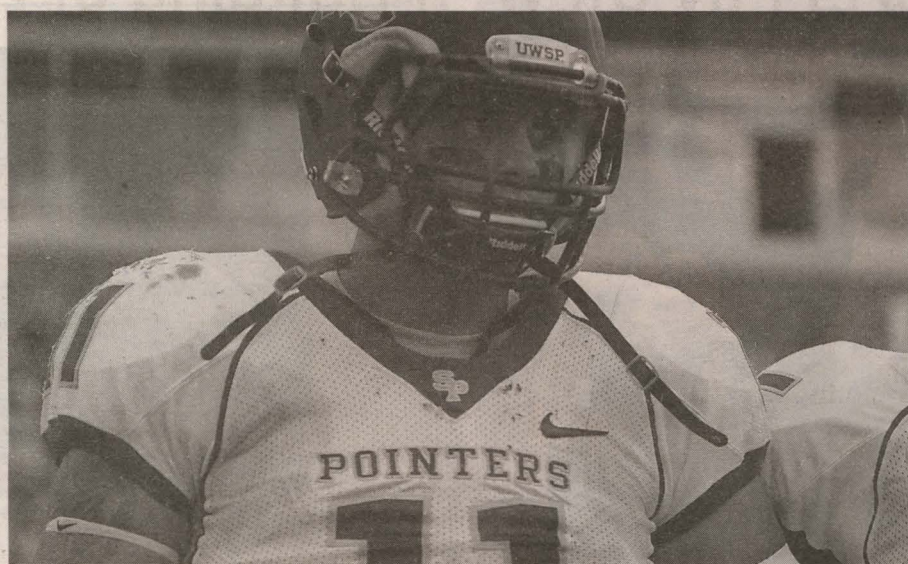
Kyle Larson, senior pre-physical therapy major, is a scholar-athlete and has maintained a 4.0 GPA throughout the football season. Larson is not planning on continuing his football career after graduation, but he is thankful for the friendships he has formed through the sport.

"In the end, we are students and we are human beings and we have to find that balance between life, football and school. You have to make sure you have a reality check every now and then and take a break for yourself," Larson said.

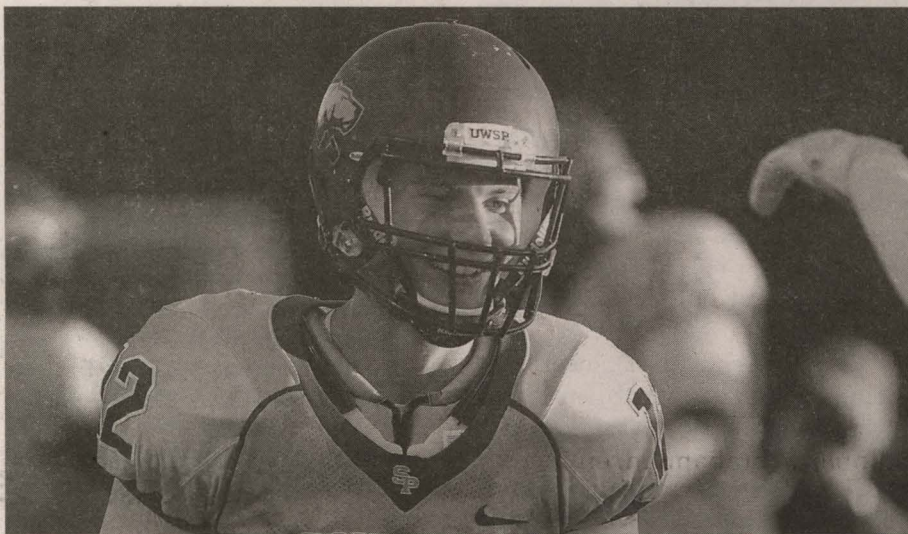
Larson admitted that as the season comes to an end, he is going to miss his coaches and teammates.

As graduation approaches, Larson will be preparing to continue his education. He has submitted applications to five different physical therapy schools.

Larson is ready to move onto the next chapter in his life but will continue to appreciate the



Senior linebacker John Kontowicz. Photo by Kylie Bridenhagen.



Senior quarterback Kyle Larson. Photo by Kylie Bridenhagen.

experiences he had as a collegiate athlete.

