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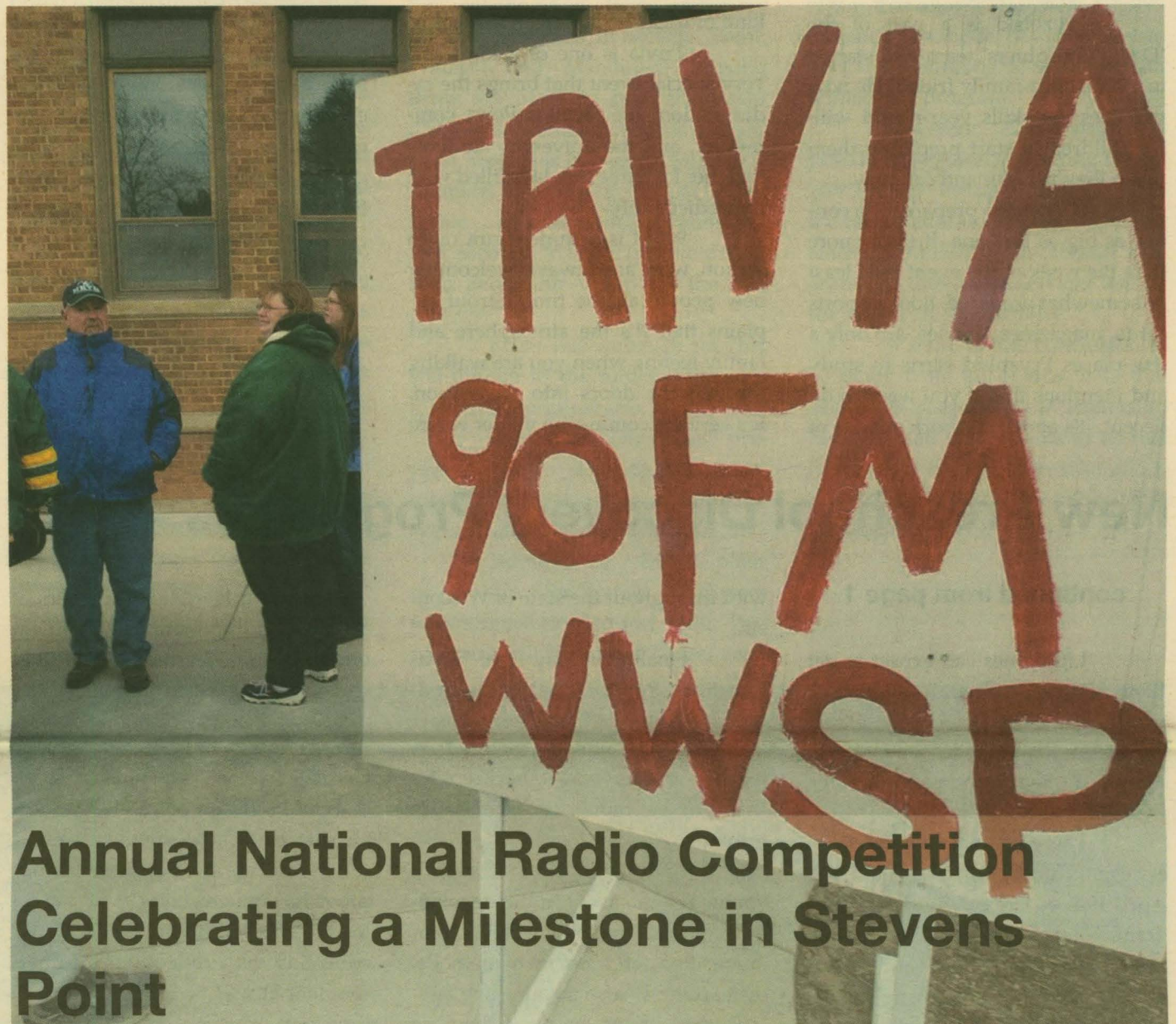
JACOB SZANIAWSKI  
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The University of Wisconsin - Stevens Point has a wonderful teaching tool literally grown into our campus: Schmeeckle Reserve, the enormous nature conservancy that occupies 280 acres of total land, boasts a 24 acre lake, and has five miles of trails and boardwalks for citizens to enjoy.

For the duration of spring, Schmeeckle Reserve plays host to a number of CNR-taught preschool discovery programs for parent-accompanied youth, ages three to six. Programs will start at 10:30 a.m. and will run for approximately an hour. Those participating in the events will meet at the reserve's Visitor Center on 2419 North Point Dr in Stevens Point. All programs are free of charge.

Little ones can expect to get

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## Annual National Radio Competition Celebrating a Milestone in Stevens Point

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The student-run radio station, 90FM, is hosting their annual trivia competition this weekend, April 12th-14th, at their headquarters here at University of Wisconsin-Stevens Point.

The World's Largest Trivia Competition is a nationally recognized event that is based right out of the Communications Arts Building here at the university.

The event is a 54-hour long trivia contest with random questions from anywhere and everywhere. There are eight questions per hour and the teams have to call in with their answer and accumulate points if they get them right. On Sunday night, the radio station will announce the winners from last to first place.

The top ten teams will receive a trophy and usually they give one out for the corresponding year of trivia if they are up to it.

It's the competition's 50th anniversary of this fundraising event that brings so much to the radio station; \$3 million to the Stevens Point economy each year, to be exact. They also celebrated 50 years of the radio station back in September.

Sports Director, Food Director, and disc jockey for this year's competition at 90FM, Alex Strouf, explains that this event gets "chaotic, but a fun chaotic."

"Trivia week is the biggest week of the year in Wisconsin and one of the biggest fundraising events in the state," Strouf expressed.

"It's really cool, something interesting, intriguing, and a lot of fun and that's what trivia is."

Strouf kept emphasizing not only how chaotic the event is, but the week leading up to it as well. Registration started on Monday the 8th and they typically have about 400-500 teams each year.

When 90FM started as a radio station in 1969, they were trying to think of doing something fun and different to interact with their listeners while also raising money for their organization. It's a contest full of completely random questions, random knowledge, random stuff; nothing's off-limits and you never know what to expect. That's why people keep coming back.

A contestant of this contest since 1993, Shaun Przyblyski, talked about what his favorite thing about coming back every year.

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# Annual National Radio Competition...

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"It's the people you only see once a year. There are traditions and family generations apart of this that we only want to continue it. Plus, it's a lot of fun being back with everyone and the contest itself."

Pryzblski is a part of the 'Dad's Computers' team and started in 1978 from a family friend. He now practices his skills year-round with his children to start preparing them when they're older and can play.

