

the pointer

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UW-Stevens Point Hockey Sweep UW-River Falls

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In a WIAC semifinal game on Friday, February 22nd the UW-Stevens Point men's hockey team defeated UW-River Falls 6-0 at K.B. Willet Arena, having lots of high-powering offense and strong goaltending. With the win, they took a 1-0 lead in the series. The following night they went on to win the game 6-2 and the series 2-0 over UW-River Falls to advance to the WIAC championship game, and Mid-State.

The first game was all Pointers as they handled the UW-River Falls' Falcons with ease. In the first period it was Colin Raver who scored first and followed his first goal up with another goal 9 minutes later to increase their lead 2-0. Assists on the first goal went to Logan Fredericks and Steven Quagliata, on the second assists were given to Drew McLean and Danny Kiraly.

The second period went just
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Photo courtesy of the Stevens Point photo gallery

Major Changes Coming to UWSP

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STEVENS POINT - The University of Wisconsin - Stevens Point has proposed a new three-year degree, as well as expanding several popular majors and programs.

Chancellor Bernie Patterson presented this new information to the Board of Regents on February 8th, 2019.

"UW-Stevens Point's vision for a new regional university aligns perfectly with the UW System capacity building initiative," Patterson said.

In order to fund this initiative, the UW System requires \$25 million. This will bring in hundreds of students in areas like health care, computer science, and engineering.

The University of Wisconsin

- Stevens Point has lacked a real nursing program; with most students opting to transfer to other schools with strong programs, such as Eau Claire and Mid-State.

Within Patterson's proposal, he highlighted five capacity-building requests that will reshape the landscape of the University.

The first area of note is new three-year degrees at University of Wisconsin - Stevens Point branch campuses. This would include three equal length trimesters to further along the learning process. Students would be able to receive a degree in three years or less. This would cheapen the cost of college for students, and would also improve graduation rates for the university.

Patterson has requested an expansion of the paper science and chemical engineering program. He

aims to double the amount of students in the field. Students who are enrolled in the paper science and chemical engineering program receive 100% job placement after graduation, which speaks volumes to the success of the program.

Next, Patterson wishes to expand computer science and information systems by once again doubling the number of students in the program. Data analytics will look to see an increase in students, as well. According to the University, this field is booming with potential.

Also on Patterson's list is to develop the first degree in aquaponics/aquaculture. This field examines fish farming; one of the largest sectors of food production. The University of Wisconsin - Stevens Point

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Methamphetamine Usage in Wisconsin Continues to Soar

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STEVENS POINT - Methamphetamine (Meth) usage has become a prevalent issue in Wisconsin. The dangerous and addictive drug has ravaged once successful individuals, and is tearing apart local communities and families.

Due to its longer lasting highs and cheap price, meth has become more readily available than ever before. Between 2010-2017, Wisconsin meth use has increased by 462%: an astonishing rise.

According to the Wisconsin Department of Health services, "Meth causes changes in the brain circuits that control reward, stress, decision-making, and impulse control, making it more and more difficult to stop using even when it is having negative effects on your life and health."

Making matters worse, meth also increases heart rate, blood pressure, and risk of stroke. Your typical meth user is underweight and experiences severe dental issues.

Meth sores are another identifiable characteristic following the drug's use. Users experience restricted blood flow, so blood cannot efficiently travel to all the necessary parts of the body. In turn, blood vessels are destroyed. This leads to leathery and off-colored skin.

The Recovery Village, an outlet that seeks to treat addicted meth users, states that, "Meth abuse can also result in extensive acne and bumps. Methamphetamine is a man-made stimulant drug that increases the heart rate and body temperature, affecting the normal balance of body perspiration."

With that in mind, meth users sweat much more than their sober counterparts, and also develop oily skin with several rashes.

Meth is dangerous, addictive, and has numerous severe negative consequences. So, why do people still use it?

Aside from the price and long lasting high, users love the experience it provides. Methamphetamine and amphetamines have very similar reactions in their users, so meth can be best described as an enhanced Adderall treatment.

A meth high begins with a sudden rush. Heart-rate, metabolism, blood pressure, and pulse soar. The initial rush can last up to thirty minutes.

The following high leaves users feeling smarter, argumentative, focused, and alert. Because of its addictive nature, meth users continue to chase their high. They will attempt to do whatever it takes to get another fix, as the meth high becomes a user's new "normal".

Without another hit, users begin to "tweak". Tweaking is the most dangerous phase of addiction, because users constantly and relentlessly crave their fill of the drug. Users fall into a psychotic state, and begin to see and hear things. This is what leads to robberies, violent acts, and neglect of a user's family.

Eventually, a meth user's body will begin to crash. Users become lifeless, and fall into a prolonged period of psychosis. After a meth high, users are hungry, exhausted, and depressed. Life becomes meaningless without meth.

So, what can we do about it?

Simply put, this has become a see something, say something scenario. If you, or somebody you know, has gotten their hands on the illegal drug, seek help immediately. Furthermore, if a friend, co-worker, or family member is acting "different" or seems a bit "off", this may be a crucial warning sign that they have begun using.

If you or someone you know would like to seek help, the easiest form of doing so is to contact the Substance Abuse and Mental Health Services Administration (SAMHSA) at 1-800-662-4357.

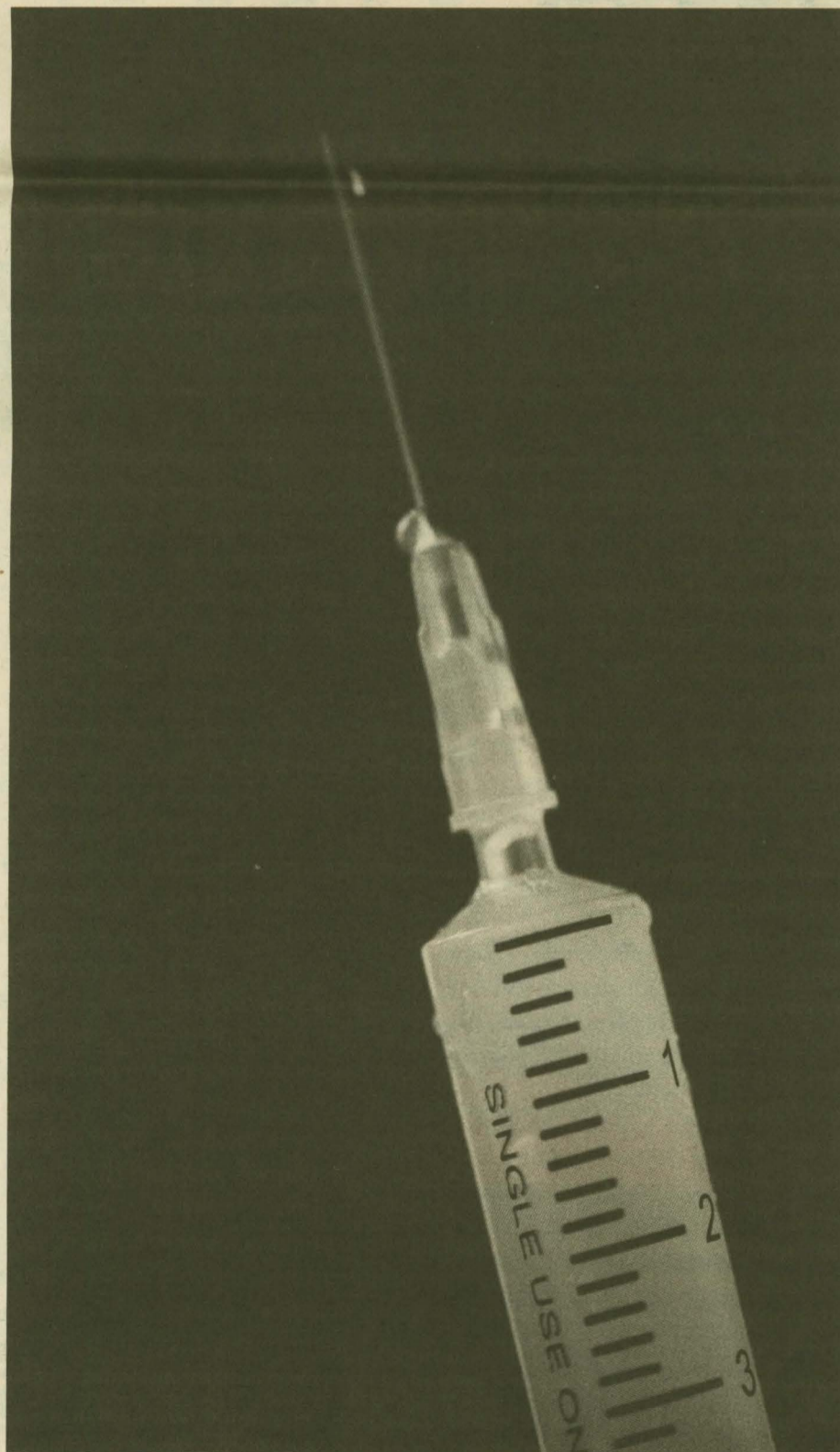


Photo courtesy of Pexels.com

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New Academic Probation Policy Gives Students Another Chance

