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## 2019 Graduation Guide

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Seniors, it is that time of year!

All of our hard work has paid off, and now, we will be given a tiny piece of paper that rewards us for our efforts in and out of the classroom.

While the next few months may provide plenty of uncertainty, the next few weeks should not. It is for that reason that I have created a graduation guide for my fellow peers to utilize.

Commencement is Saturday, May 18. At 9:30 a.m., the College of Letters and Science and College of Natural Resources will walk. At 2:00 p.m., the College of Professional Studies and College of Fine Arts and Communication will walk.

This will all take place in the Multi Activity Center (MAC), located within Marshfield Clinic Health System Champions Hall (formerly known as the Health Enhancement Center, or the HEC). Each ceremony will last roughly two or two and a half hours.

continued on page 2



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The Pointer has officially named the Editor-in-Chief for the 2019- 2020 school year. Jeremy Wolfe, who is currently a junior English and Philosophy major with a minor in Spanish will be taking over and is eager to do so. "I'm very excited to work for The Pointer to an even further extent," said Wolfe.

This was Wolfe's first year at The Pointer, but he moved up the ranks quickly. In the fall he started as a reporter and in the spring, he enthusiastically took on the role of News Editor. Jeremy has chosen to bring Cameron Cieski on as a Co-Editor-in-Chief. "I think we're going to work wonderfully together and

get so much more done than a single person could do," said Wolfe.

Cieski is a junior Communication major with an emphasis in media studies as well as a Women's and Gender studies minor. Cieski has been at The Pointer for two years. He started as a reporter and transitioned into the Arts and Entertainment Editor this year. "I'm ecstatic to begin this new opportunity and I'm especially excited to work alongside my co-editor Jeremy," said Cieski.

The two have a lot of new ideas and look forward to getting started. "Jeremy and I look forward to redesigning The Pointer website," said Cieski. The Pointer website was established in 2011 and is well ready for an update.

The Pointer has received a

Student Government Association budget for the year which means they have the funds to try new ideas and have a full staff. "The news room will look incredibly full with twice as many people on staff," said Wolfe. Wolfe and Cieski and currently hiring and applications for all positions can be found on Quest.

Both Cieski and Wolfe have made it their goal to produce quality content. They are prepared for and looking forward to tackling the challenges that will inevitably come with the role next year.



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Photo courtesy of UWSP Balance

## 2019 Graduation Guide Congratulations, Pointers!

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If you are graduating, you have likely already applied to graduate. If not, go to AccessPoint and do so IMMEDIATELY. If you have not applied yet, you can still walk, but your name may not be in the graduation book.

Each person graduating is allotted six tickets for family and friends. If you have family that is three years or younger, they get in for free. Graduates do not need tickets for the ceremony.

Graduates can reserve their tickets starting on April 29 at [commencementtickets.uwsp.edu](http://commencementtickets.uwsp.edu).

The deadline for reserving tickets is May 12; and any ticket after that cannot be reserved.

If you need additional tickets, you can request them starting on May 14 at 7:00 a.m. until Thursday, May 16. They will be available at will-call outside of the MAC. If you need special seating for the event, contact [commencement@uwsp.edu](mailto:commencement@uwsp.edu).

Doors will open for the event one hour before each commencement ceremony. Make sure you allow yourself ample time for parking and walking into the venue, as it will be packed!

Finally, if you are a lazy senior like me who has not gotten their cap, gown, cords and such yet, you

can participate in Grad Fest at the University Book Store, Monday May 6 until Thursday, May 9 to receive your items.

Graduation is rapidly approaching, and hopefully this comprehensive guide clears up any confusion you or your family may have!

### THE POINTER

#### Editorial

##### Editor-In-Chief

.....Erica Baker

##### Managing Editor

.....Michaela Kraft

##### News Editor

.....Jeremy Wolfe

##### Sports Editor

.....Dana Bautch

##### Arts & Entertainment Editor

.....Cam Cieszki

##### Online Editor

.....Ee Fong Yang

##### Reporters

.....Sarah Sartell

.....Jackson Jirik

.....Jacob Szaniawski

.....Shannon Columb

.....Zachary Chomicki

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.....Jade Kunda

#### Advisor

.....Dr. Steve Hill

### Editorial Policies

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No article is available for inspection prior to publication. No article is available for further publication without written permission of The Pointer staff.

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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](mailto: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.



# Common Council Approves New Restructuring Plan

JEREMY WOLFE  
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On May 1, Common Council approved a different restructuring plan for UWSP.

Rather than reorganize the university's colleges, the approved proposal sought to bring similar departments together, under interdisciplinary schools.

In Nov. 12 of last year, the university released a proposal titled Point Forward to address its multi-million-dollar deficit. Beyond program discontinuance, which has been canceled, Point Forward's other solution was radical administrative restructuring.

Point Forward proposed a removal of the College of Letters and Science, with a rebranding of the other three colleges to fit all remaining departments.

Following the proposal, the Common Council Executive Committee voted not to immediately accept the proposed restructuring in the Fall. The Committee chose instead to deliberate further and propose a restructuring plan late into the Spring semester. The Committee then created the Academic Restructuring Task Force to meet this end.

Mary Bowman, Chair of Common Council and the Task Force, wrote to Common Council on April 30, describing how the ARTF found that "the campus did not have an appetite for dramatic restructuring, and would prefer, with minor exceptions, not to restructure."

The ARTF instead proposed, following expert consensus and quantitative evidence, to reorganize UWSP's placement of disciplines into schools, as opposed to reorganizing administrative college structures. A more detailed illustration of this proposal can be found at the end of this article.

The COFAC, CPS, CNR, and COLS will now continue to exist – although they face significant organizational changes. Through this, the recruitment, support, and education of students may be optimized.

"The creation of schools where we currently have separate departments can spur and facilitate more collaboration in student recruitment and retention and developing interdisciplinary programs," reads the Task Force's report.

However, Bowman admitted to the Common Council that the pro-

posal was unable to balance the sizes of UWSP's colleges – and also could not include much data-driven evidence to support the proposal, as little information was available under such a limited time-span.

Next year, Common Council and these newly-formed schools must plot out the administrative and transitional particulars pertaining to these changes.

Some schools had already begun discussions of the future. The School of Humanities, Global Studies and Public Affairs, part of the College of Sciences and Humanities (aka the College of Letters and Science), met on Friday, April 19, to plan their approach to the restructuring. This school featured the departments of Political Science, English, History, Philosophy, and World Languages.

At the meeting, Tobias Barske, Chair of the Department of World Languages & Literatures, said, "I see this as the first time in a long time that we've actually been in a position where we are in control of our destiny."

Common Council approved the following structure for UWSP's colleges:

Within the College of Fine Arts and Communication will lie: the School of Design; the School of Performing Arts; and the School of Communication and Media.

