



Northeastern Wisconsin Scholastic Press Association

NEWSPA

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It's time to fight back

by Barbara Benish

NEWSPA Executive Secretary

Journalism is under attack, and the 2015 NEWSPA conference will be a place where student journalists can learn how to fight back

The NEWSPA Board of Directors met Oct. 3 to plan the 2015 conference, scheduled for April 22 in Reeve Memorial Union, and came up with a variety of new as well as long-time favorite topics that will get your publications' staff members excited and pumped up.

While the journalism profession has been under a financial attack for years due to newsroom layoffs and a decline of ad revenues, attacks are now hitting the field elsewhere.

Fond du Lac High School's Cardinal Columns staff learned that first-hand last year when school administrators instituted prior review after they ran an article on rape jokes that officials thought was inappropriate. Matt Smith, Cardinal Columns adviser, will moderate the keynote panel discussion that will include former student editors and others who will tell how

the issue was resolved and how the ripple effects of prior review can cause self-censorship.

In addition, journalists have been coming under increasing physical attack, both around the world and across the nation. Mirza Mehmedovic, a Fullbright Scholar and journalist in Bosnia and Herzegovina, will talk about how war changed the interest of media for everyday life in his presentation, "Reporting in a War Zone After War."

Even journalism careers have been under attack, with the false assumption that journalism is a dying career. But "Remaining Relevant: Emerging Careers in Journalism" should finally put that belief to rest.

Other new sessions are also being planned. Nick Penzenstadler, a NEWSPA alumnus who is now an investigative reporter with USA Today, will present "Investigating Your School: A Crash Course in Understanding Standardized Tests, Student Crime and Secrets."

Neenah High School's Beth Plankey, adviser, and Sarah Ugoretz, social media editor, will tell you how to "Take Your Online Presence to the Next

Level." Their presentation will include website tips, as well as how to engage your readers with Twitter, Instagram and other social media. "Should your Major be Journalism?" will provide a candid discussion about the classes and course load common for journalism majors.

Many of your favorite NEWSPA sessions will be back. Students will be able to hone their writing skills in news, features, sports, columns and reviews. Need help in design? Then send your students to "How to be a Graphic Designer in 40 Minutes." Having issues with yearbook? Then go to sessions about yearbook trends, theme development and why yearbook shouldn't be a popularity contest. There will also be a variety of photo sessions to choose from. And yes, Journalism Smackdown is back with lots of sweet treats as prizes.

The fall board meeting always leaves me excited about the spring conference. And after NEWSPA 2015, I hope you'll be excited, too, about the opportunities journalism can provide. Until then, keep fighting the good fight. See you in spring!

Table of Contents



features

04 2014 Conference Recap

Read all about the sessions and speakers you may have missed at last spring's conference.

07 Salmeri wins scholarship

Meet the newest recipient of the NEWSPA Scholarship, UW Oshkosh freshman Monica Salmeri.

09 Mastering Photoshop

UW Oshkosh journalism professor gives design and editing tips using Adobe software.

10 Controversial Coverage

Read about how readers, and school officials, reacted to an article about date rape jokes.



departments

01 Letter from the Executive Secretary

Read about plans for the upcoming NEWSPA conference.

03 Letter from the President

Read Sara Marquard's letter about the importance of journalists and their jobs.

13 Journalism Scholarships

14 Board Member Contact Information



Photos By Cody Sinkula

Letter from the President

by Sara Marquardt

NEWSPA President

It appears that bad news surrounds us. ISIS. Ebola. Racially motivated police injustices. Terrorism. War. Hate crimes. Natural disasters.

Most people cringe in horror, shake their heads in despair, or weep in sympathy. Not us.

When bad news hits, it's like an adrenaline rush to our systems. It revs our motors, circulates our blood, pumps us up. Because it is our job to make sure the facts are straight, the public is aware, that the news is known to the masses.

In a way, we're like super heroes. Super Writer! Reporter Girl! We fight rumors and stand between lies and the truth! Between secrets and knowledge! Between justice and suppression! You get the picture.

That's why we're involved in this time-draining, emotion-sucking, relationship-building, fun-filled world of journalism. We thrive on the fast pace

and sharing the news objectively and diligently. We don't let anything stand in our way, and we work hard to share this with our students.

That's what NEWSPA is all about.

We have a great conference this spring, with the overriding theme of "journalism under attack," climaxing with an update on the Cardinal Columns experience in Fond du Lac.