It's hard to prepare for a contest as big as this one. It takes more than the week of the event to at least be somewhat prepared. Books, sports cards, magazines, movies, are only a few places Pryzblski starts to study and mentions that if you want to do decent, it's about the work outside of

this one week.

The World's Largest Trivia Contest is one of the first things the radio station did, and it just blew up. One of the early directors, Jim Oliver, who also goes by Oz, writes the contest and no one ever knows what kind of tricks he'll play on the teams.

Trivia is one of a kind and very special event that brings the radio station, the Stevens Point community, and the university students together for three fun days filled with unpredictability.

90FM is a student-run radio station who are always welcoming new people all the time. Strouf explains that it's the atmosphere and family feeling when you are walking through the doors into the station. It's very welcoming; no matter where

you come from, you are family.

There are so many different opportunities to grow and learn and what makes 90FM fun to be a part of. Check them out in their office in Room 105 in the Communication Arts Center to get involved.

If you can't participate in the contest, enjoy the chaos on your own leisure time by listening in all week-end long and see what questions you can answer.

Good luck to everyone participating in it! And may the odds be ever in your favor.

# New Preschool Discovery Programs...

continued from page 1

Little ones can expect to get their hands dirty with interactive nature experiences, games, crafts, snacks, and more. This initiative is a new program spurred by Stevens Point's Schmeckle Reserve.

There are three more discovery events for the semester, including April 19th's "Hoppy Toddlers" program. "Hoppy Toddlers" will teach the youth about frogs and toads through the use of games and songs.

On May 10th, there will be a "Bugs in our Backyard" program, that aims to educate children about the bugs that we come into contact

with throughout the state of Wisconsin.

Finally, on May 17th, "Rambunctious Reptiles" will allow toddlers to sing, craft, and play as per usual. Lessons will be centered on turtles, snakes, and other reptiles that can be found on Schmeckle grounds.

Learning science at such a young age can assist in the development of problem-solving skills, communication, and research methods. By learning at such a young age, preschoolers' brains act as if they are sponges; absorbing countless articles of information that they encounter.

Rather than sitting a child

in front of a television for hours at a time, it is important to have them out in nature, learning about the real world. Learning stimulates the mind, and leads to continued success throughout their academic careers. Getting in at the developmental stage of a child's life is a certain way to create sustained success in their lives.

Events such as these further prove how much good UWSP can do for the surrounding community. By educating the youth about the environment at a young age, these children will grow up having a strong sense of the ecosystem that surrounds them.



Photo courtesy of The Metro Wire

## 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.

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



# Chancellor Bernie Patterson approves Governor Tony Evers' proposed budget

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The University of Wisconsin - Stevens Point is no stranger to budget issues. Higher education in central Wisconsin has seemingly taken a back seat; leading to lower enrollment numbers as students seek educational refuge elsewhere.

Under newly appointed Governor, Tony Evers, higher education may find its way back to the forefront of Wisconsin priorities. It is for that reason that University Chancellor, Bernie Patterson, applauded Governor Evers and his commitment to focusing on higher education within the UW-System.

In Patterson's official statement, he commends Evers' investment in higher education. Both Patterson and Evers grasp how important focusing on education is for the continued success of our university.

"...Education is vital to growing Wisconsin's pipeline, im-

proving lives, and providing opportunities for Wisconsinites to earn higher wages," Patterson writes.

Governor Evers has proposed a tuition freeze in his proposed budget; which is an enticing prospect for many students.

A tuition freeze is when a governing body temporarily halts tuition increases to post-secondary institutions. This is a Canadian political construct that comes at a cost.

Since the 2012-13 school year, Purdue University has practiced a flat tuition freeze. The university as a whole has grown, but has created a limit on resources available for each academic apartment. Additionally, Purdue still struggles to bring in students from the home state of Indiana.

In regard to the tuition freeze, Patterson states, "Governor Evers is committed to preserving the quality of education which is crucial to students' success and their future endeavors,".

Patterson continues, "Here at UW-Stevens Point, we have been working closely with our faculty and staff and have numerous innovative, collaborative efforts underway for our campuses in Stevens Point, Wausau and Marshfield. Among those are plans to pilot three-year degrees at a branch campus and expand programs in paper science and chemical engineering and computer science and information systems. We look forward to sharing more details soon about our vision for the 21st century."

Evers will dedicate roughly \$50 million to the tuition freeze for in-state undergraduates.

Governor Evers has proposed more in his budget than just placing an emphasis on higher education and tuition freezes, though.

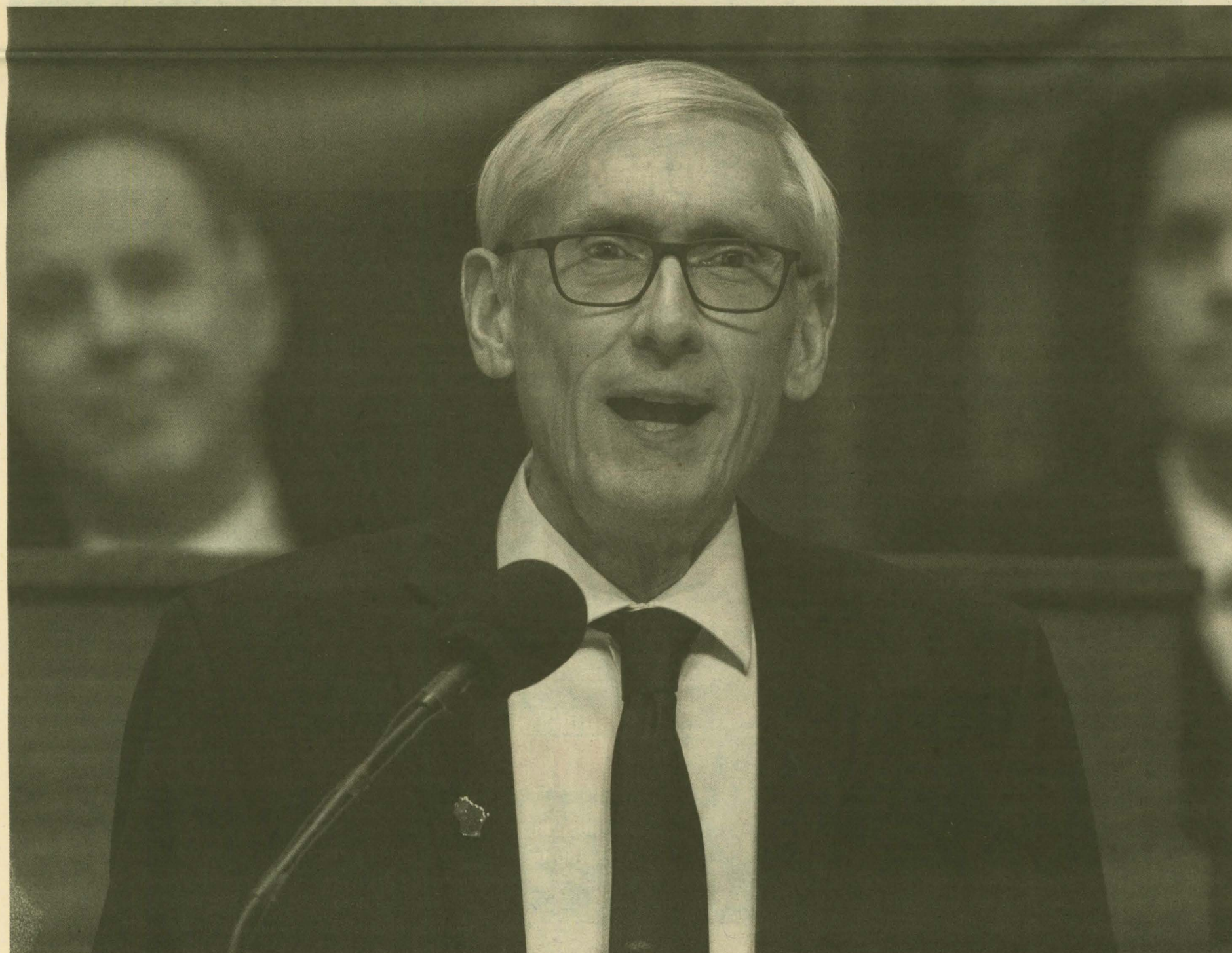
Additionally, Evers plans to provide UW-System employees with a much-needed pay raise. This pay raise will be around 2% per year,