Within the College of Sciences and Humanities (aka the College of Letters and Science) will lie: the School of Humanities, Global Studies, and Public Affairs; the School of Behavioral Sciences and Human Services; and the School of Math and Science.

Within the College of Professional Studies will lie: the School of Health and Wellness; the School of Business and Economics; and the School of Education.

Within the College of Natural Resources will lie, rather than schools, the following disciplines: The Fisheries and Water Resources Discipline; the Forestry Discipline; the Human Dimensions of Natural Resource Management Discipline; the Department of Paper Science and Chemical Engineering; the Soil and Waste Resources Discipline; and the Wildlife Ecology Discipline.

## Editorial - Caffeine: Friend or Foe?

ZACHARY CHOMICKI  
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Caffeine is one of the most widely used psychoactive (mind altering) drugs used among the general public and has been extensively studied. The main source of caffeine is usually from the coffee bean but can also be found in certain teas and cacao beans. Not only is it found in nature, but it is commonly added to sodas and energy drinks.

Many people love to drink coffee or energy drinks and are often scolded by others due to their caffeine consumption, being told, "it's not healthy for you" and "you shouldn't be drinking that much." Caffeine is a drug that is used by many to help wake up in the morning, stay awake during the day or at night, or used before a workout to improve performance.

While it can be beneficial, it can also have a range of mild to severe side effects, depending on the individual, how well they are able to

tolerate caffeine, and how large of a dose that was consumed.

Mild side effects can include: anxiety, restlessness, fidgeting, insomnia, increased urination, irritability, increased heart rate, or an upset stomach.

Severe side effects can include: hallucinations, disorientation, seizures, arrhythmias (improper beating of the heart), ischemia (reduced blood flow), or psychosis (a disconnection from reality).

An average dose for healthy adults is 2.4mg per kg of body weight a day, with up to 400mg a day being considered a safe amount. Most beverages tend to contain roughly 70-100mg per drink. One thing to pay attention to though is the recent upsurge in the popularity of energy drinks such as Bang or Reign that have 300mg of caffeine per can, making it very easy to overconsume.

### Caffeine and Exercise

Caffeine has been shown to improve performance during cardiovascular exercise and resistance training when aiming for reps performed, as opposed to training for maximum strength. It can be useful to help increase the intensity of your workouts and to help push yourself a little bit harder, but what should you consider when deciding to supplement?

Pre-workout supplements and the rise of energy drink companies entering the industry are a popular choice among people who take part in regular exercise. These can be great ways to get caffeine before a workout, but over time it can become quite pricey. Simply brewing a cup of coffee can elicit the same effects (depending on the amount of caffeine) as these products that usually contain other ingredients that don't do a whole lot, for a much cheaper price. Being in college, who doesn't love being able to save money?

If you don't regularly take caffeine, it would be a good idea to start on the low end of roughly 3mg/kg of bodyweight, taken 30-60 minutes before working out. As you use it more often and find out how it affects you, you can then increase from there. One thing to keep in mind is that like every other drug, the body gets used to it after regular use and its effects diminish when you constantly use it, along with gaining a dependence on it before partaking in exercise.

There are a couple ways to prevent building a tolerance or dependence on caffeine. The first way is to not use it for every workout, but instead maybe only every other workout. Another way is to take a week of not using it for every three weeks you have used it. It only takes a few days in a row of 50-100mg to begin building a tolerance, so be smart with it, learn not to depend on it, and keep training hard!



# Valero Brings Knowledge and Excitement to Upcoming Pointer Season

JACKSON JIRIK  
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The UW-Stevens Point football team added Art Valero to the coaching staff bringing with him NFL, CFL, and NCAA FBS experience. He was a part of the NFL program for 11 years. His first team was with the Tampa Bay Buccaneers where he won a Super Bowl as tight ends coach in 2002, under Head Coach Jon Gruden. He went to be an assistant head coach for the Buccaneers in 2004 until 2008 when he went to work for the team formally known as St. Louis Rams for two years. He returned to collegiate coaching in 2013. Greg Breitbach, Head coach for the Pointers, spoke on Valero and what he brings to the table.

"Number one, Art brings great football knowledge of technique, scheme, program building, all of it really. [He's] a super person with a lot of energy and his input is

going to be really valuable to our success in the fall. I know that, by bringing him in, our players are going to be coached at an extremely high level. When you're a position coach in the NFL you're one of only 32 people at the very top of their craft; no one else does it but those 32 in the NFL. He spent a lot of time at that level which means he's been at the cutting edge of pro football and to be able to bring that back to UW-Stevens Point is something we're really excited about."

Breitbach added his expectations coming from Valero for the upcoming season this year. "He is going to be extremely important in our game plan. He's going to act very much as an offensive coordinator and there will be a time down the road where I highly expect him to be at a point where he will call plays. It might not happen this season- it may

happen this season when he's comfortable and ready. We're going to turn him loose but, until that time, he's going to help us with developing game plans, both run and pass, and helping to put our players in the best

position possible to win."

With the addition of Valero, the Pointers season looks to be promising and filled with excitement across the board. Go Pointers #ROLL-DAWGS



Photo courtesy of UWSP Athletics

## Avoid The Freshmen Fifteen

ZACHARY CHOMICKI  
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College is a new, fun, and exciting place for most first-year students. It is a time where they are finally able to be on their own and learn how to be an adult. No parents telling them what to do, nobody to tell them how to live their life, and constantly surrounded by friends. Sounds great, right? More often than not, this newfound freedom leads to ordering pizza multiple times a week, skipping going to the gym or not being active in general. Drinking unhealthy amounts of alcohol, and simply taking up bad habits. Whether you are a freshman, upper-classman, a future student, or faculty member, there are a few things you can do to take control of the situation and fight off the freshman fifteen.

### 1. Take a minute to look over your current situation

More often than not, the circumstances of the freshman fifteen stem from the accumulation of bad habits such as the few listed above. Take a little bit of time to really think about your daily habits that may have already or will in the future lead to an increase in unwanted weight. Are you sitting around a lot? Are you eating more than you should? Do you party and drink regularly? All of these can lead to the consumption of

calories resulting in weight gain.

### 2. Increase your activity levels

One of the largest misconceptions when it comes to being healthy or losing weight, is that you need to have a gym membership and go to the gym. While this is a great way to be more active, going to the gym simply isn't for everyone. While lifting weights or using cardio machines can have their health benefits, they are not the only forms of activity. If you want to be more active, do what YOU enjoy doing. This can be going for walks through Schmeeckle, playing basketball with friends, going for a bike ride, swimming, etc. The possibilities are endless! Pick something you enjoy doing and you'll be able to stick with it in the long term!

