Donating blood helps transfusion recipients receive the blood they need. A lesser known fact is that not everyone is eligible to participate in this act.

The University of Wisconsin-Stevens Point holds two blood drives per semester. The next drive will be held on April 25-26 in the Dreyfus University Center.

Each semester two agencies, The Blood Center of Wisconsin and The American Red Cross, partner with UWSP to hold blood drives.

Before donating, students answer questions that determine if they are eligible to donate blood.

Gay and bi-sexual men, on campus and across the country, face more restrictions when it comes to donating blood than people of other sexual orientations.

The American Red Cross states on their website, redcross.org, that due to the Food and Drug Administration's regulations, men must abstain from having sexual...continued on page 2

Both plants and fish are raised in a recirculating water system. This recirculating system allows aquaponics to save water.

Eventually both the fish and vegetables can be harvested for consumption.

Chris Hartleb, professor of fisheries biology and campus lead scientist at the innovation center, said that aquaponics is a closed system where the only water losses that occur are through evaporation. For this reason he says the process takes up just 10 percent of the water which would be used on a conventional agricultural field.

Hartleb said that in an aquaponic system, the vegetables cannot be sprayed with biocides to avoid harming the fish, and the fish cannot be medicated to prevent contaminating the vegetables.

Although, this produces pesticide-free vegetables it also poses difficulties for producers who...continued on page 5
contact with other men for at least 12 months in order to be eligible to donate. All U.S. agencies that collect donated blood are required to adhere to this regulation. Blood donations undergo extensive testing to ensure that the blood is safe for patients, which is why there is confusion over the FDA’s regulation.

This regulation prevents many men who would otherwise donate from doing so. The American Red Cross’s website also conveys that lesbians and bi-sexual females do not have these same restrictions.

Robert McGrady, freshman theater and art major, identifies as gay and is not eligible to donate blood because of the FDA’s current regulation.

McGrady believes that part of the reason gay men face blood donation restrictions is because instances of HIV increased within the community towards the end of the 20th century.

McGrady strongly opposes the blood donation restrictions.

“If you think about it, a man that has been married to another man for 20 years and has only had sex with his husband cannot donate blood. But a straight man that has unprotected sex all the time can donate blood,” McGrady said.

McGrady has never tried to donate blood because he knows he is not eligible, but admits that he would donate if given the opportunity.

“I think a lot of people don’t realize that there is still a long way to go when it comes to the rights of gay people in America. Especially because a lot of blood donation agencies are desperate for donations, it’s in such high demand, to cut off this portion of the population seems counterintuitive,” McGrady said.

Though McGrady has never donated, he is friends with someone that is passionate about donating. His friend was previously a regular blood donor until he lost eligibility after having sexual contact with a man.

“I’m just saddened whenever I think about this sort of thing because it makes me feel worse about myself and my place in this community and it just reminds me of how far we have to go.”

- Robert McGrady
Freshman Theater and Art Major

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Tuesday, March 28

Executive Order: Restrictions on coal were lifted. Usage of the term “climate change” was banned from the White House, and all climate-regulatory laws and limitations are either being re-evaluated or lifted.

Internet privacy protections were repealed, allowing internet service providers to sell users’ internet history without asking permission.

Wednesday, March 29

The judge who halted Trump’s second travel ban issued a longer-lasting order preventing the government from suspending visas from six Muslim-majority countries and halting the refugee program.

Thursday, March 30

Trump welcomed Denmark’s Prime Minister Lars Lokke Rasmussen to the White House. Their handshake was normal and did not suffer from criticism of the media.

Friday, March 31

Former national security advisor Michael Flynn is seeking immunity from prosecution in the trial concerning possible collusion between the Trump administration and Russia.

Saturday, April 1

In a lawsuit filed against Trump for inciting violence at his own rally against protesters, a federal judge has deemed that the suit is fit to proceed rejecting Trump’s claim of free speech.
Dutch Trump Pushes Far-Right Politics in Europe

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Geert Wilder, a far-right conservative politician from the Netherlands, has been the head of an anti-immigration shift in the political climate in Europe.

Although Wilder lost the election in mid-March for Prime Minister, the anti-Islamist Party for Freedom’s candidate was a serious threat to the incumbent, Mark Rutte.

The Netherlands is a historically liberal country that has been welcoming to immigrants and refugees for years. Rutte is a member of the People’s Party for Freedom and Democracy, which promotes policies such as universal health care, same-sex marriage and sustainable development.

Wilder’s Party for Freedom has different policies, including banning the Quran and ending the carbon tax.

Wilder has made his way into the international media lately because of his similarities with Donald Trump both in appearance and political policy.

Taylor Toseff, senior Spanish and pre-nursing major, has lived in Spain and plans to return after graduating. Toseff said she is “extremely disgusted” by Wilder’s policies and popularity. “It’s scary that people are behind that, it’s like what’s happening in our country.”

Deemed the “Dutch Trump,” Wilder posed a serious threat to the current prime minister in a social and political climate that is spreading fear of Muslims and Islam throughout Europe and the U.S.

