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Plant-Based Options are on the Rise at Local Restaurants

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Impossible Foods is a company that develops plant-based substitutes for meat products. Impossible Foods Inc. has gained popularity in the fast food industry after Burger King launched their Impossible Burger.

On April 1, 2019, Burger King launched a Whopper made entirely from Impossible Foods plant-based protein at select St. Louis locations. Today, this vegan option is known as the Impossible Whopper and it was a hit in St. Louis for the first month. The high popularity led the cooperation to add the Impossible Whopper to the menu of 7,300 Burger King locations nationwide.

Gabi Bolwerk, a student employee at the Office of Sustainability, said, "I've tried the Impossible Burger at Burger King. I really loved it, and it's my favorite plant-based burger!"



Gabi Bolwerk.

Photo courtesy of Julia Czaplewski.

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Wisconsin Bill Targets PFAS

Stevens Point Fire Department on Franklin St.
Photos by Nathan Dorn

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A new Wisconsin bill placed restrictions on the use of PFAS chemicals that are found in a type of firefighting foam.

The bipartisan bill, referred to as 2019 Act 101, passed in both the state Assembly and Senate before it was signed by Wisconsin Governor Tony Evers on Feb. 5.

The Republican-authored legislation prohibits the use of firefighting foams that include PFAS, except in cases of emergency. Foams with PFAS can still be used in testing procedures if they are sent to an approved state facility that has proper containment and disposal measures to prevent release into the environment.

Another aspect of the legislation is that PFAS-containing foam cannot be used for fire training purposes.

According to J.B. Moody, Assistant Chief for the Stevens Point Fire Department, the new legislation will not drastically affect their training procedures or day-to-day activities.

For one, "We don't ever use it for train-

ing," says Moody.

Per- and polyfluoroalkyl substances, or PFAS, are a man-made group of chemicals that include thousands of variations. These chemicals have been in the U.S. since the 1940s and are widespread in the environment and in humans.

The International Fire Chiefs Association website states that PFAS are used as a firefighting tool because of their "indestructible quality." These chemicals do not degrade in the environment, and scientists are not yet sure on the half-life of these chemicals, according to the National Institute of Environmental Health Sciences.

According to a statement from the Wisconsin Department of Natural Resources, "PFAS are often referred to as forever chemicals in that they persist in the environment and bioaccumulate in mammals, fish and wildlife."

One report by the Centers for Disease Control and Prevention's National Health and Nutrition Examination Survey found PFAS-contamination in the blood of 97 percent of Americans.

Additionally, PFAS have been found in

the bloodstream of polar bears in the Arctic, according to the Natural Resource Defense Council.

PFAS exposure has been associated with cancer, asthma, liver damage and thyroid damage. The NIEHS also points to research that has found possible links between the chemicals and altered metabolism, fetal growth, and a weakened immune system.

But all firefighting foams are not the same. According to Moody, there are two types of firefighting foam.

"We have two types of foam here in the firefighting service: a Class A Foam and a Class B Foam," says Moody.

Class A Foams are PFAS-free and are the most commonly-used type. Class B Foams, the type of foam that contains PFAS, are generally used for flammable liquid fires, such as large aircraft or tanker truck fire accidents. Moody says these foams have only been used four or five times in the past 25 years by the SPFD.

"We've only used it in life-saving situations in the past and that's how we plan

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Wisconsin Bill

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on using it going into the future," says Moody.

In addition to Class B Foams, PFAS chemicals are found in non-stick cookware, fast food wrappers, cleaning products, stain repellents and many other products. Exposure to the chemicals can come from water or food, a variety of products, or from breathing air containing PFAS.



Stevens Point Fire Station Assistant Chief, J.B. Moody.
Photo by Nathan Dorn

Many major industries - the military, aerospace, electronics, construction and automotive - all use PFAS in some way.

Moody says that the SPFD wants to go PFAS-free, and will purchase PFAS-free foams when possible.

"As soon as that is available for us to do, we are going to move forward with that," says Moody.

The market for these types of foams is in its infancy; and for Moody, the department needs to be sure that the Class B Foam they purchase is independently tested and verified PFAS-free.

"We're waiting until we know that what we purchase will be 100 percent PFAS-free," says Moody.

The issue of PFAS pollution in Wisconsin is now well-known, as more than 30 sites in the state have discovered concentrations of PFAS.

According to a statement from the Wisconsin DNR, "Elevated levels of PFOA or PFOS - the most studied 8-chain carbon (C8) PFAS compounds - have been found in Wisconsin fishermen, diving ducks, in eaglets along the Wisconsin River, fish in the Mississippi River, and most recently in surface water and fish in Madison's Starkweather Creek and Lake Monona."

In 2013, the chemicals were detected on the Marinette fire training property, spreading beyond the facility in 2017. Those who live near the facility drink bottled water because of PFAS well contamination.

Additionally, a 2017 assessment found

PFAS pollution in soil and groundwater at the Wisconsin National Guard's Truax Field in Madison.

While Act 101 seeks to solve one source of PFAS-pollution, additional bills and orders target other aspects of the PFAS-problem.

Wisconsin Executive Order 44 directed the DNR to create the PFAS Coordinating Council, now known as WisPAC. WisPAC addresses public health and environmental concerns regarding PFAS through various statewide initiatives.

The DNR also points to three other PFAS-related bills have been introduced in the Wisconsin state legislature: Senate Bill 717, Assembly Bill 842, and Assembly Bill 843.

As the state continues to address growing concerns regarding these lingering chemicals, visit dnr.wi.gov for more information regarding PFAS in Wisconsin.



The legislation against PFAS will primarily affect firefighters.
Photo courtesy of Wikipedia Commons user "Jeepmtl"

Plant-Based Options... continued from page 1

Picking the right Burger King location is key. Isabel Kruger, ecosystem restoration and management student said, "I tried the Impossible Burger at both locations in Point just to be safe and I can honestly say I think the one closer to campus is better."

Qdoba hopped on the plant-based train in Feb. 2019 and made ground "Impossible" beef available on all entrees. "Impossible" beef is available at all Qdoba locations.

Impossible plant-based alternatives are also available at Little Caesar's, Red Robin, and Hardees.

Taco Bell has accommodated vegan and vegetarian lifestyles for years by offering the option to replace meat with black beans. This year they stepped it up a notch and now offer an entire vegetarian menu.

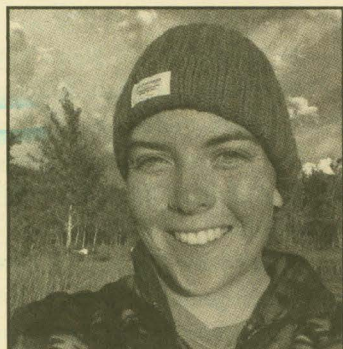
Bolwerk, "I'm happy with Taco Bell's new vegetarian menu, but it was pretty easy to eat there as a vegetarian before the new menu."

The expanding vegetarian menus and plant-based options at fast-food restaurants nationwide has been a huge relief for traveling vegans and vegetarians. They no longer have to stray far to get a

filling meal while on road trips

Morgan Wren, environmental education & interpretation student, said, "It's exciting to see the number and accessibility of plant-based options growing. You no longer have to go far out of your way to eat environmentally conscious."

Unfortunately, this luxury has a cost. The plant-based menu is usually more expensive than the meat menu.



Environmental education and interpretation major Morgan Wren.
Photo courtesy of Morgan Wren.

Even with the increased price of the plant-based options, their popularity continues to grow. The vegetarian-friendly options are so popular that Impossible Foods currently has a nationwide shortage, something that Beyond Meat also ex-

perienced in 2017 and 2018.

