

the pointer

University of Wisconsin - Stevens Point

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Opinion: Welcome International Students!

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As a Hispanic and nontraditional student, I think UWSP is a great University that welcomes and provides educational opportunities to all students. There are people that live outside the USA that would love to study in the USA. However, their visas get denied and they are not able to follow their educational dreams. Nevertheless, there are international students that come every year to UWSP. I am grateful that every semester I have the honor to meet and take classes with new students, advisers and professors from different cultures and countries. At the beginning of this semester, I stopped at the Office of International Education and spoke with Johannes Schmied, International Student Adviser, and Yifan Ning, Peer Mentor, who were happy to introduce me to some of the international students at UWSP. I got to speak with some of them. THESE ARE THEIR STORIES:

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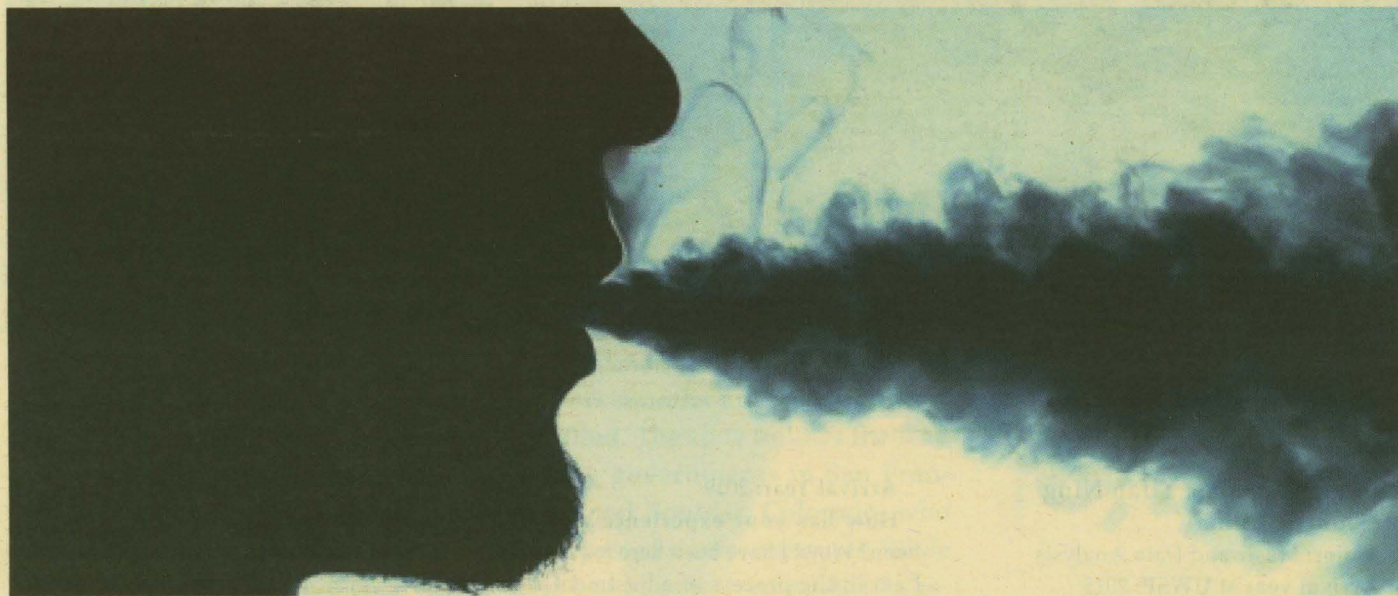


photo source: sciencealert.com

Vaping, Public Health, and Future Implications

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Since April of 2019, there have been 450 cases of reported vaping-related illnesses and 5 deaths in 33 states in the United States - these numbers continue to rise.

First introduced in the United States in 2007, vaping has been considered a healthy alternative to smoking regular cigarettes and has become popular, especially among younger people. Nearly 10.8 million American adults use e-cigarettes, while more than 3.6 million middle and high school students use vape devices as well.

Recently, however, vaping has been under scrutiny since a wave of cases of pulmonary disease and deaths - the first occurring in August - that have shocked vape-users and non-users alike, leading some to consider it an epidemic. Seemingly, the one factor that is shared among these cases is a history of vaping. People who have been hospitalized have experienced many symptoms, including breathing difficulties, chest pain, fever, and fatigue. In Wisconsin, where 32 cases of chemical pneumonia, or inflammation of lung tissue, are currently being investigated, the Department of Health Services stated that

all patients reported vaping in the weeks and months prior to hospitalization. Before being admitted to the hospital, patients' symptoms worsened for some days to weeks.

Prominent national organizations, from the Centers for Disease Control and Prevention (CDC) to the American Lung Association, have since issued warnings telling people to stop using all vape devices immediately. Dr. Helen Luce, D.O., and the new Medical Director for Student Health Services here on campus, echoed these same concerns.

"The most important thing for people to know is that youth and young adults should not use e-cigarettes, pregnant women should not use e-cigarettes, and adults who do not currently use tobacco products should not start using e-cigarette products."

Dr. Luce says that herself, as well as other medical professionals, have been suspicious of the safety of vaping products for some time; especially when used by teenagers and children.

Meanwhile, governmental organizations, including the FDA and CDC, are working diligently to understand the problem more clearly. As of now, no definitive cause of these severe respiratory illnesses has been found.

While traditional cigarettes go through a process called combus-

tion, liquid from vape devices is aerosolized. Once the liquid has been aerosolized, it becomes vapor; which, when inhaled, can cause the inflammation of lung tissue. According to the CDC, this vapor also contains heavy metals and other cancer-causing chemicals.

Another major difference between traditional cigarettes and e-cigarettes, says Dr. Luce, is the lack of knowledge and research on the health impacts of using e-cigarettes.

"In my opinion, the risks from smoking traditional cigarettes are much better known since we have been researching and seeing those negative health effects for a much longer period of time."

In general, vape liquids contain propylene glycol or glycerol, and may contain nicotine, marijuana, or be nicotine-free. Flavoring chemicals may be found, as well. "These flavored products," says Dr. Luce, "are more attractive to younger-age groups."

There is growing scientific evidence that these flavors are toxic to the lungs. When these flavors degrade, they produce a stable chemical compound, called acetals. When introduced into lungs, acetals cause irritation and can kill human lung cells.