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STEVENS POINT - A new probation policy was enacted in the fall that will look to change the way academic violations are handled across the University of Wisconsin - Stevens Point.

The new policy, which has already affected students in academic jeopardy, treats a student's first academic violation below a 2.0 grade point average (GPA) as a warning. The second violation below a 2.0, however, places the student on probation.

Before the fall of 2018, students were placed on probation right away. Should a student fail to increase their GPA the following semester, they were at risk of suspension by the University.

Now, students have an additional chance to raise their GPA. The probation policy has turned into a three-strikes-and-you're-out situation. The first time a student falls below a 2.0 is a warning, while the second actually places them on probation. The third, however, leads to a possible student suspension.

This is a welcomed change for students who have found themselves in academic jeopardy. Instead of two chances to increase their GPA, they are given three. This may lead to more student retention rates, as stu-

dents will not be kicked out after a two offenses.

Giving students three chances to increase their GPAs will allow more students to stay on campus, acting upon Provost Greg Summers' October 2018 press conference wish for enrollment rates above 8,000 students.

In order to put more money back into the university, more students must come to, or stay in, Stevens Point. By giving students three strikes, they will be allowed to study on campus for longer, and will be given an additional chance at reforming their academic standing.

For the time being, this only affects students at the main branch of the University of Wisconsin - Stevens Point. The change does not affect

branch campus students, for now.

This change will not affect students in the Upward Bound Program, either.

The Upward Bound Program, which the University states as, "a pre-college program and part of the Federal TRIO Programs funded by the U.S. Department of Education. . . [for] first-generation (i.e. parents do not have a 4-year degree) and/or low-income high school students," has been a part of UW-Stevens Point for over 50 years.

For freshman and sophomores in the Upward Bound Program, a GPA of 2.3 is required to stay in the program. Juniors and seniors, though, have slightly higher expectations. Upperclassmen are required to stay at, or above, a 2.5 GPA.

At the end of the day, the new probation policy will retain more students while also giving them an additional chance to improve their academic standing. More students will provide more money for the University, which seeks to remedy some of the ever growing budget issues.

College is about preparing students for the real world. It is a place to educate young professionals about their respective fields of interest. By allowing students several chances to succeed, more students will stay in Stevens Point to pursue their degree.

Major Changes Coming to UWSP

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would be able to create a new major to attract a variety of students with this degree. Sustainable food practices are crucial to the future of our environment, and Stevens Point could be a pioneer in it's education.

Patterson also wishes to increase community engagement through "high impact internships" and undergraduate research. Intern-

ships tie students to their community, so by getting more students involved in them more often, a bond will be created between the University and the citizens of Stevens Point.

All of these initiatives are a part of the UW - Systems 2019-2020 budget request.

Major changes are coming to the University of Wisconsin - Stevens

Point. New three year degrees, new majors, expanded majors, and more community engagement. Within the next few years, the landscape of the University will have changed forever.

Opinion: Embracing Restructuring

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While our university carries on its internal struggle with the vigor of an autoimmune disease, it may feel like we've reached a new crisis in education.

We feel the grounds of a century-old institution shift, and assume that the conflict taking place before our budget crisis is a novelty. However, this struggle has actually existed within the developed world for quite some time.

On the Poverty of Student Life - described, at best, as the venomous and highly-controversial socialist pamphlet that preceded the May 1968 riots of France - sums up "the 'crisis of the university'" as such: "the difficulties of a specialized sector which is adjusting (too late) to a general change in the relations of production." The pamphlet, in part, describes the university's transfor-

mation into "the honest broker of technocracy and its spectacle." This seems relevant even when we stand and breathe in 2019 - 41 years after the pamphlet's distribution.

Even more insightful is its illustration of the crisis' acting party: "the modernists of the Left . . . with their talk of a 'reform of University structure' and a 'reinsertion of the University into social and economic life', i.e., its adaptation to the needs of modern capitalism." This description seems an accurate representation of Point Forward's emphases on reform, restructuring, community involvement and economic involvement. In fact, the description seems spot-on.

Without immediately attacking the viability of capitalism, as the pamphlet would persuade us to do, we should recognize that these illustrations frame the university's crisis into a firm and understandable prob-

lem that has persisted for decades. Our production and business-oriented society cannot embrace an institution that does not align itself to production and business as well.

Many universities offer majors that do not significantly contribute to the economy. Therefore, university is at odds with an economy-driven society. This seems a reasonable explanation as to why American post-secondary education has suffered so much recently - in addition, of course, to political neglect, an apparent spike in national apathy, and countless other factors.

Given the opportunity, late-stage capitalism will always try to subjugate every possible sector of our lives. The imaginary needs of the phantom we've named "the economy" will continue to annihilate anything blocking its path to higher profits.

If our university cannot ad-

just to capitalism's needs, it will simply starve to death.

We have no cause to personally blame our administration for its previous attempt at a ruthless and unilateral execution of humanities majors, because it seems to be a part of society's ever-increasing need for the ever-shrinking means to liberty: the dollar.

As living expenses rise higher and higher, income lags behind. Since nearly a century ago, secure, well-paying jobs are at their most rare and most necessary. If to-be students do not see enough job opportunities at UWSP, they will - out of necessity - go somewhere else.

We have few options. If we do not allow the university to die slow, we can only wait for our institution to align itself to the job market; to become a trade school; to embrace production-line education.

Evers wants to freeze private voucher school enrollment

SCOTT BAUER
ASSOCIATED PRESS

MADISON, Wis. (AP) — Democratic Gov. Tony Evers wants to cap enrollment in Wisconsin's private voucher schools, setting up another fight with Republicans who made it a priority the past eight years to expand the program statewide.

The proposal will be a part of Evers' two-year state budget on Thursday. Many parts of the spending plan that Evers has previewed in recent days, including allowing immigrants living in the country illegally to pay in-state tuition at the University of Wisconsin, have drawn Republican opposition.

"(Evers) continues to make a bipartisan budget nearly impossible," Republican Rep. John Nygren, co-chair of the Legislature's budget-writing Joint Finance Committee, tweeted in reaction to his higher education plan on Sunday.

Republican Senate Majority Leader Scott Fitzgerald said Evers' plan to freeze voucher school enrollments would do "immense harm" to the program and create uncertainty for schools, students and families.

"Republicans in the Legislature have spent years helping build the voucher program," Fitzgerald said. "We will not support a budget that includes this proposal."

The fights over education policy are just a couple of the budget battles that loom for Evers and Republicans in what is expected to be a

long, tough struggle to reach agreement. Evers last week vetoed a Republican-authored income tax plan as he prepares to include his own proposal in the budget.

The in-state tuition proposal is part of Evers' plan to spend \$150 million more at the UW System over the next two years, while also extending a tuition freeze for two more years. It's been in place for the past six years.

