

SUPERSIZE ME(NOMONIE)

Portion Distortion

*How Many Servings Are You
Really Eating?*

Page 7



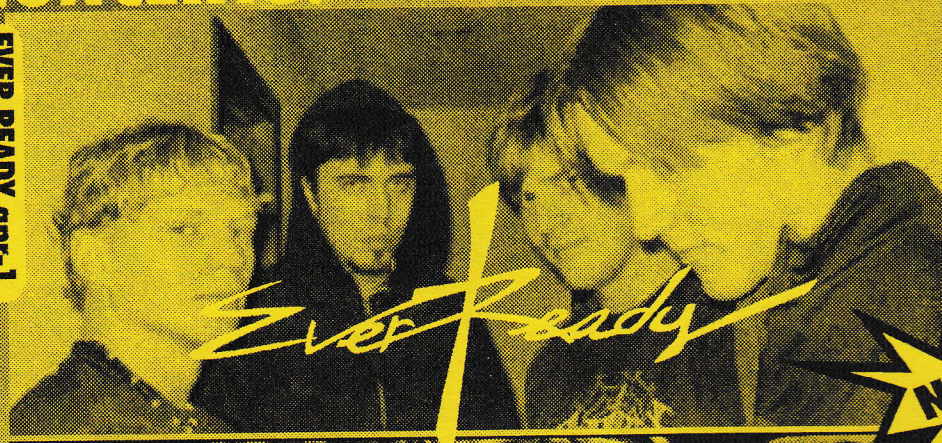
Get Out There!

*Intramural Sports Are
A Great Way To Meet
People And Stay In
Shape*

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CONCERTS:

EVER READY apr-1



Ever Ready

GRETCHEN apr-15



Gretchen

U.H.Q. may-6



THE URBAN HILLBILLY QUARTET

MOVIE NITE AT THE MUNCHIES



FREE Admittance

Apr 8th - 7:00pm

NEW!

JESSE JAMES MEETS FRANKENSTEIN'S DAUGHTER

Pizza, Wok-corn, coffee and soda will be available.

MUST BE 18 or OLDER

FREE, LIVE CONCERTS, HUH? Well, Jim dandy, that... SOUNDS SMASHING!

Come for the music Stay for the...ahh **MOVIES?!**



Achieve Full Coffee-ness!

The Blind Munchies Coffeehouse

621 Wilson Ave. Menomonie, WI 715-235-9300

www.streetlevel.uwstout.edu

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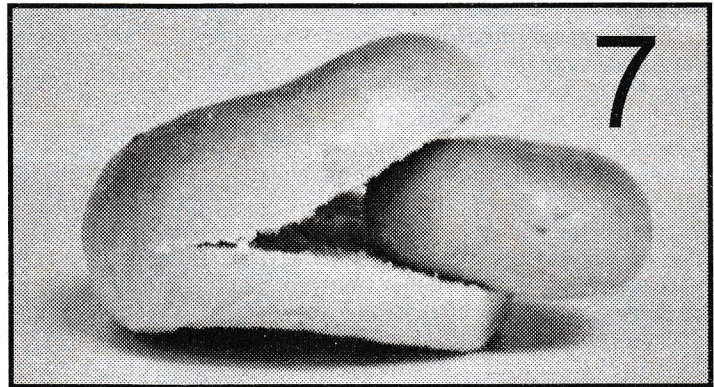
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Rescued
Zebra



wotd on: the street
m a g a z i n e

is a quarterly publication of
Street Level Ministries,
a UW-Stout student organization.
Want to know more?
Check out our website-

www.streetlevel.uwstout.edu

Any comments or suggestions please
write us:

Street Level Ministries

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Menomonie, WI 54751
or
wotsmagazine@yahoo.com



STOUT HAPPENINGS

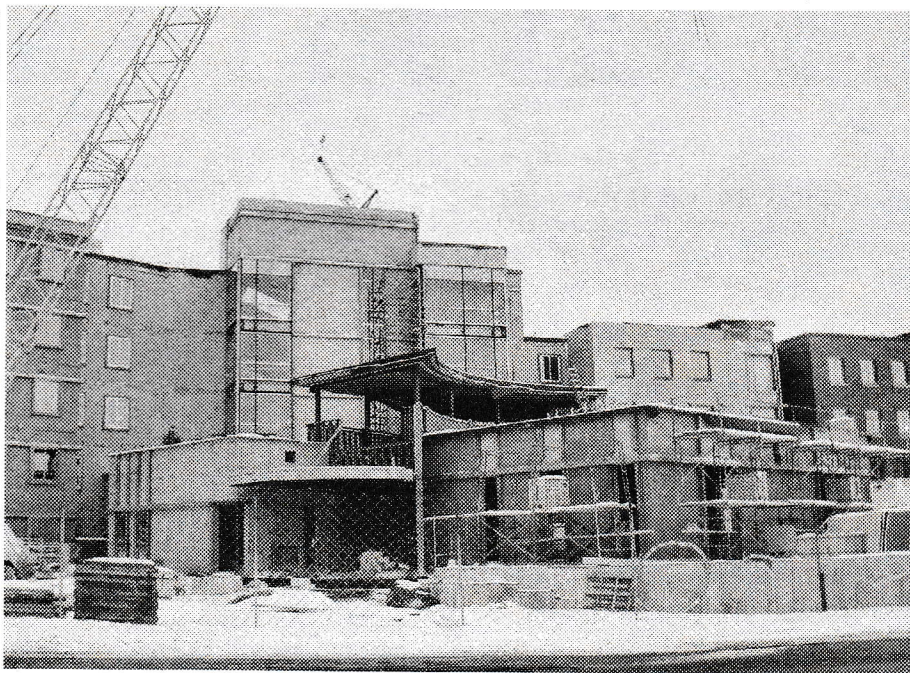
Ch..ch..ch..chang..es! new campus housing regulations force students to move

Beginning next semester all incoming freshman will be housed on south campus while the other on-campus students will be moved to north campus. There are mixed reactions among the students, and understandably so.

Along with this change, will be the opening of a newly built dorm that will eventually replace JTC. This dorm contains suite-style rooms and will house a total of 300 students, but will not be available to incoming freshmen.

The majority of complaints may come from 2nd and 3rd year students who are being pushed out, rather than the first year students who have never known anything different.

The effects of this change will also expand to the faculty as well because the enrollment cap will be lifted. The instructors will be faced with significant changes within the classroom with the possibility of increasing numbers. In any case, change is on the way, and as you may have heard it said, "resistance is futile".

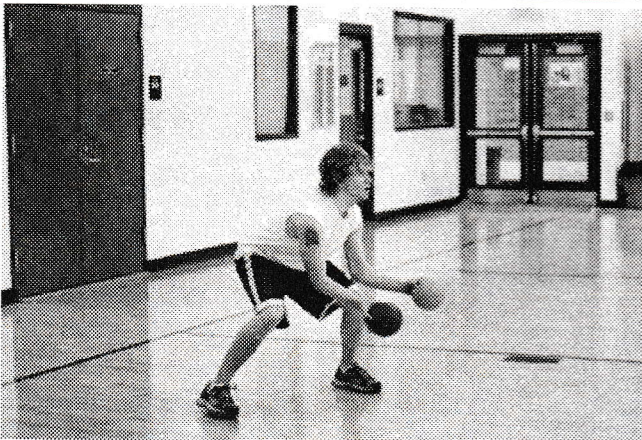


Behold the future: The new Stout housing project

Get Out There! Intramural sports are a great way to meet people and stay in shape

Stout offers a number of intramural sports and recreational activities throughout the year. Playing an intramural sport is basically like recess when you were in grade school. You get to hang out and play a recreational type activity of some kind. Whether you are into basketball or foosball, the University Rec Center has something for you.

Intramurals take place Sunday through Thursday night starting at 7pm, with the exception of Sand



Double Whamee!!

volleyball, which starts at 4pm due to lighting issues. People of all skill levels participate, so if you're thinking, "Well I've always liked some sport, but I am terrible at it," don't be afraid to sign up. One student remarked that playing intramurals is a good way to stay in shape, meet new people, and have some fun. You can meet new people and have something to do other than watch the campus movie channel all night.