Wilder had based his campaign on a promise for a Brexit-like referendum called “Next.” If elected, Wilder would have followed in the footsteps of The United Kingdom in leaving the European Union.

The outcome of this election was said to be highly influential in how the far-right would fare in other European elections this year.

“I would think leaving the EU would hurt their economy, losing that trading system and ease of travel for tourists,” Toseff said.

The anti-immigration sentiment is not exclusive to Europe, as Trump’s campaign was large­ly based on building the wall along the U.S.-Mexico border. Trump has also tried and failed to ban travelers from Muslim-majority countries twice since taking office.

“How does someone like that even come close to being elected in a country like the Netherlands that is so welcoming to immigrants and liberal anyway?” said Toseff.

According to Toseff, social policies such as helping the poor would help anyone and only creates more of a problem.

Countries other than the U.S. have suffered from terror attacks, France being the center of attention the last couple of years. Since 2015, there have been 11 terror attacks ranging from stabbings to mass shootings, yet France has upheld a welcoming, peaceful stance toward Muslims.

While on a more local scale in the U.S., leaders have been focusing on bringing people together and propagating unity within communities.

This year, both candidates running for president of Student Government Association at the University of Wisconsin- Stevens Point based their messages on unity and togetherness.

SGA Election Victors Eager to Make Change for Students

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After a closely fought Student Government Association election, Sean Piette and Katie Hansen have been elected as the incoming President and Vice President.

Before running, both Piette and Hansen had held positions in student government. Discovering the change they could enact is part of what motivated them to run.

Piette said, “A week after I started getting my voice in at SGA, I realized every single student at the university has a much more powerful voice than they’re led to believe and that’s been the focus for me pushing for our campaign. We all have a super powerful voice and when used, we can move mountains and we can make this university the way we want it to be.”

With voter turnout being only about 12 percent of the student body, one of the top priorities for the duo is to make all university politics user-friendly. From the school’s budget, to how the student government functions, the pair hopes to make issues more easy to engage in for students.

“When that knowledge is more accessible, students might be more interested in becoming or more interested in paying attention to our budget cuts and then say that we already have this much or this little and you can’t get rid of any more,” said Piette.

Hansen said, “It also tells students what services are available to them. Some students might not realize they are paying for the bus. That’s a service everyone has access to but not everyone knows.”

Other services included in students’ tuition and fees include the Tutoring and Learning Center, athletics and on-campus events. All students also have access to everything Delzell Hall offers such as medicine and the Counseling Center free of charge.

While there are no partisan politics in SGA, there will still be differences with the transition of power between the current administration and the newly elected.

Overall, both teams share similar values of inclusivity and sustainability. Additionally, John Peralta, the current president, and Piette are both in the College of Natural Resources.

Piette said, “A big focus of our administration that will be different than theirs is that we are going to put more emphasis on what students do in the entirety of their life.”

While a school’s top priority is typically academics-related, today’s standard university experience encompasses much more.

“A thing I’ve learned these last couple weeks is that at a two-year college you learn a skill, master it, and have a job. Then there’s a four year school, like here, where you learn an entire field and have a whole campus life to learn skills outside the classroom,” said Piette.

Because the issues facing the campus vary from year to year, there will be a difference in what will be decided on.

“Some things will certainly be different because of the changing atmosphere of the university,” Piette, “mostly regarding finances,” said Hansen. “With enrollment down, we will have less segregated fees to work with and less tuition for academic programs.”

Though busy schedules and long nights will become routine, Piette and Hansen are both looking forward to being a voice for all students.
Local Business Showers the Community with Flowers

In 2016, local business Bev’s Floral & Gifts received the Portage County Business Council’s Small Business of the Year Award.

Debbie Freeberg, owner of Bev’s Floral & Gifts, has owned the business for the past 16 years.

According to Freeberg, the shop has been around for about 32 years and during her ownership, the business has undergone four expansions. The shop was also nominated for the Small Business Award in 2013, prior to receiving it in 2016.

There are between 11 and 16 employees that work at the shop at any given time. Freeberg said that eligibility for the award is contingent on a business having fewer than 25 employees.

Some of the products that can be found at the shop, located on Division Street in Stevens Point, are flowers, jewelry, scarves and home accents.

Freeberg said the Portage County Business Council gives the award to a business, such as Bev’s Floral & Gifts, that has improved growth in sales, strength in human relations and commitment to community service.

Freeberg and the other employees at the shop are passionate about providing quality products for their customers.

“...is being able to serve the customers from the community and being able to create something unique for people when they come in for their special occasions,” said Freeberg.

Elise Beck, senior international studies and French major at the University of Wisconsin-Stevens Point, has been working at Bev’s Floral & Gifts since Sept. 2014 and is both an employee and customer.

Working at the shop has given Beck the opportunity to learn how to make wrist corsages and boutonnieres. Beck believes that part of the reason the business is so successful is because of the employees’ passion for serving and helping community members.