### 3. Make better food choices

Paying attention to what you eat in an attempt to be healthier or lose weight doesn't involve cutting out all foods that are typically deemed "unhealthy". The first step is to make sure one doesn't label foods as good or bad. This can lead to a poor relationship with food, making the process much more difficult and unsustainable. Try to make choices that are high volume and nutrient dense, such as fruits, vegetables,

whole grains, lean meats, etc. These will provide your body with the nutrients it needs while allowing you to eat larger amounts to keep you satiated. It is important to not cut out certain foods or food groups as well. This means it is alright to have things you enjoy, such as pizza, fries, ice cream, etc. Allowing yourself to eat things you like will help you yield long term results, as opposed to if you deprived yourself of them, which results in binge eating and a poor relationship with food.

### 4. Pay attention to alcohol intake

In college, there seems to be a trend of excessive alcohol consumption, and over time, this can lead to weight gain among other health problems. Just like with food, it is important to not demonize alcohol, but to again have it in moderation. Going out with friends and building relationships is important, but do you really need to blackout every weekend to have fun? Try to keep it to a couple drinks and be aware of food consumption that usually goes with alcohol. It is common to get food after a night out, such as pizza or Taco Bell, so if you plan on drinking, try to eat meals higher in protein and fibrous vegetables to save the calories for drinking and food after.

Heading to college is a fun

and adventurous time of life where you meet new people and learn new things. Don't be afraid of the freshmen fifteen; educate yourself, make smart choices, and most of all, have fun and enjoy your time!

## CLASSIFIED AD

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for details





Photo courtesy of UWSP Athletics

## Pointer Athletic Awards Plentiful

**DANA BAUTCH**  
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The Pointers had another exciting year in sports at the University of Wisconsin - Stevens Point. Wrapping up the year and celebrating all of their athletic accomplishments, the UWSP Student-Athlete Advisory Committee (SAAC) held its annual banquet 'The SP's' on April 28th at the Holiday Inn in Stevens Point. There were 20 awards that were voted on by the student-athletes and handed out to the athletes in order to recognize those that had great accomplishments throughout the 2018-2019 school year.

The SP's are awards made to recognize the athletes, coaches, and trainers at UWSP throughout the year. The banquet not only had the awards that were voted on by their peers but also had recognition for conference champions, All-Americans and WIAC awards.

The UWSP men's hockey team left with the largest amount of awards this year with The Best Championship Performance, Jaw-Dropping Moment, Coach of the Year, Moment of the Year, and Team Performance. These awards were no surprise to anyone as the men's hockey team had an outstanding season this

year- having the first undefeated season in WIAC history and becoming national champions for the sixth time in UWSP history.

Anna Kinzel was awarded the Certified Trainer award. Kinzel is the assistant athletic trainer for the women's soccer team, men's wrestling and the track & field team.

Sylviaann Momont was awarded the Female Individual Performance of the year. As a junior Momont claimed All-American status while at the NCAA Division III Indoor Track and Field Championships and finished fourth in the nation in the indoor pentathlon with a score of 3,549. She was also recognized as the WIAC Women's Field Performer of the Meet at the WIAC Indoor Track and Field Championships on March 4th. Momont broke both the school and conference record of 3,572 points. The school record had been in place since 1985.

Anna Pilecky won the Female Rookie of the Year award. Pilecky, a freshman at UWSP, represented UWSP at the NCAA Swimming Championships. Pilecky broke the school, conference, and pool record time in the 1,650-yard freestyle with a time of 17:09.61 and also broke

UWSP's record in the 1,000-yard freestyle.

The Male Rookie of the Year award was assigned to Sam Young. A freshman at UWSP, Young broke the conference and school record in the 400 yard IM at the WIAC Championships with Young's record replacing one that has been in place for nearly 30 years.

The Resilience Award was bestowed on Kalena Clauer. Clauer is a freshman cross country runner at UWSP. Clauer was diagnosed with cancer and had to have surgery that removed half of one of her lungs. Despite all of her surgeries, medications, and treatments Clauer persevered to finish out her first season running for UWSP.

Ben Vosters, a senior wrestler at UWSP, walked away with several awards including the biggest honor of the night, the Pointer Award. This award is given to a student-athlete that shows determination, hard work, and a positive attitude in all areas of their life, athletics, the classroom, and the community. Vosters' other awards included Game Face of the Year and Male Individual Performance of the Year. In his final season at UWSP Vosters worked his way all

the way to nationals and finished as the NCAA runner-up at 133 pounds. He finished his season at a 29-4 record and finished his wrestling career third on UWSP's list of all-time wins with 117. Vosters is also graduating with academic honors and was named the WIAC Max Sparger Scholar-Athlete. He was named an NWCA Scholar All-American three times in his career.

A few of the other awards given were Upset of the Year to the Football team, Students of the Year to Nora Hargett and Austin Stebane, PointDawgPound Fan of the Year to Jeff Jung, Difference Maker Award to Quinton Peters, Lip Sync Battle was given to the women's basketball team, the Underdawg Award was awarded to Bridget Kauzlaric and the Community Service Award was given to the women's hockey team.