UW System President Ray Cross and UW-Madison Chancellor Becky Blank both praised the "investment" portion of Evers' plan in separate tweets over the weekend, but they did not comment specifically on the in-state tuition policy change.

Democrats passed a law in 2009 that granted in-state tuition to people living in the U.S. illegally who had graduated from Wisconsin high schools. Republicans revoked it in 2011.

Bob Delaporte, a spokesman for Republican Sen. Alberta Darling, co-chairwoman of the Legislature's budget-writing committee, said in an email Monday evening that Darling hasn't seen Evers' in-state tuition proposal "but if it is cut and pasted from (the earlier version) she will continue to oppose it."

Evers was a member of the UW Board of Regents the past nine years in his capacity as state schools superintendent. He's also been a longtime critic of a program that uses taxpayer money to pay for vouchers

for people to send their children to private schools.

Republican backers tout the programs as giving parents in poor-performing public school districts another option. Democrats, public school advocates and teachers unions have opposed the programs, saying they take needed money away from public schools.

Evers will propose freezing the number of students who can enroll in voucher schools statewide, while also suspending the creation of new independent charter schools until 2023. He also wants to eliminate a program intended for Milwaukee that requires county officials to turn consistently poor-performing schools into charter schools without district officials' approval.

Evers is also calling for requiring all teachers working in private schools that accept taxpayer-funded voucher students to be licensed like public school teachers. He also wants to give taxpayers more information on property tax bills about how much of their money is going to fund voucher schools. He's also calling for a cap on enrollment in the voucher program for students with disabilities.

The Milwaukee Journal Sentinel first reported on Evers' plans Monday.

Evers, in a statement, said the plan was intended to make sure voucher schools are "accountable and transparent." He has long ar

gued that the state cannot afford to maintain a public school system while funding private voucher and charter schools without spending more. Evers plans to call for a 10 percent, or \$1.4 billion, increase in K-12 education spending, a figure Republicans have said is too much.

Jim Bender, president of School Choice Wisconsin, opposed Evers' proposal to freeze enrollment for the voucher and charter programs.

"It will not result in better academic outcomes for anyone," Bender said. "It will, however, pour gas on the fire of opposition for those who view the education of our children through a singular, political lens."

Evers also announced Saturday that he wants to require that businesses receiving tax incentives for major economic development programs disclose major changes to their plans. That idea, first reported by WisPolitics.com, comes in the wake of Foxconn Technology Group announcing changes to what it plans to make at a \$10 billion campus in Wisconsin that could result in the Taiwanese company earning more than \$4 billion in state and local tax credits.

Under the Evers proposal, businesses would also be barred from using state dollars to move jobs out of state.

Story courtesy of AP Newsroom.

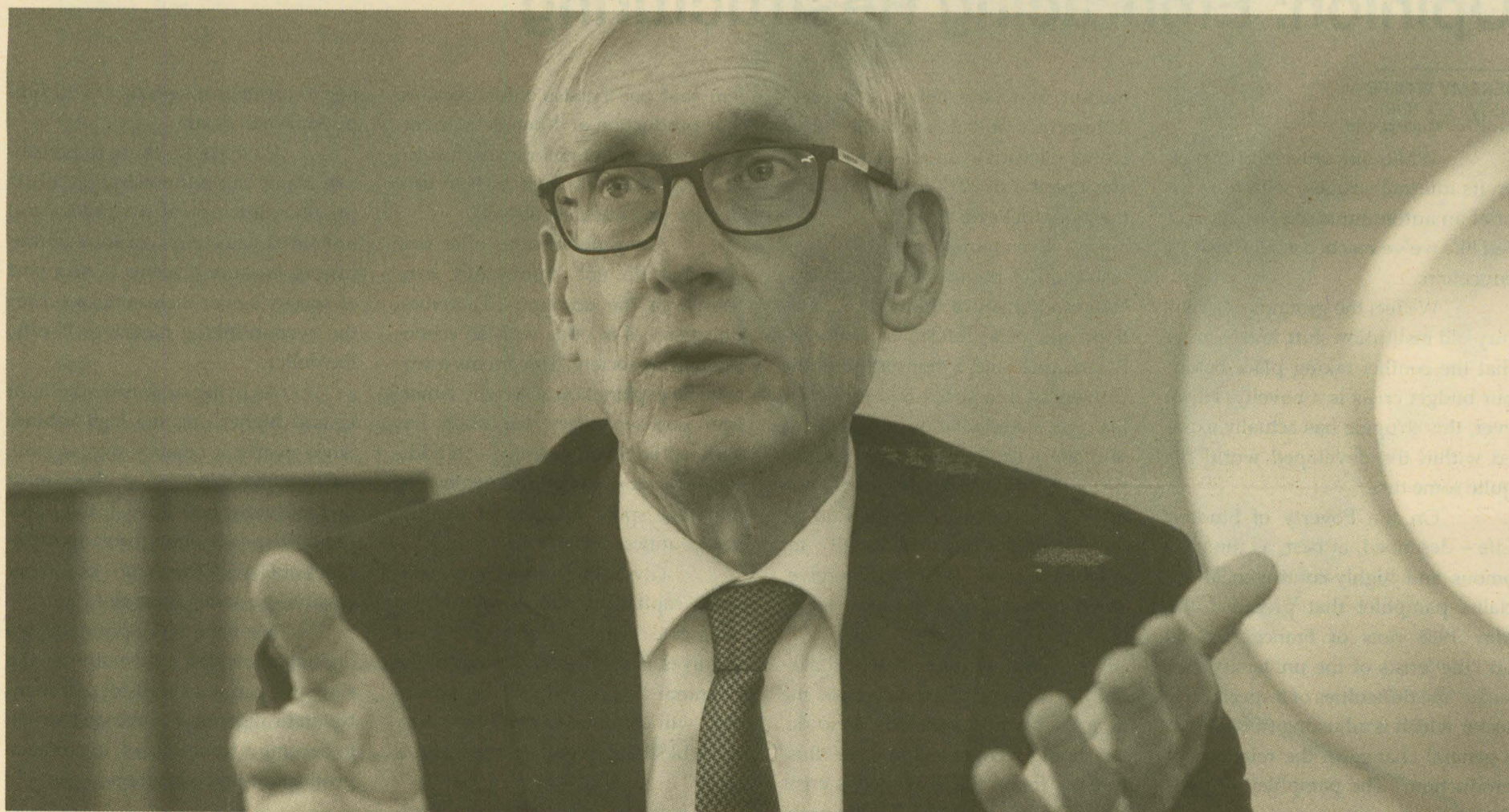


Photo courtesy of AP Newsroom

Evers' official: Ex-Planned Parenthood VP has no legal say

SCOTT BAUER
ASSOCIATED PRESS

MADISON, Wis. (AP) — Gov. Tony Evers' pick to lead the Wisconsin Department of Health Services on Wednesday defended naming a former vice president at Planned Parenthood as a top deputy, saying she won't have any involvement in lawsuits challenging the state's abortion laws.

Secretary-designee Andrea Palm was asked about the pick of Nicole Safar during a confirmation hearing before the state Senate's health committee. Palm has drawn heat from anti-abortion groups and conservative Republican senators for selecting Safar, a longtime Planned Parenthood lobbyist, to be her assistant deputy secretary.

"Nicole Safar was absolutely my first choice and ... I am glad she accepted my offer to come on board at DHS," Palm told the senators. "She does not, however, have any sort of legal role at the department."

Committee member Republican Sen. Andre Jacque told Palm he was concerned that Safar could "undermine the state's defense" in a lawsuit filed last month by Planned Parenthood seeking repeal of laws making it more difficult for women to get abortions.

Planned Parenthood wants to repeal laws requiring that only doctors, not qualified advanced practice nurses, perform abortions; women seeking medicine that causes abortions see the same doctor on two separate visits; and doctors be physically present when dispensing abortion-causing drugs.

Safar, an attorney, supervised Planned Parenthood's legal team and oversaw two successful lawsuits challenging state laws limiting access to abortions, according to her online biography on the Department of Health Services website.