“I think that the owner, as well as the other ladies that work here, really care about the community and giving good customer service to the community of Stevens Point,” said Beck.

As a customer, some of the items that Beck likes to buy for her friends and family are jewelry and flower arrangements. She said that some of the busiest times of year for the store are prom season, Mother’s Day and Valentine’s Day.

“It’s a different kind of work environment here, you really get to know the people that you work with,” Beck said.

More information about Bev’s Floral & Gifts and their products can be found at their website, flowersbevslfloral.com.

Congress Repeals FCC Internet Privacy Rules for Citizens

Congress voted on March 28 to overturn unimplemented broadband privacy rules created five months ago by the Federal Communications Commission.

The rules would have required internet service providers to ask consumers before they collect personal information to be sold and to disclose what data was collected and shared.

A repeal means that internet service providers will be able to gather and sell data with no consent or disclosure necessary.

This does not mean that internet service providers can sell information without restrictions, they are still under the supervision of the Federal Communications Commission and cannot partake in unjust or unreasonable business practices.

The controversy, in part, lies in the uncertainty of exactly how much privacy internet users can expect to have in the future. Internet service providers are expected to collect and sell data in bulk, but could legally sell data pertaining to a specific individual.

“We’ve moved into an era in which we don’t have privacy,” said Ed Miller, political science professor at the University of Wisconsin-Stevens Point.

Internet service providers are now able to collect data which includes browser history, location and app use. This data is generally expected to be sold to advertising companies that will use it to make their ads more targeted.

Senator Ed Markey from Massachusetts has already pledged to introduce legislation to fight the repeal.

The new legislation would aim to empower the Federal Communications Commission to re-evaluate the current standing of the law and create new regulations.

There are some websites that already take and sell information. These include common websites like Facebook or Google.

“If you do a Google search on something, what you’ll find is that you’ll all of a sudden see ads for whatever you searched, ads that other people don’t see,” said Miller as he explained the process.

The cause for distinction prior to the recent repeal was that the use of such websites was optional, whereas the use of an internet service provider is not. Internet service providers also have access to more complete information about the individuals they serve than do websites.

Republicans claim that internet service providers should be treated as websites.

One way consumers are protecting themselves on the internet is by finding a trustworthy virtual private network, or VPN.

The New York Times describes a VPN as “a tunnel that shields your browsing information from your internet service provider and allows you to appear as if you are in a different location.”

VPNs could also legally collect and sell personal data. However, some VPNs have privacy policies that will prevent them from selling information about their customers.
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Could a cold morning swim cure depression? Are people who live near lakes happier than those who live in deserts?

Two speakers explored the concept of water and mental health as well as the importance of human interaction with water.


Nichols discussed the intersection of human society with water in the DUC Alumni Room at 7 p.m.

According to Nichols, water plays a bigger role in human lives than simply being a necessity for biological function. His book explores the sociological and psychological impacts water has on society. One of the topics Nichols covered is the concept, the seven ages of water, a parallel to Shakespeare's seven ages of men.

Another speaker, AndrewFusek Peters, flew in from the United Kingdom to present on April 5. Fusek Peters spoke to a class in the Collins Classroom Center Room 101. He discussed his book, "Dip: Wild Swims in the Borderlands."

The book covers Fusek Peters' experience with wild swimming and how it helped him recover from depression.

Eric Olson, director and Lake Specialist of the UW-Extension Lakes, said, "We realize the blue mind idea is pretty multifaceted."

Olson explained that every college on campus can relate to the topics of water science, natural resources, psychology and neural biology which will be presented by the speakers.

Both speakers have been working in conjunction with the UW-Extension Lakes in anticipation for the largest gathering of lake lovers in the nation at the Wisconsin Lakes Partnership Convention. The convention will be held at the Stevens Point Holiday Inn Convention Center from April 5-7.

Nichols and Fusek Peters will both be keynote speakers at the Wisconsin Lakes Partnership Convention, but the UW-Extension wanted to give UWSP students the opportunity to learn from the speakers.

Historically, student attendance at the Lakes convention has been low and Olson said he wanted to give students the chance to learn about water-human interactions without the time and money commitment of attending the whole conference.

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April 5, 2017
Campus Garden Will Not Be Traded for Parking Lot

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At the Environmental and Sustainable Issues Committee meeting on March 10, it was mentioned that under the University of Wisconsin-Stevens Point's 2007 master plan, the current campus garden could be relocated so the existing block could be turned into a parking structure.

The master plan is updated every 10 to 15 years and serves as a tool to communicate the UWSP long-term plans for development.

Karl Rasmussen, director of Facilities Planning, said, "As a complement to the master plan, every two years the campus produces a document called the campus development plan which uses the master plan as a guide. The campus development plan identifies physical development projects on a rolling six to eight year horizon corresponding with the needs of project requests through the State of Wisconsin Capital biennial budget process. There is no parking structure currently planned for the area northwest of the Franklin-Isadore intersection."