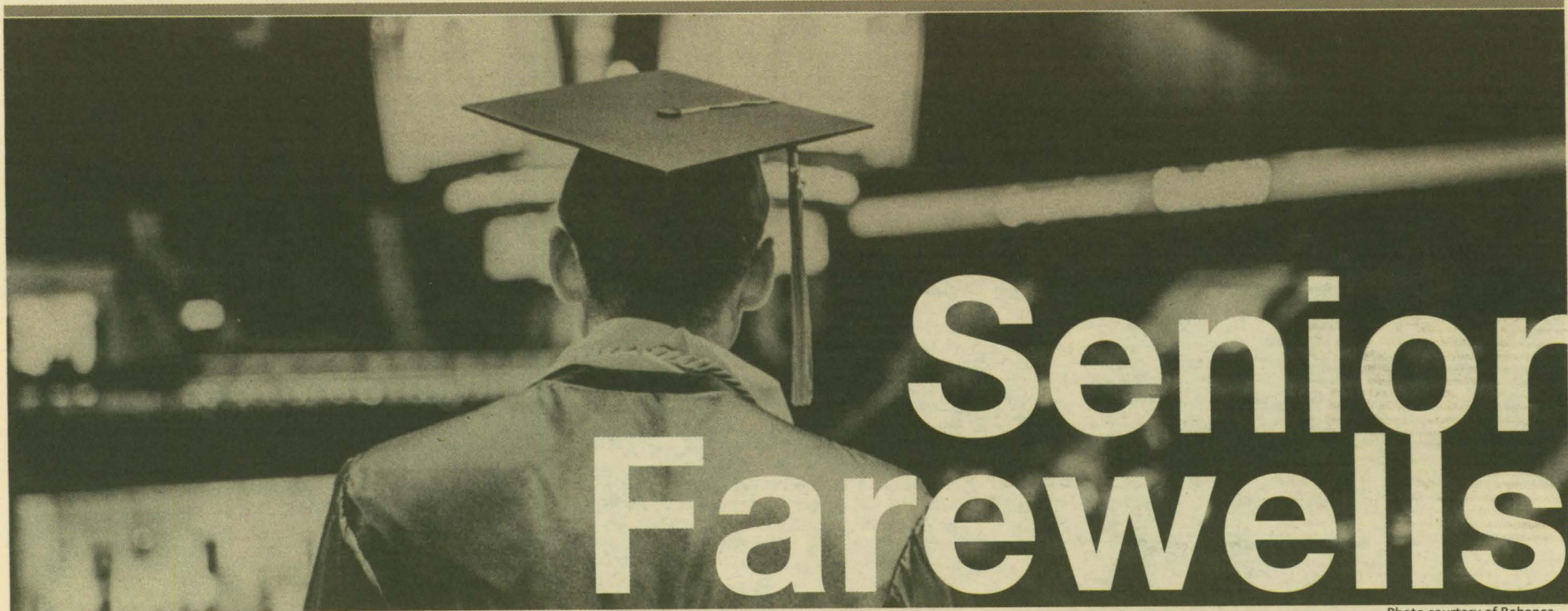
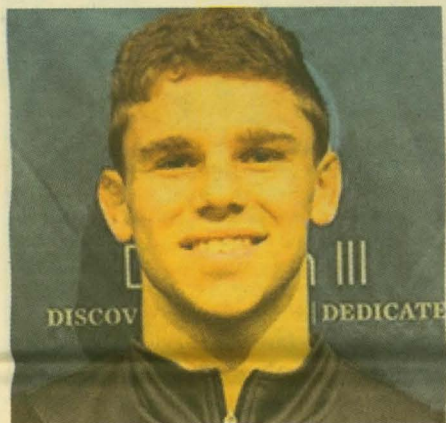


Photo courtesy of Behance

## UWSP, I Bid You Adieu

**BEN VOSTERS**  
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When I walked on campus as a freshman, I didn't know my place in the world, let alone Stevens Point. Five years later, truth be told, I still don't exactly know my place in the world, but I do have a better idea. I think a lot of us graduating are in that same boat, and that's okay too, because UWSP certainly helps you grow as a person. But that's neither here nor there. I am excited to move on to the next chapter of my life and begin an internship in Port Washington. And although I'll be leaving be

hind some of my favorite places and organizations like The Pointer, I'll be taking with me some great memories and even better friendships.

My college experience has been everything I hoped for, including my duty as the campus paperboy. The past five years Stevens Point has become my home, and it's safe to say it always will be. I couldn't be more thankful for the opportunities that were presented to me and the ten times I was humbled by finals week. My time has come though, and I hope

my impact on campus is but a fraction of what this school has done for me. Thank you again UWSP for letting this kid chase his dreams!

To the underclassman, stay busy and chase yours. Put your fingerprint on this campus and wherever else you can.

## You Really, Really Can Make It.

**JADE KUNDA**  
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Now, I'm not the best writer, I didn't study it, I don't like to write about myself, heck, I even struggle to write the odd paper that shows up in my technology classes. My focus is on visual design and user research, so I'm going to do my best to convey what I'm trying to say here.

First off, my time at UWSP has been outstanding. The professors I've met who've pushed me along the way have been no less than phenomenal. Tim Krause has been rooting for me from the beginning, ensuring me that yes, visual design is definitely my forte. Diane Bywaters allowed me to stretch my potential in my visual classes by defining my own

artistic preferences and styles. Tomi Heimonen was someone that I always looked forward to learning from, and is probably the professor that made me laugh the most in class. Susan Weinschenk is the kindest professor I've ever had and has suffered through the countless emails regarding my job search with a smile. Katya Leek has outstanding enthusiasm for studying abroad, and for good reason! To be honest, this doesn't even scratch the surface. I couldn't name all of them if I tried.

I can say with confidence that every single one of those names (plus so many more) have been crucial in my development as a professional and as a decent human being. Because of them, I know my strengths, I know my weaknesses, and I know my worth.

I know that I can succeed.

It wasn't always this way, however. I started college on a whim, not really sure if it was right for me, not sure if I was taking the right path, not sure if I was even cut out for it. There were all tons of things playing against me, societal pressures, social norms, expectations, the lack of expectations. There were even people

that told me I wouldn't succeed. It was stressful, to say the least.

As someone who came from a less-than-fortunate background, a first-generation college student, an ethnic household, attending university wasn't always in my sights. There were times where I just didn't see it as feasible based on the cards I was dealt. There were times I wanted to give up, settle for something easier and more within the realm of my possibilities.

But, I pressed on. I kept going.

It's at these times I'm reminded of a quote that was a great source of motivation to me throughout my teenage years by the now late Monty Oum. "The human spirit is indomitable." He said. "If you endeavor to achieve, it will happen given enough resolve."

I took that to heart. I believed. I pushed past the naysayers and any assumptions that I wasn't good enough. My efforts lead me to not only finish and graduate, but study abroad in a different country with a crazy amazing internship, meet an insane number of inspiring people, and graduate with honors

amongst an equally amazing group of seniors.

But I constantly think back to those times when I believed the cards were stacked against me. I constantly remember that young teen that hesitated before sending in her singular college application. I remember where I came from, and where I am now.

And you'll remember, too.

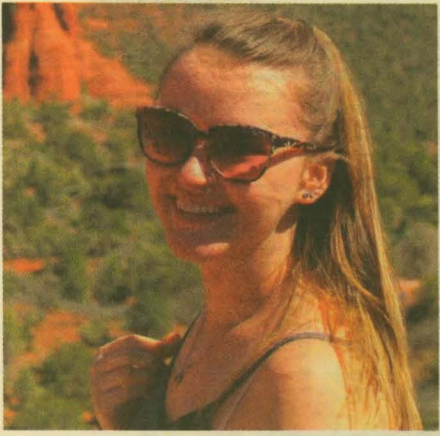
No matter where you come from, no matter who says you can't do it, you can. There are countless people that exist in the world as proof. They had times where they thought they wouldn't make it, they had times where they had to fight against the current. But the one thing that every successful person has in common? They believed.

So believe, because you too are indomitable.



# A Look Back Before I Move Forward

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Since the beginning of this school year I have had a countdown on my phone. I've been pushing myself through this year by slowly counting down the days until I could finally walk across that stage, receive my diploma, and say I did it. As I

write this there are 11 days left until I'm able to do that, and even though I've been looking forward to that moment since the very beginning, I'm wishing I could turn back the clock for a second.