which, according to Jessie Opoien of The Cap Times, comes out to \$40 million in raises.

He also plans to create a provision that allows Dreamers (undocumented youth) to pay in-state tuition, and to investigate a student loan refinancing program.

Governor Evers has proposed \$150 million in funding for the UW-System in-state budget. With the newly allocated funds, hopefully teachers, students, educational programs, facilities, and services will all see a spike in productivity.

If there is one conclusion to be made from all of this, it is that change is coming. New leadership has spawned what seems to be real change, which will soon take effect, forever changing the educational landscape of UWSP.



Governor Tony Evers, Photo courtesy of AP Newsroom



# Sanders planning rallies in Wisconsin, Michigan, Pittsburgh

SCOTT BAUER  
ASSOCIATED PRESS

MADISON, Wis. (AP) — Vermont Sen. Bernie Sanders announced a campaign swing Monday that will take him to three Great Lakes region states that are a key part of the Democratic strategy to rebuild a “blue wall” and defeat President Donald Trump.

Sanders planned weekend rallies in Wisconsin, Michigan and Pennsylvania along with stops in Ohio and Indiana. The Sanders campaign said the tour will emphasize that the Democrats’ “clearest and strongest path to victory in 2020 runs through the Upper Midwest.”

Sanders won Wisconsin in a blowout in the 2016 Democratic primary, and narrowly defeated eventual nominee Hillary Clinton in Michigan. Sanders lost to Clinton in Pennsylvania.

Trump narrowly won all three states by less than a percentage

point on his way to defeating Clinton in the general election. Taking them back in 2020 is part of a Democratic strategy to rebuild a “blue wall” in the Great Lakes region.

There have been positive signs for Democrats. They bounced back in the 2018 midterms, winning the governor’s office and U.S. Senate races in Wisconsin, Michigan and Pennsylvania.

However, in a setback for Democrats, the conservative candidate for a Wisconsin Supreme Court seat captured 6,000 more votes than his liberal challenger in a race last week that Democrats had expected to win.

Strategists on both sides said that race speaks to the razor thin margin in Wisconsin, further fueling its place as a battleground state in the presidential race.

Former Texas Rep. Beto O’Rourke visited Wisconsin during

the launch week of his presidential campaign last month, and Sen. Amy Klobuchar from neighboring Minnesota has also campaigned in the state.

Sanders is no stranger to Wisconsin. A Madison rally in July 2015, early in his candidacy, attracted 10,000 people, his largest up to that point. More recently, Sanders has returned to Wisconsin many times since 2016 to campaign for candidates. His 2020 presidential campaign policy adviser is from Wisconsin, as is his Midwest press secretary.

Sanders plans to hold a rally at a park in downtown Madison on Friday night, followed by a rally at a community college in Warren, Michigan, on Saturday. His event Sunday is near both the University of Pittsburgh and Carnegie Mellon campuses.

Sanders said his message for the weekend events will focus on “fighting against unfair trade deals

that undermine workers wages and enrich CEOs, rebuilding and rengthening unions and guaranteeing health care as a right to all with Medicare for All.”

Sanders leads the crowded field of Democratic presidential candidates this year in fundraising as he tries to establish himself as the clear front-runner.

Story courtesy of AP Newsroom.

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Programs & benefits subject to change



# Evers budget restores eminent domain for bike trails

TODD RICHMOND  
ASSOCIATED PRESS

MADISON, Wis. (AP) — Democratic Gov. Tony Evers wants to restore local governments and state agencies' right to seize private property for biking and hiking trails, a move that would again pit private property owners against villages, towns and cities looking to upgrade amenities.

The current state budget prohibits government entities from using eminent domain for trails and pedestrian ways. Cycling enthusiasts and municipal leaders say the prohibition is slowing progress on projects around Wisconsin. Evers' 2019-21 budget would lift the prohibition. His spokeswoman, Melissa Baldauff, said wiping it out would restore local control.

"This is about being responsive to local communities and expanding multi-modal transportation options," Baldauff said.

Eminent domain refers to the

government's power to seize private property and turn it to public use. The government must compensate the land owner for the taking.

Republicans on the Legislature's Joint Finance Committee added language to the 2017-19 state budget prohibiting government entities from using eminent domain for bike trails, recreational trails and pedestrian ways. They made the move at the request of Republican Rep. Rob Stafsholt of New Richmond. He doesn't sit on the finance committee but persuaded members his constituents were concerned about government seizing their land. He cited in an interview last week the example of St. Croix County officials considering eminent domain to seize land for a recreational trail from about a dozen homeowners in the town of Richmond.

"Somebody else's recreational opportunity should not be forced on my property," Stafsholt said.

Republicans still control the Legislature and likely won't undo a prohibition they just approved two years ago, although two Republicans are working on a bill that would restore eminent domain for sidewalk right of ways and linking bike path sections.