"To really look back on playing four years of college foot-

ball, that's a huge accomplishment," Larson said.

John Kontowicz, senior business administration major, de-

scribed his teammates to be his second family.

For Kontowicz, one of his career highlights was beating North Central College when he was a sophomore.

"We had played them the year before that and they were a really good team. It was just a big game that gave us a lot of momentum. It was a really tight game and it was the Pink Game too," Kontowicz said.

After graduation, Kontowicz wants to continue playing at the professional level but is aware that it might be difficult.

"Personally I just love the game of football in general, it's been part of my life since 5th grade. I am going to try and play after we'll see what happens," Kontowicz said.

Off the field, Kontowicz hopes to start a business and is excited at the idea of being his own boss.

Tom Journell, head football coach, admitted he will miss coaching Larson and Kontowicz.

"They are the guys that will get on people when they need to, but it's all by example. They have a professional approach," Journell said.

This past Saturday, Larson, Kontowicz and fellow teammates saw their season come to a close in a 34-16 loss to UW-River Falls.

ENVIRONMENT

continued from page 1

Conventional cotton pads and tampons can be replaced by alternative products like rayon-free, organic, or biodegradable products. Some women have turned to using washable pads, or even reusable silicon menstrual cups.

The stigma surrounding women's menstrual cycles makes it an uncomfortable topic for many to discuss. The impacts of feminine hygiene products and their alternatives are rarely covered, leaving many women unaware of all of the options they can use during their periods.

The lack of education surrounding menstrual cups leaves women asking questions on how to safely use more environmentally friendly options.

Angela Stahl, senior English major, said "I think, like most things menstrual related, there just isn't much talk about it. So some people don't know how it works or what it is. Plus it involves more hands-on involvement in the cycle, which is

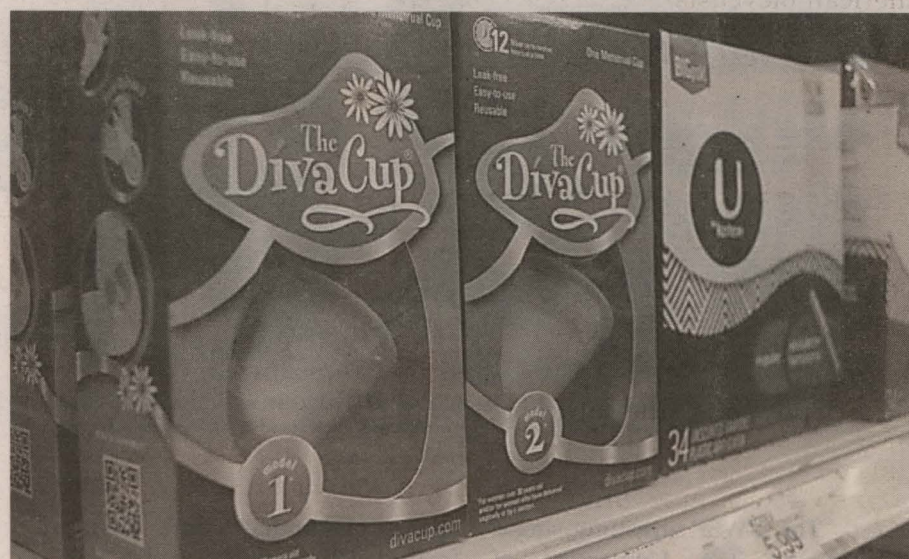
something that isn't supported either in the big picture."

Menstrual cups are small cups made of silicon or rubber that are used to collect blood instead of absorb it. They can be reused for up to five years and usually only cost about \$30. Reusable products can reduce the amount of waste significantly by preventing the waste from pads and tampons from going into landfills.

Since menstrual cups collect liquid instead of absorbing it like tampons, the risk of toxic shock syndrome is much lower. The cup can be left in for up to 12 hours because they hold more blood than tampons. The rubber and silicon are also nontoxic.

There is a general hesitancy among women to use the cups because some consider them unsanitary.

Oksana Delice Cruz, junior Spanish major said, "I personally just think it's very icky. The process of putting it in, then taking out to clean. Then having it sit around until the next cycle



Diva Cups are just one of the many different brands of menstrual cups available for women. Photo by Mary Knight.

just grosses me out."