I wish I could go back to meeting Ariel Baxter, Heather Filafer, and Katie Kaiser on the side of the road; the moment I randomly met the friends I would share so many laughs with. I wish I could go back to the first roommate bonding night I had with Alyssa Sims and Zoe Lawrence and make it last a little longer because I am not ready to leave them. I wish I could go back to the first "bad day" ice cream date I had with Ben Trebian, even though I know there are more of those to come in the future.

Don't get me wrong. I'm incredibly excited to start the next chapter of my life. I'm moving to Minneapolis and I accepted a job offer that I think is a perfect fit. I have so much going for me right now and I'm incredibly thankful for that. It's just that I've started to realize how much I'm going to miss this little university and all the different moments that came with my time here.

I started my journey here scared and alone but I'm ending it surrounded by people who have picked me up countless times. People who have been there for the laughs and the tears. People who I know I'll always have on my side, even if they aren't directly by my side.

I know this next step won't always be easy but I also know I'm

ready for the challenges to come. Stevens Point gave me more than just friends and fun memories. It challenged me. It provided me with the tools I needed to grow and learn. It provided me the opportunity to choose who I wanted to become. Freshman Erica was scared, quiet, and unsure. On May 18th, Alumnus Erica will be self-assured, ready to speak her mind, and ready to conquer what is to come. I'll be a little scared - but hey, after the last four years, I think the odds are in my favor and I'm ready.

Thank you to, Professor Hill, Professor Tolstedt, Professor Ingersoll, all The Pointer staff, all the SPTV staff, my parents, my sister, and everyone else who helped me find my way these last four years.

# The Last Words I Have To Say...

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Man, college was hard. Like, really hard.

The late nights, balancing a social life with an academic career and a collegiate sport, and trying to manage all of my own personal demons. To say it has been rough is putting it lightly.

I have always had an outlet, though, and that outlet has been writing. Whenever I needed to blow off steam, I ran to my laptop and wrote whatever came to mind. Often times, this resulted in sports articles and pieces of a similar variety.

It was not until senior year that my writing garnered any true purpose. You see, I was writing just for the sake of writing (and for class assignments). My work never went anywhere besides a D2L (R.I.P) drop-box, or to my family.

That all changed when I decided to post my articles to LinkedIn. I was noticed by Fansided's Behind The Buck Pass, where I was offered a position as a blogger for the Milwaukee Bucks; my favorite basketball team. I quickly accepted the position and got to work.

Steve Hill, my favorite professor and The Pointer's advisor, was able to get me additional work in sports writing, which further increased my portfolio.

Soon after, Erica Baker, The Pointer's lovely editor-in-chief, caught wind of my writing as well. She took me into The Pointer, and the rest is history.

Since then, I have covered a sitting President, broke huge news on campus, got in trouble, and won reporter of the year. There have been many other accomplishments on the way, but if you know anything about me, I could go on for days about my life, and nobody wants to hear all that.

With graduation around the corner, I can comfortably say these have been the best five years of my life. From winning national championships with the UWSP Cheerleading team, to making friendships that will last a lifetime, it has truly been an amazing experience. Sure, there are plenty things I would change, but what is the point of dwelling?

Now, to get a little bit personal, I'd like to share a story from my high school career. I have dyslexia, and as a freshman in high school, I was put into classes with other students that my school deemed "special". I was awful at math, had horrible handwriting, and had a slight speech impediment. If you met me today, you would never assume anything was wrong with me.

My guidance counselor, Mary Jane Whitty, convinced me that there was nothing wrong with me, and that I was smart enough and

capable to get out of the special learning courses and to get back into the regular ones.

The world told me there was something wrong with me. Teachers saw my potential, but knew I was behind schedule in relation to my peers. I finally realized I was good enough, and I have MJ to thank for that.

With rebuilt confidence, I joined honors English courses, advanced placement courses, and so on. When it was all said and done, I finished high school with a 3.0 GPA and a 24 on my ACT. I earned the Glenn R. Jacobs Leadership Scholarship; an award given to a student who overcame extreme adversity to make something of themselves.

I did all this while being dyslexic. The words that you have read of mine came from a man with a brain that does not typically produce strong writers; let that sink in. The reporter of the year has a disability that prevents most of those it affects from ever picking up a pen. This is a testament to a bigger idea, though.

It is cliché, but if you truly want something, you can make it happen. Forget everything that you have ever been told. You are good enough. You are smart enough. You are worth it. Never give up; because the fear of failing is nowhere near as bad as the regret you will experience from never trying. When the opportunity arises, seize it. The world can be yours, but only if you take it.

I have so much more to say, but that will likely come out in a long-winded Instagram post (jszaniawski; follow me). For now, I just want to say thank you all for reading

my words and for taking the time out of your busy lives to provide feedback.

I'd like to thank my mom, dad, brother, grandma, and the rest of my supportive family for loving me when it felt like the world turned its back on me. I'd like to thank Leo, Brandon, and Tony for being my best friends throughout my entire college career. I'd like to thank Jake, Andrew, and Connor for being some of the most fun roommates I've ever had.

To my professors, colleagues, peers, teammates, and everyone else who has stood by me these last five years... Thank you. You have done more for me than you will ever know.

With that being said, I do in fact have a plan for the future. This summer, I will be running the pro-shop at Muskego Lakes Country Club and instructing women and juniors in the game of golf. I will also be volunteering at a local cheerleading gym. Once summer is over, I will be applying to the Wisconsin Herd G-League basketball team and the Milwaukee Bucks in a Public Relations role. Whichever one selects me will be the job I take, and will forecast the rest of my life.

Until then, I'll leave you with words from an American Hero, Ric Flair, that reflect the twenty-two years of living that I have done.

"If you're a man, you don't cry about it. You take life; the ups and the downs. If you're a real man, you never go down... you just stay up."





Photo courtesy of Unsplash

## UWSP Athletics Recap and Preview

**JACKSON JIRIK**  
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As the school year comes to an end, so does the UW-Stevens Point athletic season. We look back at the schools' athletics across the board, reaching all the way to a national title with the men's hockey team. A few of the coaches spoke on their 2018-2019 seasons and what they were looking forward to in the upcoming 2019-2020 seasons.

First up was the football head coach Greg Breitbach as he gave his thoughts on the Pointer season. "Last season was a unique experience, we came in so late at the 1st of July as coaching staff so there was a lot to do 35 days before camp regarding hiring, organizing the offensive, defensive and special teams' schemes. Getting to know the players and what they can do and who they are. We played a very tough non-conference schedule and John Carroll who ended up 9-2 and, in the playoffs, Wabash ending up 9-2 as well, two good outfits in game one

and game two. Learned a lot about ourselves, got better as a team. We won the 3rd game, the Spud Bowl against Dakota State and learned some things on both sides of the ball there as well. It prepared us for our league schedule and then going into the league and I felt like we got better each week as the season went on and down the stretch the last three games of the year being able to win 2 of our last 3."