Safar did not immediately return a message seeking comment.

Jacque and fellow Republican Sen. Duey Stroebel also raised concerns about Evers proposing to make Planned Parenthood eligible for federal funds and a women's health block grant. Former Gov. Scott Walker and the GOP-controlled Legislature blocked Planned Parenthood from getting the money.

Federal law prohibits the use of taxpayer funds to pay for abortions except in the cases of rape, incest or to save the life of the woman, so any federal money for Planned Parenthood would be for similar services as the state grant.

"Wisconsin residents de-

serve a Department of Health Services focused on delivery quality services to our residents, not one waging an ideological battle on behalf of left-wing special interest groups like Planned Parenthood," Stroebel said in a statement.

Evers is proposing allocating about \$387,000 to the women's health block grant, which gives money to public health departments and private organizations that offer cancer screenings, STI prevention, testing and treatment, as well as prenatal counseling.

Palm, when asked by Jacque if she had recommended funding for Planned Parenthood, said the broader issue is about addressing gaps in coverage for women's health and making sure they are treated holistically.

"We've all been concerned about women falling through the cracks," she said.

No senator has said they will vote against confirming Palm to lead the agency that has a \$12 billion annual budget and oversees Wisconsin's Badger Care Plus Medicaid program, SeniorCare and a host of other public benefits programs.

"Obviously I have concerns," Jacque said after the hearing. He would not say how he intends to

vote.

Wisconsin Right to Life executive director Heather Weininger urged the committee to reject Palm's appointment, citing concerns over her hiring Safar and the possibility of Planned Parenthood receiving taxpayer funding.

Health committee chairman Sen. Patrick Testin, a Republican from Stevens Point, said after the hearing that he saw no reason why Palm wouldn't be confirmed. The committee will vote later on whether to recommend her confirmation to the full Senate, which Republicans control 19-14.

Mark Jefferson returning to head Wisconsin Republican Party

ASSOCIATED PRESS

MADISON, Wis. (AP) — Mark Jefferson is returning to lead the Wisconsin Republican Party as executive director, a position he previously held from 2007 to 2011.

Party chairman Brad Courtney announced Wednesday that Jefferson would be returning to serve the position. He replaces Mark Morgan, who left to work for the National Republican Senate Committee.

Jefferson was executive director of the party in 2010 when Republicans took over majority control of the state Legislature, elected Scott Walker as governor and Ron Johnson as U.S. senator and picked up two congressional seats.

Jefferson left the state party in 2011 to work for the Republican

National committee as a regional political director and then as director of majority retention.

Jefferson says he will work to re-elect President Donald Trump and win back the governor's office.

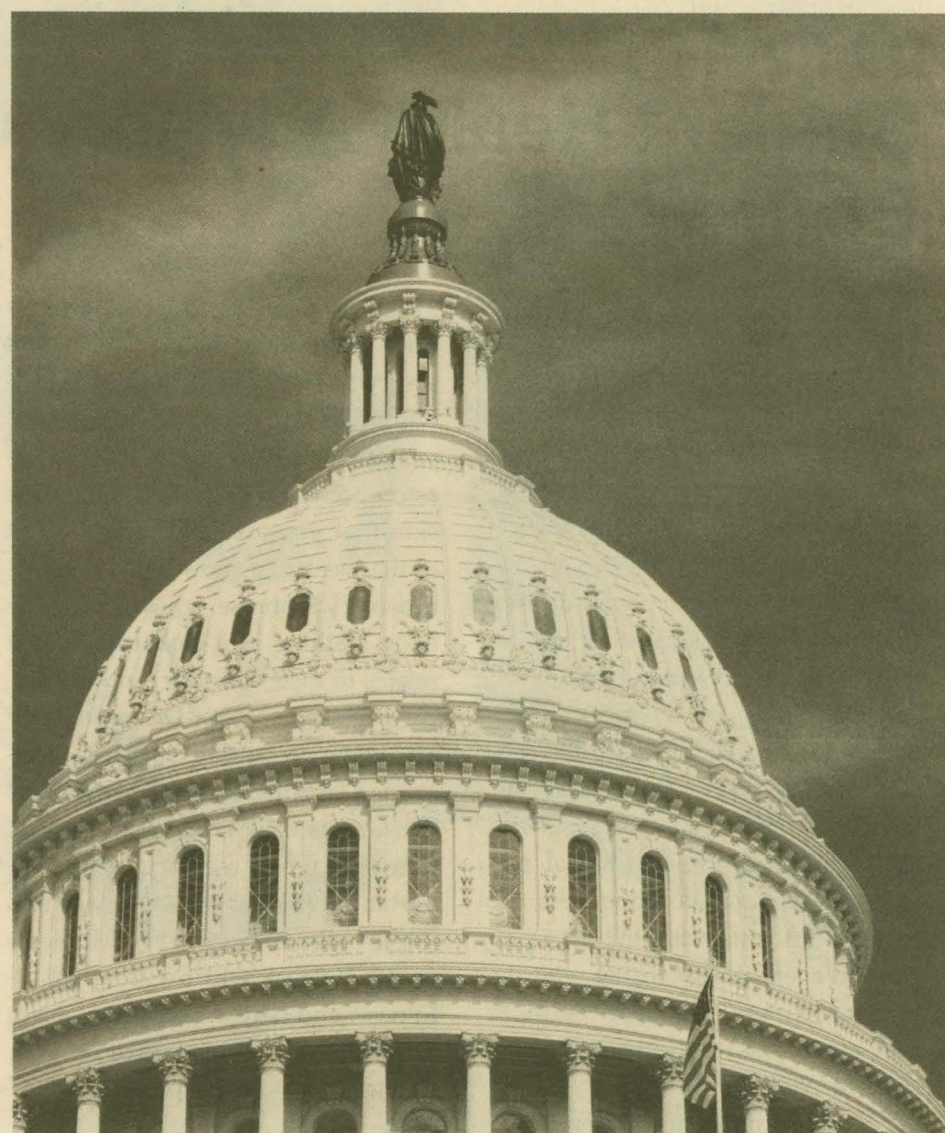


Photo courtesy of Unsplash.com

STEAM Point Day for Girls Shows Local Youth Their Possibilities

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STEVENS POINT - On Friday, February 15th, STEAM Point Day for Girls took place at the University of Wisconsin - Stevens Point.

STEAM Point Day is an event that aims to educate local youth of their true potential. STEAM for boys was held in the fall, while a co-ed rendition will be offered in the spring.

STEAM uses its acronym's terms - science, technology, engineering, arts, and math - to show students possible career paths they can choose from.

Students were able to participate in hands-on workshops to learn what types of careers they would like to pursue as they grow into their professional lives.

STEAM also brought in guest speaker, Stevens Point native Justin Sipiorski Ph.D., to tell students of his career path, and how he worked to achieve his dreams.

During his speech, Sipiorski reiterated how important it is for students to chase their goals, and to relentlessly pursue their passions.

Those attending STEAM had a variety of workshops to choose from, including "A Beginner's Guide to Estimating the Age of Fish", "Do you love Cheese? The Cheesiest Facts

and Steps in Cheese-Making", and shops such as "How to Build Your First Website".

STEAM Point Day for Girls is another wonderful event that UWSP puts on for local students. Anne Rogalski, the event's program director, believes STEAM was a positive experience for the girls.

"I am in awe of the UWSP faculty, staff, and students, as well as local businesses and organizations, who volunteer their time to provide

engaging, hands-on experiences that encourage middle school students to pursue an education and future in science, technology, engineering, the arts, and mathematics," Rogalski said.

"Girls at the end of the day shared their excitement over workshops that explored stop motion animation, website creation, CPR, water filtration systems, different kinds of cheese and potatoes, and building roller coasters. Some could be heard

playing their freshly created flutes while others sported newly crafted upcycled t-shirt totes." She continued.

The University of Wisconsin - Stevens Point continues to endorse events that better and educate the next generation. Thanks to the STEAM Point Day, it is safe to say the future of our local community looks bright.