These issues might seem like they fit into the world's "bad news" vibe, but they are so important for advisers and students to understand.

Journalism may be under attack, but we need to learn how to roll with the punches and survive. The truth is, information will never die, just the way it is distributed.

We have many of our usual sessions, including some dealing with photography, editing, writing and layout, as well as sessions about succeeding in college and getting scholarships.



Sara Marquardt

Our goal for NEWSPA is to make it a conference where students learn from professionals both journalistic skills and important life skills.

This conference should be fun, educational, and relevant to the lives of our students.

We hope to see you at the NEWSPA conference on April 22 at UW Oshkosh.

It will be an experience that will definitely feel like good news rather than the bad we've been surrounded by. See you there!

Dates to remember

Nov. 30 Register for reduced price NEWSPA membership

Mar. 2 Newspaper contest deadline

April 1 NEWSPA scholarship deadline

April 15 Conference registration deadline

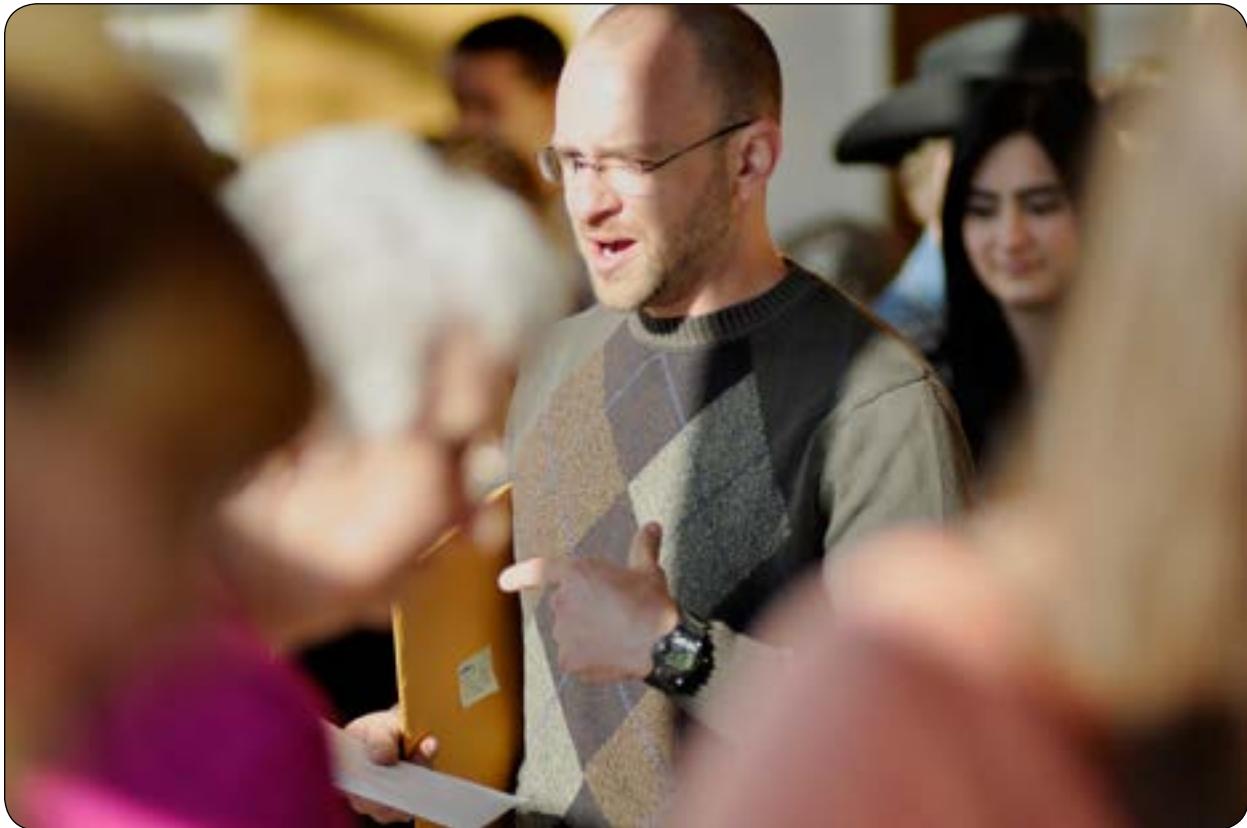
April 22 2015 NEWSPA conference!