One of the newest intramurals is dodgeball. It

began last year, but has undergone some rule changes for this semester's schedule. When asked about dodgeball, one student, Dustin, said, "It is better than any other intramural sport. Everyone can play—female or male. Dodgeball is a sport where it doesn't matter your size or your gender or even your athletic ability. This makes every team just as equally likely to win and have a great time." When asked as to whether or not he thought dodgeball would stick around or disappear like rolling your jeans, Dustin said, "I believe that dodgeball will be around for a long time because it lets students vent....it brings out the 3rd grader in

everyone. Other intramural sports have specific gender rules that take the fun out of the game. Dodgeball has no gender-related rules or restrictions."

Other activities for the spring semester include: ice hockey, basketball, volleyball, 8-Ball Pool Singles, racquetball singles, foosball singles, darts, cricket singles, men's & women's NCAA March madness pick'em, Slam 'n Jam (basketball skills contest), flag football, sand volleyball, indoor soccer, softball, tennis doubles, and sports trivia contest.

So if you're looking for something to do in the evenings, check out one of the activities offered through the University Rec Center. For more info, call 232-5356.

New Mountain Tribal Village Church Supported by Street Level

Celebrated in India

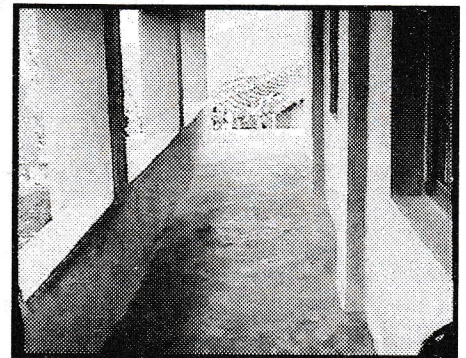


A crowd of 2,500 gathered in the mountain village of Badamanjari, India, January 17, 2005, to celebrate a long-awaited, newly constructed church building supported by Street Level Ministries--UW-Stout and Jesus Fellowship of Believers--Menomonie. The new church is one of many fellowships within Source of Light Ministries (Amar Jyoti)--India. By God's provision through funds generated at Street Level's Jesus rock fest, Yeshuapolooza 2003, this church was able to be constructed. After nearly a year and a half of battling unpredictable weather, various trials, hurdles, and satanic troubles, the church finally stood ready and open for believers in Jesus Christ to meet together for worship, prayer, Bible Study, and fellowship.

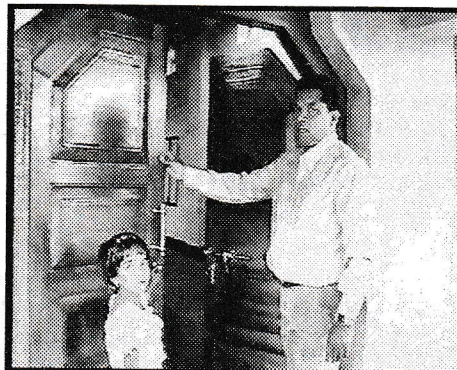
**The New Amar Jyoti
(Source of Light)
Church Building
Badamanjari, India**

Local believers and believers from sister churches in the area joined together for the day's festivities. After a baptism service, the people gathered in front of the new church building. Staff members from Amar Jyoti in the towns of Cuttack and Jeypore and the tribal leaders stood on a platform and together with the people prayed and glorified God for the marvelous work he did amongst them. A letter from believers at Jesus Fellowship in Menomonie was read and then in the presence of faithful leaders, elders of Amar Jyoti, and other fellowship groups, the responsibility of the new church was handed over to Pastor Hanak Tading.

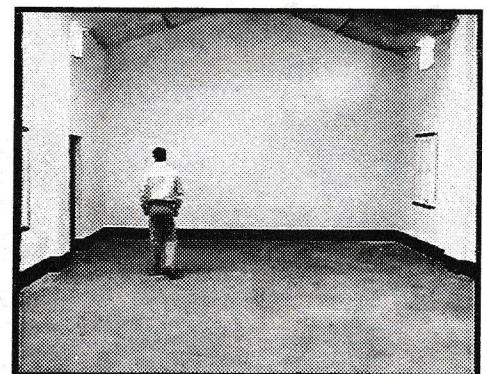
The believers entered into the new church one after another by reading and remembering Psalm 100:4 from the Bible and singing songs. The leaders and elders prayed and dedicated the building in the name of the Lord Jesus Christ. A portion of scripture was read, 2 Chronicles 7:15-16, which states, "From now on I'm alert day and night to the prayers offered at this place. Believe me, I've chosen and sanctified this Temple that you have built: My Name is stamped on it forever; my eyes are on it and my heart in it always." (MSG translation)



Outside Hall of Church



Front Door of Church

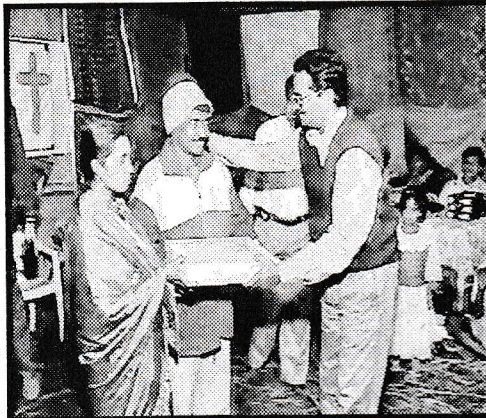


Interior of Church

Continued on next page...

Continued...New Mountain Tribal Village Church

The crowd departed and went to the mountain to worship and hear the message of God. They sang songs, worshipped, and listened to an encouraging message from the scripture (1 Peter 2:9) delivered by Rev. Pradip Das. The believers then divided for the afternoon meal which consisted of delicious tribal food. In the evening they came together again on the mountain for the Christian Cultural Program of songs, dances, memory verses and chapter, action and Christian folk songs, gifts distribution, and honors and presentations to guests and dignitaries of different fields. Pastor Hanak Tading and his wife along with Pastor Ranjit Pangi and some other leaders were honored for their volunteer service and valuable cooperation to accomplish this great task.



Pastor Hanak Tading and His Wife

The completion of the new church building is the cause of great rejoicing for the local believers who previously gathered down the center walk through town. The walk is roughly the width of a side street and the length of a football field. They would gather on the ground packed together under the shade of an awning constructed of log posts and fresh tree limb canopy. The people also met in various homes. Pastor Tom Karl of Street Level Ministries stated, "I believe the building need was there because of the rapid spread of the gospel."

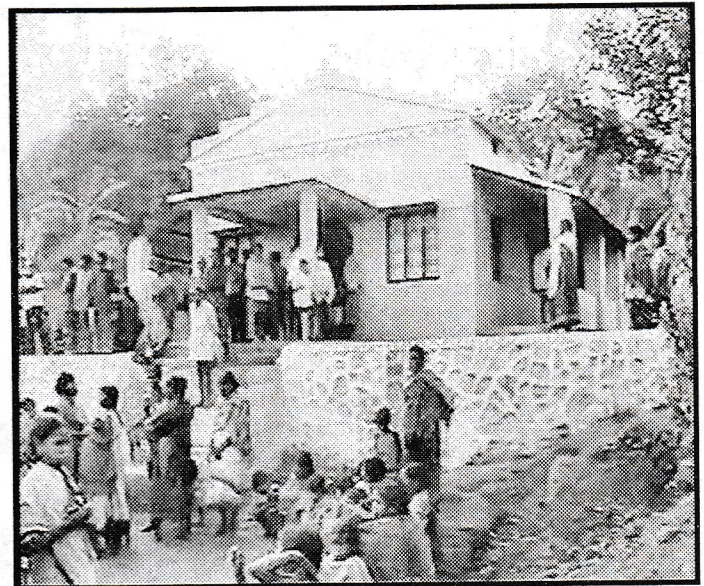
The building took a year and three-four months to complete. According to Karl, the building was constructed mostly by local workers. Some were hired to bring cement and make bricks, but it is his understanding that the majority of the work was done by those of Badamanjari.

Many complications befell the workers in the form of rain. A large percentage of the bricks were destroyed. The bricks they use in India are hand-formed and sun-dried. The goal in construction is to get the bricks laid while it is dry and then coat the entire structure with a layer of concrete as a weather resistant shield. Once that was done and the roof was on, the building was sealed from water damage. The final cost of the building project came to roughly seven thousand U.S. dollars. This amount would have been less had the original bricks not been damaged.