Another impact to the lungs can be

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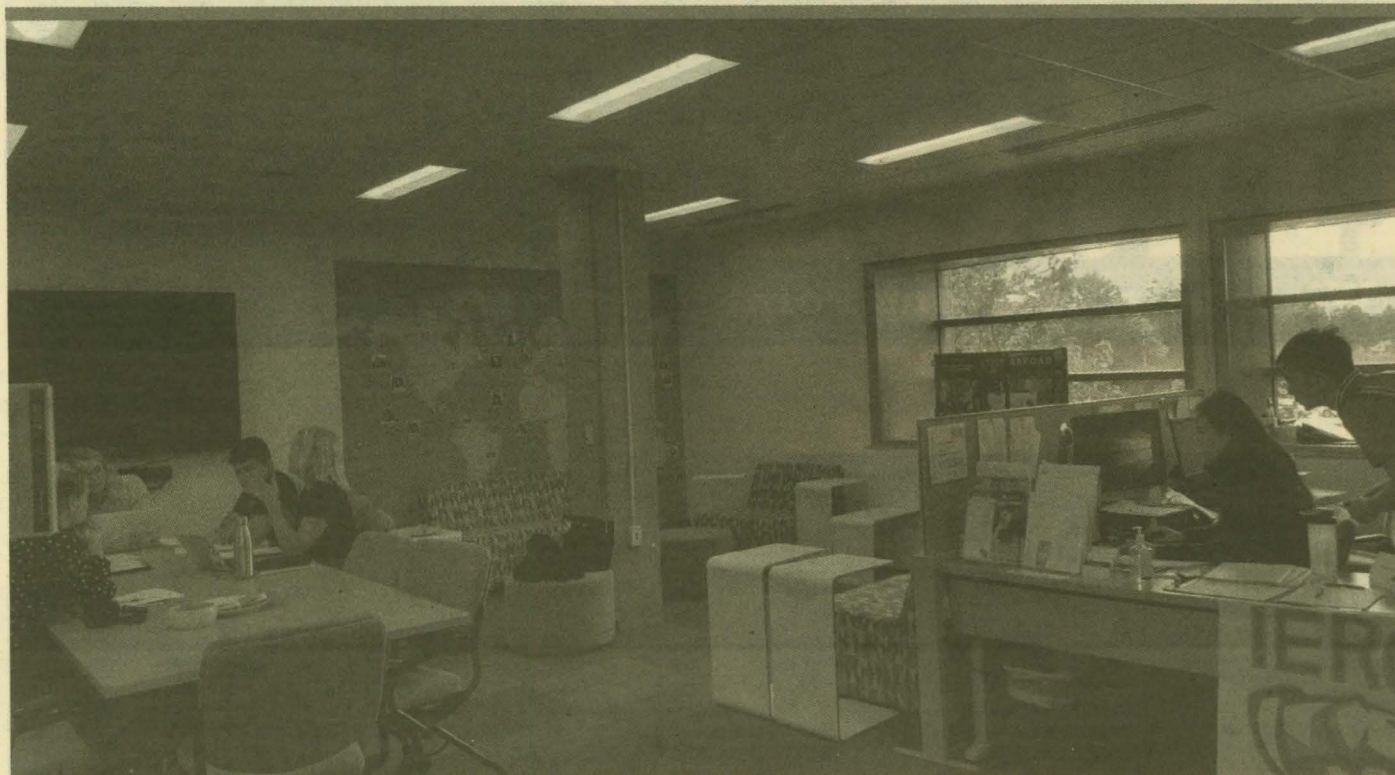
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continued from pg. 1

Student's name: Yifan Ning

Country: China

Major: Music and Data Analysis

Arrival year at UWSP: 2015

How did you decide to come to UWSP?

A Chinese teacher suggested me to come to UWSP. Then my mom decided to send me here.

A Chinese teacher suggested me to come to UWSP. Then my mom decided to send me here.

How were your first experiences at UWSP?

Good! I like the culture here. Students and host family were very welcoming and helped me. I met friendly people and found many clubs to get involved. I studied ESL during my first semester in 2015. My professors were very friendly, very patient, they cared about me as a person. I made many friends. In 2016, I started my general requirements which went well, had good grades. It has been a fun experience to learn. There were a few differences but then I got used to it.

What is your favorite class? Piano Studio class.

What extracurricular activity do you like best at UWSP? I like being involved with Intervarsity Christian Fellowship. I like the community because of how much it grows me as a person, and how much care and love I've received from this group.

What is Intervarsity Christian Fellowship? It is a Christian fellowship on campus that spreads the gospel and leads people to know about Jesus. It's an open and loving community towards all University students.

What is the best about being an international student? It is fun to share my culture to other cultures and learn from other cultures.

What are some difficulties? Some language barriers, cultural shock, homesickness.

What is your advice to another international student? Be open and brave to try new things. Make friends, build connections and challenge yourself.

Student's name: Maria Frolova

Country: Russia

Major: German Teacher and Linguistics - Orenburg State University in Russia

Currently she is a Fulbright Exchange Program Student and works as a Russian Teacher Assistant at UWSP.

Arrival Year: 2019

How has your experience at UWSP been? Wow! I have been here for 2 weeks, I am in the process of adjustment. I am trying to figure things out. I like it! I am very impressed by the campus. I think UWSP has everything to be successful and to succeed in your study. I also like that in UWSP there are many opportunities after classes like clubs, training classes. Also, the nature here is awesome. I am very happy, a lot of people are very nice to me and very helpful. I have 7 students in the Russian class, they are doing pretty good by studying Russian. I am very surprised and very glad that there are people in Stevens Point who want to learn Russian, because it is a very difficult language.

What is your favorite class and favorite extracurricular activity at UWSP? I am taking FLED 333, is a course on how to teach a second language, I am also taking a German course by Professor Barske. I am enjoying both classes very much. After classes, I love to go to Schmeekle Reserve to recharge myself, I like walking. I found an aerial art studio in Stevens Point, I am taking aerial lyra classes. Here at the University, I am planning to participate in the International Club and would love to go to the German Club also.

What are some difficulties of being an international student? Being so far from family and friends is not easy. Every person needs time to adjust to the new life. You should definitely know how to plan your time according to your schedule. At my home university we had another structure of study. For example, we did not have much homework like here.

Studying in English is not very easy. Sometimes you are not aware of terms, and you need double time to prepare yourself for the classes. It is a challenge and you can accept it. I am sure you will succeed.

What is your advice to another international student? First, take care of yourself, watch your mental and physical health. Do not be demanding, don't push yourself, you don't need to be perfect right away. What is more important is don't be afraid to ask for help. I will add that is ok to cry sometimes. A personal story, I love hugging. There is a study that found out a person needs 12 hugs a day to feel ok. I was feeling very lonely the first week, but I met Patricia, a girl from my dormitory. She was very nice, we talked and she hugged me.

So I felt very happy Don't be afraid, good things are coming.

Student's name: Natsumi Iwamoto

Country: Japan

Major: Global Society

Arrival Year: 2019

How did you decide to come here? I am a student in Japan at Dokkyo University. This university has a student exchange program. I will be here for 1 year, then I am going back to my university in Japan. It is an interesting program.

How has your experience at UWSP been? In class, I am still a little bit nervous. But I don't have any struggles making friends because I like communicating with people. I already made nice friends. People are so friendly here.

What is your favorite class and favorite extracurricular activity at UWSP? Linguistics and English class. I went to Intervarsity Christian Fellowship, they provide many fun events, including picnic, sports, going to church. I am not Christian, but that does not matter, there are people in that club that teach me about Bible. I don't have that opportunity in Japan for me. That is new and something special for me. I think that is interesting.

What are some difficulties of being an international student? Speaking English as my second language and participating in normal classes at normal speed. The classes sometimes are difficult to understand and to catch up. Working on assignments with native students is difficult also.

What is your advice to another international student? Speaking out is very important. Take action is important also. The professors here support the international students. It is better to ask and talk to professors, that is very important. They are very supportive.

It has been a great experience to meeting these students and speak with them. I am looking forward to keep meeting more students here. I was told that the doors for the International Club/Students Office and Multicultural Center are open to everybody. I am thinking that is the same for the other clubs also. Come and visit us!

THE POINTER

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Vaping, Public Health, and Future Implications continued

understood in light of two types of lung enzymes: "protease" and "protease inhibitors". When anything harmful or foreign enters the lungs, including vapor, these enzymes break up the harmful substances. A balance exists between the two enzymes, which prevents protease from also attacking proteins in the lungs, themselves. When e-cigarette vapor enters the lungs, the balance of protease and protease inhibitors is disrupted, which can lead to lung damage. In these instances, nicotine may be the primary culprit. Additionally, nicotine can cause changes in cells, including cell death.

E-cigarettes also increase the risk of cardiovascular disease and heart attacks. E-cigarette vapor activates platelets, a blood component, whose task is to form blood

clots; such as when someone gets cut. When exposed to e-cigarette vapor, however, platelets are activated inappropriately. This can lead to an arterial blockage in the heart or brain; or, this can create a tear in the lining of arteries'.

Additionally, the vapor from e-cigarettes interacts with blood in another way: artery dilation.