Photo courtesy of the UWSP website

Student Health Advisory Committee: Love Your Body Week

STUDENT GOVERNMENT ASSOCIATION

This will be a very exciting semester for our Student Health Advisory Committee (SHAC). SHAC advises relevant departments on matters concerning the Seven Dimensions of Wellness: physical, emotional, intellectual, social-cultural, career/financial, environmental, and spiritual. Some of the projects the committee works on include: conducting Student Health Services Surveys to better practices, helping with the Counseling Center's social media outreach, collaborating with the Dean of Students office to host a prevention event, and working with the Student Affairs Wellness Team to raise awareness for the Seven Dimensions of Wellness.

One of the larger events

SHAC is planning this semester is Love Your Body Week, which will start March 4th and go through March 8th. Each day, there will be a special activity or presentation that focuses on body positivity and loving the skin that you are in. The first event of the week is a showing of the documentary Embrace, which focuses on body loathing as a global issue as it relates to race, ethnicity, and gender. On Tuesday, speaker Dr. Jason Siewert will be presenting on Media, Society and Healthy Bodies. There will be two events on Wednesday: The Self Care Fair, which will focus on the importance of healthy body image and self-love for all people, and Moments of Mindfulness, which a group mindfulness and stress reduction event that will help students turn off their minds to focus on the present instead of the worries of the past and

future. Thursday's event, Cooking for Change, provides students with free, hands-on experience preparing healthy and affordable meals. The week will wrap up with an International Women's Day Panel that centers around what beauty means to the panelists and how they have been affected by beauty standards. Additional information about Love Your Body Week can be found on our Facebook page, UW-Stevens Point Student Government Association.

SHAC is also opening up applications for students to attend the American College Health Association Conference (ACHA). This year, ACHA will be held in Denver, CO May 28th through June 1st. This is an excellent experience for students interested in gaining a greater understanding of student health care. Applications can be found on SPIN and

are open until March 9th at 11:45pm. Travel, registration, and lodging costs will be covered by SGA.

If you would like more information on SHAC or are interested in taking part in the conversation, contact Director Lefebvre (slefe430@uwsp.edu).

Pointer Pride Continues Years After

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Pointer Pride is something that is talked about a lot at the University of Wisconsin-Stevens Point. One way that students can see this concept is through a generous gift from alumni Jordan and Mandy Zimmerman. Mandy played outfield for the Pointers and her husband Jordan pitched on the Pointers baseball team. Jordan now plays in the big leagues for the Detroit Tigers. The Zimmermans demonstrate their Pointer Pride with their donation of \$500,000 to the Pointer baseball program.

The donation allows the university to purchase a brand new backstop, a double batting cage area, replace the scoreboard with a more professional style scoreboard, and

along with a few smaller improvements to the field.

Both Mandy and Jordan wanted to help the program that has helped them, especially Jordan, so much. In a press-release done by UWSP Jordan said, "UW-Stevens Point means a great deal to Mandy and me. The coaches, the athletics administration and the university have been incredibly supportive, both when we were student-athletes and even now when I am pitching for the Detroit Tigers Central Wisconsin is our home. It's where we live and raise our family. UWSP and Pointers baseball have been an integral part of our lives for a long time and will continue to be for years to come. We are really happy to be able to give back to Point, to make a difference. We look forward to watching our Pointers

succeed on the diamond."

In the same press release the athletics director, Brad Duckworth said, "We appreciate Jordan's and Mandy's generosity and commitment to our team. Most of all, we appreciate their partnership in supporting and building the best Pointers baseball team for our student-athletes. It will encourage more young players to come to UWSP and play baseball where one of the best, Jordan Zimmermann, has played, while getting a quality education."

To recognize the largest donation to the Pointers athletics program the university has made plans to change the name of the field to "Zimmerman Field."

This donation progresses the university's "Then, Now & Forever: We Are Point Campaign." The move

ment passed its initial goal of \$30 million in the fall of 2018, the university's new goal is \$40 million and this gift became a huge push towards this goal.



Photo courtesy of Detroit Free-Press

UW-Stevens Point Hockey Sweep UW-River Falls

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as smoothly as the first. With the Pointers adding three more goals to expand their lead to 5-0. Adding to his point total, Steven Quagliata scored just over 3 minutes in on the power play and was followed up just 21 seconds later by Jordan Fader. Fader made it 4-0 with Fredericks and Luke McElhenie getting the assists. Carter Roo scored the second power-play goal for the Pointers 15 minutes deep in the third period to put the game out of reach. At the end of the second period the Pointers' Quagliata and Fredericks had multiple points.

The third period was less exciting as the Pointers only scored once from Ryan Bittner scoring with 2:19 remaining in the game, assisting on the goal were Tanner Karty and Zach Zech. Another large factor was

strong goaltending by the Pointer goalie Connor Ryckman, stopping all 20 shots he faced and earning the shutout win giving them a 1-0 lead.

In the second game of the series the Pointers again had pulled out to a 2-0 lead in the first period. This time goals were scored by Jordan Fader. Assists on the first goal came from Carter Roo and Drew McLean, the second he was assisted by the Roo brothers TJ and Carter.

Going into the second period the Pointers had no intentions of letting off the gas. The Pointers again had a very strong second period, scoring four goals to power them through.

Scoring quickly to give them a 3-0 lead was Tanner Karty, apples went to Stephan Beauvais and Zach Zech. However, this goal had a bit more significance than the others. Other than being the game-winning

goal, nothing new to Karty with it being his 19th game-winning goal in his career, he tied Paul Caufield for most game-winning goals.

Following suit from the first game, they added another quick goal. Zach Zech had made the lead larger at 4-0 with a single assist going to Karty. 5 minutes later the lead grew to 5-0 on a goal by Chris Allemon, the lone assist went to Steven Quagliata.

The shutout bid would end in the second period as the Falcons scored to make it 5-1. The last goal for the Pointers came from Kelly O'Brien just under the quarter mark of the second period. The primary assist went to Zech while the secondary assist went to Ryckman.

The Falcons had a lone goal in the third period making it 6-2 but the lead for the Pointers would hold and stick to 4. Another strong game for the Pointer goalie Connor Ryck-

man stopping another 20 shots out of the 22 he saw. He also added an assist to his game on the O'Brien goal.

Looking back at the series between the Pointers and the Falcons. Pointers were led by Tanner Karty who had tallied 5 points. Behind him was Drew McLean with 4 points, all being helpers. Five Pointers had 3 points over the weekend series, those being Zach Zech, Kelly O'Brien, Steven Quagliata, Carter Roo, and Luke McElhenie.

The Pointers will host the WIAC Championship game against UW-Eau Claire on Saturday, March 2nd at K.B. Willet Arena

20 Consecutive WIAC Titles for Men's Swimming and Diving

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On February 16th the UW-Stevens Point Men's Swimming and Diving team took home the WIAC title in Brown Deer, Wisconsin. For the team, it was their 20th consecutive WIAC title. Heading into the final day of competition the team had a 44 point lead over the second-place opponent, walking out of the building, they were victorious, by winning with an outstanding 95 point advantage.

Some of the key events on the day were won by junior Jacob Aegerter and freshman Sam Young. Aegerter won the 200-yard butterfly timing out at 1:50.19 and Young won the 200-yard breaststroke with a time of 2:03.42. Aegerter defended his title once again to win his third consecutive title. They also swam in the four hundred-yard freestyle with Grant Moser and Reilly Donnellan. They placed second with a swim time of 3:04.60.

For women, a very exciting event was the 1,650-yard freestyle. Anna Pilecky broke a conference, pool, and school record with an amazing time of 17:09.61.

Other swimmers and swimming events included Alec Jeffers and Jacob Adamski racing in the 200-yard backstroke with times of 1:53.64 and 1:57.85 respectively earning them finishing places of fifth and seventh. In

the 100-yard freestyle, we saw Donnellan and Moser race with times 46.93 and 47.52 getting them fifth and eighth on the board. Maddie Taylor swam the 200-yard breaststroke finishing fifth with a time of 2:31.91 and Murron Roff placed sixth with a time of 2:12.78 in the 200-yard backstroke. Lastly, Sydney Richetto and Maggie Liska swam in the one hundred-yard freestyle placing them 13th and 14th with times of 55.11 and 55.14.