This is just one of many projects Street Level Ministries has envisioned to support. A mission's team from Street Level and Jesus Fellowship will be visiting the new Badamanjari Church in the fall of 2005. During this trip the team will visit with the people in the community of Rohru, which is north of the city of Shimla, in the Indian State of Himachal Pradesh. Funds raised at Yeshuapoolooza 2004 were used to purchase land nestled in this Himilayan Mountain community. In the near future new construction will begin on this land and the cost will be covered by money brought in at Yeshuapoolooza 2005. The fall mission's trip will also include a stop

in Kenya, Africa to visit a fellow believer and friend, Scott Kilde and his family.

*Details of the celebration provided by Pastor Christodan Takri of Jeypore, India



People Gathered Together Outside the New Church

NOT YOUR TYPICAL CHRISTIAN ROCK STATION!

JESUS ROCK 101.7

WRJF-LP 101.7 FM

100 WATTS OF POWER!

MENOMONIE'S ONLY JESUS-ROCK STATION!

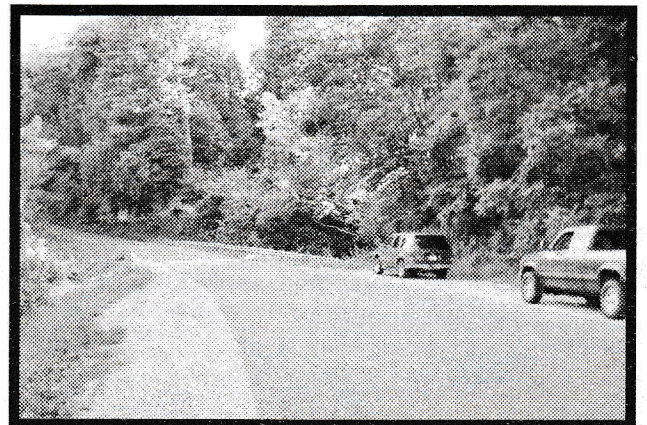
Bible Teaching, Punk, Metal, Electronic, Rap, Dance, Trance, Nu-Rock, Alternative, Strange & More!



Paradise Valley, locally nicknamed, is a little, beautiful valley with a little crick, (or creek depending on where you're from) running through it. It can be found just off of the Red Cedar Trail in Menomonie, WI. If you've been to the Devils Punch Bowl then you have seen something similar, though, in my mind, not nearly as cool.

You can get to Paradise Valley by taking Highway 29 west out of Menomonie over the Red Cedar River, and then take the next left onto County Road P. Once you are on P, take another left onto Paradise Valley Road. The road closely parallels the Red Cedar trail. If you follow it for about a mile off of 29, you will find a bridge with a slight drive off/parking spot on the side of the road, and a trail going down towards a small crick. It won't look like much from below, but if you follow the trail back into the woods a little ways, you will enter into what is called Paradise Valley. It always seems to be at least ten degrees cooler in this valley, so it's an excellent place to visit during the warm summer months. You can climb up a small waterfall and to another smaller basin with clear, cool water running through it, but don't bother going much farther. There is a fence not too far upstream, and there really isn't anything else beyond the basin area except for the stream running through the woods.

This is definitely one of my favorite spots in the Menomonie area to visit. If you're up for taking your shoes off and wading through some ankle-deep water, it is, in my opinion, the best spot in or around Menomonie. When I started college at Stout I had no idea that Menomonie held anything like this. Enjoy!



Parking Spot By Bridge



Area Attractions

Spring & Summer Farmer's Markets

In Menomonie:

Clock Tower Plaza

Wednesdays & Saturdays
8am-2pm

Contact: 715/639-3205 or email statz@svtel.net

An excellent local variety right down the street. Complete with bakery, breads, flowers, and local artists. It's a must for the lazy weekends or for fresh groceries.

Downtown Saint Paul, MN:

5th and Wall Streets

May 1 – Oct. 31
Friday 12pm-5pm
Saturday 6am-1pm
Sunday 8am-1pm

Contact: 651-227-6856
www.stpaulfarmersmarket.com

This farmer's market has over 160 local growers and producers who bring their tasty products every week. From flowers and soap to strawberries and eggplant to bison and honey, you can always get the freshest fruit, vegetables, and products for a very reasonable price.

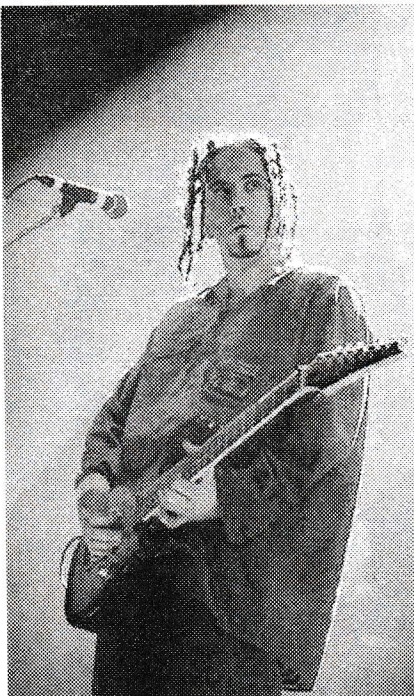
Available Parking

Parking Info and Directions:
Free parking is available in 5 lots surrounding the market, in addition to free 2 hour meters (see shaded areas below). Consult this map for all available free parking options.



News Brief

Guitarist Brian 'Head' Welch leaves Korn



www.christianpost.com

"Korn has parted ways with guitarist Brian 'Head' Welch, who has chosen Jesus Christ as his savior, and will be dedicating his musical pursuits to that end," a statement from the band reads. "Korn respects Brian's wishes, and hopes he finds the happiness he's searching for."

-mtv.com

"I'm good friends with Korn and everything still. I love those guys [and] they love me. They're very happy for me," said Welch, who wrote an official letter of resignation from the band on the 8th. "I think if kids want to go and listen to Korn, then good. But there's happiness too, after the anger. There's happiness, and I'm going to show through my actions how much I love my fans."

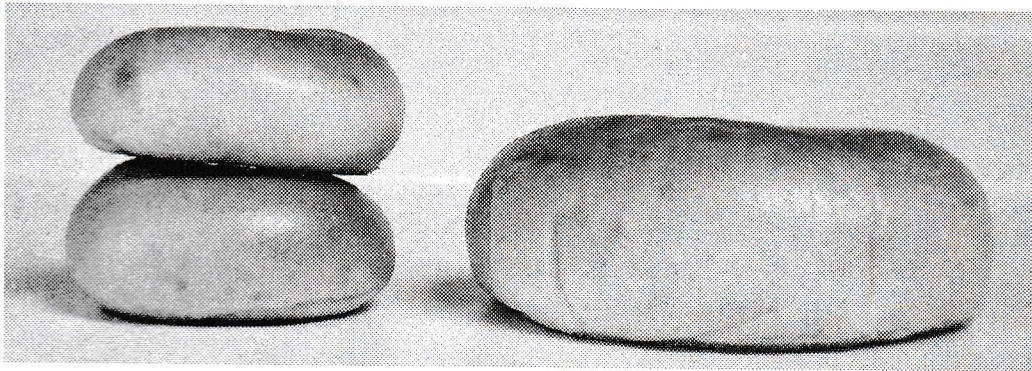
-christianpost.com

Campus Crusade for Christ

Thursdays
7:34 pm @ MSC

www.ccc.uwstout.edu
www.everystudent.com

SUPERSIZE ME(NOMONIE)



As I surveyed my breakfast choices that morning, something seemed amiss. It could have been the fact that each option included high levels of one or more of the following: sugar, white flour and/or lard. Or maybe it was the general lack of anything with a fresh green hue, or at least a naturally occurring color. Whatever the case, I grabbed a granola bar and a coffee and ran.

You're a college student. You cram, you crash, you drink some coffee, you cram and crash some more. You sleep a few hours and do it again the next day. So what would you think if I told you that you could have higher energy that lasted for more consistent periods of time by simply changing a few items in your diet? Considering the fact that the homework is not going to go away, and sleep deprivation might be a permanent part of life, this info could be worth your while.