Beyond Meat is a Los Angeles-based producer of plant-based meat substitutes designed to simulate chicken, beef, and pork sausage

Beyond Meat and Impossible Foods are two companies who have gone above and beyond to make meatless meat taste like meat.

Today restaurants that serve Beyond Meat as part of their menu include Applebees, TGI Friday's, A&W, Subway, Dunkin', and Del Taco.

"The plant-based options show that people in power, and powerful companies, are aware that there is a demand for meat-alternatives," stated Krueger. She continued to say, "It tells them, 'We are here and if you want our money, you need to invest in less destructive industries.'"

The environment benefits from a large group of people eating a plant-based diet. Plant-based diets decrease carbon footprints, conserve water, and much more.

Try the plant-based options found at the restaurants mentioned earlier. The worst that could happen is ending up loving them.

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Pride Crosswalk to Be Repainted

The UWSP's Pride Crosswalk in it's extremely faded state.
Photo by Jeremy Wolfe.

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As many have noticed, the Pride Crosswalk between Albertson and the DUC has almost completely faded. The crosswalk was put in place on Oct. 14, 2019, and acts as a conversation starter for LGBTQ+ issues and rights on campus. Though as soon as it came, it faded just as quickly.

SGA Inclusivity Director Cassandra Xiong and GSRC Coordinator Syll Bustamante both explained the main issue with the Pride Crosswalk. Bustamante said, "What [SGA and the city] did not think of ahead of time was the fact of painting it during fall would make it so the paint didn't have enough time to seep in far enough and therefore wouldn't stay before the snow came."

Xiong agreed and said, "The curing process wasn't taken into account so it was too cold and the paint couldn't cure properly."

While Major Wiza did not disclose the type of paint used, the two most common types of road paint are waterborne and solvent-borne. Both types require at least 30 minutes and at most five hours to cure the cement. During this curing process, the paint needs to be at 50 degrees or higher. However, the temperature on Oct. 14 had a high of 47 and wasn't enough for the paint to properly dry. Weather in the following days also failed to reach a temperature high enough for the paint to cure and thus it started fading.

Similar crosswalks in West Hollywood, San Francisco, Miami Beach, and Philadelphia have held their own for the past few years since they've been painted. While these cities have a very different climate than Wisconsin, crosswalks in Vancouver, Ottawa, and Toronto have

found equal success. Many of these crosswalks were painted in the early 2010s and still manage to survive the snow, salt, and water.

Toronto's crosswalk admittedly faded and cracked but the colors of the crosswalk were still incredibly distinct and relatively intact.

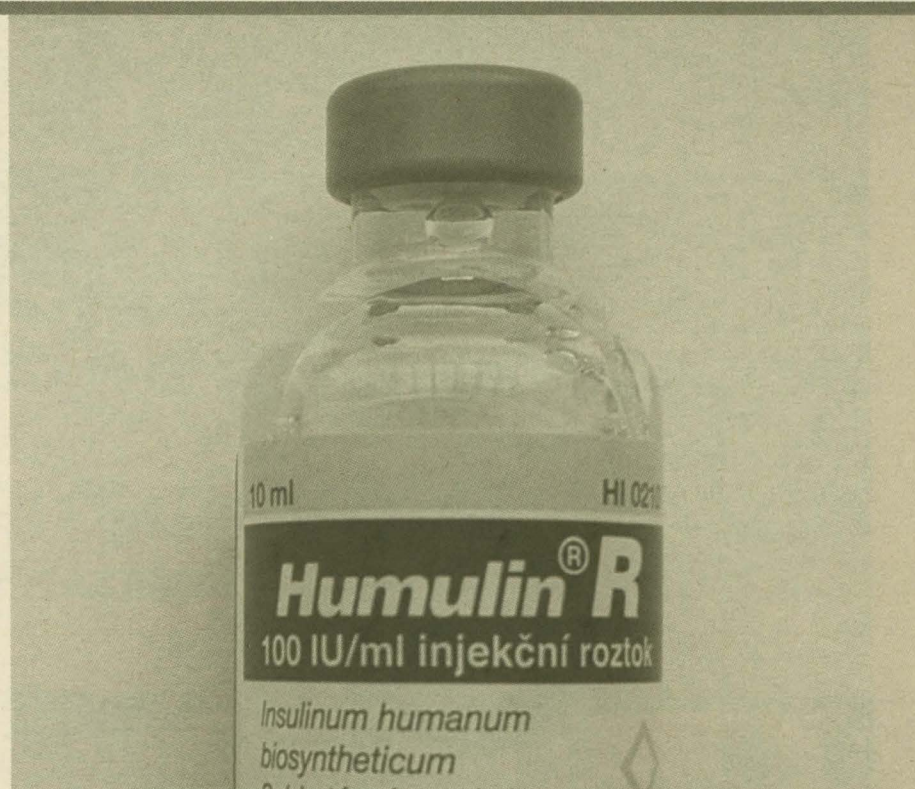
However, most of these cities didn't paint their crosswalks. Instead, they used large sheets of thermoplastic, which were then heat-treated onto the cement. LGBTQ+ Nation and Xtra reported this method as the one Key West and Toronto used, respectively. This option is far more expensive than simply painting the cement as Stevens Point did but pays off as these crosswalks have required little to no maintenance.

The crosswalk was an original idea from former SGA Inclusivity Director Christopher Benny as he led the efforts to get it painted. Benny was also responsible for involving the city of Stevens Point and Mayor Mike Wiza, who paid for the paint.

The crosswalk is scheduled to be repainted as soon as the snow melts, using the leftover paint from the Mayor's Office. Future upkeep is still in the air though plans are currently in the works.

Xiong said, "Once it starting fading, Christopher Benny and the inclusivity office were writing up a piece of legislation in collaboration with the city and the mayor's office to write out the upkeep. It's still been written up and has to go through the Senate yet."

For more information on the LGBTQ+ community, the GSRC can be found on the second floor of the DUC, room 210. GSA holds meetings every Tuesday at 7 p.m. The GSRC contact information can be found on the UWSP website and GSA contacts are available on their SPIN page.



Illinois Becomes Second State to Cap Insulin Prices

Humulin R, a short-acting type of insulin.
Photo courtesy of Wikimedia Commons.

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After raising some insulin prices over \$350, Illinois joined Colorado by placing a cap on the amount that pharmacies can charge for insulin in those states.

On May 23, Colorado governor Jared Polis signed the bill into law, with it going into effect on Jan. 1. Illinois governor J.B. Pritzker signed the bill on Jan. 24, yet it does not go into effect until 2021.

In both states, the laws limit the price of insulin to \$100 for a 30-day supply, and only counts towards out-of-pocket cost.

In Illinois, the law only works for members of state insurance, which is 20 percent of the state. It does not work towards federal-funded insurance, which includes Medicare and Medicaid.



Jon Sambs, pharmacist and pharmacy manager for Delzell Hall.

Photo Credited to Allison Piette.

Jon Sambs, Delzell Hall pharmacy manager, said when asked about the Illinois law, "One of their senator's concerns is that it might transfer into different diseases, not just diabetes."

In 1921, insulin was introduced to market for the first time. Since then, it has seen many changes in its production and method of injection.

Insulin production started when pharmaceutical manufacturers took insulin from cattle and pigs to dispense to humans, which cause many allergies. In 1978, scientists discovered that the E. coli bacteria could be used to produce insulin, making it a safer and pricier product to dispense.

The production method is not the only factor in why the cost is rising. Another is

the method of injection.

Originally, insulin in a vial was the only form to receive the medication in. Over the years, pens were introduced, which made production more expensive as well.