Follow us on Facebook and Twitter to stay up to date on NEWSPA news!



20

Conference



14 ence Recap



Photos By Cody Sinkula

Behind the scenes at NEWSPA

By Haley Walters

ACH YEAR HUNDREDS OF STUDENT JOURNALISTS TRAVEL FROM across the state to UW Oshkosh for the annual NEWSPA conference, but the day of awards and sessions requires months of planning and preparation.

Formal planning begins in October at the NEWSPA board meeting where members meet to discuss their ideas for sessions, speakers, topics and the keynote presentation.

"Before the meeting I tabulate surveys, look at what sessions were well attended, and look for new session speakers and ideas," NEWSPA Executive Secretary Barbara Benish said.

Benish and the board members develop a list of sessions they would like to bring to NEWSPA and then hunt for professionals who can speak on those topics. These people can range from high school newspaper advisers to editors of national publications.

"We try to look for people to speak who have attended NEWSPA and fortunately we've been doing this long enough we usually succeed," Benish said.

The following months are filled with promoting and organizing different aspects of the conference. Each winter a NEWSPA newsletter is compiled by UW Oshkosh students and published online. The newsletter covers NEWSPA updates, session reviews and topics pertaining to high school journalism.

This is all done to attract more schools to the NEWSPA conference, which, in recent years, has dealt with declining attendance as schools cut funding to student publications.

continued on page 11

*More info about the
conference on pages 10-16*

Getting the big picture in sports

By Alexander Olp

GREEN BAY PRESS GAZETTE PHOTOJOURNALIST Evan Siegle simplified sports photography in his presentation at the 2014 NEWSPA conference.

"If you have a camera, anyone can do it," Siegle said. "You pretty much just point and shoot."

Siegle photographs the Green Bay Packers and events such as the Olympics, Super Bowl and Pee Wee football.

He said the goal of sports photography is to utilize elements to tell a story.

"When you're covering a sporting event you're trying to get the best picture, but you're also trying to tell a story," Siegle said. "The hardest and best thing to do is to try to make composition through light, through moment and through motion."

Siegle said shooting an event is simple, but trying to show pictures through composition requires more than capturing the big moments.

"There are different elements to a game and different layers," he said. "Sometimes sports photography isn't always about the action or what's going on in the field. Some of the best sports photographers out there are able to go to an event and create pictures that are beautiful and not even of action."

Siegle said the best events to shoot

have little restrictions or rules, which allows him to get the picture he wants.

"One of the greatest things about high school sports is the access," Siegle said. "You can go anywhere until you are told not to. In the NFL, there are all sorts of restrictions. I cover a lot of the state high school events, and access is great."

Sheboygan North High School yearbook teacher Andrew Delong said Siegle's session helped give him ideas for photographs in his school's publication.

"I was looking at what he does vs. what we do," Delong said. "We're constantly looking for better ways to shoot and cover events."

Siegle said schools face the problem of not having the proper camera gear to get good photographs. When Siegle covers Packers games, he uses \$18,000 in equipment, but schools rarely have that much to invest.

"The big hurdle is having the right equipment," Siegle said. "It's hard for me to tell you how easy it is because I have the gear to do it."

Even with equipment limitations, Siegle said great pictures can be captured if a photographer prepares their shots.

"When it comes to sports photography it's about timing, preparation, anticipation and luck," he said. "The court and the field are all huge; just be prepared."