Rasmussen said that the plan was created by a steering committee representing many of the constituencies on campus. The plan was then adopted by Student Government, the Faculty Senate, the Chancellor's office, the City of Stevens Point and the UW Board of Regents.

"Those involved in the effort recognized that a campus garden is a desirable feature to maintain and did show it in an alternative location," Rasmussen said.

Bill Rowe, director of Parking Services, said if the university were to build a parking structure on the campus garden it would mean acquiring the properties currently occupied by the UW Credit Union as well as a residential unit.

This news comes as a relief to the students who benefit from the campus garden, but especially for the group Students for Sustainability, who have been improving the garden since 2006, and for whom the garden has become essential for educating and promoting sustainability on campus.

Hanna Zakrzewski, junior biology major and campus garden coordinator, said the garden benefits students in many ways, including connecting students to their food, providing volunteer opportunities and providing produce to local food distribution centers. The campus garden grows food for the Hope Center, the Lincoln Center, and gives the rest back to the students.

Rowe said a big decision like the conversion of the campus garden to a parking structure would not be made lightly.

Rowe said, "I think students would certainly have a voice in that."
The University of Wisconsin-Stevens Point softball team traveled to Clermont, Florida, for the PFY Invitational during spring break. The Pointers played in 12 games, finishing with a record of 5-7.

In the team’s first game, the Pointers were blanked by Macalester College, 8-0.

The Pointers picked up the team’s first win in the second game of the invitational, defeating Saint Mary’s College 4-3.

Paige Allen hit a two-run walk-off home run to win the game in the bottom of the 9th inning.

Game three proved to be another close contest as the Pointers won 3-2 over Ripon College.

The winning streak was extended to three as UWSP beat the University of Minnesota-Morris, 11-1. Maddie Duree picked up the win.

However, the team’s winning streak came to a close as Stevens Point lost to Elmhurst College 3-2.

The Pointers then played the University of St. Thomas twice in three days, losing both contests by scores of 10-2 and 5-4.

Stevens Point also played Linfield College and lost that game 4-2.

The losing streak was then extended to five games as Stevens Point fell to Wesleyan College 6-3.

The Pointers then returned with a win over Lawrence University 5-3. Maddie Duree was awarded her second win of the invitational.

The Pointers ended the trip with a doubleheader, splitting the final two games of the invitational. UWSP beat Union College 12-6 and then lost their final game to Allegheny College, 2-0.

Back in Wisconsin, UWSP traveled to UW-Platteville to take on the Pioneers in a doubleheader on April 1 to open conference play. The Pointers split the pair of games, losing game one 5-1 and then winning game two 3-5.

The Pointers first home games will be on April 14, as the team square off against UW-Whitewater.

The University of Wisconsin-Stevens Point hockey team fell to Adrian College 6-3 on March 18 in the Division III Championship Quarterfinal.

Trevor Boyd of Adrian College put the Bulldogs on the board first with a goal 6:44 into the first period.

Logan Fredericks tied the game with a goal of his own for the Pointers less than a minute later.

Mathew Thompson scored right before the end of the first period giving the Bulldogs a 2-1 lead.

The first scoring of the second period came from the Bulldog's Dean Balasco 6:28 into the second period extending the lead to 3-1.

Tanner Karty drew the Pointers within one as he scored 14:28 into the second period.

UWSP scored again to tie the game at three when Kyle Sharkey scored right before the end of the second period.

The Pointers comeback came up short as the Bulldogs scored the last three goals of the game and closed out their win.

Trevor Boyd, Cory Dunn and Austin Hervey each had a goal for the Bulldogs in the third period.

The Pointers, regular season champions in the Wisconsin Intercollegiate Athletic Conference, finished the season with a record of 21-5-3.
The men and women of the University of Wisconsin-Stevens Point track and field team traveled to Waukesha on Friday, March 31, to compete in the Carroll Invite. Both groups finished first in total event points.

The men finished the invite with 241 points. Top finishers in the men’s individual events included Jerry Williams in the 200-meter dash, Michael Posanski in the 110-meter hurdles, Christian Ferguson in the high jump, Michael Pomaville in the 400-meter hurdles, Calden Wojt in the 400-meter dash, Tylar Kohnke in the javelin and Logan Heil in the hammer throw.

The women finished the invite with 166.5 points. Top finishers for the Pointers women’s individual events included Anna Hogen in the triple jump, Angela Bresnig in the pole vault, Hannah Mertens in the 200-yard dash and Isabella Weekly in the long jump.

This was the first event of the Pointers outdoor season. They are back in action Saturday, April 8, as they head to La Crosse to compete in the Ashton May Invitational.

The University of Wisconsin-Stevens Point baseball team headed to Auburn, Florida, over spring break as part of an invitational to compete against teams across the nation.

The team competed in a total of nine games, finishing with a record of 3-4. The Pointers started off with a 6-5 win against UMass Boston. John Poyntam had multiple RBIs in the opening game and Heinrich Waldor picked up the win for Stevens Point.