Arteries are blood vessels that carry mainly oxygenated blood to different parts of the body. Just like smoking, vaping negatively impacts artery dilation, or the ability of the arteries to enlarge. When the body requires increased blood flow, such as during exercise, this important ability is decreased.

In relation to cancer, e-cigarettes are implicated in multiple ways. First, they have a similar effect

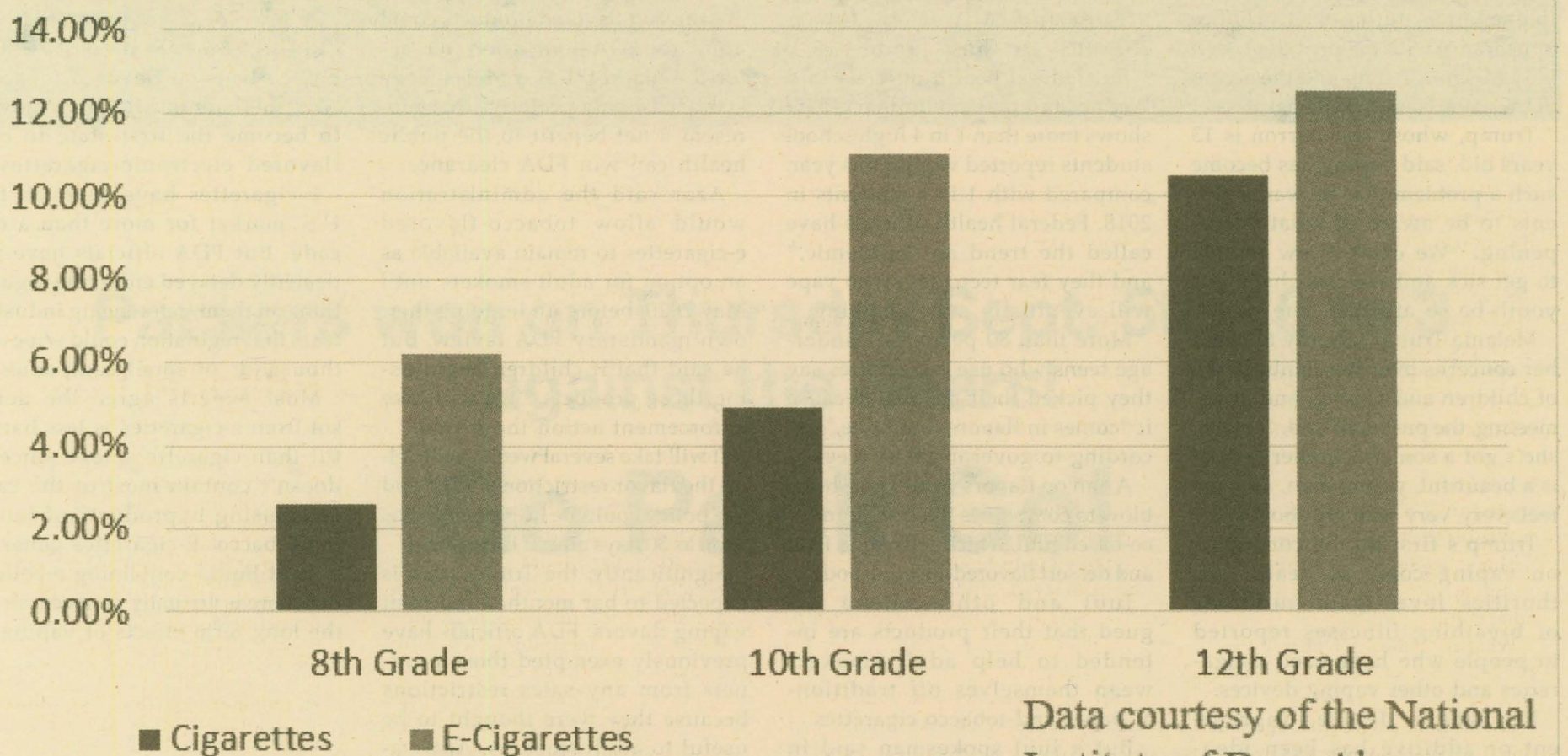
as traditional cigarettes on genes linked to cancer development. Just like cigarette-smokers, vapers have abnormal expression or deregulation in many of these genes. Additionally, the aerosol from e-cigarettes and other vape devices may reduce the efficacy of certain cancer treatments, including chemotherapy.

Just recently, the state of Michigan became the first state to ban the sale of flavored e-cigarette products. The ban, directed by Gov. Gretchen Whitmer, is temporary and will last six-months after officially being filed. The state follows the lead of city governments in San Francisco and Boulder, Colorado, who have passed similar measures. While this ban has received positive support from numerous health institutions, including The American

Cancer Society and the American Lung Association, not everyone has a favorable view. Those who disagree with the policy move includes many businesses in Michigan that sell flavored vape products, as well as the president of the American Vaping Association, Gregory Conley.

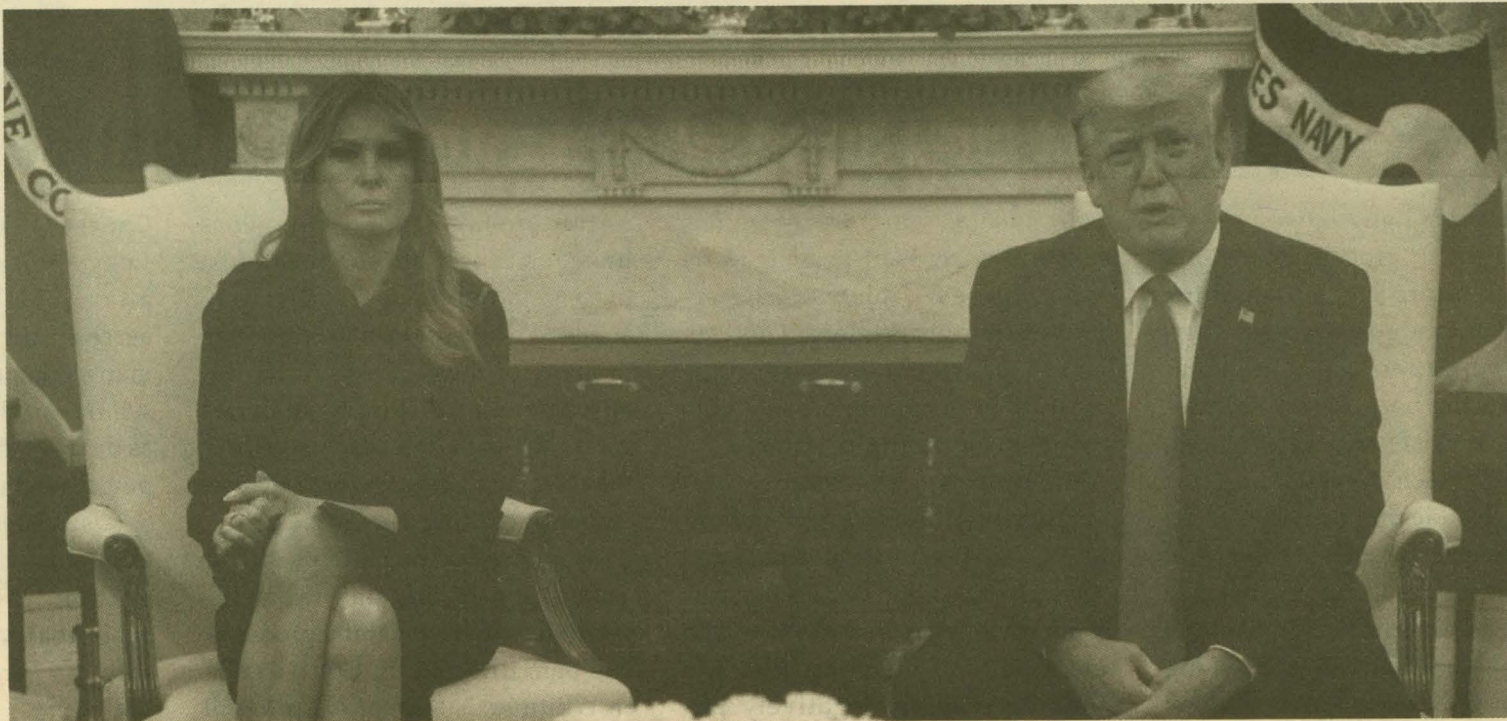
It is unclear whether other governments will pursue similar legislation. What is clear, however, is that vaping may not be as safe as previously thought.