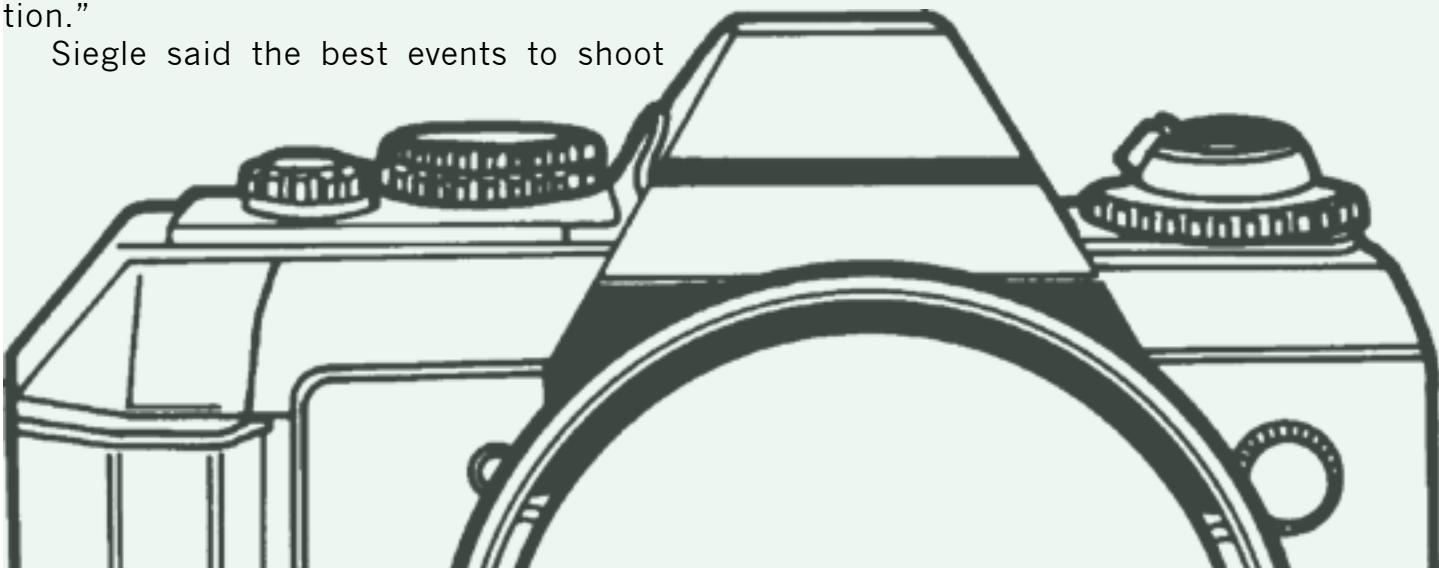




Photo By Cody Sinkula

Roundtable brings student editors together

By Timothy Schuetz

HIgh school journalists shared advice and stories on how to run a newspaper at the 2014 NEWSPA conference at UW Oshkosh.

Plymouth High School students Maggie McConnaha and Maggie Chandler are both in a class for their newspaper, Hi-Lights, where McConnaha is the editor-in-chief and co-business manager and Chandler is the assistant editor, sports editor and in-depth reporting editor.

McConnaha said that they were able to talk to fellow students about being an editor for a newspaper.

"Basically the purpose of our presentation was to introduce inspiring editors to the ideas behind being an editor, then tell them about how we run our publication and then answer any questions that they have," she said.

McConnaha said having the same experience as the people in attendance made the presentation more enjoyable.

"We're all sort of on the same level with running a newspaper, so it was as if we were talking as regular people," McConnaha said.

Chandler said that the NEWSPA event reminded her of working with Hi-Lights.

"It was like bouncing ideas off each other, very much like our editor circle that we have at school," Chandler said. "It's good to have

a combination of ideas going around."

The Newspaper Editors' Roundtable event was casual and entertaining, and most of the time was spent with the people in attendance asking questions about their respective newspapers.

A popular topic was which stories draw the most readers.

"One that our entertainment editor wrote was about this confessions Twitter page that someone had for our high school, and she wrote about how it needed a filter," McConnaha said. "So things that people relate to that also call for action are really good. Stories that you have fun writing are ones that people are gonna have fun reading."

In order to publish their stories online, Hi-Lights is trying to promote their Twitter page.

"We're trying to become more consistent with it," Chandler said.

McConnaha and Chandler won't be journalism majors in college, but they still plan on staying involved with journalism.

"I plan on at least participating for a while on a college paper, but I'm not pursuing a career in journalism," McConnaha said.

Chandler said that she would also like to get involved with a college newspaper.

"I want to do screenwriting, so not necessarily journalism, but definitely would like to be on a paper," she said.

Journalism professor wings the basics

By Charlene Dungan

BEING ABLE TO DO THINGS ON THE FLY IS AN IMPORTANT part of being a journalist.

Mike Cowling, journalism professor at UW Oshkosh, showed that to be the true when he filled in at the last moment and talked about the basics of journalistic writing at the 2014 NEWS-PA conference.

"The first thing you learn about journalism is to be able to do something on the fly," Cowling said. "In journalism you need to be flexible and be able to adapt. That's what I always liked about it. You're always on a deadline."

Cowling has been teaching at UW Oshkosh for 20 years. He started working for his high school newspaper when he was a junior and he has been a copy editor most of his life.