UWSP followed up the win with a pair of losses in a doubleheader with Ramapo College, losing 6-4 and 15-3, respectively.

The Pointers got back on track against Westfield College, winning 9-3. Ale Stoltenberg picked up the win for the Pointers, striking out nine batters, a career best.

The team’s bats remained hot with a 7-1 victory against St. Olaf College. Ben Miller was credited with the win for the Pointers.

UWSP extended their winning streak to three with a 13-2 win over

Worcester State University. Beau Zeiben was awarded the win for Stevens Point.

Next, the Pointers dropped two games in a second doubleheader, this time against Southern Maine. UWSP lost both games by scores of 6-4. The losing streak continued against Benedictine University with the Pointers falling 11-1.

Not without hope, the Pointers losing streak came to an end with the team’s last game in Florida. When the team won a tight game against Washington & Jefferson College by a score of 5-4.

Ben Miller was awarded the win, his second of the spring.

Returning to Wisconsin, the Pointers hosted Ripon College in a doubleheader on March 29.

The Pointers, playing their first home games of the season, swept the Red Hawks, winning game one 6-1, and winning game two 15-14 with a walk-off.

The Pointers will return home for the team’s first conference games on April 8-9 against UW-Oshkosh.
Timber Sports Team Chops Through Competition

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On April 1, the University of Wisconsin-Stevens Point timber sports team took second place at the 65th Annual Midwestern Forester’s Conclave.

The once a year conclave brings together timber sports teams to compete in both academic and physical forester related events.

This year’s conclave was held at Iowa State University. There were 26 UWSP students that traveled to the event.

This competition is what the team spends the entire year preparing for. Seniors Micah Ertel, Rainer Shooter and Jack Duffy competed in various events on Saturday.

Ertel participated in the underhand chop, single buck and double buck. The underhand chop is when participants stand on a log with an ax and chop through the log. The single and double buck is when one or two people use a cross cut saw to saw through a chunk of wood.

Ertel admitted that most of the students on the team have been exposed to natural resources in some form or go to UWSP’s Society of American Foresters’ meetings.

“Everyone is welcome to come and join the team, there is not any requirement,” Ertel said.

“The really great thing about timber sports and conclave is if someone is interested in the sport and shows up to practices they could definitely come to conclave.”

Shooter, the co-coordinator of the team, said that UWSP’s team formed in 2008. According to Shooter, most practices are held outside and oftentimes in his own backyard.

Shooter said that one of the misconceptions about timber sports is that strength is the key component to being successful, as opposed to technique. He believes that UWSP’s team has a good reputation because they are respectful and successful when competing.

“A lot of our success comes from the women on our team and the professionals that come back and are willing to help to teach,” Shooter said.

This was the first time in six years that UWSP’s team did not take first place at the conclave. This year Southern Illinois University placed first.

According to Duffy, who also competed in the double buck this weekend, Southern Illinois University is one of the team’s toughest competitions and is considered a rival.

Duffy said that even though the team did not come in first place they still enjoyed the experience and having the opportunity to compete.

“I think everyone did the best that they could and all worked very hard, which is all you can ask for,” Duffy said.

Sports Events

<table>
<thead>
<tr>
<th>Sports Events</th>
<th>Baseball</th>
<th>Track &amp; Field</th>
<th>Softball</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Baseball</strong></td>
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Look Both Ways For New Album By Olivia Millerschin

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Invited back to the University of Wisconsin-Stevens Point after two years, Olivia Millerschin brought her meaningful lyrics, colorful melodies and positive personality, showcasing her newest album, Look Both Ways.

Millerschin writes songs about personal experience and the experiences of those she is close to.

In Look Both Ways, the song Ellie was inspired from an article her mom read in the New York Times about a man who died and left everything he owned to his fiance. Millerschin was moved from this beautiful and interesting love story enough to write a song about it.

She also explained it was time for another album and wanted to release songs that reflected how she had developed as a musician and person.

In addition to singing and songwriting, Millerschin plays ukulele, guitar and piano. She also solo gigs or performs with her full band.

The night before performing at UWSP, Millerschin was in New York and drove 17 hours to perform solo at the DUC Encore.

Nevertheless, Millerschin's positivity and personality were reflected as she engaged with her audience, asking for requests of what they wanted to hear.

When asked what she wanted her audience to gain from her performance, she responded, "I hope they walk away feeling a little bit better about the day. I hope they just walk away feeling a little bit lighter."

Millerschin describes her music and self with one word: hope.

"I always try to find the light side to any sort of situation, so that's what I try to make come across in my music and my life," Millerschin said.

She looks to her mom, Erin, as a role model. Erin Millerschin has attended hundreds of her daughter's performances for support and encouragement.

"Her music is a reflection of who she is," Erin Millerschin said. "I would like her to just continue doing something she loves and that she's good at and that she can make a living at."

Olivia Millerschin has a solid support system from her parents, sister and band mates because there is always someone attending a show with her.