Breitbach said that as they get ready for the next season they are looking at a few of goals that they have. "Offensively get some points on the board and defensively make some big stops and control the running game a little bit really leads us to believe that we got a chance to do some things this next year. We're really focused on some of the close games that we did not win, losing by 3 to Wabash, losing by 4 on homecoming against Stout were games that we felt like we could have won and also the Pink game against Platteville was an opportunity if we could've done a little more on offense and made a few

more stops on defense we could have won that game."

Breitbach went on to give his thoughts about what the upcoming season should look like and what he expects. "We expect to be over .500, we expect to win more than we lose, we expect to make a run at the conference championship. We were 3rd in the league and we would like to be 1st in the league, and that's where our focus has been in the offseason. We've been working on getting bigger and stronger in the weight room, that was our first focus and then just going through some continuity in the spring, revisiting our offensive and defensive schemes and our players are getting more comfortable with where they are. Then how to make the adjustments against the defenses and offenses that we play against. That's going to put us a step forward going into fall camp and then it'll just be a matter of how we play on game day."

The Pointers open their season against John Carroll University on September 7th for their first of

the non-conference games. They play their first conference game against UW-River Falls in Stevens Point on October 5th. It looks to be a promising season for the UWSP football team.

Women's Basketball was the next focus as coach Shirley Egner gave her thoughts on the previous season and the upcoming season. "Last season was very challenging for us, very youthful squad, we struggled with our win-loss record. But I felt like we made improvements throughout the season with our youth. Got a little bit more experience under our belt, was able to compete. Lost some close games, but you know everybody looks at that final win-loss record and you know we did not achieve double-digit wins for the year so that was disappointing. Overall, I felt like our kids gave great effort and were coachable."

Egner spoke about the next season and what she expected from her athletes to be working on during the offseason. "You know this is the time of year as a Division III stu-



# UWSP Athletics Recap and Preview

dent-athlete where regardless of what sport they are in, they have to put some time in on their own, they have to be self-motivated and get in and get quicker, and stronger, and faster, and increase their agility and shoot the ball and all of those things that it takes to be a solid Division III student-athlete on the basketball court. So what I'm hoping for between now and October when we start up again for '19-'20 that our student-athletes have been diligent, they have been disciplined, they've been in the gym, they worked on their skill set. The improvement of their individual skill set will help our team moving forward. Again, moving forward, we're only going to have one senior next year, so this year we had two, next year we have one, so again we're going to be youthful, but we can't use that as a crutch. We've played our freshman; we've played our sophomores, now those freshmen and sophomores are going to be sophomores and juniors and it's time for them to step up and reach our expectations. Which do not change year in and year out in our program and

that's to win the WIAC league, win the WIAC conference tournament and get into the NCAA tournament. We haven't been in the NCAA tournament since the 16' season so this senior class has not participated in the NCAA tournament and that's a goal of ours. We will work extremely hard and be very disciplined with what we're doing, hoping that were able to get into the NCAA tournament come next February of 2020."

The Pointers were led by freshman Amber Baehman last year averaging 13 points and 7.5 rebounds per game. She looks to help the Pointer team and leads them for a deep run next year.

Next up on the list was the head coach for the women's volleyball team Lindsay Kooi as she gave her thoughts on her teams 2018-2020 season "Any head coach can say you never want to settle and you're constantly wanting to get better. We were battle tested last year, I think we ended up having the third toughest schedule in the Midwest region, but it helped us prepare for our conference. If we wouldn't have played

a tough schedule, I don't think we would have made it to the semifinal match in our conference tournament. We give Eau Claire a run for their money in the semifinal game, they went all the way to the final 4 and we probably should have beat them. That's one game I wish we would have back, so we've definitely had our ups and downs, but I think this team really battled adversity and handled it extremely well and we were playing our best volleyball at the end of the season." Kooi stated.

Looking forward to next year a majority of the team will be returning for a good season. "We are pumped. We only lose one starter, everybody is returning, we had a couple of underclassmen get a ton of experience and that always helps them looking forward. We've got high expectations, I think this team, our season fell a little bit short last year and they are hungry to exceed those expectations and reach the NCAA tournament and win a conference championship and it's going to be hard, but they've got the right mindset to do it. We've been working hard in

our spring season training and we're heading to Europe to play four matches in just about 2 to 2 1/2 weeks. Again, it's all those opportunities for us to grow as a team and hopefully reach our goals so we're pretty excited."

The women's team finished with an overall record of 18-16 with a 4-3 conference record. Having a tight group with lots of returners this year makes for a promising upcoming season.

Across the board, the coaching staff for all teams sees a good year if they can put the pieces together and work hard in their offseasons. Stay tuned for updates next year on your UWSP Pointers. #Rolldawgs

## Pointer Profile - Will Iloncaie

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Year: Senior  
Major: Marketing

When did you start playing baseball?

When I was two or three I think right away. I've always been a big sports fan growing up, I've always done basketball, baseball, football, everything. Baseball was probably my favorite growing up.

Why did you start playing baseball?

I don't know, my mom has videos of me just throwing stuff up from the earliest ages, like cubes and stuff and hitting them. I think that's what made me wanna play. Also, my buddy Dan Douglas who went here, I grew up with him too. He and his brother were always just a big influence around me.

What other sports have you played?

I messed around with golf for a little bit, I'm not as good as I once was. I pretty much do everything, just messing around with friends throwing a football around but organized sports it would be football, basketball, baseball were the main three.

What would you consider a successful season for you?

Just kind of staying away from statistics because people get lost in those, it's just more of being with everyone and kind of knowing each other as a team and playing as a team. Just being with your guys and being able to get along with them and everyone making friends with the freshmen and newcomers coming in and everything like that.

Where do you see yourself in five years?

Hopefully in a management position at least a full-time position in a corporation somewhere. The main goal is to be in a management position by that time but that's not really how things work but yeah just being somewhere successful being able to manage my own finances and everything like that and being able to have options with what I want to do.

What is your favorite part about playing baseball?

I think just because it's a kid's game everything kind of rolls into that my favorite part would be kind of just messing around the whole time. It's not as intense as basketball or football where you have to be in every play. If I'm at shortstop and we're in between pitches I'm spac

ing out all the time and then the next pitch comes in and I have no idea.

Where do you see yourself in five years?

Hopefully in a management position at least a full-time position in a corporation somewhere. The main goal is to be in a management position by that time but that's not really how things work, just being somewhere successful, being able to manage my own finances and and being able to have options with what I want to do.