Most believe that the manufacturing companies receive the majority of the profits from insulin sales. In reality, the three pharmaceutical manufacturers, Eli Lilly, Novo Nordisk, and Sanofi, with the ability to produce the life-saving drug receive very little compared to the middle men.

It is actually the Pharmacy Benefit Managers that get the majority of the profits, and are the primary reason for the rising cost of insulin. Unfortunately for those dependent on life-saving medications, the PBMs are very hidden in negotiations and like to keep all parts of negotiations with manufacturers, wholesalers, and health insurance companies closed off from the public.

The PBMs take part in creating rebates between manufacturers, wholesalers, and different pharmacies as an incentive to raise the list price. Essentially, if the list price is raised, someone gets a boost from the PBMs.

Insulin prices have nearly tripled in the past decade because of the dealings that the PBMs take part in. And because there are only three manufacturers in the world, they are often competing with each other for the highest price, as well as with the PBMs to get their product on the shelves.

Sambs said, "I think it's a really good start. It only applies to state-regulated insurance, which is about twenty percent of their population, and I think it's going to help a lot of people."

Delzell Hall does not dispense insulin on campus because of the high price for the product. The fear is that, should it be carried here, the cost factored in for healthcare would rise and become more expensive for students.

Delzell Hall is open for appointments from 8:00am-12:00pm, and reopens from 1:00pm-4:00pm. The pharmacy is open from 9:00am-4:00pm. Delzell is located directly behind the Dreyfus University Center, and appointments can be set up via their website.

SGA

Student Government Association

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It's that time of year again! Elections Time! On March 6-12 students will receive an email from SGA regarding voting in this year's elections. Students will be able to vote for the Senators they would like to represent them and will also be able to vote for next year's President and Vice President.

The current people running for President and Vice President, Collin McNamara and Riley Garski, are currently running unopposed, but are still making a strong effort to campaign and speak with as many students as possible. Mental health reform, inclusivity, bridge building, sustainability and continuing to rebuild SGA's connection with the student body are some of their biggest priorities.

To begin, the candidates would like to say that mental health is a big priority because of the increased need for care in this area of health. The wait times for counseling are too long and no one should have to wait to see someone and get the help they need. The candidates promise to fight to protect funding for this service and plan to use their power to help end any shortfalls there are.

Next, inclusivity is also very personal to Vice Presidential Candidate Garski since he does identify as an LGBTQ+ American. Together, these candidates

promise to keep an open-door policy and to listen to any concerns or problems students have. Hate and discrimination have no place on this campus, and they will do everything in their power to ensure students feel safe and to foster a more inclusive environment.

The candidates also plan to build bridges between the students, student orgs, faculty and administration. We must all work together for this campus to function in the best way it can. Transparency is very important and ensuring the student voice is present in all decisions affecting this campus is vital. By hosting more town hall events and being more present in the campus community, they hope to build strong connections to unite this campus.

Last but certainly not least, the candidates are dedicated to finding new and innovative ways to make this campus greener and more sustainable. The Green Fund allows for many great green ideas to come to fruition and many of them are student led initiatives. They hope to utilize this fund to increase student involvement in SGA while also building a more sustainable future.

Once again voting will take place March 6-12 in your student email! If you have any questions about elections or questions on how to get involved, please stop by the SGA office or contact us on social media! As always, we would love to see you join us in this process to make this campus the best campus it can possibly be!

Evers Addresses Student Debt

Evers displaying the signed executive order.

Photo courtesy of Rick Wood from Milwaukee Journal Sentinel.

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On Wednesday, Jan. 29, Wisconsin Governor Tony Evers signed an executive order that created a task force to address the rising student debt crisis.

The task force's mission will be to study the causes of excessive student debt while also proposing solutions.

As he finished his address, Evers recognized "Student debt isn't going to go away anytime soon... But this task force will be a meaningful first step in addressing the crisis."

When announcing the order, Evers brought up the Consumer Financial Protection Bureau's findings over the past few years. The Consumer Financial Protection Bureau reports a national student debt of over \$1.5 trillion, though Evers brought special attention to Wisconsin's numbers. Wisconsin residents currently owe approximately \$24 billion.

Evers also reported that on average, the Consumer Financial Protection Bureau found that over half of former students owe \$30,000.

As current college students, it can be hard to comprehend this debt in the future. It is even harder to figure out what this new task force means for our current financial aid system and how it will affect our own debt in the future.

UWSP's director of financial aid and scholarships, Mandy Slowinski, while also unsure, provides some insight and shares what she can about the order. Slowinski stated, "It's meant to be something exploratory... I don't think we will know how it will affect financial aid until the task force meets."

For now, Slowinski sees the task force as "a recognition by the state that student loan debt is a concern." She can't predict exactly how this task force will change the student debt crisis but believes, "the task force will recommend solutions that will make an impact."

While most are still uncertain about the future, there are still a few things Wisconsinites can be sure of.

When Evers signed the bill, he also assigned people to be on the task force. Secretary of the state Department of Financial Institutions, Kathy Blumenfeld, will lead the task force. Alongside her will be the President of the University of Wisconsin College System, Raymond Cross, and

the Wisconsin Technical College System President, Morna Foy.

In preparation for the task force, Blumenfeld visited UW-La Crosse, Wausau, Green Bay, and Milwaukee to gain students' insight.

She found a lack of information at every school, as many students weren't sure how to refinance a loan or even how different payment plans were supposed to work. In addition, most students didn't even know who to turn to with their financial aid questions.

Blumenfeld attended and spoke at Evers's address where she offered her insight.

She said, "Deciding how much debt to take on to go to college is perhaps the first serious financial decision a lot of students make. Unfortunately, many don't fully consider the ramifications of that debt until it's too late."

Another big issue students may not understand is the consequences of owing too much, especially when they are living paycheck to paycheck as half the state does.

Few understand the interest put on their loans, which in some cases has caused people to owe almost twice what they were given. Even fewer people realize student debt is not covered by bankruptcy so there is no getting out of paying, no matter the situation.

A UW-Milwaukee alum, Marisha Harris, felt these consequences as pursued college but couldn't afford it on her own. She turned to loans, as they were necessary for her to attend. Though years later, paying her loans became a struggle. After missing just two payments of \$25, her rates skyrocketed to over \$1,000.

Harris' struggles illustrate a struggle many fresh graduates may not realize as they move out of college and into the real world. Navigating the financial aid system proves difficult for students after they graduate and it becomes easy to fall behind on payments.

It may be a while before Evers' task force provides any solutions, as no deadline has been set for proposals.

Slowinski recommended taking only what's needed and review loans and debt annually. She also mentioned that financial aid advisors are available for one-on-one appointments and a presentation for graduating seniors on student loan management. For more information on loans and payment plans, contact the Department of Financial Aid and Scholarships at (715) 346-4771 or finaid@uwsp.edu.

Sports Schedule

Feb 27 – Mar 12

MEN'S HOCKEY

WIAC Semifinals at UW-River Falls,

Feb. 28 @ 7 p.m.

WIAC Semifinals at CTBDJ,

March 7 @ 7 p.m.

WOMEN'S HOCKEY

WIAC Semifinals at UW-EAU Claire,

Feb. 28 @ 3 p.m.

WIAC Semifinals at UW-EAU Claire,

Feb. 29 @ 2 p.m.

WIAC Championship at CTBDJ,

March 7 @ [TBD]

MEN'S WRESTLING

Upper Midwest Regional at [TBD],

Feb. 28 @ 9 a.m.

Upper Midwest Regional at [TBD],

Feb. 29 @ 9 a.m.

WOMEN'S WRESTLING

WNCC Championship at Adrian, MI,

Mar. 6, 7, 8 @ [TBD]

TRACK & FIELD

WIAC Indoor Championships at

Oshkosh, Feb. 28 - 29 @ 11:30 a.m.