Even students who had never heard of Olivia attended her performance on April 1 such as Sarah Zingelman, freshman elementary education major.

"It's just cool to see new things and to get a new perspective on what people do for a living or what they like to do," Zingelman said.

Olivia Millerschin's passion stems from her classical training in opera since she was 7 years old. Her musical passion was accelerated after attending a summer program in Michigan and shortly after she played in coffee shops.

She has won a John Lennon Songwriting Award, was a quarter-finalist on America's Got Talent and has songs featured in national and indie movies and TV shows.

After auditioning for the National Association of Campus Activities, Millerschin has been invited to perform at nearly 100 US colleges and a myriad of venues including Radio City Music Hall, Detroit's Fox Theater, City Winery in Chicago, Atlanta and NYC.

She has toured internationally with Sawyer Fredericks, Howie Day, Tyler Hilton, Ryan Cabrera and Orla Gartland.

She performs almost 300 shows a year, all scheduled through connections and networking at other shows. Going forward, she hopes to continue performing and affecting others with her music, but on a larger scale.

T-Shirt Upcycling Channels Up with the Old

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Clothing accessories, storage and home decor are all commodities that can be fashioned from old T-shirts.

Centertainment Productions hosted T-shirt Upcycling on Thursday, an event that encouraged students to create something new and trendy from the mundane.

Upcycling is a derivative of recycling.

The idea is to repurpose unused or old materials in a way that adds to the value of the original piece. Along with T-shirts, old silverware, furniture and glassware are commonly upcycled materials.

Even frequently discarded objects such as light bulbs and Pringles containers are upcycled into storage and decoration.

With environmental concerns of filling landfills in the United States, upcycling has become somewhat of a trend.

The average American throws away 80 pounds of clothing a year. Upcycling gives old clothing, and other things people send to the landfill, another purpose to keep it in use.

Across the country, stores and boutiques are cropping up which are dedicated to promoting the shabby chic aesthetic of upcycling.

"I feel like what we do here on campus is part of a larger picture," Tanner Zesiger, sophomore computer information systems major, said. "Recycling is one aspect of the sustainability movement that's across the nation, but it definitely could be improved upon on the local and large scale."

T-shirt upcycling made this movement accessible to students and their daily lives on campus.

The atmosphere of the Encore during the event at the University of Wisconsin-Stevens Point was relaxed and welcoming, creating the feel of friends hanging out. Music played as attendees sat around tables with their friends and new acquaintances, creating sustainable products.

Indeed, "sustainability" was the keyword of the evening.

"It's a sustainability focused event," Mary Knight, special events coordinator for Centertainment Productions, said. "That's one of the things that drew me to schedule it for UWSP because I know we have a strong, eco-friendly vibe on campus.

Along with the environmental advantages of exploring upcycling, the event gave students a chance to get out of their routines and do something hands-on.

"The crafting aspect is very appealing in this event," Zesiger said.

Design ideas included infinity scarves, crop tops, tote bags, headbands and coasters.

Though some T-shirts were provided, students were encouraged to bring their own.

As well as T-shirts, scissors, stencils, paint and brushes populated the supply table. Gluing stations were also set up to help students construct their creations.

Casaundra Kroh, freshman biochemistry major, attended T-shirt Upcycling to make a racer back tank top of her old T-shirt.

"It's nice that you can use something as simple as an old T-shirt and see what you can do with it," Kroh said. "It adds to the reputation Point has as a green school."
Nicole Serrano released "Hello to Daylight" in 2012 as her most recent studio recorded album. Serrano's music style includes different influences giving this album an indie rock, folk vibe while still being in the soft singer and songwriter genre.

"Hello to Daylight" came out in the same year as Serrano's debut on The Voice on NBC. Talent scouts recruited Serrano to audition though she didn't end up going very far on the show. Since this album came out before her audition, it proved that she was starting a successful career whether she would be publicized on national television or not.

Shortly after the album release, Nicole moved to Nashville to continue her music career there.

"Hello to Daylight" begins with a soft piano open on "Not Letting Go." By the chorus, Serrano has incorporated electric instruments and given the track an indie rock feel. "Not Letting Go" opens strongly for the album. This song also has a great texture to it, with various levels of vocal lines, lyrics and harmonies mixed together. A notable moment on this track is the higher melody in the chorus singing the title words, "not letting go" over the top of the mixture.

Track two, titled "Just You and Me," also starts out simplistically. A very quiet instrumentation of the soft plucking on an electric guitar guides listeners until Serrano's voice comes in for the first verse. Soft vocals build into the second verse until the chorus belts through the bridge, showing her full vocal power.

"Unmistakable" comes next with a total rock feel. Serrano's lyrics back up a story of being lost and making mistakes while detailing redemption from love and forgiveness. At the end of the bridge, Nicole hits a high note riff in a quiet moment that gives me chills. Moving on to "Worth Living For," Serrano returns to her soft, bubbly style to tell a story about a love "worth living for."