Once women get past the ick factor of reusing a menstrual product, they tend to be very pleased with the environmental and financial benefits of using a cup.

Emma Olson, senior wildlife education major has been using a menstrual cup for about a year. Olson said, "Initially, I thought it would be really gross, but af-

ter a the first few uses I didn't find it any worse than a nasty tampon. It's a great, easy option to help the environment and it is a lot more convenient than worrying about changing a tampon every few hours."

Alternative period products are on the rise because they are not only healthier for women's bodies but also for the environment.

Green Fund Efforts Pay Off with Building of Bicycle Shelter

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The Green Fund has succeeded in erecting a bike shelter outside the Dreyfus University Center after years of planning.

The Green Fund itself is a campus organization that aims to improve sustainability and lessen the environmental impact of the university, which was approved through a student referendum in the spring of 2013 with 70 percent approval.

The Fund's mission is to "encourage and fund projects that positively affect the sustainability of the University of Wisconsin-Stevens Point campus community. The fund accomplishes this by investing capital in long-term sustainable projects that affect the way our campus uses energy and our shared natural resources."

It is funded through a \$12 segregated fee that each student pays yearly, meaning they gain 90 to 100 thousand dollars in funding annually. The bike shelter project has been in the works since the beginning, having gone through cycles of rejection and revision by all parties involved.

Getting the building plans approved by the Green Fund board, the campus planner to make sure the aesthetics match, facility services, the Segregated University Fee Allocation Commission and finally the Student Government Association senate is what finally allowed construction to begin.

Many people in Stevens Point, citizens and students alike, ride their bikes. Despite the popularity of this mode of transportation, the university campus still lacks "Bicycle Friendly University" recognition by the League of American Bicyclists.

After applying for the certification last year, UWSP was denied for reasons including a lack

of covered areas to park bikes. The shelter outside the Dreyfus University Center will help the campus reach that goal.

Justin Seis, junior sociology major, specialty projects coordinator and Green Fund representative of the sustainability office and primary author of the bike shelter proposal, said, "Preserving the longevity of bikes and promoting an alternative form of transportation is very important."

Despite the cold months typically outnumbering the warm ones in Wisconsin, riding bikes to campus is an ever-popular choice. Leaving those bikes out in the rain or snow without shelter is a way for them to deteriorate faster than if they were protected.

Having Campus Cycle and Sport Shop close, on the corner of Fourth and Isadore street, helps promote biking around campus and the bike shelter helps protect the bikes.

Unfortunately, not many students are aware of the shelter or have noticed it. Of the handful of students asked for their opinions, none of them knew what the bike shelter was.

Robert Abrahamian, environmental and sustainability affairs director of the Student Government Association and chair of the Green Fund, said they are focusing on doing outreach to spread the word.

Anyone is welcome to send in ideas for new projects. The Green Fund's most recent deadline for project proposals was Nov. 10, but another is coming up in February, and another in April.

So far, three more project proposals will be considered which include LED lighting in the Laird room in the Dreyfus University Center, new labels and standardized waste bins across campus and another proposal for two bike repair stations which would enable students to fix their own



The Green Fund's bike shelter is located outside of the Dreyfus University Center. Photos by Kylie Bridenbagen.

bikes with ease at a public work stand.

UWSP's reputation as a green school will continue to expand as the Green Fund accomplishes

projects that focus on promoting sustainability on campus each year.

Wastewater Treatment Facility Recognized for Sustainability Efforts

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In September, the Stevens Point Wastewater Treatment Plant received a certificate of recognition for "innovative and forward thinking practices that are providing sustainable, efficient and value-added services to the community."

The certification evaluated public and private utilities from across the United States, Canada and Denmark on their sustainability programs. The utilities were evaluated on their programs that addressed local environmental and community impacts.

Joelle Erickson, senior communications and public relations major, said, "That's how it should be, we should be doing initiatives to make our utilities

more self-sustaining."

The recognition certificate celebrates the progress and exceptional performance of wastewater utilities.

The Stevens Point water treatment plant received the award due to their use of biogas and their reclamation of biosolids.

The wastewater treatment plant produces about 85 to 95 percent of their power on site with a biogas engine.

Anaerobic digestion, which takes place in the water treatment process, produces biogas. This biogas is harnessed by the facility to create electricity to power the operation.