"We can understand if they need a few feet for a sidewalk," said that bill's sponsor, Republican Senate President Roger Roth. "The issue is when they put roads right through a person's property."

Still, cycling enthusiasts and municipal leaders say a full repeal would give them back a key tool for completing trail projects, improving communities' appeal and saving money.

Since the budget passed in September 2017, the Wisconsin Active Communities Association, which promotes places for biking and walking, has tracked at least 17 cases where the lack of eminent domain

powers has prevented projects from starting, stalled progress or created questions about whether they'll be completed.

The Great Headwaters Trails Foundation, an Eagle River nonprofit that works to develop bike and walking trails, is trying to build 10 miles of trail to connect Eagle River with the 52-mile Heart of Vilas Bike Trail System. The group's president, Jeff Currie, said the biggest challenge will be acquiring property from about 20 land owners in and around Eagle River.

"With 20 property owners, we're going to run into a few situations," he said. "I would really like to have the clarity of the eminent domain process and the ability of a city like Eagle River to have a way to approach this."

St. Croix County Highway Commissioner Rob Krejci said the prohibition halted work on the town of Richmond trail and has forced the county to spend up to \$40,000 on redesigns. He said municipalities typically use eminent domain to acquire only a few thousand square feet.

"To lose eminent domain is a huge issue," he said. "We expend a lot of funds through design, through scoping. How do I, protecting a taxpayer investment, say I don't know if I can deliver that project?"

Lucas Vebber, an attorney with conservative law firm Wisconsin Institute for Law and Liberty, said it's ridiculous that legislators would consider strengthening the government's ability to claim land against the owners' wishes.

And the repeal is clearly on the minds of Joint Finance Committee Republicans as they prepare to revise Evers' budget.

"I can see how alluring (eminent domain) can be," Sen. Devin LeMahieu, a Republican committee member, told Department of Natural Resources Secretary Preston Cole during a hearing last week. "But I can see how dangerous it could be."



Photo courtesy of Pexels.com



# Court sides with Wisconsin governor in appointment fight

SCOTT BAUER  
ASSOCIATED PRESS

MADISON, Wis. (AP) — A Wisconsin appeals court sided with Democratic Gov. Tony Evers on Tuesday, ruling that he had the authority to withdraw appointments made by then-Gov. Scott Walker and approved by Republicans during a lame-duck legislative session.

The state's 3rd District Court of Appeals declined to reinstate the 15 appointees as Republicans wanted. The court said Evers' rescinding of the appointments was not invalidated by a later court ruling that put on hold the decision that allowed him to take the action.

Republican Senate Majority Leader Scott Fitzgerald promised an immediate appeal to the Wisconsin Supreme Court, which is controlled 4-3 by conservatives.

"As the governor has repeatedly said, he acted properly and within the law to withdraw those improper appointments and make his own valid appointments," Evers' spokeswoman Melissa Baldauff said

in reaction to the ruling.

Hours before the ruling came out, Fitzgerald said that Republicans were "pretty wild" with anger over Evers' decision to revoke the appointments and may not vote on confirming his Cabinet secretaries while the court battle continues.

The position by the Senate's top Republican highlighted the deep divide between Republicans who control the Legislature and the newly elected governor. The Senate has not acted to confirm any of Evers' Cabinet picks while courts settle legal issues stemming from a lame-duck session in which Republicans pushed through several measures weakening the powers of Evers and Democratic Attorney General Josh Kaul.

"I think some of those Cabinet members are going to be in trouble," Fitzgerald said, declining to name those who may be in greater jeopardy than others.

Evers said he did not see Fitzgerald's comments as retribution over the lame-duck legal fight,

but rather "huffing and puffing."

"This will be resolved at some point in time," Evers told reporters. "Whether it's retribution or not, it's not going to work. First of all, the work of the state has to go on whether it's retribution or not."

Evers' Cabinet secretaries are working while their confirmations by the Senate are pending. If they are rejected, they would have to quit working.

The fight goes back to the lame-duck session Republicans called for December, after Evers had defeated Walker but before he took office. Republicans approved 82 Walker appointments, in addition to passing a number of power-stripping laws.

Evers rescinded all of those appointments last month after a court invalidated actions during the lame-duck session as unconstitutional. He re-appointed all but 15 of them. Days later, an appeals court put that ruling on hold, creating more confusion about the status of the 15 people Evers did not reappoint.

Evers argues the posts are vacant while Republicans say they should be allowed to return to work.

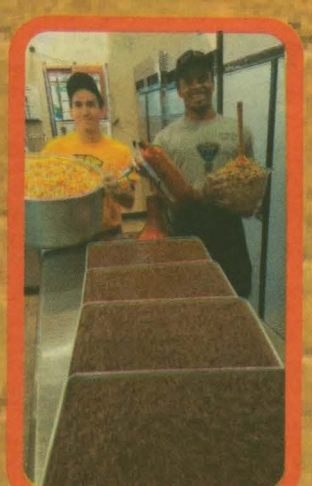
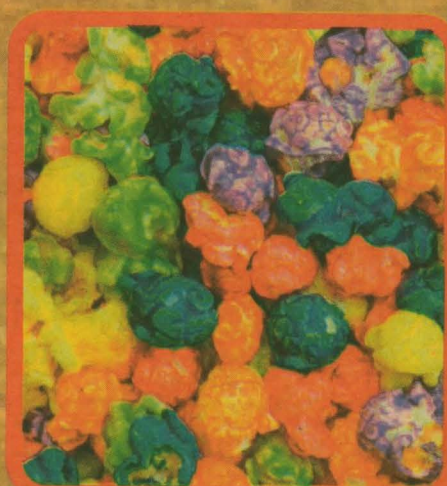
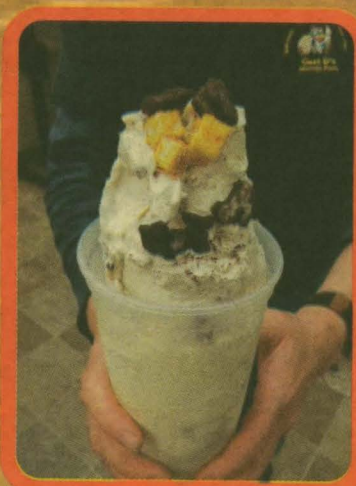
The 3rd District Court of Appeals on Tuesday said Evers was valid in voiding the appointments, noting that the order granting a stay "does not explicitly direct the governor to allow them to continue in their positions."

However, it said if a court ultimately rules the original appointments were constitutional, Evers' withdrawal of them could be voided.