Final Qualifier at UW-Stevens Point,

March 7 @ 10:30 a.m.

BASEBALL

At Westfield, IN,

Feb. 29 @ 11 a.m. and

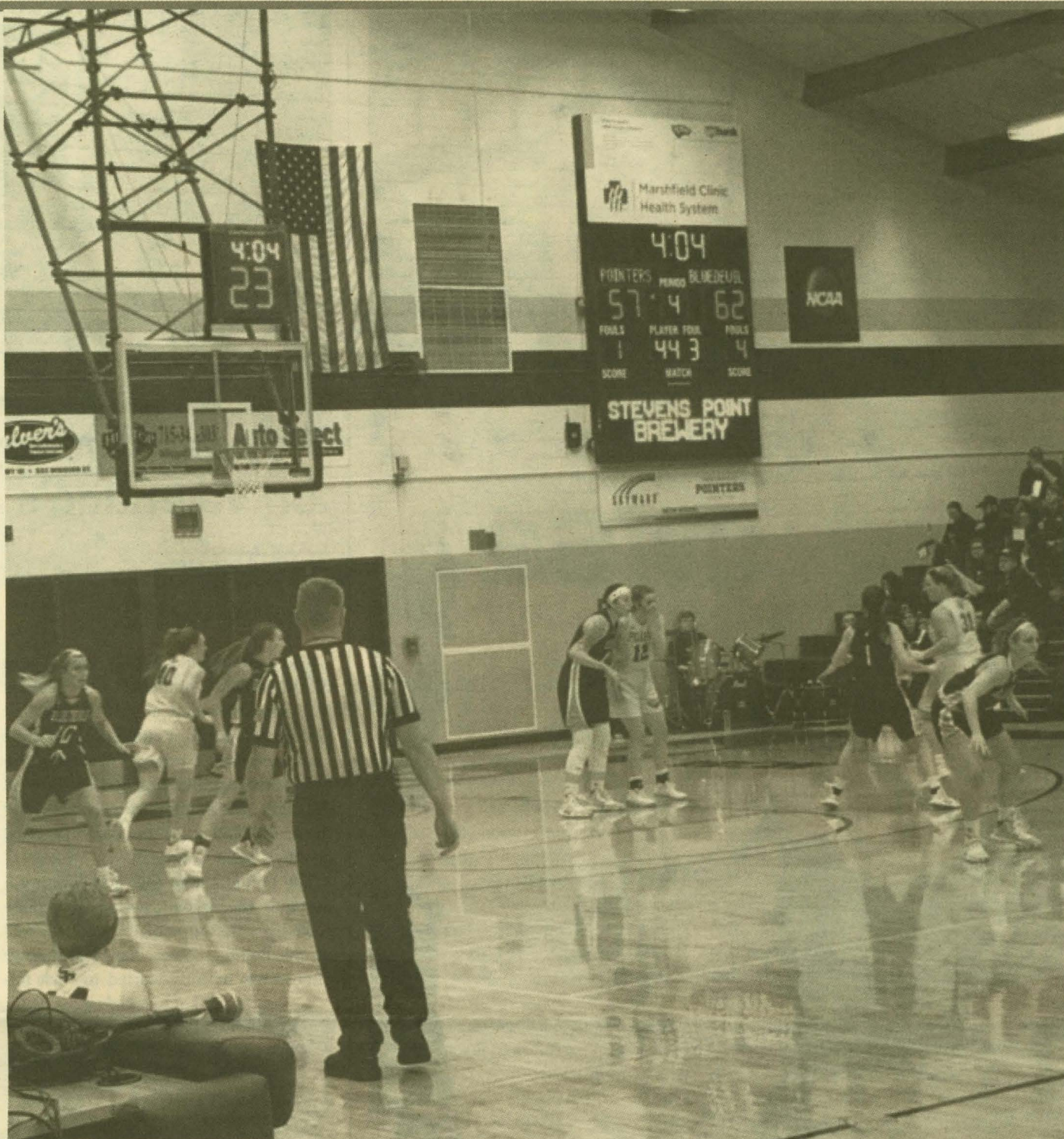
March 1 @ 10:30 a.m.

SOFTBALL

At St. Paul, MN,

Feb. 29 @ 6:30 p.m. and

March 2 @ 10:30 a.m.



Women's Basketball Team Loses Heart-breaker in OT

The Pointers and Blue Devils during their final quarter of the Feb. 19 game.

Photo by Jerry Markarian.

JERRY MARKARIAN
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The UW-Stevens Point Women's Basketball team lost a hard-fought game in overtime to the UW-Stout Blue Devils by a score of 72-71 in Berg Gym on Wednesday, Feb. 19.

The Pointers were up by two in the final seconds of the game when Blue Devils forward Amber Fabeck sniped the winning three-point shot from behind the arc.



Blue Devils Head Coach Hannah Iverson.
Photo courtesy of UWSP Athletics.

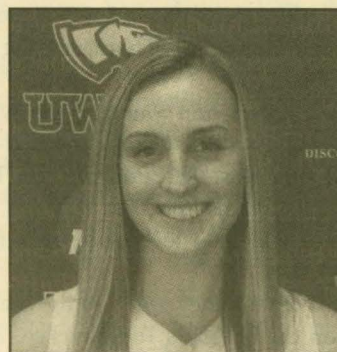
Blue Devils head coach Hannah Iverson said, "That was a huge three from a kid [Fabeck] who was up and down all night, and kind of struggled to finish at times, but she stepped up and hit that huge three at the end."

Fabeck not only led the Blue Devils in scoring on the night with 16 points, she also tied for a team high in rebounds with eight.

The heartbreaking loss is the fifth in a row for the Pointers in what has been a thoroughly disappointing stretch of the season.

While the outcome of the game was not what the Pointers were looking for, they can find solace in the fact that they stayed competitive throughout and were very hot during stretches of the game. Those stretches saw the team score eight straight points two separate times in the second half of the contest.

The game was so closely contested, in fact, that neither team held a lead over seven points any time throughout the contest, and the game was tied at 65 at the end of regulation.



Taylor Greenheck, Pointer's Gaurd.
Photo courtesy of UWSP Athletics.

Thanks to the back and forth nature of the game, there were 28 total lead changes in the contest, which is the third highest total of any Pointers game this season.

The leading scorer of the contest was Pointers junior Taylor Greenheck, who finished the game with 17 points while playing a laborious 43 total minutes in the overtime bout.