Diving included Cal Straub competing in the three-meter diving and earning a sixth-place finish with a score of 265.95. Jess Posch was in the one-meter diving event, placing fifth with a score of 369.95.

Looking ahead, the Pointers advanced to the NCCA Championships in Greensboro, North Carolina on March 20th.

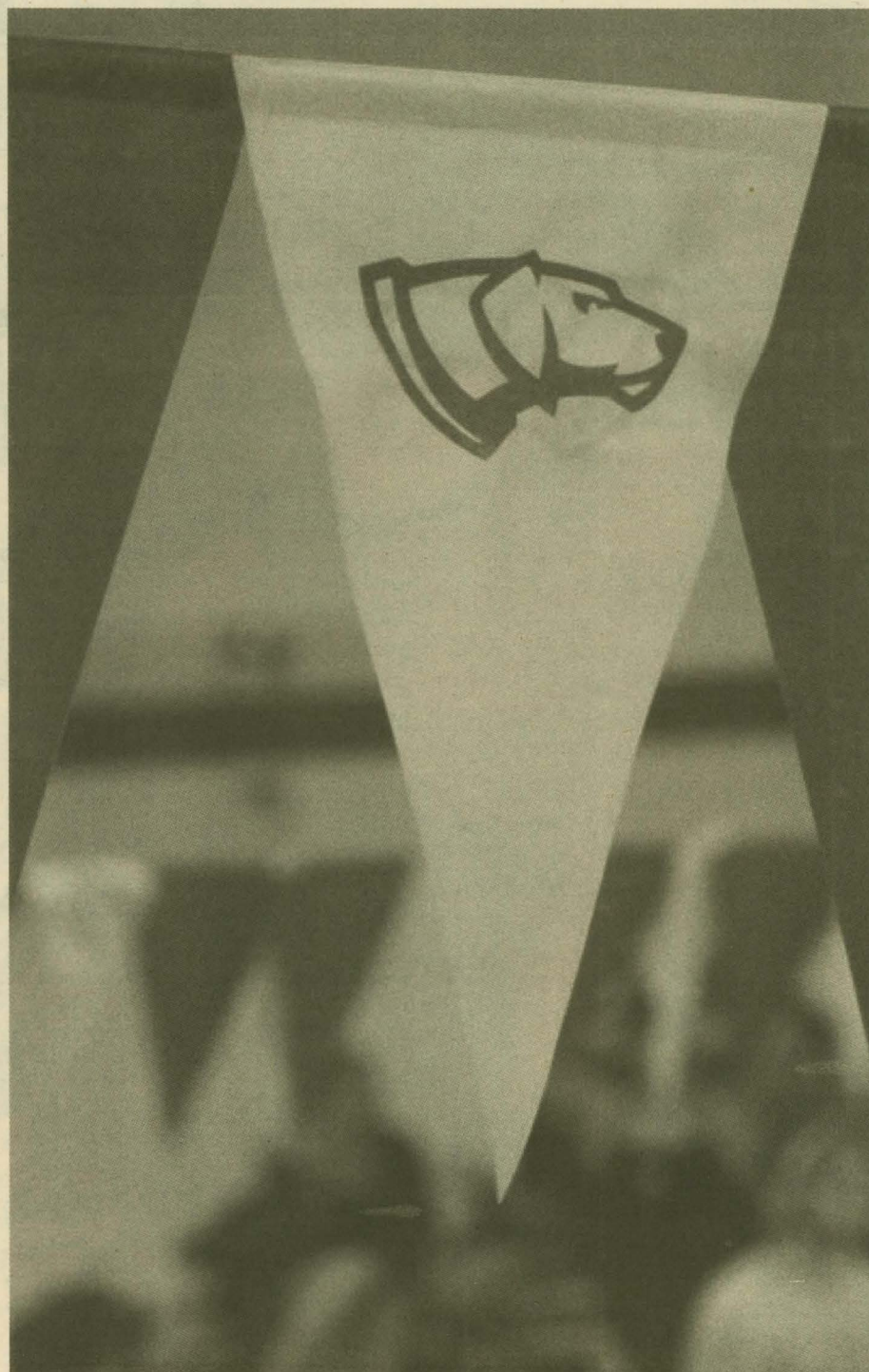


Photo courtesy of UWSP Athletics

Shakespeare Comes Alive in A Violent Way with the Classic, "Macbeth"

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A show of tragedy and violence but filled with all kinds of emotions describes the classic by William Shakespeare, *MACBETH*, premiering March 1-2 and 6-9 at 7:30 p.m. and March 3 at 2 p.m., in Jenkins Theatre of the Noel Arts Fine Center.

MACBETH follows the titular character receiving a prophecy from witches that says he will be the King of Scotland someday. We walk through his journey to the throne by murdering people who are in his way. Dealing with guilt and paranoia, he continues to murder to protect himself and his wife, Lady Macbeth, until he gains the title.

Director, Associate Professor, and BFA Acting Program Coordinator Jared Hanlin emphasizes that the importance of doing a Shakespeare play every two to three years is for the students to gain the unique skills this type of show brings.

"Shakespeare is full of dramatic literature and there's so much to work with."

Actors who have the chance to work on a Shakespeare play are always excited because his work is so

well-known and a blast to work with due to his literature and dedication to theatre.

The process is something different in itself. The actors spend a few weeks on just speaking in blank verse, focusing on rhythm, and understanding how to perform these words because it's like "learning a new language," Hanlin mentioned.

Tess Bents, Junior BFA acting and one of three Weyard Sisters, talked about her challenges and learning experiences she had during the rehearsal process.

"It was challenging but also powerful and rewarding."

Shakespeare gives so much depth, especially the emotional side, and gives the actors a lot to play with; allowing them to make their own artistic choices since it's a post-apocalyptic world in this show.

Bents described her character as being a "real, big supernatural element... Letting the audience know what is going to happen before it happens."

Not only is the diction a challenge, there is a lot of violence in this show which also makes it so exciting to watch. There will be swords, shields, and even some traditional

battles just like his original works.

"Macbeth is the most violent of Shakespeare's tragedies," Hanlin said. The fight scenes are choreographed by Hanlin and senior BFA acting major, Matt Meverden.

The director wants the audience to know that they will have a real thrilling experience with all these elements combined.

The design and set pieces are also something that bring a beautiful perspective to the crew. The stage is raked at an angle which is a challenge in itself. The visual designs are so beautifully done; they really help the atmosphere and play come alive while you're enjoying this experience.