Each day, thousands of students on this campus are faced with fuel options in between classes, on study breaks, or after a long hard day. In response to the recent *Supersize Me* movie and following phenomena, Americans have been asked to reconsider both what sorts of foods they eat, and how much they consume on a regular basis. *Supersize Me* is a documentary by filmmaker Morgan Spurlock based on Eric Schlosser's novel, *Fast Food Nation*. In the documentary, Spurlock eats a McDonald's-only diet for 30 days straight and tracks its staggering effects on his physical health. In the meantime, he digs up some rather disturbing facts about the way fast food is impacting our nation. A word of consolation: this article is not yet another attempt to "guilt" you into becoming the pinnacle of health, but there is something to be said for knowing the facts and understanding your options. First, let's take a brief look at the foods we eat and what they do to our bodies, and then at the amount we eat

and the effect it has on normal, everyday life.

College students are notorious for poor eating habits. The idea of an average student's diet revolves around pizza, pop, coffee, and sugar. In essence, we feed ourselves foods that act like tranquilizers, and then we overcompensate with foods that act like uppers. If this is not your idea of fun, and you'd like to know how to have more consistent energy throughout the day, read on.

Let's start out with college breakfast. This usually consists of coffee and something quick, floury and sugary; such as a huge bagel, sweet cereal, gooey granola bar, or doughnut. Here's what you should know about the first meal of the day: if you eat the wrong foods, breakfast can actually make you hungrier. What? How can food make you hungrier? According to Dr. Arthur Agatston, cardiologist and author of *The South Beach Diet*¹, highly processed foods, white flour, refined sugars and caffeine act as appetite stimulants, and actually peak your hunger soon after your little "meal" is finished.

Snack time? Once again, we're famished as a result of the breakfast we ate and need something quick. We reach for chips, pretzels, candy, or anything in a vending machine. These foods are high in carbohydrates, sugar, starches, salt, and fat. They go into your bloodstream like a shot and bring



a quick spurt of energy followed by a huge crash and burn which may be the reason why so many of us Stouties can be spotted napping in late-morning classes (oh, those poor professors). If you are wondering why those extra pounds are so tough to lose, check it out: Agatson states, "...the equation behind obesity is simple: the faster the sugars and starches you eat are processed and absorbed into your bloodstream, the fatter you get."² Translation? The longer a food takes to digest and break down in your tummy, the longer it stays intact and will both keep you full and keep your body's functions regulated. I'll list some options in a bit.

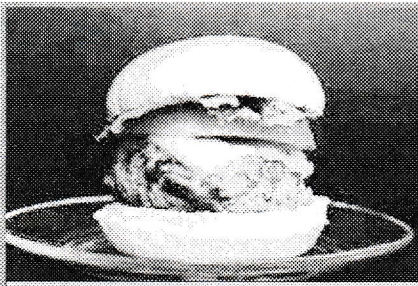
Finally, it's dinner time and you've had a long day and have lots of studying ahead. You head for the Commons, the Terrace, the Pawn or the telephone. And what awaits you is the bliss of deep-fried, mashed up, starchy, heavy foods that leave you feeling full in a not-so-good way. They stick with you through your study session, but they are likely a big part of the reason you just can't seem to stay awake while reading your riveting chemistry book.

Here are some basic and practical tips, taken from the American Health Association's website, *The South Beach Diet*, the movie *Supersize Me*, www.coolnurse.com, and from plain common sense.

1. **BREAKFAST—KICK IT INTO GEAR:** Like I stated earlier, the wrong breakfast can make you hungrier all day. Better options include cereals high in fiber and low in sugar, such as cereals containing bran or whole grains. Kashi brand cereals, Kellogg's Bran Buds, Post Shredded Wheat, and oatmeal are good options. Protein also sticks with you, so lean meats (lean ham, Canadian bacon, chicken), fish, low-sugar yogurt, or eggs are also a good choice. If you gotta' have your

coffee, take it easy, and drink some water along with it to stay hydrated. Consider tea for a change, which has less caffeine. These are baby steps, but they make a big difference.

2. **PACK A SNACK:** After walking to and fro on campus, we all get hungry, so plan on wanting a snack. Raw veggies, nuts, whole grain crackers, fruits, and cheeses are all winners that will prevent the late morning crash and burn. Here's a bit of great advice from Stout Food and Nutrition graduate student, Mitch Holliday: "Students should try to eat on a regular schedule and plan ahead. Planning helps to avoid the situation of 'grabbing' fast foods."



Highly processed foods generally have had a lot of important nutritional value sucked out of them.

3. **LUNCH—NOT FOR THE TIMID:** Everyone knows that fast food-type foods are bad for you. However, the reality is that, each day, one in four Americans eats fast food, and French fries have been ranked the most eaten "vegetable" in America. In college

it's no different, as we line up for burgers on huge starchy buns and grab liters of soda. Lunch can be your friend instead of your foe if you opt for whole grain breads such as those made by the Natural Ovens Bakery, Brownberry, or Sara Lee. Eat a good helping of veggies, lean meats, beans such as lentils, black or red beans, chickpeas, or soybeans. Add some low fat dairy products such as part-skim mozzarella, cottage cheese, and a bit of fruit, and you'll feel both full and feisty (maybe feisty, I don't know, that's your gig).

4: **DINNER—NOT SO BIG:** Highly processed foods are all over these days and they generally have had a lot of important nutritional value sucked out of them. Therefore, one way to eat right is to make dinner yourself. If you live in the dorms, this may be a stretch, but there are kitchens in the basement and on some of the floors. It might be a good idea to cook up a batch of something healthy, and then have it in your freezer

Do You Know How Food Portions Have Changed in 20 Years?

Source: National Heart, Lung, and Blood Institute Obesity Education Initiative

Maintaining a Healthy Weight is a Balancing Act

Calories In = Calories Out

BAGEL

20 Years Ago	Today
140 calories	350 calories
3-inch diameter	6-inch diameter

Calorie Difference: 210 calories

How long will you have to rake leaves in order to burn the extra 210 calories?*

*Based on 130-pound person

If you rake the leaves for 50 minutes you will burn the extra 210 calories.*

CHEESEBURGER

20 Years Ago	Today
330 calories	590 calories

Calorie Difference: 257 calories

How long will you have to lift weights in order to burn the extra 257 calories?*

*Based on 130-pound person

If you lift weights for 1 hour and 30 minutes, you will burn approximately 257 calories.*

FRENCH FRIES

20 Years Ago	Today
210 Calories	590 calories
2.4 ounces	6.9 ounces

Calorie Difference: 400 Calories

How long will you have to walk leisurely in order to burn those extra 400 calories?*

*Based on 160-pound person

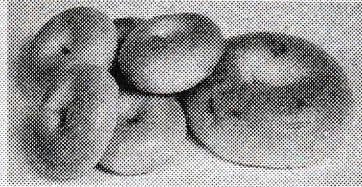
If you walk leisurely for 1 hour and 10 minutes you will burn approximately 400 calories.*

for future use. If this seems unthinkable, then look for foods at the Commons that are whole, like spinach salad with raw veggies, stir fry, unprocessed meats, bean dishes, fruit, and bread with some "oomph" to it as opposed to fluffy white bread. Choose

a sub on wheat bread or a piece of pizza with thin crust and lots of veggies for topping. If you are off campus, look for fun online websites for unique recipes and do the preparing yourself. You'll find the food to be healthier and the prep work to be fun. One other tip—NOT SO BIG! This is your latest meal of the day, and it's the one that will stick with you while you sleep and effect how you feel when you wake up, so try slightly downsizing your dinner portions.

Lastly, think about portion. In America, we are the infamous owners of enormous portion sizes. The facts appearing on the chart on the previous page are an eye-opening way to understand the amount we eat today, and the amount of physical exercise we need to burn it.