Past-month use



Government Plans to Ban Flavors Used in E-Cigarettes

MATTHEW PERRONE
ASSOCIATED PRESS



WASHINGTON (AP) — The federal government will act to ban thousands of flavors used in e-cigarettes, President Donald Trump said Wednesday, responding to a recent surge in underage vaping that has alarmed parents, politicians and health authorities nationwide.

The surprise White House announcement could remake the multibillion-dollar vaping industry, which has been driven by sales of flavored nicotine formulas such as “grape slushie” and “strawberry cotton candy.”

The Food and Drug Administration will develop guidelines to remove from the market all e-cigarette flavors except tobacco, Health and Human Services Secretary Alex Azar told reporters during an Oval Office appearance with the president, first lady Melania Trump and the acting FDA commissioner, Ned Sharpless.

Trump, whose son Barron is 13 years old, said vaping has become such a problem that he wants parents to be aware of what’s happening. “We can’t allow people to get sick and we can’t have our youth be so affected,” he said.

Melania Trump recently tweeted her concerns over the combination of children and vaping, and at the meeting, the president said, “I mean, she’s got a son — together — that is a beautiful, young man, and she feels very, very strongly about it.”

Trump’s first public comments on vaping come as health authorities investigate hundreds of breathing illnesses reported in people who have used e-cigarettes and other vaping devices.

No single device, ingredient or additive has been identified, though many cases involve marijuana vaping.

The restrictions announced by Trump officials would only apply to nicotine vaping products, which are regulated by the FDA.

The FDA has had the authority to ban vaping flavors since 2016, but has previously resisted

calls to take that step. Agency officials instead said they were studying if flavors could help smokers quit traditional cigarettes.

But parents, teachers and health advocates have increasingly called for a crackdown on flavors, arguing that they are overwhelmingly to blame for the explosion in underage vaping by U.S. teens, particularly with small, discrete devices such as Juul’s.

“It has taken far too long to stop Juul and other e-cigarettes companies from targeting our nation’s kids with sweet-flavored, nicotine-loaded products,” said Matthew Myers, of the Campaign for Tobacco-Free Kids, in a statement.

Federal law prohibits e-cigarette and all other tobacco sales to those under 18.

But federal health officials said Wednesday that preliminary data shows more than 1 in 4 high school students reported vaping this year, compared with 1 in 5 students in 2018. Federal health officials have called the trend an “epidemic,” and they fear teenagers who vape will eventually start smoking.

More than 80 percent of underage teens who use e-cigarettes say they picked their product because it “comes in flavors that I like,” according to government surveys.

A ban on flavors would be a huge blow to companies like San Francisco-based Juul, which sells mint, fruit and dessert flavored-nicotine pods.

Juul and others have argued that their products are intended to help adult smokers wean themselves off traditional paper-and-tobacco cigarettes.

But a Juul spokesman said in a statement that the company “strongly” agreed with the need for “aggressive action” on flavors.

“We will fully comply with the final FDA policy when effective,” he stated.

The Vapor Technology Association said in a statement the flavor ban would force smokers “to

choose between smoking again ... or finding what they want and need on the black market.” The group represents vaping manufacturers, retailers and distributors.

Some health experts have seen vaping as offering an “off ramp” for smokers, but the proposed ban casts enormous uncertainty over those hopes.

A 2009 law banned all flavors from traditional cigarettes except menthol. But that law did not apply to e-cigarettes, which were then a tiny segment of the tobacco market.

“We simply have to remove these attractive flavored products from the marketplace until they can secure FDA approval, if they can,” Azar said.

Azar said flavored products could apply for FDA permission to reenter the market. But under agency standards, only products that represent a net benefit to the public health can win FDA clearance.

Azar said the administration would allow tobacco-flavored e-cigarettes to remain available as an option for adult smokers until May 2020, before undergoing their own mandatory FDA review. But he said that if children begin using those products, “we will take enforcement action there also.”

It will take several weeks to develop the flavor restrictions. Azar said the policy could be implemented as soon as 30 days after it is finalized.

Significantly, the Trump plan is expected to bar menthol and mint vaping flavors. FDA officials have previously exempted those products from any sales restrictions because they were thought to be useful to adult smokers. Anti-vaping advocates criticized that decision, pointing to survey data showing more than half of teens who vape use mint and menthol.

“Finally, the FDA is doing its job,” said Sen. Dick Durbin, D-Ill., who has prodded the agency for months to take action on flavors.

Scott Gottlieb, who stepped

down as FDA commissioner in April, said in a tweet that Juul bore particular responsibility for forcing the administration’s hand.

“Unfortunately the entire category of e-cigs was put at risk largely as a result of the youth abuse of mostly one manufacturer’s products,” Gottlieb said.

Wednesday’s announcement came despite months of aggressive lobbying by Juul, which spent \$1.9 million in the first half of the year to try and sway the White House, Congress and the FDA.

Several former White House officials, including communications aide Josh Raffel, and Johnny DeStefano, who served as counselor to Trump, have gone on to work for Juul.

A few local governments, including San Francisco, have passed bans on flavored tobacco. And this month Michigan moved to become the first state to ban flavored electronic cigarettes.

E-cigarettes have been on the U.S. market for more than a decade. But FDA officials have repeatedly delayed enforcing regulations on them, referencing industry fears that regulation could wipe out thousands of small companies.

Most experts agree the aerosol from e-cigarettes is less harmful than cigarette smoke since it doesn’t contain most of the cancer-causing byproducts of burning tobacco. E-cigarettes generally heat liquid containing nicotine. But there is virtually no research on the long-term effects of vaping.



Promising Season Ahead for UWSP Track and Field

Jackson Jirik
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Brett Witt is in his sixth year of coaching the track and field team here at UWSP and in his 21st year coaching collegiate track and field. Witt competed on the UWSP track and field himself as an undergraduate. He spoke about the upcoming season and his goals for himself and his team this year at USWP.

"Do a better job than I did last year. As a coach, if you are not always trying to learn new stuff, if you're not always trying to do a better job than the year before then you're not doing your job. So to be a better coach, build better relationships, do better recruiting, be a better all-around coach than I was last year."

He went in-depth about his team expectations and what he thinks the team can do this upcoming season. "I could give you a generic answer and say be better than last year. I think I would be selling our team short if I didn't say we'd like to be in the hunt for a top-two finish at the WIAC championships and we've been really close to getting over the

hump to be a national qualifying team the last couple years and haven't been able to get over that. So I think I'd be lying to my team if I didn't say we all thought that was something we want to try to do."

When I asked about his team and who he expects to be leading them, he talked about the men's and women's side. "We're very upper-class heavy on the men's side. We've got four guys back that are either a senior or a fifth-year senior. Two of them had All-Americans in track, two of them are All-Region in the past, three of them have been All-Conference. I would expect those guys to be the kind of the heart and soul of the team as far as how we do athletically, to teach the younger guys the way that Stevens Point does things," Witt said.