Those who were not reappointed include Public Service Commissioner Ellen Nowak and University of Wisconsin Regent Scott Beightol. The Evers' administration denied Nowak access to her building when she tried to return to work. The Regents took a different approach, allowing Beightol and student Regent Torrey Tiedeman to attend the board's meeting last week.

Fitzgerald said Tuesday that some senators were ready to reject some of Evers Cabinet appointments

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## Court sides with...

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in reaction to his decision to rescind the appointments.

"All I can tell you is people are upset," Fitzgerald said.

Republicans were particularly angry with Nowak being denied entrance to the PSC building, he said. She is former secretary of the Department of Administration and well-known to Republican lawmakers, many of whom are personal friends with her, Fitzgerald said.

He said that Nowak was given the "bum's rush."

Fitzgerald spoke to reporters in his office after Democratic Senate Minority Leader Jennifer Shilling accused Republicans of not taking ac-

tion on Evers' Cabinet picks as pay-back over the lawsuits related to the lame-duck session.

Fitzgerald quickly adjourned the Senate session after Shilling spoke, denying other senators the customary time to speak about whatever topic they wish.

Story courtesy of AP Newsroom.

## Spring snowstorm to cause Wisconsin rivers to rise again

ASSOCIATED PRESS

SULLIVAN, Wis. (AP) — A spring storm heading toward Wisconsin this week is expected to cause rivers to rise again, but how much is still a question.

Meteorologist Aidan Kuroski at the National Weather Service in Sullivan said Monday that southern Wisconsin probably is looking at about 1 to 2 inches (2.5 to 5 centimeters) of precipitation, while northern Wisconsin will get more of the snow, possibly 5 to 9 inches (12.7 to 22.9 centimeters).

Kuroski says rivers in Wis-

consin have been going down steadily. He says warmer weather has helped thaw the ground, so he expects more of the water to seep into the soil.

Story courtesy of AP Newsroom.

## Warm up to Spring with our seasonal Word Search!

I V X E N I H S N U S A S L O H S U  
 M G Q T G G S W D R Y N U H X I C X  
 G N A U V N S U G P O F A P C D L Y  
 G I X O A I M Y R S R F R L S T O Z  
 N H D R C T V D A O L A E K B Z U E  
 I C W P A L O E L O I A W L E S D E  
 W T E S T E S O W N N O O T B W S R  
 O A H S I M C E B I R O X V G Y N B  
 R H Q A O U R O N M M R A W B G E K  
 G R S R N S W G S I M P U D D L E S  
 L F K G S S C E N W A H T E Z T R D  
 Y N N U S D M G K D V L Q W L Y G M

- BLOOMING
- GROWING
- SUNNY
- BREEZY
- HATCHING
- SUNSHINE
- CLEANING
- MELTING
- THAW
- CLOUDS
- MUD
- VACATIONS
- COLORFUL
- PUDDLES
- WARM
- FLOWERS
- RAINBOWS
- WORMS
- GRASS
- SEASONS
- GREEN
- SPROUT



# Pointhaven not to be offered this summer for CNR students

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For the past several years, the College of Natural Resources at the University of Wisconsin-Stevens Point has offered three summer field experience options for students majoring in Natural Resources. Due to low enrollment, one of them will not be offered this upcoming summer.

CNR students are required to enroll in summer field experience. Summer field experience is six weeks of hands-on experience in forestry, wildlife management, water resources, and soils. Treehaven, the most popular of the three options, is a field station owned by the campus near Rhinelander. Pointhaven is held in Schmeckle Reserve, and students who chose to complete their summer field experience in Europe travel to

Germany and Poland to learn how they manage natural resources.

Pointhaven was first created to accommodate the large influx of students in the CNR during the 2014-15 academic year. Treehaven can only accommodate 216 students. During this academic year, there were over 1800 students enrolled in the CNR. 215 students attended Treehaven, 104 attended Pointhaven, 42 traveled to Europe, and 16 Waste Management students attended a two-week summer field experience at the Central Wisconsin Environmental Station.

The price tags associated with each field experience might be concerning to some students. On paper, Pointhaven is the most inexpensive. This is because unlike Treehaven, room and board is not provided. Students are expected to prepare for summer field experience because it's

a graduation requirement and a financial investment.

All three field experience options have their advantages and disadvantages. Pointhaven was very convenient for nontraditional students and students who had summer leases or summer jobs in the Stevens Point area.

Treehaven, European Summer Field Experience, and CWES will still occur this summer, but also have received fewer applicants than years prior.

In Summer 2018, enrollment in summer field experience declined by 80 students, cutting the number for Pointhaven and Europe nearly in half. This year, the College saw 50 fewer applications to Pointhaven than last year and decided it wouldn't be feasible to run the program.

It takes money to keep the

field stations running. UWSP professors who teach during summer field experience need to get paid, and the station requires maintenance. With such few applicants to Pointhaven, there wouldn't have been enough money to run the program.

Administration is hopeful for more interest and enrollment in Pointhaven for Summer 2020.

"It's very possible Pointhaven will be offered next year, as long as there are enough people who apply," said Tim Ginnett, Associate Dean of Academic Affairs of the College of Natural Resources.

# Poll shows support for legalized pot, not for gas tax hike

SCOTT BAUER  
ASSOCIATED PRESS

MADISON, Wis. (AP) — Opposition to Gov. Tony Evers' plan to increase the gas tax for roads is growing, while support remains strong for other parts of his agenda including the minimum wage, spending more on special education and legalizing medical marijuana, a poll released Wednesday showed.

The Marquette University Law School poll showed strong support for several of Evers' proposals. He is battling with a Republican-controlled Legislature to enact a two-year state budget that includes his priorities. The poll comes about four months into Evers' term, which has been marked by legal fights with Republicans over a lame-duck legislative session they called before he took office and a frosty relationship with GOP leaders.

Evers and Republican legislative leaders met privately on Wednesday, just before the latest poll was released. Republicans, who were used to meeting regularly with former GOP Gov. Scott Walker, have complained about not talking enough with Evers. The governor has said their relationship is "fine."

In the battle of public opinion, the poll shows that approval of

the Legislature and Evers is about the same. The Legislature's job approval was at 50%, compared with 47% for Evers. That is within the poll's 4-point margin of error.

The public appears to be siding with Evers in his relationship with the Legislature. The poll said that 48% believe he is trying to cooperate with Republican legislative leaders, while only 25% believe they are trying to work with him.