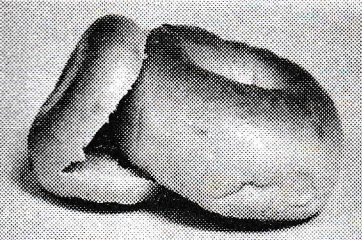
Need a lift? Regular exercise is the best combatant for lethargy and high calorie foods. It took me three minutes and about 380 steps to get from the Student Center to Harvey Hall, I burned about 30 calories there, and then roughly another 30 when I scaled the stairs to the fourth floor. Congratulations, I can now eat half a



Morgan Spurlock
from the Oscar
nominated film
documentary
Supersize Me
is coming to Stout.

April 15th 8PM

Great Hall MSC



<u>Activity & Calories/10 min.</u>	<u>125 lbs</u>	<u>150 lbs</u>	<u>175 lbs</u>	<u>200 lbs</u>
Aerobics				
(traditional at high intensity)	95	115	134	153
Gardening	41	49	57	65
Racquetball	75	90	105	120
Running (9 min/mile)	109	131	153	174
Shopping	35	42	49	56
Sitting (reading or watching TV)	10	12	14	16
Sleeping	10	12	14	16
Standing (light activity)	20	24	28	32
Volleyball	28	34	40	45
Walking (15 min/mile)	44	52	61	70
Walking upstairs	150	175	202	229

piece of plain bread. The chart above breaks down the amount of calories burned in different forms of exercise, and may help you get a better grasp on the ratio of calories eaten to those burned throughout the day. (FYI: You would have to walk seven hours straight to burn off a McDonald's supersized meal. At that rate, you might be able to walk to Wheeler by nightfall.)

Like I said earlier, this isn't aimed at

making you feel deep shame each time you eat a big yummy burger, but simply to provide a few general facts that might boost your energy, and help you be healthier throughout your day and in the long run. Try changing the way you eat even a few meals, and you might be surprised with the results!

1. Agatson, Arthur S. *The South Beach Diet*. New York, Random House, 2003
2. *The South Beach Diet*—page 52

101.7 FM

Jesus Rock Radio

Sunday

Jesus Rock Radio on Sunday

Morning

7-10:30 am

Live Sunday Service

10:30 - Noon

Live D.J.

6 - 8 pm

Segue Ways

8 - 9 pm

The One Way (Bible Study)

9 - 10 pm

Monday

Jon Courson (Bible Study)

8 am

Rock the Flock (Bible Study)

Noon

Get A Life (Campus Bible Study)

2 pm

Growing Thru Grace (Bible Study)

5 pm

Get A Life

7 pm

Serving Size

9 - 10 pm

Tuesday

Jon Courson

8 am

Rock the Flock

Noon

Growing Thru Grace

5 pm

Wednesday

Jon Courson

8 am

Rock the Flock

Noon

Growing Thru Grace

5 pm

Live D.J.

5:45 - 6:45 pm

Underground Bible Study

7 pm

Thursday

Jon Courson

8 am

Rock the Flock

Noon

Growing Thru Grace

5 pm

Friday

Josh & Travis Morning Show

6:30 - 8 am

Jon Courson

8 am

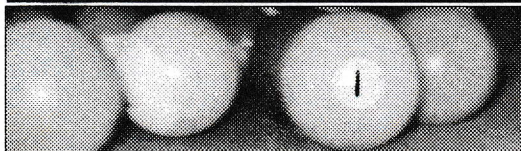
Rock the Flock

Noon

Growing Thru Grace

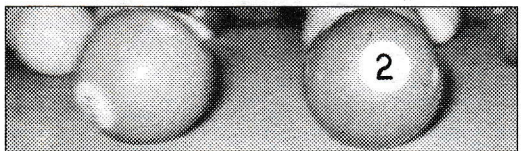
5 pm

All concerts at the Blind Munchies Coffeehouse are broadcast live starting at 7 pm!



What is the reason for your band's existence?

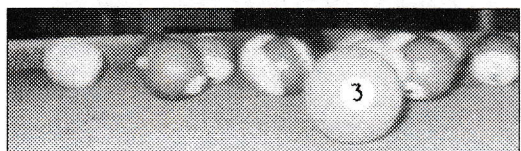
I am trying to do my best to do what I can to point people towards Jesus. I want to simply present him through (hopefully) some quality, artful music. Christians should be leading in the art world, not following and copying. I, and the guys that play with me, try to be as real and authentic as we can be as we do this. I figure if God is going to work through anything we do, it will happen when we are being most ourselves.



What is the most unexpected thing that ever happened at a concert?

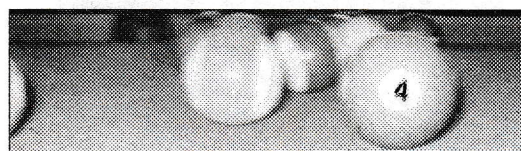
It's hard to pick one. Once in Kentucky, an autistic young adult began singing along, with a song that was familiar to him, at the top of his lungs. At first, it seemed to be a distraction. Then, I figured the right thing to do was to invite him up on stage. We started the song over and he and I shared the mic. The song never sounded so good. Once in Colorado, a homeless street person wandered into the concert and stood at the back of the room. I found myself trying really hard to impress him, but somehow I didn't feel guilty for it. I

have started bawling like a baby during a song. We have had the power go out right in the middle of a song. But I'm sure everyone has those stories.



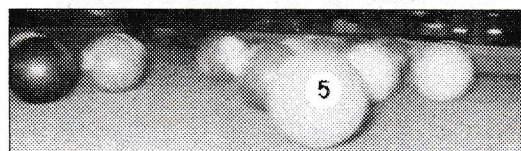
Have you ever had the dream where you get on the school bus and you've forgotten to put on your pants?

Yes, but it wasn't a dream. I have never lived that down.



What is the most important lesson you've learned from being in this band?

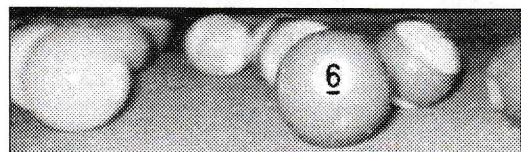
That I am not the one fueling this... though it seems I believe that lie much of the time.



What is a challenge/struggle you have as a believer?

I have a really hard time discerning whether I am listening to God or to myself. Also, when I hit a wall, often I am not sure whether I am being called to persevere and keep pushing till it falls,

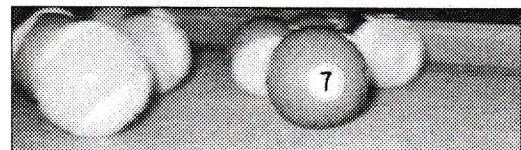
or, if it is God's way of telling me to stop. Also, like most dudes I know, I have a hard time flipping past an unexpected naked-lady channel when I am on my way to another channel. That's probably why I don't watch much TV. I mess with my mind enough, I don't need any help.



If you had the chance to tell the entire world one thing what would it be?

That's so hard. Maybe...let go of yourself a little bit more than yesterday, and love a little bit more than

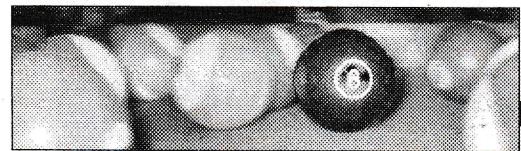
yesterday. Or, love Jesus like he loves you. That's kind of impossible...like the "be perfect as God is perfect" thing Jesus said. But, in trying we will get where we need to be. (I know that's more than one thing, but I would talk really fast)



If you could do one of these things, which would it be and why?

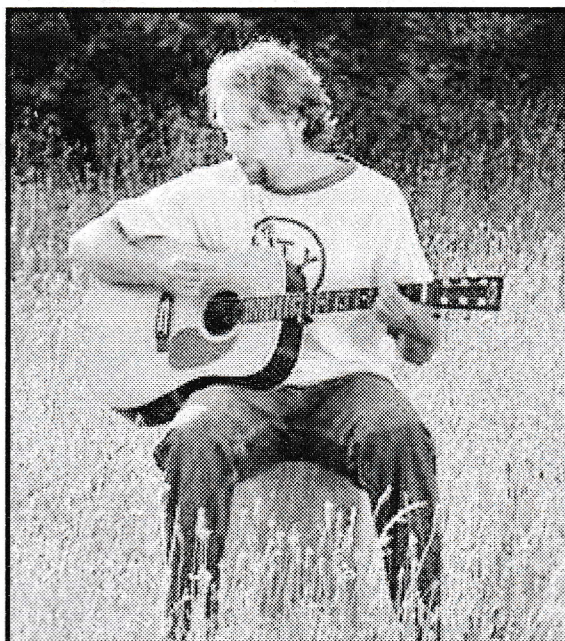
- A. travel through time
- B. fly
- C. speak all languages, to animals, etc.
- D. learn new skills instantly
- E. become visible or invisible interchangeably
- F. relive your life knowing all that you know now

I would say learn new skills instantly. Then, I would be able to do all of the above at the drop of a hat. And I could pasteurize my own milk for each meal.