"On the lady side we return Georgia Harrison All-Region/All-Conference from last year. We returned Katie Schafer All-Conference honors as a freshman last year and Brooke Welhausen who was the

conference champion in the 800 and right now standing for us at regionals just missing All-Region honors. I would expect those 3 ladies along with our seniors."

The last part Witt went over with me was the team motto that he has created for this upcoming season. "I haven't even really shared that with our team just yet. There's something that Mitch, my assistant, and I came up with this summer that we are very strong fans of. It's not something we care to let out of the bag, if I was going to kind of skirt your question, but still give you an answer I would tell you that there are 3 things that we're stressing for a team that goes back to some of the earlier questions of how we can be successful, what do we have to do, we just narrowed it down to 1-2-3. First thing we got to do on both sides is from the time our first runner crosses the finish line to the time our fifth runner crosses the finish line there can't be more than a minute. If you're going to be a success-

ful program, you can't have a time gap between one and five more than a minute. Number two, we've really trying to stress to our team that we're better individually as cross country runners when we run with our teammates in the middle of a race then having five, seven, twelve individuals out there running on their own so we really need to try to foster and promote the "packing off" mentality trying to raise with your teammates just like you train with your teammates. And then number three is just to dream big."

With a heavy upper-class and some talent in the under-classman, a new motto for this year, and a new way of attacking their season, Brett Witt has a promising year for the UWSP's track and field team and hopes that they will accomplish the goals set for this year.

Pointer Profiles

These profiles are to highlight student athletes that have been competing for UWSP.

Pointer Profile: Alex Egbert

Jackson Jirik
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Name: Alex Egbert
Major: Physical Education
Graduation: Fall 2019
Hometown: Sparta, WI
When did you start running? Freshman year of high school.
Why did you start running? Because of my brother, I was going to do football, but my brother told me to come out and give it a try. Made a few friends and I was like alright, I'll stick with it.

Did you play any other sports? I wrestled for about two weeks.

What would you consider a successful season for you or your team? Making it to nationals.

Where do you see yourself in five years? Hopefully I have a job, I'll be teaching, and hopefully, I'll be coaching too.

What is your favorite part about Track? Definitely the atmosphere.

Favorite food? Sushi

Favorite color? Orange

If you could go anywhere in the world where would you go? Japan, for the food.

If you could give any advice to an incoming freshman, what would it be? Stick with it and push past it because it'll get better.

Pointer Profile- Maddy Hardyman

Dana Bautch
SPORTS REPORTER
dbaut833@uwsp.edu



Major: Athletic Training
Year: Senior
Hometown: Red Wing, MN
When did you start playing soccer? I think I was playing soccer when I was probably nine or ten. Just the little kickers' thing, the last I remember is playing in a U-10 league.
Why did you start playing soccer? My mom put me in soccer because I would have a lot of energy so I was just running around and doing that, but once I started playing, I really liked the team aspect of it instead of the individualized sports. I liked being with other people and doing it with them.
Did you play any other sports? I've played pretty much anything you can think of in high school, but mostly I played hockey, golf and recently ultimate frisbee.

What would you consider a successful season for you? I think if I have a successful season and everyone has a successful season individually then that's what takes us to the NCAA's. I think if I looked back and said, "Wow, that was a successful season for me," it would be that I was in that NCAA tournament with my team and getting it back there for the first time in a couple of years. I think that would make me feel like it was a successful season.

Where do you see yourself in 5 years? Well I have two years of grad school here, so three years after that probably I want to end up being an athletic trainer on a college team, a professional team would be cool too, but I really like the atmosphere of being on a college team, but really starting to solidify my career as an athletic

trainer and start to get my reputation.

What is your favorite part about playing soccer? I love being with other people, experiencing wins and losses and everything in between with them. The family aspect of playing soccer and just having everyone experiencing things with other people I think is probably the best part. Like, yes winning games are super fun and goals and celebrating is super fun, but when you look back on it, I remember more of the team dinners and the dumb stuff we did off of soccer time. So yeah, probably developing those relationships.

Favorite food? A really good mac and cheese

Favorite color? Purple

If you could travel anywhere where would you go? Italy



Meaghan Ambelang goes toe to toe with a St. Olaf defender for possession.

Photo Credit: Dana Bauth

Competitive Women's Soccer Team Starts Season.

Dana Bauth
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As a new season gets underway the UW-Stevens Point women's soccer team is still striving to fulfill their goals of returning to the NCAA Tournament.

With a pair of wins, one loss, and a tie under their belt this season, the girls are keeping each other motivated says head coach Dawn Crow. "We talk a lot about having somebody to push everybody at every spot, so you never know who's going to be starting from one day to the next because of the fact that it's so competitive. Which, I always say, that's our goal."

Despite their competitive nature, the girls are creating an atmosphere that is more than just competitive. "I think team chemistry has been great in terms of not a superficial chemistry. Like when something's up and when there's an issue, it tends to be addressed pretty quickly so it's kind of nice. It's really kind of interesting by the time the freshmen get on campus the girls have had numerous meetings with them already. They've done correspondence with all

of the social media apps and all of the other fun stuff so they kind of get to know them in that regard and then we also have the way we kind of work our preseason we have lunches on campus and then we go to coach's house for dinners and stuff so we've done bonding through those types of scenarios as well so I think the girls have gotten to know them and invested in each other both on the field and off of the field as well so I think it defiantly helps us."

When talking about what her goals are for the season coach Crow says that she hopes to have UWSP be somewhere where young women want to come not just for the sports but for the academics and community. "I think we want to build on what we've established the last couple of years, we want this to be a destination place for students to come and fulfill their athletic potential. But at the same time academically it's a good fit for a lot of young ladies who want to do sciences or wellness programs or speech communication or you know there are so many other things they can do. We are trying to get them to understand that they can excel in athletics as well as excel academically and I think our

grade point average has shown that every year with what our players are capable of and we want to continue to show that tradition of improving."

The Pointers had their home opener week at the Point Soccer Bowl against Macalester on Sept 6 and St. Olaf on Sept 8.

The Pointers dominated in their game against Macalester bringing home the win with a 3-1 score. Mikayla Brown put the Pointers on the board after only five minutes of game time which was her second goal as a Pointer.

Later Macalester pulled the game back to a tie making it 1-1. Kati Friedrich, a freshman, didn't let that last long though and scored later in the first half assisted by Gracie Wendels.

Friedrich topped off the game in the second half with another goal for the win.

The Pointers' hard work was rivaled on Sunday in their game against St. Olaf when they gave away a 1-1 tie.

UWSP took the lead in the 26th minute of the game after junior Kaitlyn Hess converted a penalty kick given to UWSP because senior Maddy Hardyman was taken down in the box.

The lead didn't last long though as

a St. Olaf defender took a penalty shot and turned it into a 30-yard shot going over the head of the UWSP keeper.

Reflecting on the team's performances and how they act in practice Crow can see the teams competitive nature. She said "Saying they are ultra-competitive would be an understatement. So they're pretty gritty, just will do what it takes to get the win. You know where we've talked to them a little more is channeling our focus in areas that it becomes important whether it's our offensive box or defensive box we got to pay more attention to the little things, the little details are kind of the nemesis of anyone that wants to jump to that next level so that is what we've really started to hammer home, it's no longer good enough to just have the opportunity but we've also got to just finish it or keep somebody from getting that opportunity. That is where we've really focused our energy on is trying to get there."

The Pointers will continue their season on a four-game road trip matching them up against Carthage, Nebraska Wesleyan University and Coe College.

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

JACKSON JIRIK
SPORTS REPORTER
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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?