Serrano has been a worship music singer and leader for a large part of her life. A lot of her music, while powerful, also has a lot of inspiring and uplifting lyrics. She refers to her faith in many songs.

In "Worth Living For" and "Kings & Queens," a song featured later on the album, Serrano eludes to a higher power, God, who loves people unconditionally.

The feature of the album is the middle track, "What I Really Wanna Say."

This song is a soft love ballad with calming vocals and lush harmonies. Once again, Serrano highlights her strong and dynamic vocal range with a sultry alto rasp, full voice mezzo belting and then an even higher falsetto range. Following that, "Don't Let It Die" comes back with her indie folk rock infusion from earlier in the album. The high energy that this song has builds in the verses while breaking down at the bridge, culminating to powerful vocal riffs at the end.

The next song slows down quite a bit. "Kings & Queens" is a poignant commentary on the superficiality and materialism of pop culture in society. This song has a spiritual element to it as well.

Trailing at the end, the album title track, "Hello to Daylight," metaphorically describes a narrative about love and change, relating it to the transition from night to day.

Serrano compares a specific time or event in her life where she couldn't go back because time keeps moving forward, much like how the night sky transitions to sunrise. "In the end, we had to say goodnight and hello to daylight."

Wrapping up the album, "The Runaway" finishes off with an acoustic sound. A piano and two cellos play the instrumental melody while Serrano strongly sings over the top.

Overall, Serrano's vocal rasp is calming and draws people in. Her lyrics thoughtfully tell a story that makes her music both realistic and deeply meaningful for listeners.

"Hello to Daylight" is a beautiful tapestry.

Unfortunately, Serrano has not released more music since "Hello to Daylight" but hopefully we'll hear more from her in the future. Until then, "keep the dream alive and don't let it die."

Humans of Point

TRAVIS LOEPFE
junior communication major.

What is your favorite viral video and why?
My favorite viral video of all time has to be Charlie the Unicorn because it brings me back to a simpler time when I was younger and very easily impressed.

What do you think is so appealing about viral videos?
Viral videos are often outrageous but relatable, and it lets us realize that we may not be as uninteresting as we think we are.

Would you rather watch a sad animal video with a happy ending or a video of someone doing something ridiculously stupid? Why?
I'd rather watch someone doing something stupid and ridiculous because usually the most intense sort of embarrassment is found in these videos.
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With exams, textbooks, flashcards and assignments, college is full of chunks of text students are expected to interpret and internalize. Though the challenge is often daunting, a cross section of every campus consists of masters at this elusive skill.

Every actor’s performance starts out with a script; a piece of paper with words meant to become a theatrical production. With their everyday coursework and theater experience, campus actors have much to offer other students through memorization tips.

Joel Roberts, senior BFA musical theatre major, is one of these students.

Throughout his collegiate coursework, Roberts has been involved in a variety of performance activities, including classes for his major and the University of Wisconsin-Stevens Point’s production of La Cage Aux Folles last semester.

From in-class improvisation exercises to semester-long scene rehearsals, the UWSP BFA acting and musical theatre majors demand constant interaction with scripts and, thereby, line memorization.

“It should be a second language to you,” Roberts said, referring to the expectation of learning lines on a quick turnaround. “My process is, generally speaking, to read through the whole script to understand where the character is at that point.”

Roberts believes that understanding the context of the lines he’s memorizing is crucial. This can translate to the character’s background, relationship to other characters, what has happened in the play up to that point and the history of the play as a whole.

Of course, every text and every scene is different.

“I think having less dialogue is harder,” Roberts said. “If I just have little interjections where I spew one or two words throughout a line, it’s a lot trickier. I don’t necessarily have a map of where I’m going in the script.”

Though it may seem counterintuitive for less text to be more difficult to memorize, Roberts’ belief that context is important explains this. Without reference to where his character is going with his words, it is difficult to keep track of each line.

“Besides the amount of words in the script, musical theatre students also juggle speaking lines and singing lyrics.”

“I personally think learning lyrics is much easier than learning lines because you have the melody and the orchestration playing into it as well,” Roberts said.

While the case varies for every actor, Roberts attributes much of this preference to training and experience, having been involved in musical theatre since fifth grade.

“It really depends on what experience you have, how you work and what clicks in your brain easily,” Roberts said. “It depends on the person. For me, music is generally easier to memorize.”

All the daunting components of acting are relatable for all students as these complexities reflect those they see in their everyday coursework.

While biology majors probably won’t be asked to memorize a Shakespearean monologue, the techniques used by Roberts and other actors have clear classroom applications.

Many of the tactics Roberts has learned through his acting career are backed by universities throughout the world.

The Canadian Dalhousie University has published their “Top 5 Memorization Techniques” on their website. Included in the article is a recommendation to “minimize or eliminate as many distractions as possible, including internal... and external distractions.”

“For me,” Roberts said, “it’s just a lot of repetition and isolating yourself for a little bit and taking the time to sit down for an hour and really digging into it and analyzing it to find the objectives and actions inside of a text.”