Plain or Peanut?

That's easy - peaplain, can't get enough.



Mitch apparently likes to sit in fields on stumps and play his guitar



Rating: B

Starring: Will Smith, Eva Mendes, Kevin James, Adam Arkin, Amber Valletta, Michael Rapaport, Ato Essandoh, David Wike, Julie Ann Emery, Robinne Lee, Casper Andreas, Jeffrey Donovan, Maulik Pancholy, Rebecca Mader, Alexander Skarsgard, Philip Bosco, Amro Salama

Comedy and Romance | 1 hr. 55 min.

You want a feel-good, lighthearted, painless romantic comedy? You've got it. Although this movie is the recipe of your typical romantic comedy, it seems to work remarkably well. It isn't even annoying that it's predictable and unlikely. It seems that Will Smith plays himself in every movie he is in, and it is no different in *Hitch*, but without guns and aliens to distract the attention away from his charming self.

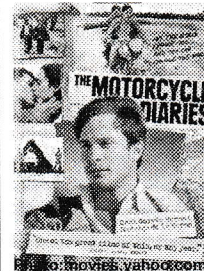
Will Smith plays Alex "Hitch" Hitchens, a date doctor of sorts, who helps guys who aren't as charming as himself nab the woman of their dreams using elaborately planned, not-quite-deceptive tactics. Hitch's newest client is Albert (Kevin James from *King of Queens*), a sincere but timid and slightly

pudgy accountant who has fallen for his client, the beautiful and powerful Allegra (Amber Valletta). Albert proves to be quite a project when his first attempts to catch Allegra make it glaringly obvious he needs way more polish.

Albert seems to have a habit of disregarding Hitch's most important instructions and deciding to go about courting Allegra in his own way. It's a disaster in Hitch's eyes, but Allegra seems to find it endearing. We learn a lesson in love as Allegra proves it's better to be yourself because the person of your dreams just might like that better anyway. Another theme seems to be that while men seek perfection in women, women appreciate and even love the mustard that seems to always make its way to a clumsy man's shirt.

Although Albert is to be the main act, Hitch's own love life takes center stage when his true companionship-deprived life is suddenly shaken when meeting Sara (Eva Mendes). Sara is a gossip columnist whose never ending quest to dig up new dirt (especially when it involves men in the role of pigs) just may leave her relationship with Hitch covered in mud forever.

Overall, the undeniable chemistry of the cast gives this film more mileage than it would otherwise get. Will Smith, Kevin James and Eva Mendes play their parts to a tee and their efforts turn this by-the-book romantic comedy into 120 minutes of pure, fun-loving silliness.



**Rating:
A-**

Starring: Gael Garcia Bernal, Rodrigo de la Serna, Mia Maestro, Mercedes Moran, Susana Lanteri

Drama

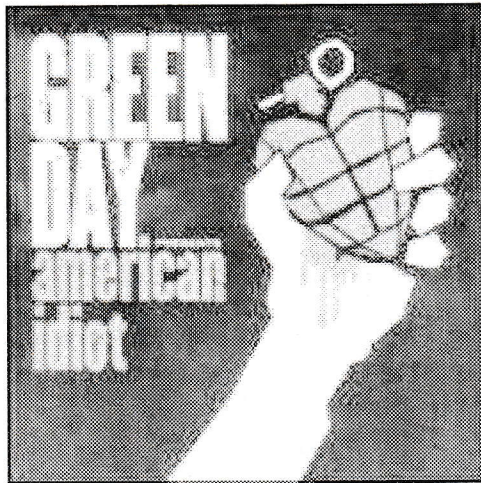
| 2 hr. 08 min.

Motorcycle Diaries portrays the adventurous travel of two friends, Ernesto "Che" Guevara (Gael Garcia Bernal) and friend Alberto Granado (Rodrigo De la Serna), through South America in 1952. The journey covers 8,000 miles and changes their views of their beautiful country forever. The pair go through everything from stowing away on a cargo ship to wooing women and drunken revelry. The pair are the best of friends, but the differences in their characters are starkly contrasted in every situation. Guevara is thoughtful and charitable while Granado is more cunning and outrageous. The film makes use of their complimentary characters to humorously win them everything from room and board and new brakes to lovely ladies.

The film seems to be the prequel to Che's historically revolutionary life in which not much happens. If you've done your homework on Ernesto Guevara and what he did in South America this is a wonderful story and look into what his life may have been like pre-revolution. Throughout the movie, you can see the images that may have sparked to fire the kindling of passion for the oppressed people of his country.

The filming in this movie is incredible. I now want to tour South America on a little motorcycle I will ironically dub "The Mighty One". The chemistry between Bernal and De la Serna give their travels a lighthearted joy and overall watchableness (I realize that is not a real word).

The climax of the movie is a bit wan, though it is interesting enough to spur one on to dig into who Che Guevara is. Even though Bernal's performance is heartfelt and genuine, if one did not know Bernal was portraying the boy who would become Che Guevara, the film would be what it really is anyway: a slightly uneventful, yet interesting and likeable coming of age drama enhanced by its phenomenal travelogue depiction of Latin America.



**Green Day
American Idiot**

★★★★★
(out of five)

Those cheeky little punks that brought us *Dookie* somehow made it into their thirties without either falling flat on their faces or betraying their original grit, and I couldn't love it more. The now nearly godfathers of modern punk are still pioneering new ground by expanding their subject matter from being lazy and boredom to suburbia and politics as in *American Idiot*: "Don't wanna be an American idiot/One nation controlled by the media/Information age of hysteria/It's calling out to idiot America". *American Idiot* segues together in what can only be described as opera-like fashion with two tracks over nine minutes long rolling into each other. As always the album is fueled by Billie Joe Armstrong's nearly nasal vocals and uniquely entertaining lyrical style. Equally satisfying in an age of pop stars and radio-friendly rock, is Green Day's usual punk pompousness.



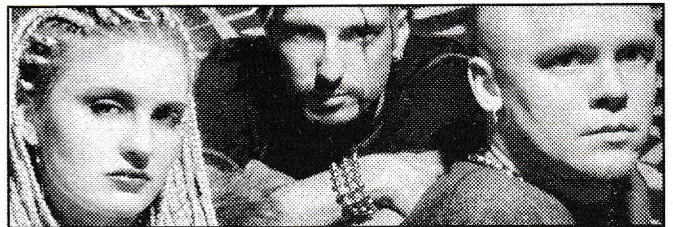
Photos: www.greenday.com



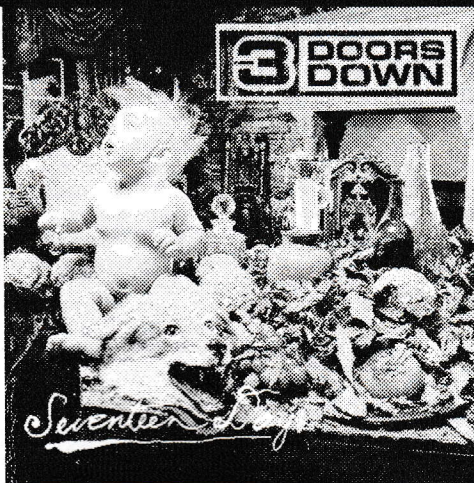
**Gretchen
In the Mean Time**

★★★★★
(out of five)