On Evers' priorities, the poll had mixed results:

— Opposition to increasing the gas tax is up from January, just before Evers' called for an 8-cent per gallon spike to pay for roads. In January, 52% said they opposed a gas tax increase. That was up to 57% in April with only 39% in support.

— Evers is calling for the legalization of medical marijuana and decriminalizing of up to 50 grams of recreational marijuana. The poll found 59% support legalizing marijuana and 83% support medical marijuana. Republicans oppose the Evers proposal.

— Evers wants to increase special education funding by \$600 million, an amount Republicans said was too high. The poll doesn't specify a specific amount, but 74% said they

support a major increase for special education funding.

— Evers' call to accept federal money to expand Medicaid had 70% support. Republicans have vowed not to do that.

— Evers has proposed freezing voucher school enrollments and not allowing for any new independent charter schools. The poll shows the public is against him on that one, with 46% opposing such a freeze and 41% backing it.

— The governor's call to raise the minimum wage has support, with 57% backing it.

— Evers wants to charge people as adults for crimes starting at age 18, rather than 17 as it is currently. The poll showed 49% support that change, while 45% oppose it.

Evers' spokeswoman Melissa Baldauff said the number of issues that the poll found voters support in his budget shows that his proposal "reflects the will of the people."

"These aren't Democratic values or Republican values, they are Wisconsin values, and a majority of Wisconsinites agree," Baldauff said.

Republican legislative leaders had no immediate comment.

On national issues, the poll showed President Donald Trump's

approval rating sat at 46%. Only 42% of respondents said they were likely to vote for Trump next year, compared with 54% who said they would vote for someone else.

Trump's numbers on both questions were slightly improved from January, but still within the poll's 4-point margin of error. The poll was of 800 registered voters between April 3 and Sunday.





## Horsin' Around With the Pointers

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Last week, April 1-7 2019 was Division III week in the NCAA and across the nation, the impact of athletes and student-athletes in the community and on campus was celebrated. DIII schools and conference offices were encouraged to take part in an outreach activity and UW-Stevens Point did just that.

Throughout the week, UWSP

student-athletes took part in several different events to bring them together as student-athletes and also give back to their community. They went to various schools and read to students, cleaned up parts of the highways, and participated in a dodgeball tournament.

On April 4th UWSP hosted their first "Horsin' Around With the Pointers", an event for Special Olympics athletes. UWSP athletes that

are involved in Pointers Leadership Academy set up various drill stations for the participants to go through with the assistance of the Pointer student-athletes.

Diane Gilbert, the Associate Head Coach of the women's basketball team, said that the idea for this event was to give back to the community. "We are always looking for events that we can do to celebrate Division III week. One of those ma-

ior staples to DIII athletics is community and we really want to continue to give back to the community that gives to us. We thought that this was such a great event to be able to do that and partner with Special Olympics in the process."

There were about 10 different stations for the athletes to go to and spend time with student-athletes including basketball, hockey, soccer, and bowling.

The event brought 15 Special Olympics Athletes and over 35 student-athletes. One of the student-athletes, Lexi Pawlowski a sophomore on the women's soccer team, thought the event for the Special Olympics Athletes was a great idea. "I think it's really important to make sure everyone gets integrated into sports. It's good to include [the Special Olympians] in everything."

"I think we should do it throughout the school year like four or five times, I just feel like it's good for [the athletes] to get out here and be physically active and get to be an equal," said Pawlowski.

With how much success the event had Gilbert hopes to continue hosting the event and anticipates having a bigger turnout in the coming years. "I think the event has a lot of positive on both ends having our student-athletes be able to interact with these Special Olympic athletes and also vice versa giving an opportunity to have one on one time with our student-athletes is an invaluable experience."