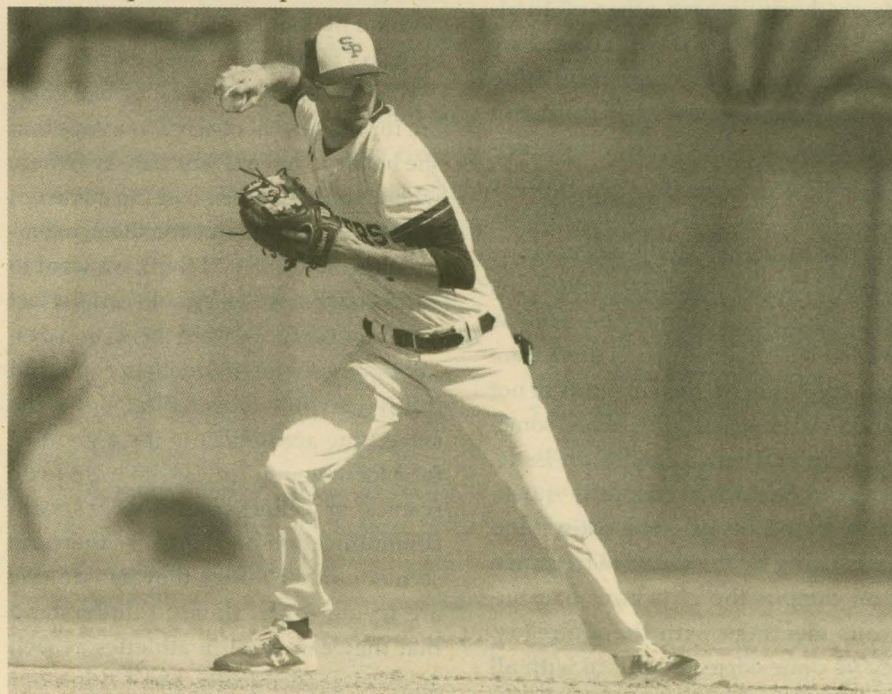
My first travel would probably be Hungary, Budapest because I'm Hungarian.

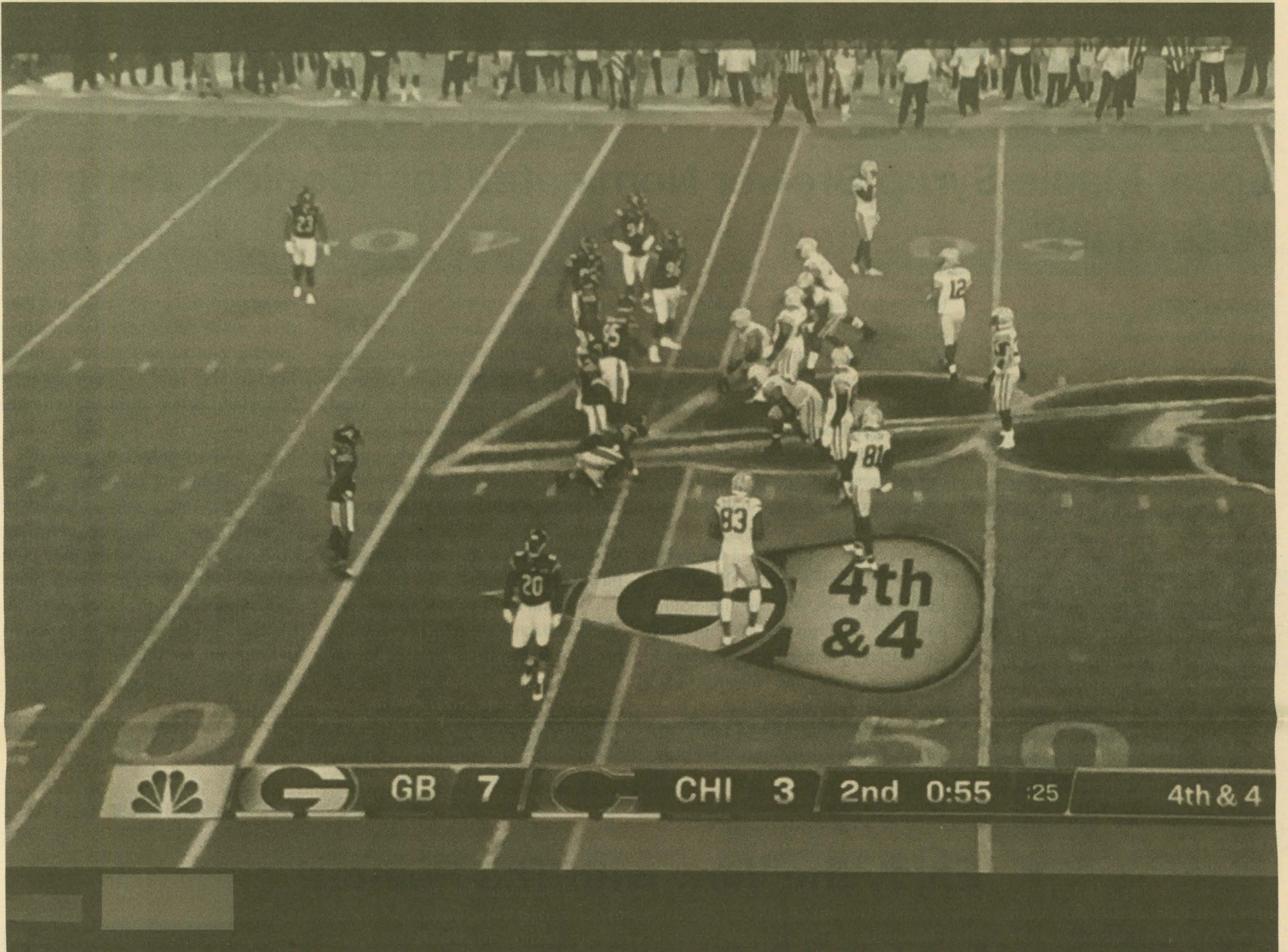
Favorite color?

It's always been blue.

Favorite food?

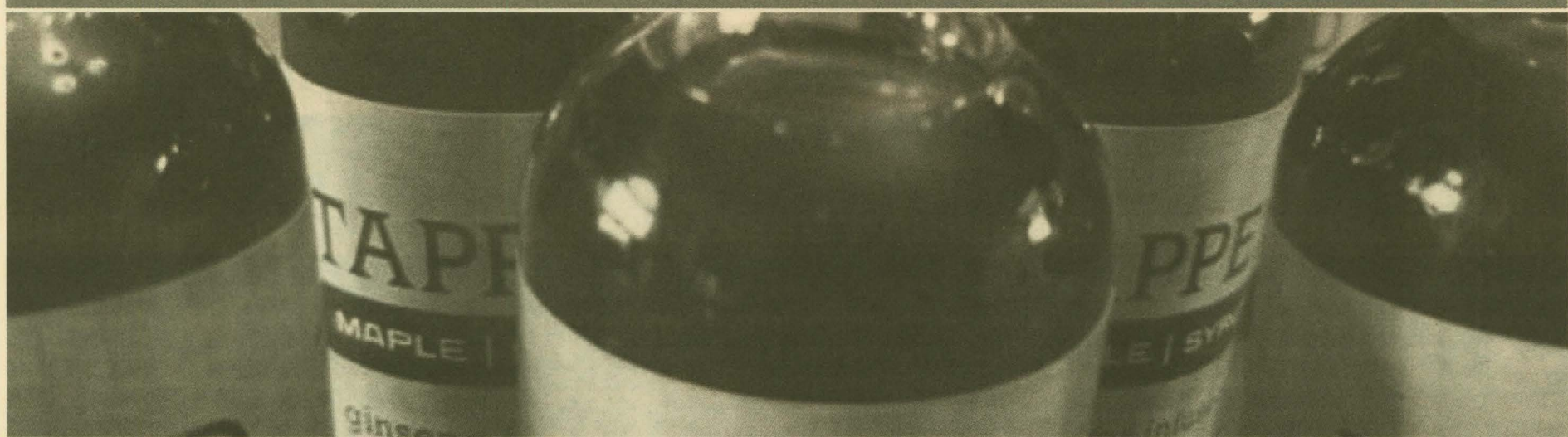
Chicken wings.