Air compressors are needed to aerate the water tanks and break down the waste. The aeration system is the biggest energy user at the facility according to Chris Lefebvre, the Wastewater

Superintendent.

The amount of energy created depends on the amount of waste sent to the treatment center. When the students from the University of Wisconsin-Stevens Point are on break, the energy demand decreases since the amount of waste decreases.

The biogas project began in 2011, went online in 2012 and has been in use ever since. Currently there are no plans to expand the project and have 100 percent of the energy produced by the plant.

Lefebvre said, "We're doing what we can now, being a municipal setting. Our main concern is meeting permit, and keeping our rates stable. I can't put ahead a project saying we want to be energy neutral if it doesn't have a payback."

In addition to a majority of their power coming from their

own plant, the facility has plans to expand its biosolids program.

Class A biosolids can be used as fertilizer. Using the residual solids from the treatment facility can be used after they are treated for pathogens. The finished product is applied as a fertilizer instead of mining for phosphorus.

Four of the six employees of the plant are graduates of UWSP, therefore sustainability is a priority for the municipal utility.

The sewage treatment plant creates a full circle with their system by harnessing the methane that would be produced anyway through the water treatment process and using it for biogas energy. Along with their energy sources, the Stevens Point wastewater treatment facility also uses the residual solids to be used as fertilizer.

Neil Hilborn: Brings Light to Darkness at UWSP

LHEA OWENS

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Neil Hilborn graced the Encore stage on Nov. 12 by performing a range of both tear jerking poetry to hilarious jokes for students and fans at the University of Wisconsin-Stevens Point.

Hilborn's poetry went Internet viral with his heartbreaking performance of "OCD," a poem about falling in love while having obsessive-compulsive disorder.

"OCD" was uploaded to YouTube in 2013 and has reached over 12 million hits and counting, making it one of the most viewed poems on YouTube.

Hilborn said it has taken him a substantial amount of practice and hard work to become the poet he is today, but that he started writing poetry at a young age.

"I wrote my first poem when I was 8, and it was awful; it was about the moon, and it was inspired by one of those Calvin and Hobbes books that are always big and full of color," Hilborn said.

Hilborn said he started writing spoken word poetry during his sophomore year of college while he reminisced over his first poem being bad.

When it comes to his writing process, Hilborn said that it can be very two fold in the sense that he either gets a spark of inspiration, or he has to work a bit harder to get the poem to work the way he wants it to.

"There are two things, one is

this lightning bolt kind of moment and with that I stop whatever I'm doing, I sit down and I write a poem; it just kind of happens where I wake up at the end of it and I'm like, 'cool, a poem,'" Hilborn said.

While Hilborn said immediate inspiration is ideal, he stressed that a more realistic approach to poetry is constant revision.

"The other one that I do more than anything is that I sit down and I write a poem every day, and most of them are bad with a bunch of brain garbage, a bunch of clichés and stupid things, but you just have to write through that, get all the brain garbage out and then produce whatever poem is behind that" Hilborn said.

While a lot of Hilborn's poems have funny undertones, such as Ode's to his jean vest, the other side to his work revolves around mental health illness and the struggles that people, including himself, have gone through.

Hilborn advocates for those that have mental health conditions and hopes to bring light to this subject that some find hard to talk about.

"I just feel like it's this thing that people always feel so much embarrassment and shame around talking about whatever is going on in their heads," Hilborn said. "It's this thing that is so big and scary most of the time that I feel like if we can laugh about it that it will make things so much easier to talk about."

How Neil expresses himself on stage, as well as broadcasting

his view on mental health illness, was extremely prevalent to his audience.

Leah Trempe, junior English education and drama major, said that the way Neil addresses mental health illness is new and something necessary for people to see.

"It became apparent through watching him that laughing is one of his ways of coping with his mental illness," Trempe said. "He needed to laugh at his situation to make it more bearable as he was becoming so incredibly vulnerable with us in his poetry."

Gigi Stahl, senior English education major also shared her love for Neil's work when she said that spoken word is important because it gives people the permission to feel.

"Neil is amazing because he shines light on the darkest parts of life and always finds something to laugh about," Stahl said.

Hilborn not only wants to spread awareness about mental health illness, but also his love of spoken word and poetry to as many people as his message will reach to.