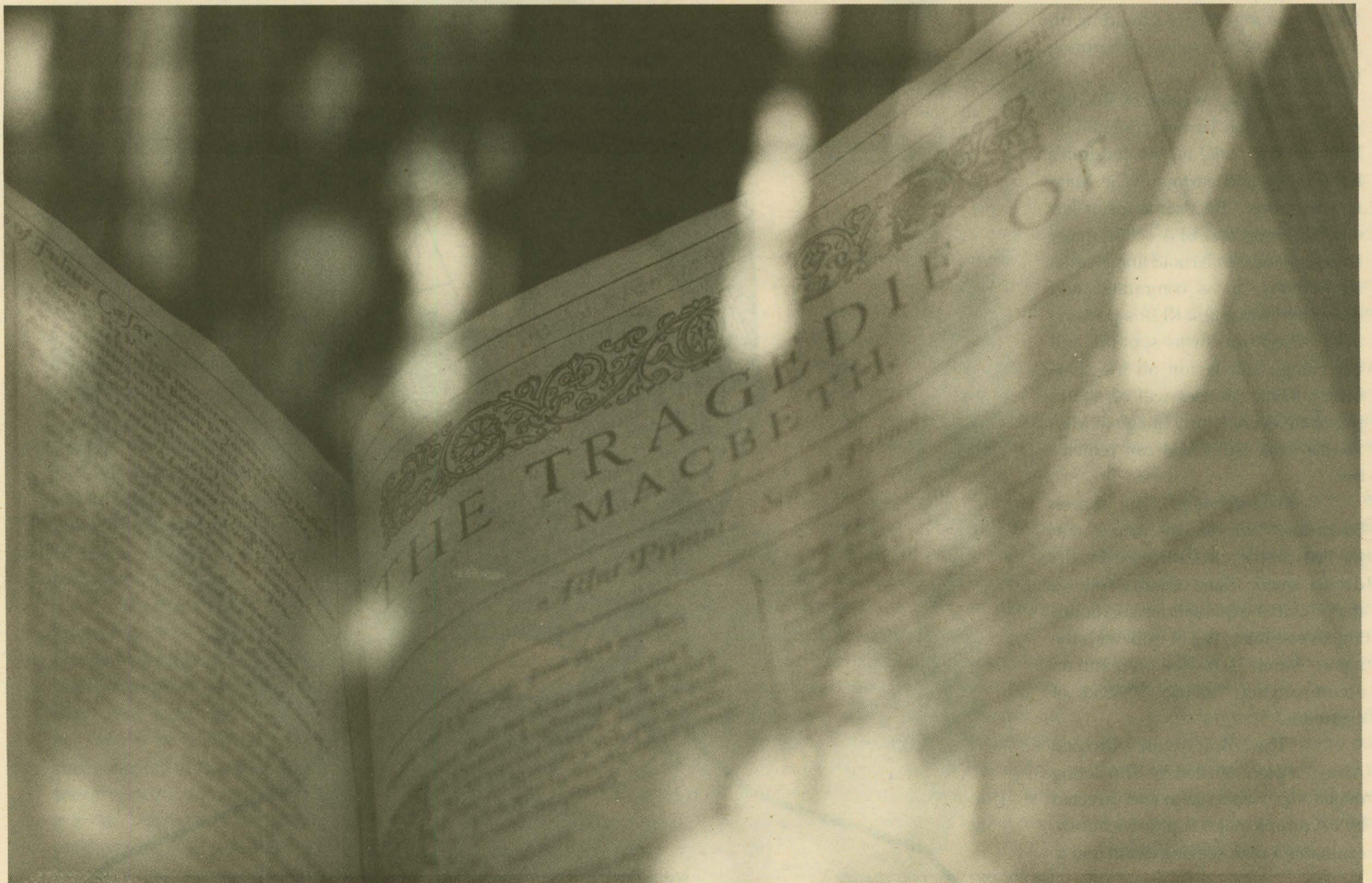
Shakespeare doesn't write a lot of roles for women but the ones in this play show great feminine strength and examine how the women fit in society, Bents wanted to highlight.

"Despite knowing little or a lot of Shakespeare and his work, *Macbeth* is one of the easiest to understand of his works because of the violence and actions that are entailed in the show." Hanlin wants to reassure the audience that they will still have a great time and not to back off

because you may not understand the work.

You'll definitely not want to miss seeing this kind of production on stage and all the unique elements that make Shakespeare so great.

Tickets are \$6.75 for students with their university I.D. or \$24 for the public. Tickets are on sale now online at uwsptickets.universitytickets.com or at the DUC Information and Tickets.



THE TRAGEDIE OF MACBETH - Photo courtesy of Unsplash

Review: Fringe Festival 2019 Exhibits Creative Student Works

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The annual Fringe Festival premiered on February 22 and 23 in the Studio Theatre of the Noel Fine Arts Center.

Helmed by the UW-Stevens Point Players Student Artistic Alliance, this year's edition of Fringe probed the concept of the "death of innocence." The production featured nine eclectic pieces; a mix of student-written, directed, choreographed, and performed work that showcased the talent in UWSP's Theatre and Dance Department.

Fringe 2019 was unique in its presentation this year; each piece was followed by a Nocturne, a brief vignette featuring evocative movement-based choreography. All Nocturnes were directed by BA drama major Meghan Gobler and choreographed by dance major Alissa Laufenberg. These creative and interminable scenes provided the audience a new way to experience the year's theme.

The show was packed with memorable pieces. "Fireworks," written by BA drama major Michaela Kraft and directed by BA drama major Sarah Sartell, showcased a heart-warming story of a budding romance cursed by a series of charming mishaps.

"Frizzle," written by BA drama major Josiah Turner, crafted a hilariously dark take on the children's book series and cartoon "The Magic School Bus." BA drama major Jeremy Kremser, and BFA acting major Kendra James, as Arnold and Keesha respectively, gave committed and sharp performances. Kraft's portrayal of Miss Frizzle was spot-on, and her creepy subversion on the character's iconic phrases will no doubt permeate every sunny image of Miss Frizzle your childhood can remember.

Meta-defying "The Karen Scenarios," written by acting major Seth Barnes and directed by BA drama major Dana Qualy, follows the potential explanations surrounding an enigmatic jug of milk with the name "Karen" scrawled on it and an accompanying "metric ***-load of cigarettes."

"The Boy with Crossed Arms," a piece written by BFA acting major Alex Friedemann and directed by BA drama major Sophie McIntosh, examines a man seeking death and a

woman's peculiar inspiration for her macabre artwork. BFA acting major Lily Brenner and musical theatre majors Laura Paruzynski and Dylan Ford bring Friedemann's vision to life.

BFA musical theatre major Randy Kessenich's piece "Straying Minds," presents an intriguing question: If you had the choice to get a do-over for a failed relationship, would you take it? The protagonist and a personified version of his subconscious nicknamed "Q," explore relationships and toxicity in this cogent piece.

In the Gobler-written and Qualy-directed play "Sugar Daddy, Not Like the Candy," two room

mates grapple with a perceptively dead sugar daddy in their apartment, and the absurd chaos that ensues afterwards!

Written by McIntosh and directed by BFA musical theatre major Christof Krumenacker, "Ipswich" follows two sisters on the shore of a beach, with one seeking to overcome her aquaphobia. BFA musical theatre majors Madison Eddy and Amanda Spencer provide emotional performances that lead to an intense conclusion.

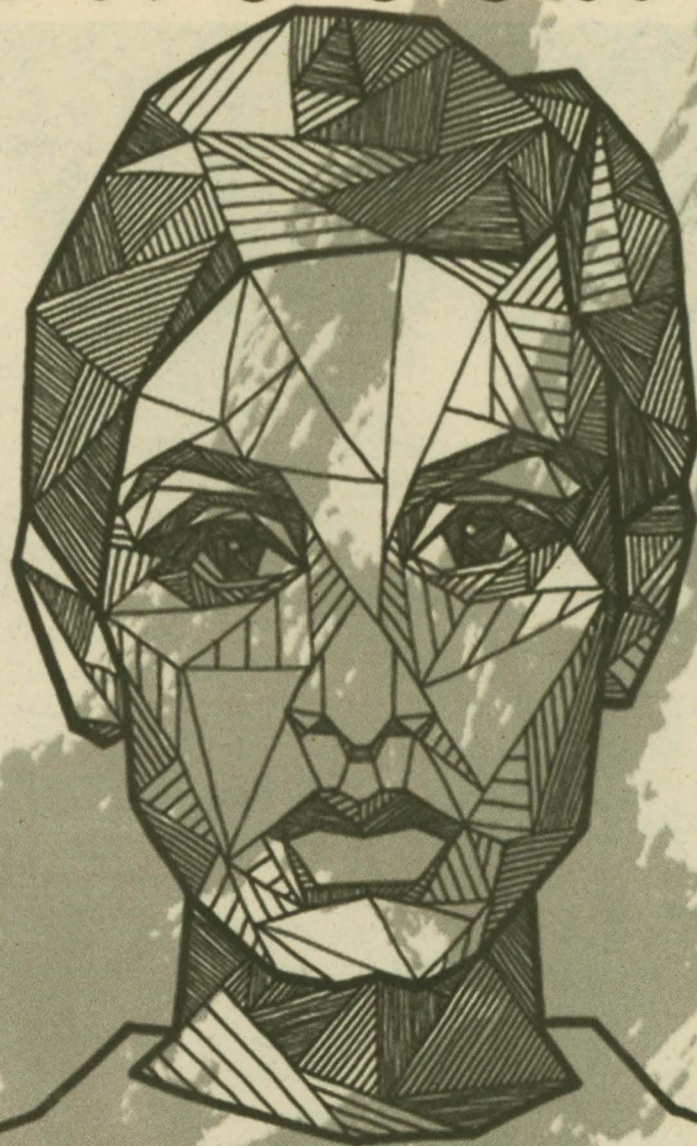
Additionally, "Life After Forever," and "Return to the Garden," choreographed by dance majors Jacqueline Gnatkowski and Elena Hausmann respectively, were

stunning works that manifested the theme "death of innocence."