Yeah I'd say that's my favorite part, how laid back it is. It's an individual sport at some point where

you're hitting alone but you have to succeed as a team with all nine guys in order to be successful so I think that would be my favorite part is just being able to bring wins together.

If you could go travel in the world where would you go?

My first travel would probably be Hungary, Budapest because I'm Hungarian.

Favorite color?

It's always been blue.

Favorite food?

Chicken wings.

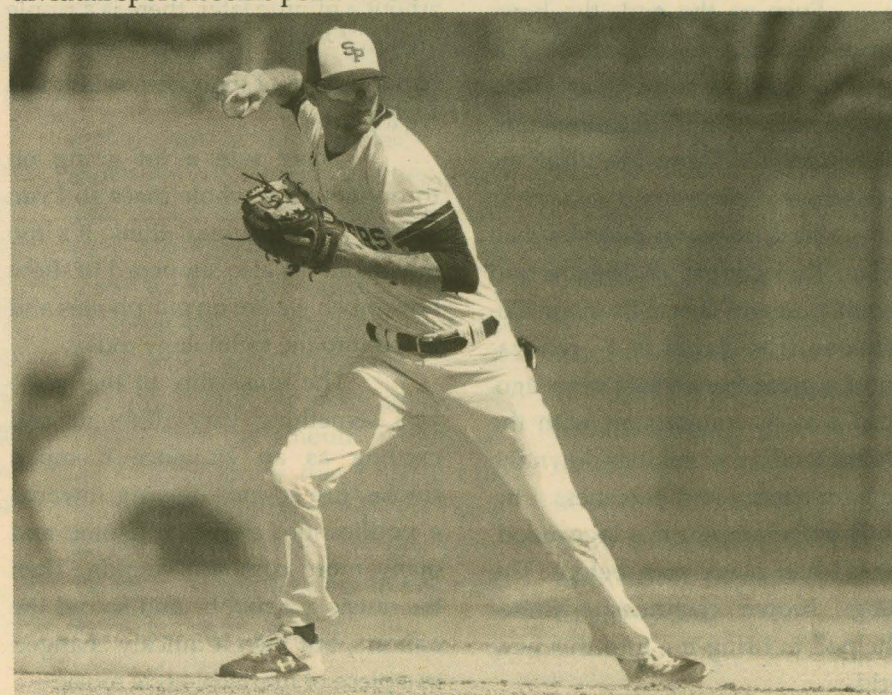


Photo courtesy of UWSP Athletics





Photo courtesy of UWSP COFAC

## Dance Faculty's Visions Came To Life In High-Quality Storytelling

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A night filled with many emotions and curiosity in each performance was just a little part of what the spring dance production "Danstage," brought for the concert.

This production is the dance faculty's chance to showcase what they have researched over the past year and what has inspired them to create these artistic stories through dance. Although made up of only four pieces between 15 and 30 minutes long, "Danstage 2019" made you reflect and think about many different topics in the world.

First off of the night was the guest choreographer, associate lecturer Pamela Luedtke. In the piece, called "Depth," the dancers started together as one, but as soon as the musicality came in, everything was on point. They split into groups and went back and forth, almost like showing how far they can go in a fight.

In the middle of the performance, there were projections on the bottom of the floor of flashing lights and almost grass-like videos, shining on the soloist as she was in a black crinoline. The meaning I interpreted was seeing how deep emotionally and physically one person can go and how it affects everyone as a whole.

Even at the end, the bows were as elegant as the piece itself. The dancers were dressed in silver sparkly two-pieces - almost like jumpsuits, which added to how beautiful the piece was overall.

Next up was a piece by Joan Karlen, Department of Theatre and Dance Chair and Dance Program Coordinator. The dance is a renovation of a piece from a few years ago. It had a very unique start with the dancers sending wood logs down the line with energy and fierceness. I instantly got a camping/vintage mood, which I had never seen before. The vintage brown costumes definitely helped to bring me into this new world.

The piece brought you on this journey with a few different scenes of duets that eventually all came full circle at the end.

The music was an excellent choice, with the dancers yelling out "la," while slow marching band music played in the background. Just as the dancers are balancing on the wood logs, the music stretches into the flow perfectly.

Throughout the whole piece, the choreography matched with the music as it kept building up to the big moments, then brought you back down again with the next scene of duets. Just as you thought it was over, there was something else starting up again. I wouldn't say it kept me going in-and-out of the journey because the transitions helped piece it all together. That's what made it work.

At the end, the dancers are moving the wood logs down a line again, then they find their place and spread out all over the dance floor. It was symbolic, showing that we are all one.

My favorite piece of the whole night was Jeannie Hill's "LOL...Did You Really?" The title says a lot already: that you're in for a fun treat. As soon as the lights went up, the dancers strut out by making text bubble sounds with their mouth. About a minute later, there is a ripple effect of "Me" and "No," with their hand in front of their face, acting like it's a phone.

There was a lot going on throughout the whole piece so I can see why people may think it's too much, but it's also supposed to show how much we are on our phones and glued into the technology today.

The musicality of this piece was something very different and exciting as an audience member; smoke/fire sounds gearing towards a notification, swipe, ringtone, and many more common sounds. Then the music got robotic and so did the dancers, but then it quickly changed to a piece of mariachi-style music

with each individual dancer acting like they're the star of the show with their hand as their phone again. The best part of it all was their facial expressions of fake smiles as robots, getting the whole crowd to laugh.

About halfway through the piece, the music went from a fast mariachi band to silence real quick. But it picks right up again for the runway show and the audience gets to see all the dancers acting as the stars of their own show again.

One aspect that was really different and cool to watch was the sound of a phone ringing. Everyone in the room instantly thought, "Who didn't turn off their phone?" But the group of dancers strutted in a troupe to the spotlight of one random audience member with mad looks and go "Are you serious?" Then they grunted and scattered away. This was a powerful moment to show how real this performance was and how glued we are to our devices. So many people don't turn their phones off in theatre shows, dance shows, movies - all of it and it's annoying. This aspect really brought the piece to life on a whole deeper level.

Hill's piece did a marvelous job telling the story of what society has come to with quirky, funny, star-struck moments in an artistic form. I loved every minute of it.

Finishing off the night was Michael Estanich's piece, "Staying Power." If you read my preview article last week, you have an idea of what his story is about. The piece started off with a trio of blue center-piece balls hanging from the ceiling from each corner and the center of the stage. It set the tone of the blue, calm feeling to prepare you for what is coming next.

The blue jumpsuits the dancers wore matched with the tone of the piece, adding to the deep feeling of what you're about to encounter. You may not know what to expect but something hidden from this story is coming out of you.