"There are people that have been doing spoken word forever who inspire others to speak, but I think that the most powerful thing that I've seen is watching people who are brand new who have never performed a poem before," Hilborn said. "The moment they get up to share something that is a part of themselves and then an audience vibes with it, reacts to it and that moment when people realize and feel so

validated and heard by a group of people."

Hilborn said he believes that spoken word and poetry has the power to change the world and that he has already seen it happen on multiple occasions.

"I have seen so many people who feel like they didn't have a voice become empowered by the art form and take that to other arenas," Hilborn said. "I know a lot of the spoken word community is very intertwined with a lot of activist communities. I think that it's still a little bit of an underground art form involved with social change, but I think it's a really big vehicle and motivator for social change."

Hilborn said his ultimate goals as a performer are two things: to make people laugh and to make people feel like they're not alone.

"I think that we spend so much of our lives being serious and even in my show I try to tell a lot of jokes because people aren't trying to have feelings for an hour," Hilborn said. "Feelings are important and it's important to be serious and reflective, but I think in a lot of ways that it's almost more important to be able to laugh together."

"Our Numbered Days," is a compilation of poems written by Hilborn and can be bought on Amazon or through Button Poetry.

For more information about Hilborn you can follow him on Facebook at, facebook.com/neilhilborn/

Snow Anticipation Afoot with Handcrafted Snowshoes

KATHRYN WISNIEWSKI

REPORTER

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As mid-November approaches, the leaves have fallen and the frost has set in, leaving the University of Wisconsin-Stevens Point waiting for the first snow of the season. In anticipation, Centertainment Productions hosted a Build Your Own Snowshoe event for students on Friday, Nov. 11.

Attendees were provided with all the materials they would need to create their own set of snowshoes. Wooden dowels and twine were provided to create the frame of the snowshoe and different colors of yarn were to be used for the in-

side and straps.

Tess Tranel, travel and leisure employee for Centertainment, designed and ran the event.

"I don't think it's ever been done in the past, actually," Tranel said. "In the past, crafts events usually do very, very well. I got the dates last semester, and it was a November event, so I was thinking something wintery and crafty and it popped into my head."

Along with the required materials, Centertainment provided step by step instructions for students to follow as they created their own sets of snowshoes.

Ashley Peper, freshman mathematics major, has had some experience snowshoeing

in high school and attended the event on Friday.

"It's not as hard as I thought it would be," Peper said. "It's pretty basic to put together, and it's a lot of fun."

After picking up their materials and instructions, students sat at tables around The Encore of the Dreyfus University Center to craft, chat and listen to the folksy music being played.

Casey Koltz, sophomore urban forestry major, has never been snowshoeing but was still excited to make his own snowshoes with Centertainment.

"I thought it was super fun," Koltz said. "These are more like decorative snowshoes. I think they'll be nice to hang in my room. I tried to do a Christmas

theme with the red and green."

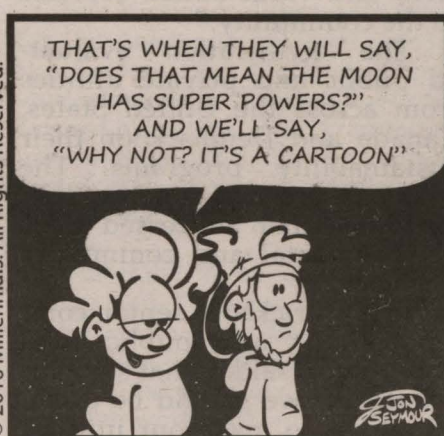
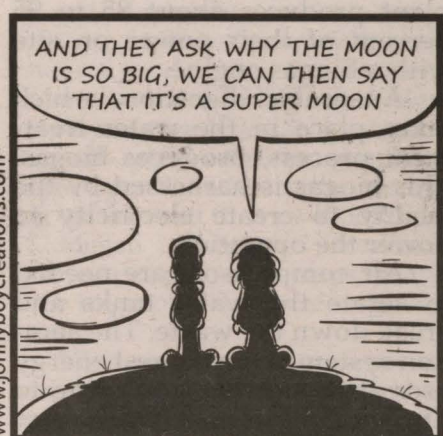
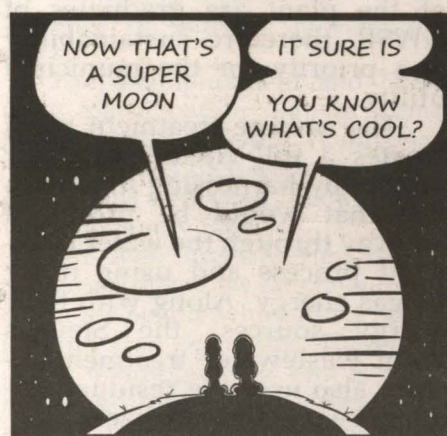
The mellow atmosphere of the event made it easy for students to come, craft and relax.