By taking a set amount of time to focus solely on the task at hand, many students are able to focus better than while multitasking or being distracted by other assignments that have been set aside for later.

This dedicated time of focus allows Roberts to fully understand what he is trying to memorize.

“When you break down the dialogue and really figure out what actions you’re playing in the words, it really helps click in your mind because you’re not just speaking random words, you know what your objective is with saying these words,” Roberts said.

One of the techniques Roberts uses during his study sessions, for both scripts and nontheater coursework, is repetition.

“I know from doing that with acting, if I sit down and I go over it over and over in a short amount of time, I’ll learn it,” Roberts said. “I would study for my psychology classes the same way I would with a script.”

As helpful as it is to be constantly working with the material the student is trying to memorize, speaking the words or concepts out loud helps encode it in memory, another concept backed by Dalhousie University.

“It’s one thing to look at a page and have it inside your head, but once you say it, you’ve said it,” Roberts said. “You then have it in your mouth and it’s almost a muscle memory thing.”

One way Roberts has utilized this method of learning and memorization is through study guides for exams. After reading through them out loud, he found he was better able to remember the contents.

This interaction with the material also helped Roberts highlight the connections between ideas that were connected and in what order. The same as his technique for following a script, Roberts would create the picture in his mind of how things worked and fit together.

If I remember one part of it, the rest of it will string along,” Roberts said. “It’s very much a flow of getting from one place to the next and knowing what’s in between, what your journey is from where you are starting to where you want to end up. Thats a method I have brought to classes outside of theater classes as well.”

The first tip from Dalhousie University, also emphasized by Roberts, is perhaps the most important one: “Assign meaningfulness to things.”

Both on and off stage, Roberts has found it crucial to dig deeper into a text and understand the motivations and paths things track in order to remember them.

“Once you understand your character’s arc from the first second of the play to the ending, it’ll be much easier to memorize everything and dig into who this character is and how to live fully in the body of the character and the words on the page,” Roberts said.

The bigger picture of the production as a whole brings meaning to every line, no matter how brief, in the play.

The same concept can be applied outside of the theater. Once students can make meaning of what they’re attempting to learn or memorize, it will be better encoded in their brains.

The skill of memorization is not in merely repeating facts, but understanding the knowledge behind them.

Roberts said, “The journey really is what helps you figure it all out and keep it all in your memory and make it second nature.”
Spring into Trendy with New Fashions

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With spring hiding just around the corner, everyone is itching to get out of their winter coats and wool sweaters. Shorts and sundresses are starting to pop up on clothing store racks and in the pages of fashion magazines, and the wait to try out new trends is almost over.

Starting this spring, everything is denim.

Gone are the days of limiting an outfit to one or two classic blue pieces. Instead, spring is bringing denim on denim on denim. Overalls, chambray shirts, jean jackets and jean skirts are guaranteed matches no matter the shade. All denim goes together.

Though denim is perfectly comfortable in its own company, some pieces stand out.

Distressed jeans are cropping up, sporting rips, fraying and substantial holes that give an airy feel after a long winter while also reinstating the perfect grunge piece to any wardrobe.

After all, 90s grunge is back, though perhaps with a bit more sparkle. Another trend hitting the streets are pins and patches. Those 90s jean jackets, overalls and backpacks are sporting enamel pins and sew-on patches that add a pop of brightness and personality. Even rhinestones are showing up to glam up simple pieces.

While being trendy, decals are a simple way to add bling to previous seasons' pieces.

It's not only spring's accessories that are getting bold. The season's fashions are also incorporating what the New York Times termed "punk but ladylike."

Motorcycle jackets are adding boldness to even the most sophisticated ensembles while the pairing of blazers with a graphic tee is a relaxed way to add some edge to a casual outfit.

Because not everyone is out to relive their "Bad Reputation" days, spring is also bringing a softer wave of trends.

Airy dresses, floral prints and muted colors of Bohemian styles are again cropping up.

This season's take on boho-chic incorporates the standby characteristics with season-specific trends like crocheted tops and ruffles.

As much as fashion changes the clothing styles of each season, so do beauty trends.

Spring makeup reflects the flavor of apparel through its effortlessness. The essence of this year's spring makeup trends is minimalism.

Instead of donning heavy eyeshadow and deep rouges, light makeup lets healthy skin shine on its own, accented by a touch of mascara or an effortless winged eyeliner.

As with clothing, makeup isn't without its statement pieces. A pop of color might just be what is needed to enhance a casual look. A swoosh of bold lip color or a choice of bright nail polish create a dynamic addition.

Cosmopolitan's May issue provides a quick guide to what shades do the trick for any style, from boho to grunge.

Red wine, champagne and rose can be dressed down into soft tones or vamped up to make a statement.

Getting with spring's fashion trends will be as effortless as the emerging styles themselves. The freedom and familiarity of revival and standby fashion is easy to embrace while creating new spinoffs which welcome the warm weather to come.