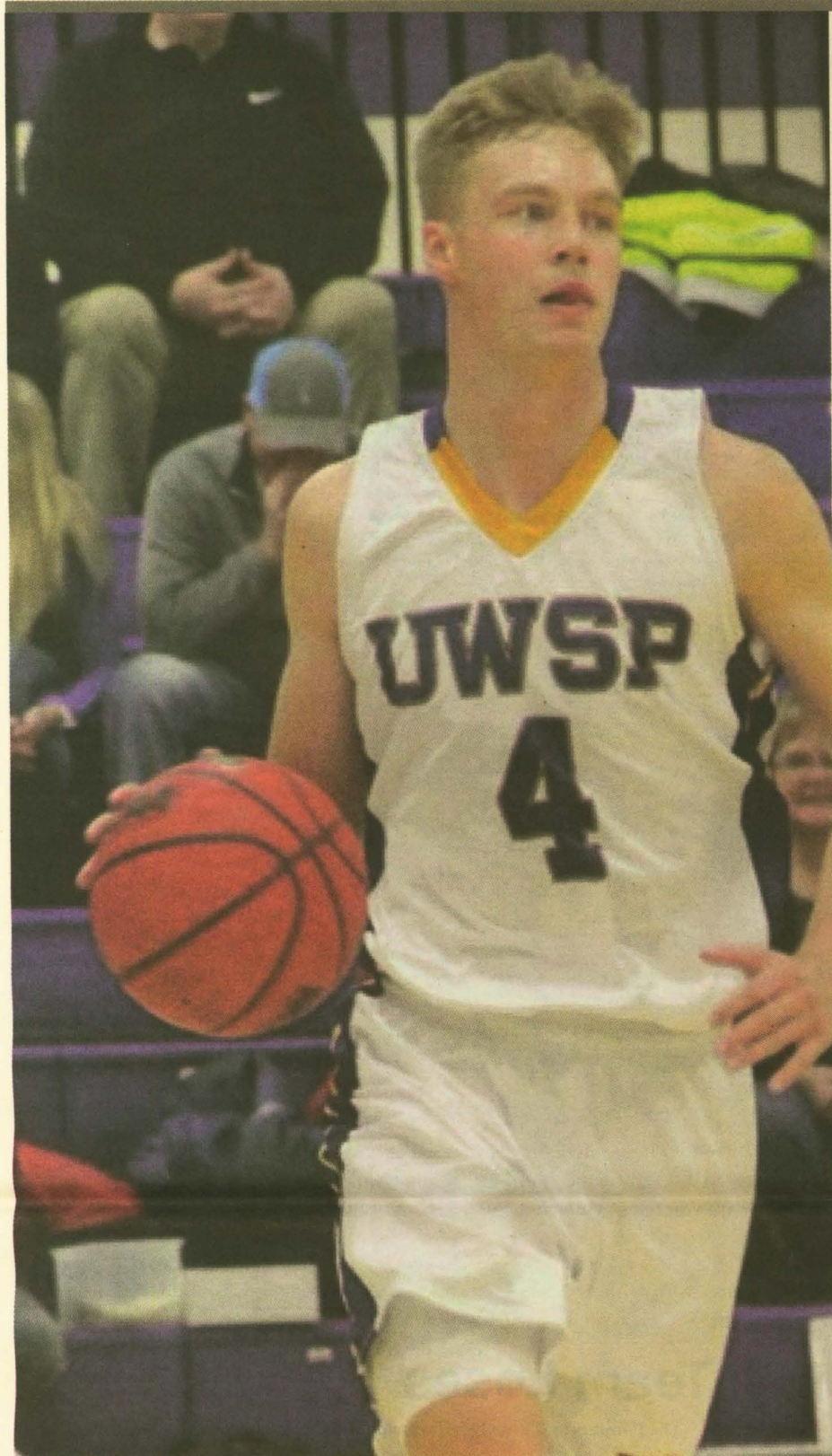
Also playing 43 minutes was fellow Pointers junior Kellan Schmidt, who scored 15 points of her own.

Greenheck attributed her standout performance to a different game plan entering the night, saying, "Teams have realized that I like to drive to the basket and pass to a teammate, so tonight they got me open on cuts and back cuts and did a great job of getting me the ball when I was open."

The team was able to rally and get a win in a high scoring contest against UW-Platteville on Saturday, Feb. 22. The final score of the game was 85-78. The recap of that game can be found on the UWSP athletics page here.

With that win, the team earned a spot in the WIAC tournament that takes place next week.

Their first game of the tournament will be Tuesday, Feb. 25 against UW-Eau Claire, where the Pointers will have an opportunity to avenge their 72-69 loss from just a few weeks ago.



UWSP Men's Basketball Drops Final Regular Season Game

UWSP Senior Ethan Bublitz on the court.
Photo Courtesy of Heather Foster.

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UW-Stevens Point Men's Basketball lost at home in their final regular season game to UW-Platteville 70-69 Saturday, Feb. 22 in a thriller that came down to the last shot.

It was a back and forth battle that had 13 lead changes and six ties. Despite this, the Pointers led for over 33 minutes but couldn't pull out the win in the end.

The game came down to the final shot where Ethan Bublitz missed the potential game winner.

The Pointers held the Pioneers to 25 points in the first half but gave up 45 points in the second. UWSP held the Pioneers to 35 percent shooting in the first half, but in the second, the Pointers allowed them to shoot 52 percent from the field.

Both teams shot 44 percent from the field for the game, but the Pioneers out rebounded the Pointers 38-27.

Ethan Bublitz led the way in scoring for the Pointers, scoring 23 points and shooting 57 percent from the three point line. Garrett Nelson was second in scoring

with 14 points shooting 43 percent from three.

For the Pioneers, Kyle Tuma hit some big shots down the stretch and finished with 16 points on 71 percent shooting from the field.

Next up for the Pointers is the WIAC tournament, and starting forward Blake Ehrke talked about what his goals are for the team heading into postseason play.

He said, "Our end goal is definitely to win it all."

Ehrke has confidence because of the intensity of his team's training.

Ehrke said, "I don't think there's any other team in the WIAC or in the state that works as hard as we do. Our preseason conditioning is the hardest thing I've ever done."

The Pointers first round of the WIAC tournament will be against the UW-Eau Claire Blugolds. The Pointers lost both matchups against the Blugolds this season and will look to bounce back from those losses.

The Pointers they went on the road to take on the Blugolds Tuesday, Feb. 25 at 8 p.m.



Pointer Hockey Dominates on Valentine's

The Pointers line up for their game.
Photo by Avianna Holmes.

AVIANNA HOLMES
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The Pointers quickly took control over the Northland Lumberjacks on Feb. 14. McRenyolds scored at 7:46 in the first period to start the Pointers off with the lead. Less than a minute later the Lumberjacks scored their first and only goal of the night. The Pointers quickly answered the goal; McElhenie scored an unassisted goal to take back the lead.

The Pointers kept the momentum going into the second period. Quagliata scored his first goal of the night at 8:53 on the Pointer Power Play. The Pointer offense has recently started to click fol-

lowing a tough season. They continued to click as Rabler scored a goal at 12:17.

Early in the third period Quagliata scored his second goal of the night on another Pointer Power Play. Zech followed with the final goal of the night a minute and a half later. The Pointers triumphed over the Lumberjacks 6-1. Goalie, Eli Billings, had 13 saves.

The Pointers previously lost to Northland 2-3 in December. The team went on to win again on Feb. 15 5-0 with a shutout from Billings. The Pointers took a share of the WIAC championship with their wins over Northland. They will also receive the top seed in the WIAC tournament. The Pointers will look to take their momentum into the tournament and further.



The Pointers celebrate their 6-1 win over Northland College.
Photo by Avianna Holmes.

Pointer Profiles

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

Pointer Profile: Megan Lawrence

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Megan Lawrence.

Photo courtesy of UWSP Athletics.

Sport: Softball
Year: Freshman
Major: Undecided
Hometown: Antioch, IL

What made you choose Stevens Point?

The size and how far away it was from my house, it's three hours away. I also really liked our softball coach.

How long have you been playing softball? I've been playing ever since I was 11, so about eight years.

Why did you start playing softball? One of my friends just asked me to do it one day. I also liked playing with the boys in the background rather than the girls and they were always playing baseball.

Have you ever played any other sports? I also played tennis in high school.

What made you choose softball over tennis? Tennis was always something I did for fun; I didn't really ever practice outside of meeting for practice. I would say I was just better at softball and I definitely worked harder at it.

Where do you see yourself in 5 years?

I still see myself not having everything figured out yet. I hope I'll be traveling if I have enough money by that time.

What do you consider a successful season for yourself? Doing the job that I was meant to do on the team, whatever it may be. Helping the team wherever they need me to.

How about for your team? All of us just trying our best and doing whatever they need us to do to help the team win. We all have to do our roll on the team.