"It wasn't a super expensive event to put on," Tranel said. "It just took a lot of thinking and planning and lots of work ahead of time."

The simplicity of Build Your Own Snowshoes made it accessible and fun for all types of students.

"They definitely made it open for all students to participate and attend the event," Koltz said.

The hard work put into creating a fun and unique do-it-yourself event resulted in smiles, fun and dozens of sets of personalized snowshoes.





University of Wisconsin
Stevens Point

Are you Graduating?

If you have any questions about Commencement on December 17, 2016, visit the Commencement website at www.uwsp.edu/commencement.

- RSVP online to walk at the ceremony by **Friday, December 2.**
- Purchase caps, gowns and tassels at the University Store **December 5-9, Monday-Thursday, 8 a.m.-5:30 p.m., Friday 8 a.m.-4 p.m.** If you are out of the Stevens Point area, call **715-346-3431** to mail order your cap and gown package to be shipped **December 5-9.**
- Reserve and/or claim your **six general admission tickets** for the ceremony. Tickets will be available **December 5-9** at the UW-Stevens Point Information and Tickets Office in the Dreyfus University Center. **Hours are 7 a.m.-9 p.m., Monday-Friday.** A student ID is required.

IMPORTANT!

If you are unable to pick up your tickets between **December 5-9**, please call the UW-Stevens Point Information and Tickets Office at **715-346-4100** or **800-838-3378** to RESERVE them. If you do not, tickets may not be available for your guests.

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Pointer Poets

Brynna Kemp

English Major

*I remember what it felt like when I was losing
my mind.*

*Not all at once like you'd think
but piece by piece, like
every morning I woke
up and realized
after I stopped
remembering
I continued
to be.*

*Walking, talking, until I tumbled
into a bed a futon a couch so fast
little chunks of me continued
to fall out of my
ears eyes mouth.
So that I left
a part of me
wherever
I went.*

*Until I wore much too thin.
Too worried about where
my mind was, to
enjoy what was
happening here.
Now.*

*Too many people to please
too many things to do
to keep my mind
from decaying.
Destroying
itself.*

Humans of Point

How often, if at all, do you utilize the library on campus?

Glorian- "I honestly don't use the library a whole lot just because I can find most of my sources online for classes. If I do go to the library it's to use the Tutoring and Learning Center in the basement. They've been really helpful helping me get through different classes as well as the writing lab."

Brett- "I'd say I use the library about every other week or so, mainly during my busy times. It's a good place to go to get away from everything. I prefer using the study rooms you can use and sign out. They are very useful, especially for group projects."

Do you think it is a useful resource for students on campus?

Glorian- "I think it can be really useful, especially when you're first coming to school here. It offers really great study places as well as a lot of different media sources that you can use there and of course, like I mentioned earlier, the Tutoring and Learning Center is really nice to help anyone whether it be freshman or seniors get through different classes or help with other things."

Brett- "Yeah. It's a very useful resource. There are lots of computers and printers there as well and a lot of people struggle to find a printer around campus, but the library has a lot to offer."

Is there a spot you prefer to study on campus if it is not at the library?

Glorian- "I prefer to study in my room or in the study places in the residence halls. If I am somewhere else on campus the Brewhaus is always another really great option for a study location."

Brett- "Since I live in the Suites, I like using the kitchen and lounge area. There are not very many people that use it. It's got good lighting and there are a lot of windows, so you get a lot of natural light and also it's just quiet in there."



GLORIAN KONIECZNY
is a senior psychology with a
human services emphasis major.