"Journalism style is much different from what you write in an English class," Cowling said. "Basic skills are still the key and it will separate you from any bloggers out there. It gives you power if you can write."

One of the basic things journalists should master is the inverted pyramid style. Cowling said a lot of journalists don't like this style because if they are writing more in-depth pieces, they don't like to start with the most important information and go down to the least important.

"But if you are writing a basic news story, that is how you write," he said. "If it's a breaking news story, you start with the most important information at the top and let the readers know what's happening."

The readers want to know what the story is about so that they can decide if it is of interest to them and if they want to continue reading.

Grammar, style and punctuation are important to pay attention to as well. Cowling said students need to understand grammar and basic writing skills before college.

"There isn't enough emphasis on grammar before you get to college," Cowling said. "Peo-

“In journalism, you need to be flexible and be able to adapt.”

Mike Cowling
UW Oshkosh Professor

"You should talk to two or three different people."

Learning to write accurately is one of the most important things in journalism, as well as paying attention to detail.

"You should have your facts correct, and pay close attention to your details," he said. "Check out every detail to verify it. As a reporter you are supposed to do that and check and edit somebody else's copy."

Cowling said credibility is the most important thing that a journalist has.

"If you are accurate, people will trust you more," he said. "You don't want to lose that. If you make mistakes, correct them and move on."



Photo By Cody Sinkula

ple rely too much on spell check. Proofread your own copy. I tell students to proofread."

When writing a story, another important element is to get all sides. Cowling said that you should go with a neutral approach as a reporter and just get the basic facts from both sides. The more sources you have, the more complete your story will be.

"A mistake a lot of young reporters make is that they will go with one source and think that's enough, but the more sources you have the better your story is going to be," Cowling said.

"You should talk to two or three different people."

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Salmeri wins NEWSPA scholarship

By Haley Walters

W OSHKOSH FRESHMAN MONICA SALMERI RECEIVED last year's \$500 NEWSPA Scholarship and is now studying public relations.

"NEWSPA gave me the recognition that I was good at journalism," Salmeri said. "I thoroughly enjoyed all of the sessions that I went to during the conference and am eager to expand my knowledge in the field."

Before coming to Oshkosh, Salmeri worked on Sevastopol High School's yearbook as financial manager and then editor.

Today, Salmeri is active in PRSSA and intramural volleyball. She says journalism students need to stay active and not be afraid to get a story done.

"Never be afraid to go out there and get quotes or get out of your seat to get a great picture," Salmeri said. "It will be worth it!"

Salmeri said NEWSPA has helped her realize her potential as a journalist and all of the options she has.

"NEWSPA gave me an insight into the many career paths one can take in the journalism field."

Every year, Salmeri looked forward to the NEWSPA conference and a chance to connect with other people who loved journalism.

"I loved being able to connect with the professors here before I was a student," Salmeri



Photo By Cody Sinkula

said. "It's cool to see familiar faces in the journalism department."

Salmeri also liked that NEWSPA gave her the opportunity to come to Oshkosh and check out the campus.

"Honestly, my favorite part of NEWSPA was coming to Oshkosh," Salmeri said. "I love it here and couldn't wait to be a student, so any opportunity I got to come here I was excited for."

As for her future, Salmeri said she is excited to see what is in store for her.

"I see myself as a publicist working somewhere cool like Nashville or maybe even London," Salmeri said. "I'm not sure where the world will take me, but I am excited to find out what life has in store."

Apply for the 2015 NEWSPA Scholarship!

Visit www.uwosh.edu/newspa
for application instructions.

\$500



Deadline is
April 1!

Journalists learn when to use Wikipedia

By Jenna Nyberg

WIkipedia can be a starting point to get background material on a topic a student is reporting on, but it should not be a definitive source, according to UW Oshkosh presenters at NEWSPA.

Assistant journalism professor Sara Stefes Hansen and journalism student Molly Venturini led "Wikipedia: What Every Journalist Should Know" at the 2014 NEWSPA conference.

Venturini said Wikipedia should be used to get a basic understanding of a topic, but should not be cited as a credible source.

"Wikipedia really is a helpful starting point for current events, for student life or in professional life," Venturini said. "It's a gateway to credible sources and it offers a news value and saves time if you just want a basic background."

Hansen said volunteers write Wikipedia, which can be great because they can be very diverse and provide a wide range of knowledge. However, that can also lead to inaccurate information being posted.