With the band Gretchen, comparisons to Evanescence, No Doubt, Benjamin Gate, and even Pink are ever-present. While these comparisons help to easily describe music using artists people are already familiar with, I think that Gretchen's individuality gets lost in the mess of names. This talented threesome hailing from Tennessee gives the Christian hard rock scene a whole new look. Although they do smack of the aforementioned bands, Gretchen is grittier than Evanescence, less punk than No Doubt, heavier than The Benjamin Gate, and less "pop" than Pink. With the help of super-producer Travis Wyrich who has worked with such acts as Toby Mac, P.O.D., and Disciple, Gretchen manages to be radio-friendly without losing its alternative tough punchiness. Lyrically you feel as if you are being led "A Christmas Carol"-style through the life of lead singer Mia Richards in songs like "Breathe": "How can you even stand to see?/ Your reflection knowing/All of the lies you told to me/You kept the story going" and "In The Mean Time": "I won't take it anymore/ Cause I'm stronger than before/ Never going to hurt me again". As far as spiritual meatiness goes, husband and wife co-writers Mia and Dave Richards (whose pug snorts the intro to one of the songs) and new drummer Stephen Robinson seem to take a "fat free" dose of spirituality in songs like "Zion": "You say you want it—You see it there/But you were so afraid and unaware/You say you wanted a better life/So seize the moment!" Everyone is entitled to express their spirituality their own way, but it may be a bit confusing for someone who does want a better life, but isn't sure what they are "seizing the moment" to do. The only real downfall to this album is its length. Under thirty-five minutes in length, this release doesn't give you as much of this talented group as you want. "Hey Gretchen! You guys rock, give us more next time!"



Photos: www.gretchenland.com

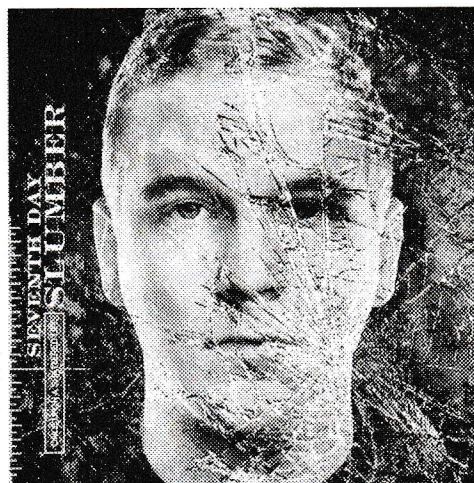


3 Doors Down ★★☆☆ (out of five)
Seventeen Days

3 Three Doors Down comes into their own (and stays there) with their third release, *Seventeen Days*. While this album won't blow your socks off with its creativity, it does have its up sides. Bob Seger makes a cameo and the down-home rockers who brought us Kryptonite stay the course with their melodic arrangements. This also might be the downfall of the album. 3DD seems to take everything they did right from their last album, *Away From the Sun*, and do it again on this album. Pretty much the same exact thing, in fact. The whole album is pretty darn repetitive, but if you still love their first two albums you'll be more than satisfied with *Seventeen Days*. The overall tone of the album is somber. Either they are road-weary as in "Landing In London" or lied to by a member of the opposite sex as in "Behind Those Eyes". Every song seems to come from the same mood, only told in different, not-so-unique ways. While the music builds on itself nicely, it sounds a bit like the two or three chords right *before* a band actually rips into a monster hook. It seems that you are waiting in anticipation throughout the entire album for something that just doesn't come.



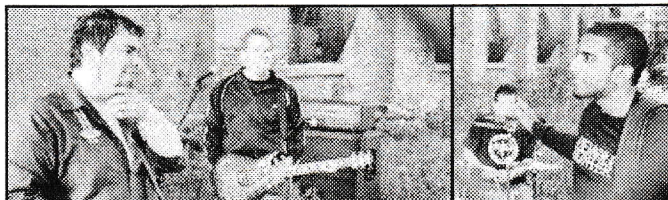
Photos: www.3doorsdown.com



Seventh Day Slumber
Once Upon A Shattered Life

★★★★☆ (out of five)

Upon listening to this album you will soon discover it sounds a lot like most popular modern rock today. Don't get me wrong, vocalist Joseph Rojas, guitarist Evan Weatherford, bassist Joshua Schwartz, and drummer Adam Witte are all talented guys and their music is catchy and driving, but what makes Seventh Day Slumber stand out in the crowded world of mainstream rock is what is behind their music. There is a passion in the lyrics and even the way the lyrics are presented that takes hold of your ear like your grandma who doesn't let go until you give her a nice, big kiss, but in a good way. The personal past addictions and pain of Rojas fuel lyrics like the ones found in "Shattered Life": "How can I go on pretending that there's nothing wrong?/Life has brought me to my knees/This mask I hide behind is killing me/There's nothing left". In "Brand New Man" SDS remembers those times that were replaced with peace and joy: "I remember the day that I met You/The emptiness I had could fill a mountain/and I believed it was true, my pain would never go away/ but there was comfort in Your breath/You made me believe that life was worth it". While this album won't forge new paths for modern rockers everywhere, the solid hooks and lyrical magnetism make this album a good buy.



Photos: www.seventhdaylumber.com

Dates to live by:

UW-Stout and Menomonie area semester calendar

Music/Entertainment

April 1: 7 p.m.

Eveready in Concert @
The Blind Munchies Coffeehouse
Menomonie, WI
No cover

April 1: 8 p.m.

Minnesota Shakespeare project
"The Merchant of Venice"
Mabel Tainter Theater
Menomonie, WI

April 7: 8 p.m.

Jason LeVasseur in Concert
MSC Rec Center, UW-Stout
No cover

April 7: 8 p.m.

Playdough, Blood Violets, & Red
Umbrella in Concert
Club 3 Degrees
Minneapolis, MN

April 8: 7 p.m.

"B Movie Night" @
The Blind Munchies Coffeehouse
Menomonie, WI

April 8: 7:30 p.m.

Gullah Kinfolk-Midwest Worldfest
Valleybrook Church
Eau Claire, WI

April 8: 5:00 p.m.

Twins vs. Sox
Depart in front of Stout Library

April 10: 2 p.m.

Eau Claire Chamber Orchestra
Mabel Tainter Theater
Menomonie, WI

April 13, 14, 15, 16: 7:30 p.m.

University Theatre presents "Pippin"
Harvey Hall - UW-Stout

April 14: 8 p.m.

Open Mic Night @
The Acoustic Café Menomonie, WI

April 15: 8 p.m.

Disciple and Silverline in
Concert Club 3 Degrees
Minneapolis, MN

April 28: 8 p.m.

Pillar, Thousand Foot Crutch and
John Reuben in concert
Club 3 Degrees
Minneapolis, MN

April 28: 7 p.m.

A Midsummer Night's Dream State
Theatre
Eau Claire, WI

April 28: 8 p.m.

Open Mic Night @
The Acoustic Café, Menomonie, WI

May 5: 8 p.m.

Chariots and Small Towns Burn a
Little Slower in Concert
MSC Rec. Center, UW-Stout

May 6: 7 p.m.

Urban Hillbilly Quartet in Concert
The Blind Munchies Coffeehouse
Menomonie, WI
No cover

May 13: 9:30 a.m.

Everyday Sunday, Kids in the Way,
Stellar Kart, and Poor Man's Riches
in concert
Club 3 Degrees, Minneapolis, MN

May 21: 9:30 a.m.

Michael Feldman's Whad'Ya Know
State Theatre
Eau Claire, WI

Sports—UW-Stout

Friday, April 1

Softball at Calvin College, 3 p.m.
Gymnastics at NCGA
Championships, La Crosse, 6 p.m.

Saturday, April 2

Softball at Hope College, 1 p.m.
Baseball at UW-Stevens Point, Noon
Women's Track at Elmhurst, Ill,
Invite, 10 a.m.
Gymnastics at NCGA
Championships, La Crosse, TBA

Sunday, April 3

Baseball at UW-Stevens Point, Noon

Wednesday, April 6

Tennis at Hamline, 3:30 p.m.
Softball at UW-La Crosse, 3 p.m.

Saturday, April 9

Baseball vs. UW-Superior, Noon
Women's Track at UW-River Falls
Invite, 11 a.m.
Men's Track at Gustavus Adolphus
Invite, 11 a.m.

Sunday, April 10

Baseball vs. UW-Superior, Noon

Monday, April 11

Softball vs. Hamline, 4 p.m.

Tues, April 12

Baseball vs Northland, 1 p.m.

Wednesday, April 13

Baseball at UW-La Crosse, 1 p.m.