Photo courtesy of the UWSP Athletics Facebook page



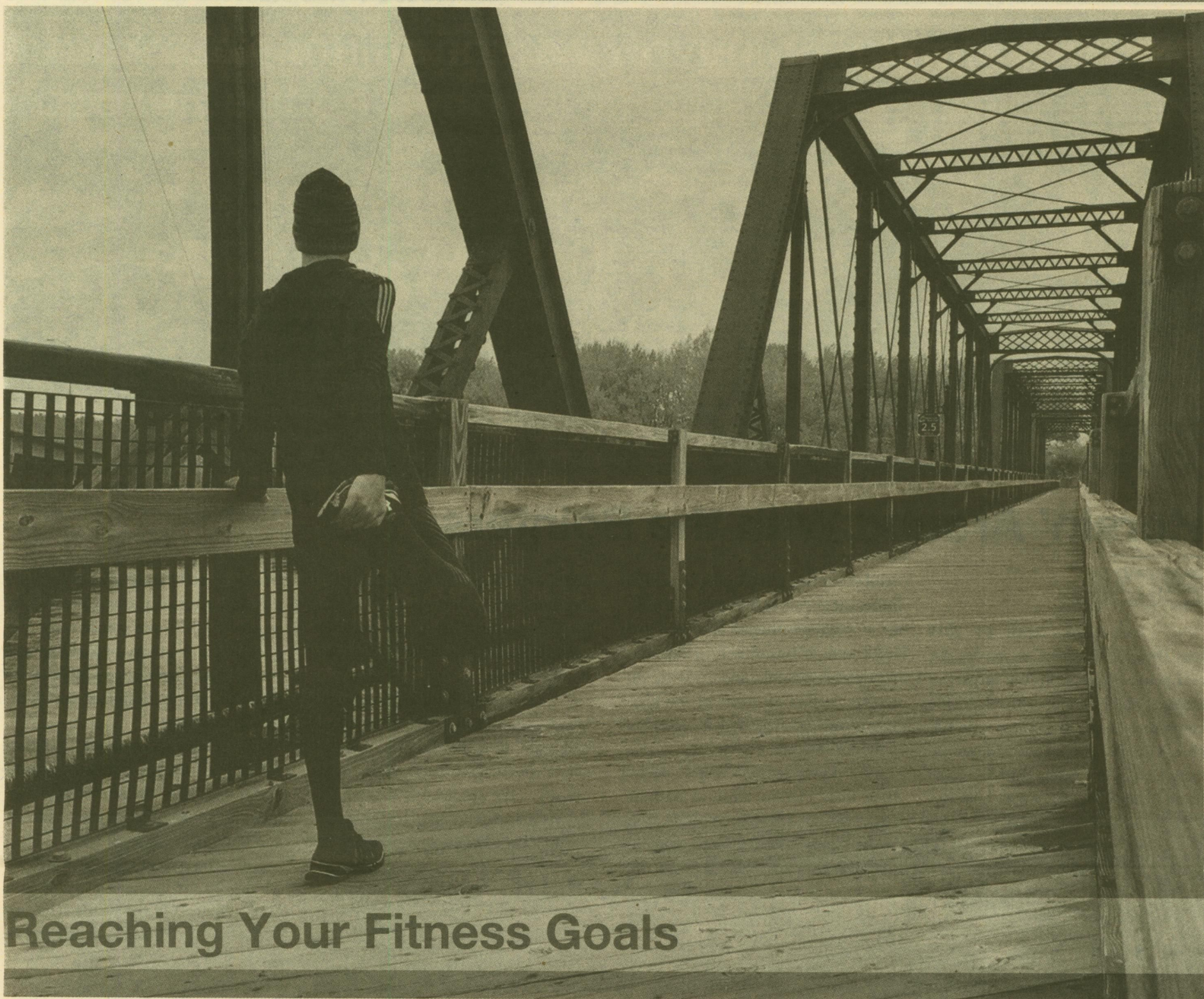


Photo courtesy of Pexels

## Reaching Your Fitness Goals

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In fitness, many people set a general goal, such as “I want to lose weight” or “I want to build muscle.” In theory, these sound like a good place to get started, but when it comes to the application, there is no end result or any way to achieve the goal. They will go with it for a couple weeks, then end up falling off and going back to the lifestyle they previously lived without making a dent in their goal.

When it comes to goal setting, it is important to use something called a SMART goal. SMART is an acronym for Specific, Measurable, Attainable, Realistic, and Timely. A goal like “I want to lose weight” isn’t specific enough, you may not be able to measure it because how much weight do you want to lose? It can be attainable and realistic to lose weight, but again, if it isn’t specific or measurable, how do you know you reached your goal? The last part of SMART goals is that they need to be time bound. Going back to the example, there isn’t a time frame for reaching the goal, so you’ll be more likely

to fall off without the motivation of an end result to help keep you going.

So, what is an example of a SMART goal? Staying on the theme of “I want to lose weight,” the SMART version of this would be “I want to start losing weight on March 26, 2019, ending with 10 pounds lost by June 1, 2019.” This goal is specific in that 10 pounds wants to be lost, it can be measured with a scale/weight lost per week, 10 pounds lost is a realistic and attainable goal within the given time frame (as long as the person isn’t already relatively lean), and there is a time frame for the goal to take place. If someone were to set this goal over just “I want to lose weight,” they will be more likely to stick to it as there is more information to make it attainable along with writing it down will solidify it even more.

The next step after coming up with a SMART goal is planning on how you will achieve the goal. How many days per week will you work out? What will your workout split look like, for example, will you do full body workouts three times a week, push/pull/legs, a different body part each day? Will you do

cardio, for example running, biking, swimming, etc., and if so, how many days and for how long will you do it? What will your diet look like? All of these factors come in to play when picking a goal such as losing weight and the most important thing to figure these things out is to do research using credible sources.

Once a goal and a plan are laid out, comes the implementation of the plan. Starting off is usually the easiest because of that initial boost of motivation that comes with a goal and planning, but what happens a week or two in when that motivation begins to dwindle?

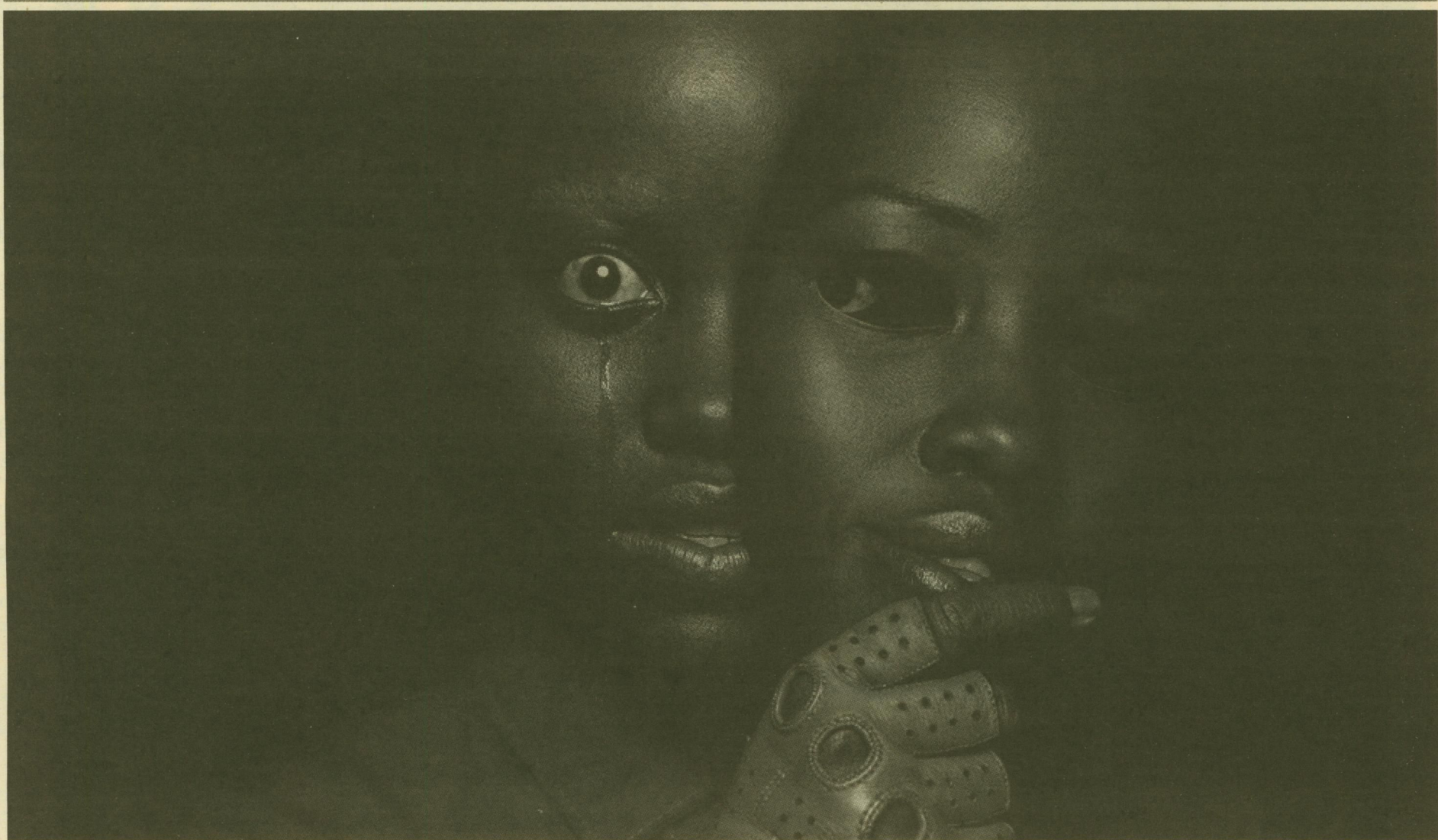
This is when the different types of motivation/having drive come in to play. There are two types of motivation: intrinsic and extrinsic. Intrinsic motivation is internal motivation where you are doing something not for a reward, but because it gives you internal pleasure. In terms of working out, doing it to be able to have a long, healthy life, doing it for yourself to increase your confidence, or to just improve your mood and overall quality of life are examples of intrinsic motivation. Extrinsic moti-

vation is when you do something for an external reward, such as having abs, hitting a number on a scale, or the praise of others.