Estanich said in my other article that he had the chance to make original music for his performance. There definitely was some unique moments in the music that brought you into this new world of perspective. Striving for incorporating social change and activism events into the piece, the dancers sat on the outside of the risers next to the audience like they're watching the show themselves with you. I took away that you have people sitting on the outside doing nothing and then people on the inside, or dance floor, taking risks and wanting change. That was forceful.

The performance even had some "wow" jumps that I didn't get with any other piece during the night. There were so many lifts that were breathtaking and amazing to see. All of this was to show the struggles these kinds of activist groups have.

Estanich knows how to not just tell a story but show it in his love for dance. Using passion and heart for these issues and bringing it into an art form shows the skill of both the choreographer and the dancers.

All the faculty this year had incredible performances and it's always so fascinating to see what they come up with each year, getting a deeper snippet of their personal lives.

Dance is able to do this for us and if you have the chance, you should definitely see this concert for yourself. Take some time to relax before finals week with an enjoyable, delightful performance from some high quality, professional dances in our own backyard.





Photo courtesy of SPIN

## Acapella Groups Spread Some Sunshine With Their Final Performance

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The aca-amazing talented singers of acapella organizations are hosting their annual end of the year show, "Another Day of Sun," on Saturday, May 11 at 6 p.m. in the Dreyfus University Center Laird Room.

Acapella is singing without using instrument accompaniment and solely using your voice. There are four acapella organizations on the UWSP campus: an all-girls group called the Point Pitches, the all-guy group, On Point, a co-ed group named No Strings Attached, and the newest co-ed group, Sforzando.

All the groups have been rehearsing for months in preparation for their final performance this weekend. In particular, The Point Pitches are singing seven songs including "Man! I Feel Like a Woman!" and "I Will Survive." From classics to new songs, there is a variety for everyone to enjoy, including the material from the rest of the ensemble organizations as well.

Junior Mollie Schenk, President of the Point Pitches, talked

about the challenges of her position but also how she learned so much from it.

"You have to be very flexible with music. You rehearse one song over and over but if something isn't right you have to make sure you have enough time to prepare for it and bring the same energy every time."

This type of organization is different from others on campus because it is the people that make it so special to be apart of.

Sophomore Hunter Aulds, a singer in On Point, expressed what he loves about being a part of an acapella group and what makes him keep coming back each year.

"[There's] a great sense of community and they're my home away from home." Aulds takes great pride in and is grateful for On Point for being a second family for him while away at college.

On Point is very excited for their performance because they have a bunch of fun songs and a few surprises up their sleeves that you have to attend to find out.

For the finale performance, all the ensembles are coming together

to sing "Another Day of Sun," which was arranged by the talented Jaymes Gayhart. It's also the theme of the night because they are a community coming together to share the awesome music they made.

Schenk and Aulds both empathized that they are excited to perform and finally show all their hard work finally to the public. A performance like this is never boring and there is something you won't expect coming with each ensemble.

Besides their semester performances, A Capella UWSP offers a lot of socials and workshops to interact with members as well as to practice their vocals.

Point Pitches puts on game nights, walk-overs to Belts, open mic

nights, no-audition groups, and aca-workshops where anyone can come and practice their singing with the members and get feedback. No commitment is necessary; they encourage all to come.

For more information and how to get involved with A Capella UWSP, you can find them on Facebook: @onpointuwsp, @thepoint-pitches, @sforzando, and the main organization, @acuwp.

Tickets are \$9 for adults, \$7 for kids/seniors and \$7 for students. Students are free the day-of with their student I.D and tickets can be purchased at the DUC Information and Tickets desk.

It'll be one aca-amazing time!



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## Uncle Adi's Review

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There is a tiny lot on 301 Division Street, in Stevens Point, Wisconsin, that has seen a carousel of businesses rotate in and out before they ultimately went under. At first, it was a Korean drive-thru restaurant. Then, it became a barbecue stand. After both ventures failed, the lot was transformed into a new restaurant: Uncle Adi's.

Uncle Adi's is a greek drive-thru and quick service restaurant. They offer traditional greek gyros, salads, and sides. For the lover of greek food, Uncle Adi's has everything you crave and more. Mouth watering lamb meat, beer battered french fries, and delicious falafel on pita bread. There are plenty of options to choose from, which is surprising for such a small stand.

Uncle Adi's features plain gyros, chicken gyros, and chicken caesar gyros. For those who do not know what a gyro is, it is a sandwich on pita bread with lamb meat, slices

of tomato, onion, and tzatziki sauce. They also feature burek, which is a "flaky phyllo pastry filled with a perfect blend of ingredients and baked". They have ground beef, feta cheese, spinach and feta cheese, spinach, and potato burek. For the kids, Uncle Adi's has chicken fingers and fries. However, there is so much more on Uncle Adi's menu. They also feature gyro salads, chicken caesar salads, baklava for dessert, and more.

When it came time to actually eat and review the food, I decided to go with the classic gyro, diet coke, and fries combo.

To start, let's address the speed of service at Uncle Adi's. Because it had recently snowed, I decided to utilize their drive thru. With a few cars in front of me, I knew I would be in for a wait after I placed my order. Yet, before five minutes could pass, I was treated to my food and a smile by the friendly cashier serving me. Like most hungry college students, I could not wait to eat, so I pulled into the Anytime Fitness parking lot to enjoy my meal. How ironic.

Now, the portion sizes of Uncle Adi's food make the low price of \$12 worth it. As I said earlier, I purchased their classic gyro, beer battered fries, and a diet coke. For that price, the serving sizes I was treated to was a pleasant surprise.

The fries were thick cut and battered, which is right up my alley. They come in a Wendys-sized large sleeve, and overflow their container, with fries plummeting to the bottom of the bag. The gyro itself was comparable to the size of a loaded up chili cheese dog. Long, filled to the brim with meat and toppings, and served on a warm, hot piece of pita bread. The meat, tomatoes, sauce, and other toppings poured out the sides. Perhaps a fork would be needed to fully enjoy the meal...

Taste is the name of the game here, and for your dollar, I believe that Uncle Adi's provides the best tasting gyro in the Portage County area. It is balanced, and no individual taste overpowers the other. The meat is a bit peppery, with hints of garlic that bounce off your taste buds. Like

I said, though, no one taste overpowers the other. Their tzatziki sauce, which is a combination of greek yogurt, cucumbers, salt, garlic, pepper, dill, olive oil, and lemon juice, is a welcomed addition to the mixture of lamb meat, tomatoes, and onions.

I was pleasantly surprised with the food I ordered. For a relatively low price, you get a lot of very tasty food. It is a great value for your dollar, and with the quick service that you are provided, cannot be matched by any other gyro shop in the area. Uncle Adi's is open from 10:30 a.m. to 8:00 p.m. every day. For great food, a friendly staff, and exceptional service, give Uncle Adi's a try!

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