Thursday, April 14

Tennis vs. Martin Luther College,
3 p.m.

Saturday, April 16

Softball at WIAC Cluster,
Oshkosh, TBA
Baseball at UW-Whitewater, Noon
Women's Track at Gustavus Adolphus
Invite, 11 a.m.
Men's Track at Blugold Invite, Noon
Tennis at UW-Stevens Point
Triangular, 9 a.m.

Sunday, April 17

Softball at WIAC Cluster, Oshkosh,
TBA
Baseball at UW-Whitewater, Noon

Monday, April 18

Tennis vs. St. Mary's College,
3:30 p.m.

Wednesday, April 20

Softball at UW-Eau Claire, 4 p.m.

Friday, April 22

Softball vs. UW-Superior,
5 p.m.

Saturday, April 23

Softball hosts UW-Stout
Tournament, TBA
Baseball vs. UW-Oshkosh,
Noon
Stout tennis hosts UW-Stout
Triangular, 9 a.m.
Women's Track at St. Olaf
Manitou Invite, 11 a.m.
Men's Track at Phil Esten
Challenge, La Crosse,
12 p.m.

Sunday, April 24

Softball hosts UW-Stout
Tournament, TBA
Baseball vs. UW-Oshkosh,
Noon

Wednesday, April 27

Baseball at Augsburg, 5 p.m.
Softball vs. UW-River Falls,
5 p.m.

Thursday, April 28

Softball at Ripon College, 4 p.m.

Thursday, April 28

Men's Track at Drake Relays,
Des Moines, IA, TBA

Friday, April 29

Men's Track at Simpson Invite,
Indianola, IA, 2 p.m.
Men's Track at Drake Relays,
Des Moines, IA, TBA

Saturday, April 30

Softball at WIAC Cluster at River
Falls, TBA
Baseball at UW-Platteville, Noon
Women's Track at UW-La Crosse
Classic, 11 a.m.
Men's Track at Drake Relays,
Des Moines, IA, TBA

Sunday, May 1

Softball at WIAC Cluster at River
Falls, TBA
Baseball at UW-Platteville, Noon

Friday, May 6

Softball at WIAC Championships,
Whitewater, TBA
M & W Track at WIAC
Championships, La Crosse, 10 a.m.



**EXTREME ROCK
FRI. APRIL 1 7PM
THE BLIND MUNCHIES
COFFEEHOUSE**

Saturday, May 7

Softball at WIAC Championships,
Whitewater, TBA
M & W Track at WIAC
Championships, La Crosse, 10 a.m.

Sunday, May 8

Softball at WIAC Championships,
Whitewater, TBA

May 13-14

Baseball WIAC Tournament, TBA

Monday, May 9

Baseball vs. St. Thomas, 2 p.m.

May 13-15

Softball NCAA DIII Regionals, TBA

May 19-22

Softball NCAA DIII Championships
at Salem, VA
Baseball NCAA DIII Regionals, TBA

Friday, May 20

Women's Track at NCAA Qualifier,
La Crosse, 4 p.m.
Men's Track at NCAA Qualifier,
La Crosse, 4 p.m.

May 26-28

M & Women's Track at
NCAA DIII
Championships,
Wartburg, Waverly, IA

May 27-31

Baseball NCAA DIII
World Series at Grand
Chute, TBA

Intramural Sports

(Registration Dates)

Flag Football (M, W, C)
April 4 - April 6
\$35.00 / team
Indoor Soccer (M, W,
C) April 4 - April 6
\$30.00 / team
Sand Volleyball (M, W,
C) April 4 - April 6
\$25.00 / team
Softball (M, W, C)
April 4 - April 6
\$35.00 / team

Tennis Doubles (M, W) April 4 -
April 8 No Charge

Academic Dates

Apr. 5—Advisement Day
no classes

May 10—Classes End

May 11—Study Day
no classes

May 14—Commencement

May 30—Memorial Day
no classes

May 31—Pre-Summer Session

Other Events

Apr. 2, 10am

Run/Walk Against Domestic
Violence/Sexual Assault,
Irvine Park, Chippewa Falls, WI

May 5, 8:30am-3pm

Career Valley 2005
Eau Claire County Exposition Center,
Eau Claire, WI

RESCUED

I'm messed up
 Agonizing thoughts inundate my mind
 Plagued by guilt
 I've isolated myself
 Who knows this dark hole of mine
 Who cares that I'm trapped
 Time is slipping away
 I've tried to dig out on my own
 But victory is not attained
 It's dark, dark, dark
 with no light or freedom to enjoy
 what hope do I have
 I can't make things right
 I'm utterly helpless
 The darkest hour has come
 when dying would be easier than
 living
 Maybe now my heart will
 Cease its wrenching
 At my lowest a new thought is
 delivered
 A revelation it seems
 Of someone who cares
 Jesus weeps
 With compassion and pity
 Bringing light and giving hope
 Freeing those bound in dark abodes
 He who saves
 Rescues me from my self-destructive
 self
 No longer trapped in my muddy hole
 I'm blanketed with peace

ZEBRA

Like a fingerprint
 Unlike any other
 My pattern of stripes
 Is uniquely my own
 Precisely designed
 Lovingly created
 I bring awe to my
 Beholders
 Evolved some may say
 But I disagree
 No other I've found
 Exactly like me



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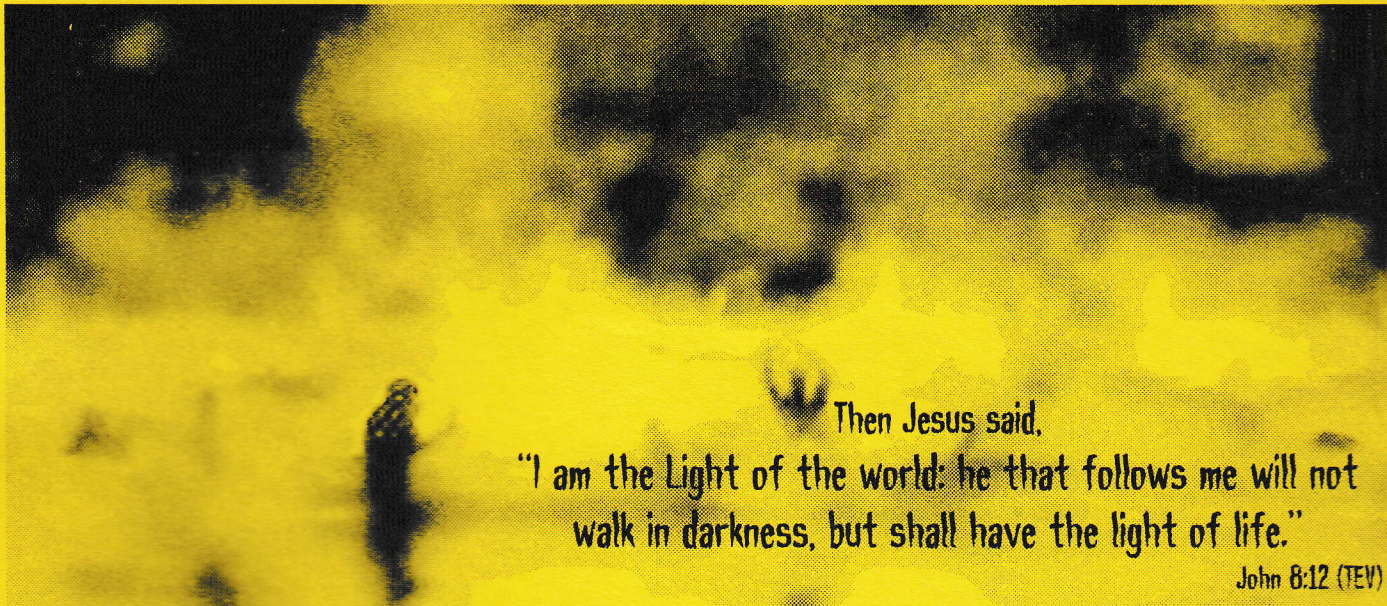
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Please email or hand-write a letter with any questions.

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Then Jesus said,
 "I am the Light of the world: he that follows me will not
 walk in darkness, but shall have the light of life."

John 8:12 (TEV)

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