"The big thing to know about Wikipedia is it's an example of crowd-sourced information," Hansen said. "What that means is it's written and edited in a collaborative fashion among a lot of different people who really don't know each other except for their online interaction."

Hansen said there may be people posting inaccurate information on Wikipedia to try to manipulate or mislead readers.

"We know that sometimes information isn't reliable," Hansen said. "Sometimes this is accidental and sometimes it's intentional."

Hansen said Wikipedia tries to be transparent and maintain a neutral point of view by providing a list of dates and content that has been edited and by displaying a list of controversial issues.

"These are topics that are kind of on their watch list to make sure that they are presented in a correct way to people who might be looking up this information," Hansen said.

Venturini said although Wikipedia's intent is to be neutral and objective, all information should still be approached critically and skeptically.

"In the media profession, I think it's really important to always be curious," Venturini said. "It's important to know what's going on."

Sheboygan North High School freshman Erin Fehrman said she thought the session was very helpful.

"I never knew a lot of those things about Wikipedia and now I know what to pay attention to and what to watch out for," Fehrman said. "It makes sense that my teachers don't want us to use Wikipedia when we write our papers because you just never know if all the information is totally true."



Learning the basics of InDesign

By Danielle Meyers

AN INTENSIVE TWO-HOUR Adobe Photoshop session taught students how the program allows users to improve photos using tools like resampling or color correction.

Kevin Rau, owner of rauhaus design+letterpress, told high school students attending the 2014 NEWSPA conference about some Photoshop tricks he uses in his own business.

"I often need to improve less-than-perfect digital photos supplied by clients for their publications," Rau said. "So resampling, manipulating shadows and highlights, and color correction are a regular part of my work."

At the start of the session Rau gave students two tips for choosing which images to use in Photoshop.

"The first thing you have to remember is copyright infringement; always read the fine print because you are messing with things that can get you in trouble," Rau said.

Rau also points out that images online are "Always read the fine print because you are messing with things that can get you in trouble." Rau said that images used for print, which makes it important to check the resolution of photos before putting them into a document that will be printed.

"Typically the images



Photo By Leo Costello

you find on the Internet are meant to be viewed on the Internet; those images have low resolution."

Rau said resolution is very important when working with images in Photoshop and users shouldn't print something that has a low resolution.

"The resolution for print is 226 to 300 pixels per inch and the resolution for the web

is 72 pixels per inch," Rau said.

*Kevin Rau
Graphic Designer*

Miranda Cournaya from Wausau West High School said the NEWSPA session taught by Rau was interesting and informative.

"I attended the Photoshop tips and tricks session

because I am interested in the photo element of journalism," Cournaya said. "This session appealed to my interests."

Cournaya said she hasn't used Photoshop frequently but plans to in the future when she attends college.

Students also worked with images and tools within Photoshop during the session.

"I liked when we worked with making collages in Photoshop," Cournaya said. "I will use this Photoshop trick again."

Rau said although there is talk about print products being dead, research shows that consumers find the paper better to read.

"I don't think print will ever go away," he said. "I think it will be around for a long time."

What happens when student coverage causes controversy

By Morgan Counts

DON'T SHY AWAY FROM COVERING CONTROVERSIAL topics when reporting, says a Journalism Education Association mentor.

David Wallner spoke to area high school journalism students at the 2014 NEWSPA conference, dedicating his talk to the students and the adviser at the Cardinal Columns, Fond du Lac High School's newspaper.

In February, the school's administrators enacted prior review on the paper after senior Tanvi Kumar published an article titled "The Rape Joke."

"It was a fantastic article," Wallner said to Kumar. "People ought to be patting you on the back for writing it, including your principal and superintendent."