How eager are you to get your first college season underway? I'm super excited! I haven't played since last summer so I'm really excited to play again.

How has your college experience been up until this point? It was a little rough at first because I was really homesick but now I love it. I've made a lot of friends and it's been a lot of fun.

What is your favorite memory from

softball? I really liked being on my high school team as a whole. It was really fun and a lot of my friends played. We just all went out there and had fun together, we ended up doing pretty well.

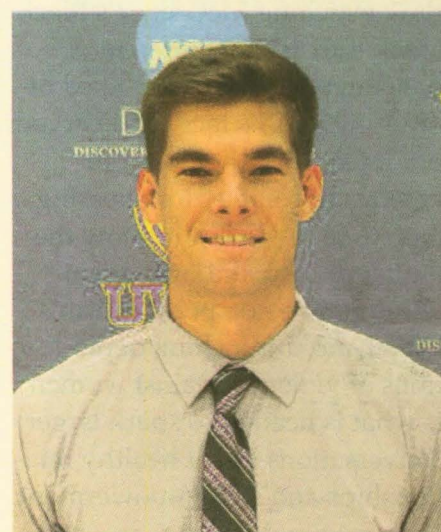
What is your favorite part of softball? Definitely being busy. I like to constantly be doing something. Another thing I like is that the game requires a lot of focus, so you're always focusing on something and I like that a lot. There is also no better feeling than hitting or catching a ball, it's just a lot of fun.

What is your favorite movie? "Fantastic Mr. Fox!" I've liked that movie since I was really little, and I still love it.

If you could go anywhere in the world where would you go? I would go to Amsterdam because I would really love to see their tulip fields.

Pointer Profile: Blake Ehrke

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Blake Ehrke.

Photo courtesy of UWSP Athletics.

Sport: Basketball
Year: Senior
Major: Communication
Hometown: Deerfield, WI
How long have you been playing basketball? I've been playing since first

grade, and I didn't play with my regular team right away. I always played up with my brother, because we didn't have a team in first grade. Playing up with my brother was my first opportunity.

Did you play other sports before college? I played baseball and football. It was a tough choice between baseball and basketball for a college sport to play because I liked baseball a lot too.

What is your goal for the team at the end of the year? Our end goal is definitely to win it all and make it into the playoffs. We put in so much work in the off-season that I think we deserve to get in. I don't think there is any other team in the WIAC or in the state that works as hard as we do. Our preseason conditioning is the hardest thing I've ever done. If there's anybody that deserves to get in, it's us.

What are your plans after you graduate? I have one online class and an internship left, so once I finish the internship, I plan to move to Wausau and live up there and try to find a job.

What has been your favorite aspect of playing college basketball? Probably just all of my teammates, and just meeting four or five new people that have become my best friends throughout college.

There's nothing better than hanging out with a bunch of guys that like the same things as you do and just chilling. Then going on the court and working as hard as you can to be as good as you can.

What do you feel is the biggest difference in high school basketball to college basketball? Definitely the pace. The speed of the game is way faster, and I'm sure if you go up even into division two and division one it would be faster, but just the high school pace. I went to a small high school, so it wasn't nearly as fast-paced as the top of division three.

What is your favorite specific memory from your basketball career? My sophomore year when we won the WIAC Championship tournament. That was unbelievable. We were the two seed. We didn't really expect to get two home games, and we got two home games. We played super well and just rolled right through teams and won the WIAC tournament. It was a great experience.

Why did you choose Communication as a major? I like the video editing part of it, and just making videos and putting them together or editing already existing videos. The part that is hands-on, I really like.

What advice would you give to incoming college athletes? Stick close to your teammates. Don't separate. If there's anybody that can help you through a hard time, it's your teammates, because they know exactly what you're going through. They know how to get through it just like you do because you know exactly what they're doing because you're doing the same thing and just sticking close to anyone that's on your team. It doesn't even have to be a starter, or a guy that's an All-American, just somebody on your team that knows what you have to go through.

What place would you most want to visit? I've been to Mexico a couple times, so somewhere in Mexico maybe. It's just beautiful out there.

What is your favorite sports team? The Milwaukee Bucks. They're finally good. I've watched them when they were terrible and now that they're doing great, it's so much fun to watch them.

Who is your favorite athlete? LeBron James. Day in day out, he's the best player on the court. I don't care what anyone says. I don't believe he's the best scorer, but I think he's the best overall athlete on the court at all times.



Review: “Birds of Prey,” is Fun, Frantic, a Bit Birdbrained

The Birds of Prey (from left to right: Rosie Perez, Mary Elizabeth Winstead, Margot Robbie, Ella Jay Basco, and Jurnee Smollett-Bell). Photo courtesy of Warner Bros.

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Although the title references the DC Comics superteam, “Birds of Prey (and the Fantabulous Emancipation of One Harley Quinn)” is obviously a Harley Quinn vehicle. But that isn’t a bad thing! The last time the superhero squad was onscreen was a cheesy 2002 CW show that was canceled after one season. It makes perfect sense to use Harley to reintroduce the team. It also doesn’t hurt that Margot Robbie gives the best portrayal of the character yet.

But this isn’t her first go; Robbie debuted her charismatic Harleen Quinzel in 2016’s dour and messy “Suicide Squad” (a film so committed to its own “edginess” that it forgot to come up with a compelling plot). By the end of the film, Quinn was broken out of jail by her puddin’: The Joker.

And so “Birds of Prey” acts as a standalone sequel to David Ayer’s “Suicide Squad.” But don’t worry; a fun animation at the beginning of the film will catch you up to speed. After a

major breakup with the Joker, Quinn teams up with detective Renee Montoya (Rosie Perez), club singer Black Canary (Jurnee Smollett-Bell), and a vengeful assassin who self-appoints herself as Huntress (an effortlessly cool Mary Elizabeth Winstead).

Their mission? Protecting a street-smart foster kid (Ella Jay Basco) from the flamboyant crime lord Roman Sionis (Ewan McGregor), A.K.A. Black Mask.

Chinese American director Cathy Yan brings an intelligent and assured vision to the film with mostly good results. “Birds of Prey” is a manic, violent, candy-colored fantasia, even if its script and tackling of themes are a bit birdbrained.

“Birds of Prey” is eye-popping. It’s frantic, self-aware, and most importantly, funny. Yan’s brutal and competently filmed action set pieces are also a treat; the third act’s showdown within a funhouse is bonkers!

Aside from these elements, what’s most impressive is the palpable difference in the treatment of Quinn within “Birds of Prey.” “Suicide Squad” used her

for titillation, playing up her fatalistic baby-doll sex appeal for men. Ayer’s camera never hesitated to sweep Robbie’s figure at every opportunity.

Yan’s direction course corrects this issue, providing a fleshed-out depiction of Quinn without relying on her body or a man. Sort of? With the film exploring Quinn’s aftermath of a breakup, we’re still following her overcoming this toxic relationship with the Joker. And although the arc of her finding herself is thoughtful, it ultimately still focuses on her in relation to a man.

Our heroines find their voice by teaming up together and revolting against their abusers. The relationships and interactions between these women embody what the film wants to say, but it’s a shame that the full team isn’t even assembled until the third act. Perez, Smollett-Bell, and Winstead are all intriguing and committed to their roles. Their banter is genuinely fun.

The film also seems to fumble its themes regarding the saturation of women being brutalized by awful men for the sake

of character development. Frequently, strong women in film are subjected to a rape-and-revenge-esque arc, where the explicit dehumanization of a woman reaches a boiling point and leads to a cathartic enactment of revenge.