**Packers won on Thursday Sept. 5th 10 to 3
against the Bears!**

Go Pack Go!



Local Maple Syrup Brewer Nominated for “Coolest Thing in Wisconsin”

ALLISON PIETTE
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Maple syrup company Tapped Maple Syrup, LLC has been nominated by State Representative Katrina Shankland for the “Coolest Thing in Wisconsin” contest.

Tapped Maple Syrup is an Algoma-based product, with partnerships in Wisconsin and Minnesota, including 10 partnerships in Stevens Point. Their products are infused maple syrups, often mixed with spices and herbs including ginger, cardamom, and hibiscus. They also have products infused with other ingredients, like espresso and red pepper.

The company is owned by Jeremy and Abi Solin, a father-son

team who have been working together since the formation of Tapped Maple Syrup. Their families are also involved, with three generations working together to create the product. They're maple syrup is available year-round, with the closest location being Agora Makers Market. Prices range from \$6-12 for a half-pint on their website.

“One of the things we work hard on is gaining partnerships with small businesses,” said Jeremy Solin, co-owner of Tapped. “We hope to gain strong partnerships with small businesses across the state who like good food and sustainability.”

One thing Tapped prides itself on is its sustainability. The trees

in which the maple syrup comes from are in sustainably managed forests in northern Wisconsin, becoming an entirely Wisconsin-based product.

Solin said after being asked why he believes they should win

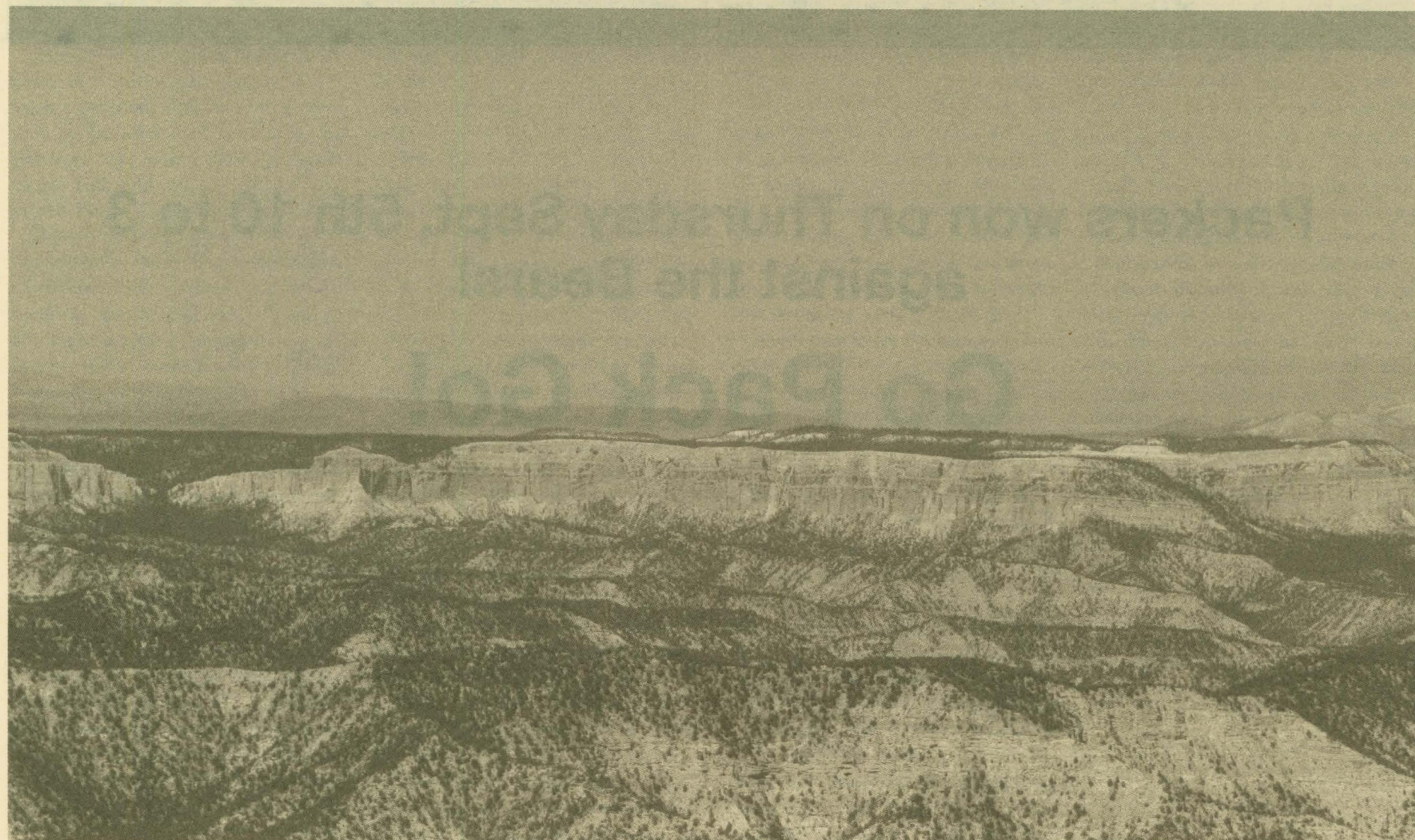
We believe we fit the guidelines of the contest. We create a unique product. We want to be the top maple syrup brand in the country and we want to make Wisconsin the maple syrup state.”

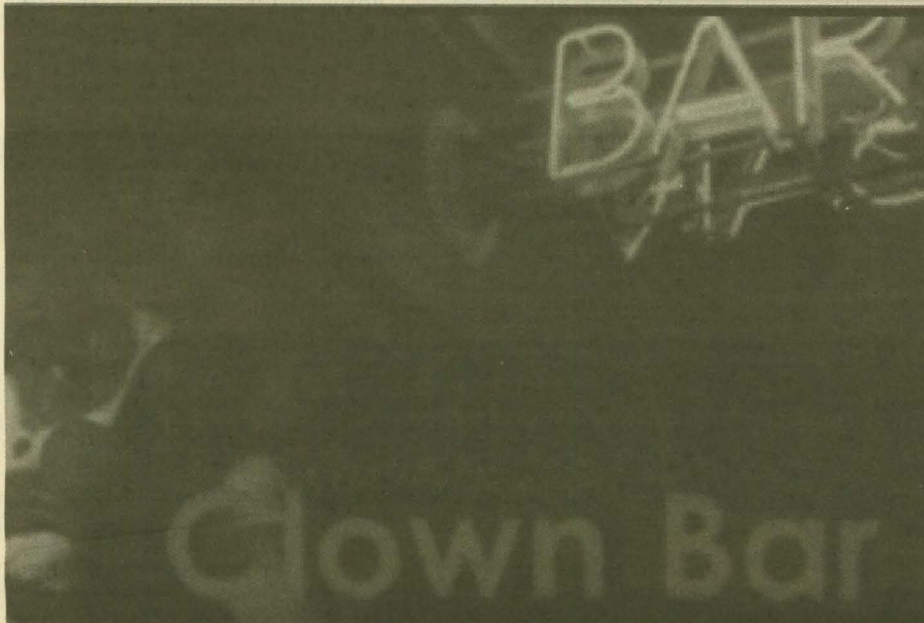
The contest, run by Wisconsin Manufacturers and Commerce, is run every year. In her media release on September 3rd, Representative Shankland focuses on the values of the company that led to the nomination, citing “Not only do the Solin's

make tremendous products, but they do so while prioritizing family, community, and respect for an connection to the land.” Representative Shankland is one of the State Representatives for the 71st Assembly District, which includes Stevens Point.