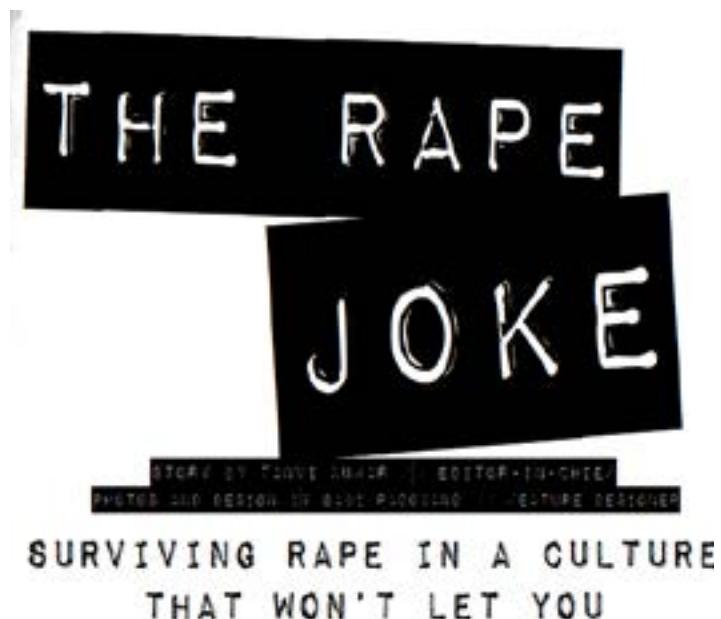
Kumar wrote about her peers' casual attitude toward rape, and even interviewed victims of sexual assault. Her adviser, Matthew Smith, edited the article with her before publication.

"Although we have run into problems with our administration, I want to make sure we are not shying away from controversial subjects because of this," Smith said. "As journalists, it is important to get these topics out there."

Wallner is no stranger to facing administrative resistance to controversial subjects. He was the adviser for the Stoughton High School Norse Star for 33 years prior to becoming a JEA mentor.

"I pushed my kids to cover lots of stuff," he said. "In the 1970s you could write about so many things that were controversial, including teen pregnancy, drug use and homosexuality. I told them if you do it well and factually, I'll have your back."

Wallner had to defend some of his students' controversial articles through long



meetings with his superintendent and school board. He expressed frustration with administrators interfering with the duties of journalism.

"In journalism, your job is to cover the real world and the real world isn't supposed to exist in high school, I guess," he said. "As journalists, you have to attempt to cover the real world or you're not doing your job."

Kumar attempted to cover the real world, and now she, along with her fellow students, Smith and community members, are fighting back with petitions, interviews, phone calls and public pressure.

"We have to hope something will come out of this," she said. "The administration got a lot of phone calls and an email from everyone who signed our petition."

Wallner concluded his talk by encouraging students to be persistent in writing about controversial topics that should be covered.

"My advice to you in Fond du Lac is don't give up," he said. "Keep at it. If it happens on a regular basis, get your stories out. Use social media, other schools and local media as a platform. Know your rights."

NEWSPA educates students for more than four decades

continued from page 05

"Budgets are being cut, programs are being hurt, and if you don't have that magic number of students you can't put out a paper or have a class," Benish said. "All of those types of things have hurt our attendance because they've hurt the schools."

Still, NEWSPA manages to attract more than 350 students to the conference annually.

The weeks and days leading up to the conference are filled with finalizing small details all needed to help the day run smoothly. From testing computer equipment, printing posters, confirming parking arrangements and more, all of the small details have to be ironed out before students arrive.

"It's all the little things that take the most time," Benish said.

Students come to NEWSPA every year but may not realize the work that goes in, and has gone on for many years, to put together the conference.

NEWSPA began in 1969 and has reached thousands of high school students throughout the state. Former UW Oshkosh journalism professor Gary Coll founded the organization after he got the idea from college journalism programs throughout the Midwest.

"I had done this at Southern Illinois University and when I came here I thought it would be a good thing to start in this area," Coll said.

NEWSPA was born when Coll and a few other students traveled to high schools throughout Wisconsin to talk about journalism and student publications.

"It was a lot less organized and more of a personality thing," Coll said. "We didn't have a board or an executive director to do it. We'd get a few students, get in the car and go to whatever school wanted us to talk to



Photo By Cody Sinkula
them about publications."

Coll said the conference was different from what students attend today.

"We had the schools send their two best journalists and we would divide them into teams and they went off and produced two publications, one of a yearbook nature and one of a newspaper nature," Coll said. "They interviewed, wrote the stories and took the pictures. We gave the publications to the schools to show what they could do in one day."

Since 1969, NEWSPA has adapted to address current issues in student media and continues to try to educate students about journalism and get them excited about what they do for their schools.

Although the conference is just one day a year, Benish and Coll said they want students to apply what they learn at NEWSPA to their own publications year round.

Every year once everyone returns to their schools, NEWSPA issues press releases and thank you notes to show appreciation for everyone's hard work that is needed to make the conference a success.

"NEWSPA is kind of state for publications; it's like going to state for football, and it is a reason to celebrate," Benish said.