“Birds of Prey” examines toxic masculinity in an unambiguous manner, but it still feels startling watching McGregor’s Black Mask threaten a woman into dancing on a table half-naked or ordering a girl’s face to be carved off. It feels like there are other ways to combat domineering men than to viscerally show the audience over and over again.

But maybe not; perhaps Yan’s brutal and unflinching depictions of violence against women is what is needed to spark larger conversations about healthy relationships and self-empowerment. Even acknowledging a structurally weak story, the cast’s performances, action set pieces, and Yan’s direction ground an otherwise average girl-gang superhero flick.



Local Martial Arts Offers Free Self-Defense Classes for Women

The studio inside of Five Rings Martial Arts.
Photo by Sarah Sartell.

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A local martial arts business, Five Rings Martial Arts, is offering free self-defense classes for women in the Stevens Point community.

Five Rings Martial Arts is a competitive taekwondo school that strives to create "champions in sports and in life."

The women's self-defense classes have been going on even before Stephen Decker (or Master Decker within his profession), lead instructor and owner of Five Rings, opened his business; Decker and another trainer held the class on the side

at the Stevens Point Area YMCA. Decker believes there are more realistic and better training techniques to help in any situation.

"There's so much bad information out there when it comes to women's self-defense," said Decker. He has the chops to back up his claim; he's a former U.S. Navy soldier and coached the U.S. National Taekwondo Team in 2016. He earned his 4th or "Master" black belt and holds the highest coaching rank in the world.

Decker knows what's out there, what works, and what doesn't. Within these classes he wants participants to be educated and informed with any situation, even if they might not be as skilled as their opponent.

The free women's self-defense classes are tailored to those who request them. There aren't specific times each month that are scheduled to come to but those who are interested, a club or organization on campus, a daycare, a work company, so many people have requested it in all walks and areas of life. Master Decker urges whoever is interested to give the business a call and figure out a time that works best and can both accompany for it.

Member of Five Rings and UWSP Admissions Technical Processing Specialist Jenna Freeman said

why she joined the school and what keeps bringing her back after five years now.

Freeman said, "I never saw myself doing it." She thought she would try something new because it's something she never has done before. She adds the most important thing she learned is "perseverance." Whether it was a difficult move or just pushing through a hard situation in life, it has helped her in some positive way.

Since December 2013, the business is going on seven years of providing this unique sport to people of all ages across the community. They are the only martial arts school in the area that splits up the classes by age, so the participants are with their age group and skill set. The classes are for everyone, including having a participant in their sixty's coming weekly for training or anyone with a disability. The business can teach anyone everything they know at these classes.

Freeman's husband competed nationally and internationally and she never saw her husband because of the many competitions and "thought I would give it a shot but also it's good physical exercise," she explained.

Stephen Decker or Master Decker, the lead instructor and owner of Five Rings, explained why he opened up the business and his passion for helping others.

"Taekwondo was an option for sport in school and I fell in love with it ever since. Once I got older, after going to college, it was something I could always come back to no matter how older I got."

Master Decker quit his job at Sentry and started Five Rings. He mentions that "you don't work a day in your life if you

love what you do," and he loves martial arts and really wanted to share that passion with the community.

Freeman said why she thinks this business is unique because there's a very "lowkey atmosphere." She emphasizes that it's not a strict, very formal stereotypical environment that everyone thinks but it's very welcoming and really brings everyone in together.

Decker and Freeman both encourage everyone to give this uncommon sport a chance because they believe it does a lot of good, whether it's competitive or for fun, there's always something good to learn.

To find out more on Five Rings memberships, classes, and the instructors, check them out on Facebook at Five Rings Martial Arts, their website is fiveringsma.com, email at info@FiveRingsMA.com, call at 715-47-5994 or in person by their studio at 929 Main Street, in downtown Stevens Point.



Five Rings Martial Arts is located at 929 Main Street in Downtown Stevens Point. Photo by Sarah Sartell.



Fourth degree black belt and owner of Five Rings Martial Arts, Stephen or Master Decker. Photo by Sarah Sartell.



Spending Valentine's Day with Cullah

The Lexie Lakmann Quartet performing.

Photo by Erin Henze.

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Couples and singles alike joined together on Feb. 14 to celebrate Valentine's Day with a performance by the Lexie Lakmann Quartet followed by Cullah and the Comrades.

Senior jazz student Lexie Lakmann opened the evening with her band, covering songs of both romance and heartbreak. Singing with her bassist boyfriend alongside her guitarist and drummer, the evening began with songs such as Amy Winehouse's "Valerie," along with a jazz performance composed by Lakmann herself.

After the performances put on by the

Lexie Lakmann Quartet, Milwaukee native Cullah took the floor with his group Cullah and the Comrades.

Cullah, who has released 14 albums (a new one every year on his birthday), says he keeps the music coming in two different ways.

"I don't have a choice at some point. I've got this sickness inside of me," Cullah said. "Logistically, the way I can do this every year is that I am self-produced... I'd say 80 percent to 90 percent of the albums, every instrument, all the different things, are all me."

If Cullah has a band to play with, then why is most of the album all done by him?

"The Comrades was the first ensemble

that I made. It's all still my music, it's just different styles take different approaches," Cullah said. "If you go through my albums, you can hear distinct stylistic differences."

Because of these differences in his songs, Cullah has more than one ensemble to play music with. Not only does he have the Comrades, he also has the Copperheads.

"So the Copperheads, it's like folk, sad country music and Irish-folk music and bluegrass music," Cullah said. "Ideally, I would have other ensembles too, in the future, doing them just one by one. I want an electronic, more hip-hop one and I'd like a more experimental one too."

But what about the Comrades? Though

their musical genre may be hard to explain, the sophomore Public Relations Director for 90FM, Theresa Yonash, knew exactly what vibe Cullah was going for.

"It's a funky vibe," Yonash said. "It's very almost dreamy like, hazy, but also really in the beat: fun and uplifting. There's a lot of different things."

90FM and Centertainment co-presented the concert in the hopes to bring more students together. Yonash, along with Centertainment, also helped bring the bands together.

"Centertainment had Cullah and the Comrades picked out previously, and when we talked about co-presenting the concert, she asked me if I could find an opener," Yonash said. "I remembered seeing Lexie perform with her quartet at another event, and I thought, 'You know what, this would be great.'"

With the blend of funk, rock, and jazz in between the two groups, a wider audience could be reached, which is exactly what 90FM wants.

Sophomore 90FM News and Public Affairs Director Anna Herrmann said, "I think it's super fun partnering with Centertainment because that way we can get the word out about 90FM around campus. That's a huge thing of what we've been trying to do this year."

Yonash agrees.

"I think collaborating, making art, making these events for people to come to and enjoy," Yonash said, "as well as being united as different areas of the University is really essential. So, it's been really cool to work with other organizations and bands and the like."

Spin.uwsp.edu/events has information on other Centertainment events on campus.

Cullah's website, www.Cullah.com, has more information available on his work.

For those interested in joining the 90FM team, the studio in CAC 105 is open from 9 a.m. to 5 p.m.



Cullah and the Comrades grooving to their funky beats.

Photo by Erin Henze.



Theresa Yonash and Anna Herrmann, left to right.

Photo by Erin Henze.



Stevens Point Community Members Showcase Art

Riverfront Art Center

Photo by Erin Henze.

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Community-led art is an important part of life in Stevens Point, which can be seen in the many art galleries downtown. Specifically, it can be found in the Riverfront Art Center and The Gallery Q, where community artists share their skills with the town.

Riverfront Art Center, which is located on the banks of the Wisconsin River near Downtown Stevens Point, hosted a Winter Garden exhibit from Jan 17 to Feb 23. The event, which involved 38 different artists and 63 separate art pieces, raised money for the community-run center.

Volunteer and artist Nancy Thorson explained a little bit more about the event.