BRETT STUCKERT
is a senior wildlife research and
management and biology major.

continued from page 1

Though the show comes with a distinct air of unconventionality, Kenny believes it is valuable to produce such performances.

"As a director, it's important to me that I try to constantly challenge myself in picking shows that are as different as possible from my previous projects here, and La Cage couldn't be more different than Dogfight, the most recent show I directed here," Kenny said.

Another impressive aspect of the production was the music. The orchestra, directed by Mark Hanson, was essential in creating the mood of the French Riviera on the stage of the Jenkins Theatre.

"Face life with a little guts

and lots of glitter," is a line within the opening song. This line goes along with the production's theme of being confident of who you are and loving yourself and your family.

"I liked the whole thing," said Anthony Leiva, a community member who attended the production. "There wasn't any part that I could say I didn't like because I liked the whole thing. This was the first time I watched it so it's really fun."

Both audience members as well as the cast and crew were pleased with how the show turned out.

Kenny said, "I'm very proud of everyone involved, and the audiences have been cheering and crying and giv-



Photo courtesy of Tom Charlesworth.

ing standing ovations. Now more than ever, doing a show with such a positive and love-

filled message is really important and tremendously gratifying."

Album Review: Jon Bellion and The Human Condition

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A new artist in the world of music, Jon Bellion, brilliantly mashes electronic sounds with human made sounds to take the listener to another place in time.

A converted Christian, Bellion crafts his songs to have a positive feel, while mixing it up with some heavier lyrics.

No two songs of his are the same. They all have their own distinct use of sounds. From high layers of harmonies to a driving electronic base beat, it will make you want to get up and dance.

The album opener, "He is the Same," starts out with a high-pitched beeping noise that stays constant throughout. Layering over the beeping sound, a beatboxer gets the driving beat started which is later replaced by an electronic bass.

Throughout the first verse, Bellion continues to layer more sounds, using brass instruments with just a hint of an orchestra.

Bellion's tenor voice floats above the music.

At the end of the song, Bellion hits some incredibly high notes, making it sound breathy and not like his own. Bellion ends by manipulating

his voice, making it echo and ripple as it fades out.

Lyric wise, "He is the Same" talks about struggles that the protagonist faces in their personal life, yet the protagonist tries to convince themselves that everything is still the same. They don't want to face their problems.

"Weight of the World," the ninth song on the album, has a completely different feel.

With guest artist Blaque Keyz, Bellion explores choral voices and acoustic guitars to complement his own voice.

Right away a large choir echoes him in the background. The strums of the acoustic guitar and later piano sets the mood for this song as a more somber, yet heartwarming tone.

The song is a plea, saying that the protagonist can't do

everything.

In the instrumental interlude, the acoustics start to fade out until all that is left is the choir vocals. Out of nowhere, the beat hits you like a brick wall and Blaque Keyz starts a short rap that ends the song.

The final song, "Hand of God- outro," brings back the bass beat, but twists in Bellion's Christian beliefs.

He smashes all his different sounds and his guest artists together in this final song. Orchestra accompaniment, full choir, bass beats, electronic sounds, it's a music overload.

The lyrics speak of not losing faith, that if you fall, pick yourself back up and start again. No matter what you're struggling, you don't have to be perfect.

Halfway through the song, he makes a reference to a few of his songs on the album, tying the whole album together, making it feel complete.

A gorgeous tenor that is not Bellion, riffs above the music, making it the icing on top of the cake. At the very end, there is a final beep, tying it back to the first song.

Overall, this is a must have album. The lyrics are relatable and the groovy beats will have you dancing in no time. You can't go wrong with Jon Bellion.



Photo courtesy of genius.com.

ARTS & ENTERTAINMENT EVENTS

WEDNESDAY, NOV. 16	THURSDAY, NOV. 17	FRIDAY, NOV. 18	SUNDAY, NOV. 20	TUESDAY, NOV. 22
Artists Showcase DUC Laird Room 7-10 p.m. La Cage Aux Folles JenkinsTheater 7:30-9:30 p.m.	Constance with Beyond Atlas DUC Encore 8-10 p.m.	Rumpke Mountain Boys DUC Encore 8-10 p.m.	Audition Workshop: Diane Garton Edie is presenting NFAC Room 221 1-3 p.m.	Jazz Band NFAC Michelsen Hall 7:30-8:30 p.m.