Covering sports and telling a story

By Chris Bucher

COVERING SPORTS STORIES SHOULDN'T BE A PLAY-BY-PLAY OF what happened at Friday's game. Rather, writers need to use a type of story most appropriate for the topic.

Brandon Berg, sports editor for the Chippewa Herald in Chippewa Falls, told high school journalists attending the 2014 NEWSPA conference the best kind of story to use in various situations.

"Game recaps, features, profiles, column and previews are all good stories to attract readers to your writing," he said.

Berg said his favorite type of sports story is a feature, which is a piece that allows a writer to focus on a certain aspect of a player, team or coach.

"Anytime I can tell someone's story, it always resonates with me," Berg said. "That should be everyone's goal as a news gatherer. Writing feature stories gives you a chance to expand on a certain topic that's important to the audience. They give you an opportunity to cast a spotlight on someone."

Most attendees were nervous about interviewing and they leaned on Berg for guidance to conquer their interviewing fears. He encouraged students to make an effort to do something they're not comfortable with.

"Being a journalist means stepping out of your comfort zone," Berg said. "At some point, you're going to have to get rid of nerves and speak to the person like they're a friend, colleague or family member. There's nothing to be afraid of when asking questions."

In the question and answer period, Berg took inquiries from attendees ranging from his favorite part of the job to his background as a journalist.

"I was very happy to get my diploma from UWO," Berg said. "The experiences I gained here prepared me for what I was going to encounter in the field of sports writing. I don't think I'd trade it for anything."

Berg stressed the importance of writing for a college newspaper. While he was at Osh-

kosh, Berg worked as a sports writer for the Advance-Titan, UWO's student newspaper. He said writing stories weekly taught him the basics of being a writer.

"I learned a ton when I wrote for the Advance-Titan," Berg said. "It taught me how to become a good interviewer, writer and also a better person. It gave me a chance to speak about the topics that mattered most to the campus community."

Berg said his favorite part of the job is attending events that are significant and also being able to sit in the press box with people he looks to as role models.

"There's nothing like going to a big event," Berg said. "Going to playoff and championship games is always a fun experience. You get a unique opportunity that a lot of other people aren't able to get. It was an eye-opening experience to sit in the press box at Camp Randall next to writers I've looked up to."

Berg left students in attendance with a message they can use if they chose to go into a career in sports writing.

"The most important piece of advice I can give you is to always try and find different ways to gravitate toward a story," Berg said. "At times, writing can get boring and seem mindless, but don't get frustrated. It's vital that you find certain nuances. If you can make sports have a unique flow, it will work well with your readers and with you as a writer."



uwosh.edu/journalism/newspa

Journalism Scholarships

NEWSPA Scholarship

\$500

April 1, 2015

For high school seniors planning on studying journalism in college and who have attended NEWSPA. Submit an essay and application form.

For more information visit
www.uwosh.edu/news-pa

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Free Spirit Scholarship

\$1,000 - \$10,000

Feb. 1, 2015

For high school juniors pursuing a career in journalism. Must be available to attend a conference in June. Complete an application and submit two letters of recommendation.

For more information visit [freespirit.org/apply/](http://freespirit.org/)

Students hear college advice

By Connor Murphy

STUDENTS SHOULDN'T BE AFRAID TO START COLLEGE, but they should know how to get the most out of their college experiences.

That's the message given to 2014 NEWSPA participants by Melanie Cross, UW Oshkosh admissions public relations and social media director and UW Oshkosh student Sherry McMahon.

During their session, Cross and McMahon offered advice to high school students about how to survive and thrive in their first year of college.

"Set a time and figure out what is important to you," McMahon said. "Use Post-it notes so you can stay organized better. My freshman year I got involved and it helped me schedule time for everything."

Getting involved is important, both Cross and McMahon agreed.

"Becoming involved in clubs, sports and any-

thing can help you relax and stay stress free because you get to do what you love," Cross said. "You are able to make awesome memories and awesome friends. By doing what you love you can even find your future career."

McMahon acknowledged it is difficult to force oneself to become involved in college, but she said it is worth the extra effort.

"Sometimes it is actually fun when you are really busy," McMahon said. "Put time aside for each thing and write it all down. When you are done at the end of the day you will feel accomplished."

Cross said being involved during college helped her and McMahon said it is still helping her stay on top of work and not fall behind.

"The transition from high school to college takes a great deal of responsibility," McMahon said. "Since you are on your own, you need to make your own schedule and figure out a balance. Finding a balance will help you survive."

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