Reaching your goals requires intrinsic motivation, as doing it for yourself and not for some reward is what will give you the drive to keep going, even when that initial motivation fades. There will be times you mess up or fall off track, but having that vision deep inside will prevent you from derailing from your goals completely and allow you to get back on track, whereas just doing it for a number on the scale or for abs will most likely lead you down a path to disappointment.

When it comes to fitness, or any goal in life, set specific, measurable, attainable, realistic, and timely goals that align with a deeper purpose, enjoy the process never give up!





Us, Blumhouse Productions

## Review: "Us"

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"Us" is a film that brazenly asks its audience what they are capable of. In this horror film, director Jordan Peele's monsters aren't demonic or mythological or from another world. They are doppelgängers of ourselves. The brilliance in Peele's "Us" relies on the duality the movie presents: as these monsters referred to as The Tethered and in the audience's interpretation of the film itself.

The film begins in 1986, with a young girl named Adelaide Wilson (Madison Curry) and her parents exploring the Santa Cruz boardwalk at night. Adelaide wanders off onto the beach and spots a funhouse in the distance. When young Adelaide enters the funhouse and wanders into an expansive hall of mirrors, she horrifyingly discovers someone – or something – that looks just like her.

Flashforward to the present day and Adelaide (expertly played by Oscar-winner Lupita Nyong'o) is now married with children. Her and her husband Gabe (the hilarious Winston Duke), daughter Zora (Shahadi Wright Joseph) and son Jason (Evan Alex) are heading for their family's beach house in Santa Cruz. Adelaide is noticeably anxious about the excursion, remembering that traumatic night in 1986.

After an incident at the beach with family friends Josh and Kitty Tyler (the pitch-perfect Tim Heidecker and Elisabeth Moss), the family re-

turns to their beach house for the night. However, their night-in is disturbed by an ominous family of doppelgängers linked together outside in their driveway. Adelaide must now defend herself and her family from these mysterious look-alikes.

While I can't delve into any more detail without the risk of spoiling the film (The movie works best if you go in with as little knowledge as possible, I promise!), I can guarantee that the film is another rousing success by Peele. It's a film that's simultaneously clever and hilarious and then suddenly so tense that I need to cower and watch the film through the slits of my hands.

Duke is the film's comedic crutch, leaning into his corny dad character to lighten the mood but not so much that it breaks the tension. It is here that Peele's expertise in comedy shines.

Shahadi Wright Joseph and Evan Alex are stars as the Wilson children. The children's doubles are just as menacing and complex as Duke's and Nyong'o's.

"Us" works so well because of its interpretation of duality, especially in the craft of the film itself. At the surface, "Us" is a suspenseful and entirely effective horror-thriller. But "Us" is also rife with subtext, references, mountains of symbolism, and foreshadowing. The movie can be interpreted as far as the audience is willing to go, inviting them to discuss and analyze the film after viewing it.

But to only see "Us" as an en-

tertaining horror movie seems like an injustice. Especially after my experience watching the movie in the theater and the relevant ideas Peele poses.

I did not have an easy time investing into this film because of some rowdy and racist White people behind me. They were young adults; either teenagers or college students. Throughout the entire movie experience – from entering the theater and getting whistled at, to enduring obnoxious comments and increasingly racist jokes – I had to work against being gaslighted.

Hearing White people behind me purposefully mistake Winston Duke for Tyler Perry or to hear them refer to Evan Alex, Lupita's son in the movie, as a monkey is baffling.

It's frustrating that I couldn't fully enjoy this film by a prolific Black director with other Black people because I had to deal with obnoxious racist sentiment behind me.

Even when experiencing a film made by us and dedicated to us, we must navigate *abhorrent harassment*.

But I believe this experience drives home the themes the film develops. For those people harassing my Black friends and I, the film was taken at its most basic premise. "Us" functioned for them as an entertaining horror movie, and from their unnecessary and disgusting comments it sounded like they were enjoying themselves.

However, if they paid attention to the film they might have noticed the enlightening questions Peele poses to the audience. Why are we afraid of those we define as the 'other'? And what if this fear and concern isn't an issue that stems from 'them', but instead stems from 'us'?

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## Earth Week Featured Speaker

### Ramez Naam



### The Exponential Energy Revolution: How Clean Energy is Disrupting the \$6 Trillion Energy Industry

**Monday, April 22, 2019**  
**4-5:30 p.m. | Laird Room**

*Free for everyone to attend*

**A follow-up panel discussion**  
**Tuesday, April 23, 2019**  
**12:30-2:00 p.m. | Encore room**

#### PANELISTS INCLUDE:

- **Nick Hylla**, Executive Director, Midwest Renewable Energy Association (MREA)
- **Larry Ward**, Regional Director, Conservative Energy Network
- **Maria Redmond**, Director, Wisconsin Public Service Commission Office of Energy Innovation
- **Jessycah Andersen**, UWSP 350 Student Representative
- **Heather Allen**, Program Manager, RENEW Wisconsin

#### MODERATOR:

**Lori Sakk**, UW-Madison Wisconsin Public Utility Institute

*Free for everyone to attend*

#### PRESENTATION SUMMARY

The world is bumping up against multiple environmental and natural resource hurdles – climate change, peak oil, fresh water shortages, unstable commodity markets. At the same time, a growing population and a surge in the wealth of the developing world is increasing consumption.

Can innovation keep pace? What are the true limits to growth? How do we overcome the challenges that face us?

Naam's talk will provide an overview of the key natural resource and environmental challenges we face, the near-horizon innovations that hold the promise to overcome them, and the policies that would best encourage innovation in those critical fields. With the information in this talk people will understand the trajectory of plunging prices in clean energy and transport, glimpse the massive geo-political changes as oil-producing nations lose their main revenue source, and gain insights into the clean energy future.

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