There are currently 150 entries into the contest, including Tapped. The preliminary round of voting is currently active, and will remain available until September 15th. Afterwards, the 16 entries with the highest votes move on to round two. To vote for Tapped, go to www.madeinwis.com, where you can vote once daily.

Enjoy the View with The Pointer!



**The Spiritualist:**

7:30 p.m. September 26 at UWSP at Marshfield

7:30 p.m. September 27-28

2 p.m. September 29

Noel Fine Arts Center 221

The Spitfire Grill:

7:30 p.m. October 11-12, 16-19

2 p.m. October 12-13, 19

Studio Theatre

Clown Bar:

7:30 p.m. November 8-9, 14-16

2 p.m. November 10

Jenkins Theatre

Theatre Students Emphasize the Importance in "Not Taking Yourself Too Seriously" During Fall Callbacks

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Since Labor Day, feelings have been aflutter across the Department of Theatre and Dance (although, I suppose, when are they not?) Acting and Musical Theatre majors camped out at the Noel Fine Arts Center in their pajamas awaiting the callback list. Posted around 11:30 p.m., this list indicates who will move into the secondary process of casting and what they must prepare. This semester's shows include "Clown Bar," a murderous noir play, "The Spitfire Grill," a musical about a restaurant in small-town Wisconsin, and "The Spiritualist," a staged reading about a woman who summons the spirits of dead composers.

As a first year acting student at Point, I was fortunate enough to be called back for Clown Bar and the Spiritualist. I was expected to prepare a piece of music, an excerpt from the script, and a German accent in less than 24 hours. I had only moved into my dorm four days prior to the audition, and barely knew how to get to my classes, let alone the DUC. So, needless to say, I was freaking out.

I was frantically running between practice rooms and class, swallowing meals whole, and always had a German accent sample playing in my earbuds. I managed to pour everything I could into this audition, but I still felt tense and under prepared.

I noticed that the people around

me were seemingly collected. They weren't anxious, panicking, and frantic. Instead, they were excited, relaxed, and still managed to take time for themselves. I unexpectedly ended up learning a valuable lesson from these other students: the importance in not taking yourself too seriously.

Before making this revelation, I had interviewed a few students to see the general perspective on this process. Freshman musical theatre major Allison Masulis had expressed a lot of the same feelings I'd been having. "...[Y]ou're just running on adrenaline, and it's very overwhelming at first, especially as a freshman." She was beaming as she added, "But I love the energy that everyone had, even going into an 11:15 p.m. time frame, of being so ready to just keep going."

I've already learned that no matter how well you prepare yourself, there will always be outside factors that can affect your performance. Whether that be a slipped line from your scene partner, a tickle in your throat, or the energy in the room. Energy is infectious in performance; it will consume your emotions and warp what you've prepared. Masulis had noted. "...[W]e're all in the same boat. So one person is feeling tired, the next, it's like a domino effect from there."

In my experience, this department not only approaches this work with professionalism but with compassion. Although I had my own things to work out, the energy in the room was solely beneficial. There was nothing but support

and love for everyone, regardless of the opportunities at stake. Calls of "Break a leg," "How'd the scene go?", and "Awesome work on your dialect!" bellowed down the halls. This excitement for the work was not only reflected in these exuberant Madison Eddy, junior musical theatre major, expressed the comfort that comes with having a passionate director.

"Tyler Marchant, director of Clown Bar, he is just such a fun guy. He seems so excited to do the show, so I think that set the energy for the room, because he was not trying to be this big authority figure, he was just excited to cast the show because he loves it, and he loves the playwright, Adam Szymkowitz. I think all of us just absorbed that and just had fun with the dance call."

Although I still have insecurities with my dance abilities, I couldn't agree with Miss Eddy more - the dance call was a blast. Students showed up in full-face clown makeup, fishnet stockings, clown noses, and ridiculous wigs, ready to go. I was stumbling over my feet but still attempted to be the weirdest, creepiest clown I could be. These larger than life attitudes and wacky improvised bits reminded me of an integral part of acting that is easy to forget:

You have to set aside the stress, the anxiety, and competition to focus back in on the reason why you've decided to act. We act to be bigger than ourselves. We act to have fun; we act to play! We were originally called "Players," after all. Getting caught up in the tension of

wanting to prove yourself will only lead you astray.

Lily Brenner, junior musical theatre major seems to keep 'play' at the root of her routine. "...[T] is a character very unlike us. It's always fun to play someone who is an extreme. Especially because that's what clowns are: extreme versions and caricatures."

When I had asked if she had become accustomed to the audition nerves, she had said, "Accustomed, never. But I think the best part of the show, and the best part about clowns is that you can never take yourself too seriously. So it's been a lot about just playing, which has been really fun."

I've concluded that one of the best things a young actor can do is let go of their need for control. Finger-paint on the canvas that is the audition room. You can draw whatever you want and as messily as you feel inclined. Use a mass of colors! So long as it fits on the canvas, the rest is all you. I'm now prepared to let go of the rigid paint-brush I'd been clutching onto.

"The Spiritualist" will show September 26-29, followed by "Spitfire Grill" from October 11-19, and "Clown Bar" November 8-16. Please check the Department of Theatre and Dance website for exact dates and times. You will not want to miss these wacky, ironic, larger-than-life productions!

British Comedian Sharing his Experience for Students with Laughter and Good Times

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Centertainment, a division of Campus Activities and Student Engagement, or CASE, is inviting British comedian Chris James into Stevens Point on Wednesday, September 18 at 7 p.m. in the Dreyfus University Center, for a highly anticipated hilarious night.

This comedic night is only one of many events that CASE puts on for the students. CASE works hard to put out a variety high-quality of entertainment on campus.

One of six event producers for Centertainment, Robert Parker, shared why Chris James performing on campus is a unique and new experience for students.

"He's got a lot of diverse per-

spectives on life. He's British, a person of color and that's a definitely different perspective than central Wisconsin would normally get all the time."

Centertainment is always trying to find new acts and new people to bring to campus and expand students' perspectives with a variety of events they put on. His perspective and experience are what interested CASE in bringing him to campus and what he can do for students.

The student employees go to a conference in the spring every year called NACA, National Association of Campus Activities, where they meet with agencies and artists to explore who they want to bring back to campus for the students. It's a big contract event, in other words, for the university.

This night will be filled with laughter and people having a good time. Parker spoke about how excited he is for it and what he's hoping people will get out of it.

This is the beginning of CASE's comedy series they're doing this year and they can't wait to start it off with Chris James.

Not only does CASE hold comedy nights but they have much more. They schedule movie nights, concerts, pizza nights, mentalists, hypnotists, and host craft nights for students, encouraging them to give up a few hours of their day to have a good time with each other. In addition, they put on career and job fairs that are employers and companies around the central Wisconsin area.

James himself is ecstatic and can't wait for his upcoming show

in the Midwest; especially for one specific aspect.

"As a British guy I'm interested in seeing Wisconsin and seeing how their cheese compares to the cheese my mom would bring home. I love me some cheese."

There is definitely plenty of cheese and variety of cheese for him to try here in central Wisconsin.

The comedian will be performing on Wednesday, September 18 in the Encore of the University Center or DUC. Tickets are free with student ID or \$5 without.

To stay up to date on the next campus event or what else is planned throughout the semester, follow CASE on their Facebook page and SPIN page for more information.

"There's something for everybody!" said Parker.

ALL College Kids Bowl FREE!

Wednesday, Sept 25th 6-10pm!



FUN COLLEGE BOWLING LEAGUES!



-Wed 7pm, Wed OR Thur 9:30pm Shifts

-4ppl team, 10wks, 3gms/shoes JUST \$8!

- Starts 1st wk Oct/Feb. FB msg to sign up TODAY!