"It's a juried exhibit, so people submit and then a juror decides then who gets in," Thorson said. "And then along with that we have live orchids that are for sale as a fundraiser for our organization, because we are a community-sponsored art center."

Because they are a community-sponsored art center, they also utilize volunteers in the community.

"We're run by volunteers," Thorson said. "That's how we make it from day to day.

We're always looking for more volunteers and we love to have student help too!"

Also, volunteer-run, is The Gallery Q, also called Q Artists Cooperative. Master photographer John Hartman explained a little bit more about The Gallery Q.

"The Gallery Q was founded in 2009 by a group of local artists who wanted to create a space where members could both exhibit their work and belong to an art community," Hartman said. "The membership currently consists of 18 members whose media include paint, ceramics, fiber, wood, jewelry, photography, stained glass, encaustics and printmaking."

Hartman is a member of The Gallery Q and happens to be the artist behind the featured exhibit called Wildlife of Africa.

"Last March I had the opportunity to go on a photo safari with a world-famous wildlife photographer in Botswana, Africa," Hartman said. "I was asked to go on this safari by world-renown wildlife photographer Kevin Dooley, whose work I have admired for years."

Hartman went on to explain more about his trip in Africa.

"There were about 20 of us in our group, on a beautiful 55,000 private game reserve in southern Botswana that we had all to ourselves," Hartman said. "Because the lodging company has been there for over 35 years, the animals were used to the presence of the vehicles and did not perceive them (or us) as a threat. It was truly an amazing experience. I've been asked to lead another trip next year, this time to South Africa, and it was a lot easier to say yes this time."

Hartman has been a professional photographer in Stevens Point for over 40 years and he has some advice for those pursuing photography as a profession.

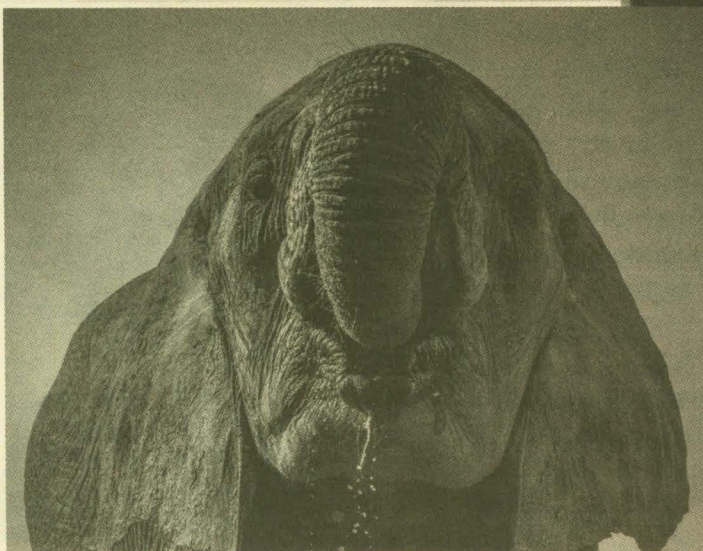
"My advice- get connected with someone you respect and learn from them," Hartman said. "Then take pictures, more pictures, and even more pictures. And when you think you've taken enough, take some more."

Both exhibits are free to the public. Hartman's exhibit will be on display until Feb 27. More information about him can be found at jhartman.com.

For more information on the Riverfront Art Center can be found at stevenspoint.com/170/Riverfront-Arts-Center.



The Gallery Q storefront. Photo by Erin Henze.



Elephant in Botswana.

Photo by John Hartman.



Volunteer and artist Nancy Thorson stands by one of her pieces (to the right). Photo by Erin Henze.

Pointer Poetry

UWSP students looking to find a creative outlet to submit their poetry and having the opportunity of getting their work published

Carpe Diem

by Taylor Gumz

venture to the cliffs high
above the clouds to feel the warm sun
and the biting atmosphere

al mismo tiempo.

stretch out your hand
take the sun
you now hold the light

de nuestra galaxia.

squeeze a blackberry
into nonexistence
remember how you held

el sol.

the blackberry.
the sun.
the blackberry.

están iguales.

claim both under your dominion
with little a thought
and voice your commands

conquistador.

you are the mother
the emperor
the one that holds life in hand

y la machuca.

Translations:

al mismo tiempo = at the same time

de nuestra galaxia = of our galaxy

el sol = the sun

están iguales = they are the same

conquistador = conqueror

y la machuca = and crush it

**Top 10 Albums**

Feb. 20 - 27



1. Pigeons Playing
Ping Pong - Presto



2. Fiona Silver -
Hostage of Love



3. Andy Shauf -
The Neon Skyline



4. Soil And
"Pimp" Sessions -
Man Steals the Stars



5. Policia - When
We Stay Alive



6. Glass Beach
- The First Glass
Beach Album



7. Dune Rats -
Hurry Up And Wait



8. Son Little - Alo-
ha



9. The Wood
Brothers - Kingdom
in My Mind



10. Dubioza
Kolektiv - #fake-
news

90FM Music Director Album of The Week

KEEGAN WEST

90FM MUSIC DIRECTOR

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Haviah Mighty - 13th Floor

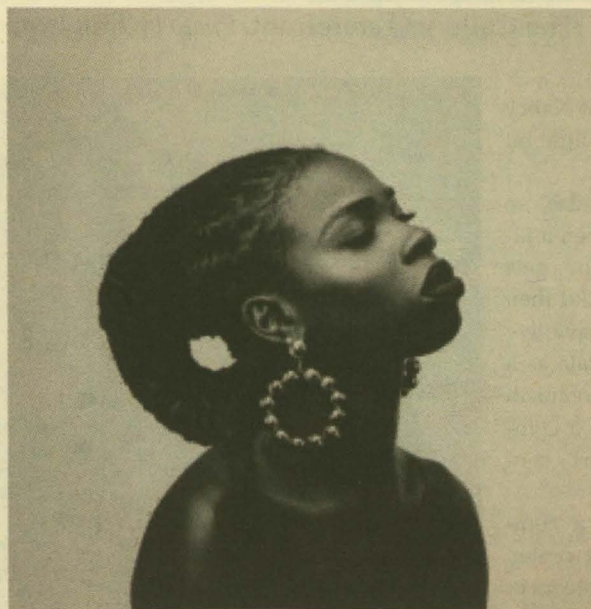
You don't find a hip-hop album like this every day. The aggression and passion omitted by Haviah Mighty are unparalleled in today's saturated rap industry. If you are searching for a new voice in Black liberation, feminism, and self-love advocacy, the "13th Floor" project has everything you need. We tend to forget how powerful the platform of hip-hop is. The messages behind the music seem to resonate with its listeners stronger than any other genre, especially in regards to racial injustice.

The album's name comes from the 13th amendment, which Haviah will ruthlessly tell you all about. Toronto-raised, she

didn't learn about America's long history with their Black citizens until her late teens. She started practicing hip-hop production at the age of 15 and began rapping soon after. Even early in her career, Canada saw an activist in her. She filled her flawless rhyme schemes with activism and her momentum grew. "13th Floor" is Canada's most anticipated album of the year.

The album is appealing to all hip-hop fans. Mixing hard-hitting bass heavy beats and bright melodic balladry, Haviah utilizes the hip-hop spectrum perfectly. The production is rich, warming, and entrancing. The real meat of the album is her wild

change-up flows, aggressive deliveries, and full sentences that rhyme perfectly with the ones that proceed. The album will inspire you to improve yourself and inspire equality for all. You can hear "13th Floor" in heavy rotation on 90FM, Your Only Alternative.



"Haviah Mighty," album cover. Album covers courtesy of www.Bandcamp.com.