This year was yet another admirable effort in student-created work at UWSP! Congratulations to the cast and crew for their hard work and stellar commitment.

UWSP PLAYERS FRINGE FESTIVAL 2019

Death of Innocence



Word Search: UWSP Pointer Pride

NUCWM EYAJQKXASDCE FZVTRVWKXKGFJCVL
 VOASRXLTYFBGN AOLMLSKEGCWRC SHRRSLD
 NZILLABTFOSNWWPCIOITZBGGLELG OZAKJ
 ELJTQHPWNQJGTRYDCGNCTQH DJZSSWBUP T
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BASEBALL
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 COMMUNICATIONARTSCENTER
 CROSSCOUNTRY
 DAWGS
 FOOTBALL
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 GOLF
 HOCKEY
 OLDMAN
 POINTERS
 PURPLE
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 SPTV
 STEVENSPONT
 STUDENTGOVERNMENTASSOCI-
 ATION
 SWIMANDDIVE
 TENNIS
 THEPOINTER
 TRACKANDFIELD
 VOLLEYBALL
 WISCONSIN
 WRESTLING

MISSING: Queer Celebration of 'Pose' from the NAACP Image Awards

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On Thursday Feb. 14, the nominations for the 50th NAACP Image Awards were released. Numerous projects such as the blockbuster "Black Panther" and the HBO critical darling "Insecure" were recognized, but one television show was criminally absent from the nominations.

"Pose," an FX drama created by super duo Ryan Murphy and Brad Falchuk, premiered in June 2018 to critical acclaim. The series, set amid the late-80s New York ball culture, made history by featuring an ensemble cast made of many transgender actors and actresses – in fact, the largest cast of queer and trans people in network history. Although conceptually created by Ryan Murphy and Brad Falchuk, the duo brings in writer, television host, and transgender activist Janet Mock, as well as television writer and singer-songwriter Our Lady J as show writers and producers, allowing transgender women to fashion these stories with their own experiences in mind.

"Pose" is a living example of embodying the spirit of diversity and representation, and has the acting chops and the well-written

characters to back it up. "Pose" and its zilch award nominations are as confounding as it is expected. How could a show be placed on so many publications 'best of 2018' lists and be snubbed out of every category at the NAACP Image Awards? Sadly, the Black community still has work to do regarding its celebration of queer people and projects.

Janet Mock revealed on Twitter on Feb. 14 that she was "disappointed that our own refuses to truly see us, largely I assume, b/c we are as unapologetically trans and queer as we are black."

Robin Harrison, the acting director of the NAACP Hollywood Bureau gave Out Magazine a statement regarding the nominations: "The NAACP Image Awards works with networks, studios, and other industry professionals to make sure we receive nominations that promote the outstanding achievements and performances of people of color in the arts, as well as those who promote social justice, diversity and inclusion through their creative work."

Although the NAACP did respond, albeit with a vague comment, it is still suspicious why "Pose" couldn't garner a single nomination. Billy Porter was at least nomi-

nated for Best Actor – Television Series Drama at the 2019 Golden Globes for his irresistible portrayal of emcee Pray Tell. Not to mention the series' nominations at the GLAAD Media Awards, the American Film Institute Awards, and the Writers Guild of America Awards.

It's no secret that the Black community still struggles with homophobia and transphobia, which may have had a hand in "Pose" getting ignored. In a journal article titled "Homophobia, Hypermasculinity, and the US Black Church," Elijah G. Ward says that "within many black communities the church plays a significant role in the production of homophobia." Ward also examines how "heterosexual men who might not normally express a hypermasculinity may feel pressure to do so as a result of repeated, impassioned church-inspired homophobic messages."

This is not to say that all Black churches spread homophobic rhetoric, but it is indeed still an issue with many in the United States.

Michelle Page, author of the journal article "Forgotten Youth: Homeless LGBTQ Youth of Color and the Runaway and Homeless Youth Act," says that "it is fair to assume that LGBTQ youth of color

are more likely to become homeless and stay homeless compared to their White heterosexual counterparts."

Black queer kids are more likely than White heterosexual children to be homeless, due most likely to disownment from their family. These issues from within our community bleed out into the spaces we create. The NAACP Image Awards act as a space carved out by Black people for Black people. It's the essential celebration of our own cultural works when traditionally White institutions fail to acknowledge them. But when Black queer and trans people are being shut out of their own community while being recognized elsewhere, it stings.

"Respectability politics won't save us," continued Mock in her Feb. 14 tweet. And she's right – "Pose" doesn't need to play within a rigid set of ideals for trans and queer actors and writers to be acknowledged. "Pose" is already renewed for a second season and will continue to push the boundaries of queer narratives on television. I can only hope the NAACP Image Awards will eventually find its missing celebration for queer and trans art in the future.

Opinion: Tips to Kick Seasonal Depression to the Curb

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Like several students here at UWSP, I suffer from depression. I keep it under control these days, but certain occurrences make it worse from time to time.

Unfortunately, winter is one of those seasons where depression hits the hardest. Seasonal Affective Disorder, or more commonly known as seasonal depression, shockingly affects six percent of the U.S. population (Seasonal Affective Disorder, Targum MD & Rosenthal MD).

Seasonal depression leaves victims not wanting to leave their homes, causing work and school performance to decline. It alters moods, appetite, energy levels, and social capabilities. Depression can weigh its victims down, and negatively affect their daily lives.

However, hope is not lost. There are cheap and easy tips to help

beat seasonal depression that even a college student can manage.

First and foremost, soaking up as much sunlight as possible is key.

In 2013, Cambridge researchers found a connection between those suffering from depression and low vitamin D levels.

Part of what makes seasonal depression so devastating is the lack of natural light. Days become shorter, and nights become longer. The lack of vitamin D, which we naturally receive through sunlight, promotes bone growth and other important bodily functions. Without it, humans tend to feel weaker and generally more depressed.

For that reason, it is important to enjoy as much sunlight as possible during the winter months. As a matter of fact, the Vitamin D Council recommends that humans take in fifteen minutes to two hours worth of

sunlight each day to attain healthy vitamin D levels.

However, not everybody is able to take in the sunlight during the winter months. To combat this issue, you can find vitamin D pills at your local over the counter drug store.

Another method of curbing seasonal depression is embracing essential oils. There are a wide variety of oils that promote sleep, productivity, and happiness. By adding oils to a diffuser, your shower, or your bath, you are able to naturally curb seasonal depression through aromatherapy.

Furthermore, exercise will naturally boost dopamine levels. Not only does it improve your confidence levels, but it also gets you out of the house and moving. When your heart rate is stimulated, brain functions improve; making exercise a vital tool against seasonal depression.

Last but not least; be proactive in your fight against depres-

sion. If you're struggling with mental health, reach out to your doctor about medication and further treatment. Nobody deserves to fight depression alone, so if you or a loved one are in need of help, seek professional treatment.

Seasonal affective disorder affects thousands of Americans. You are not alone in your fight. These tips and tricks should help curb season depression until the winter months are over.

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For more information contact SFC Jeremiah Polacek
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