

# CAMPUS & COMMUNITY



Handlers put feed on the backs of students to encourage the goats to jump on them.

Photo by Evan Ludwig

## Yoga, But With Goats?

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No that wasn't a farm on the Yellowjacket Union lawn, it was goat yoga. The event which was co-sponsored by the Mindfulness Club, Pruitt Center for Mindfulness, and Student Involvement presented the opportunity for students to relax and take photos with goats.

11 goats from Duluth Goat Yoga roamed the lawn and hopped on students' backs and posed for pictures. Lori Tuominen who works with the Pruitt Center for Mindfulness believes this helps students tremendously. "They are outside in nature and nobody is outside upset, you can see everybody smiling," said Tuominen.

The first goat yoga event occurred in the Fall semester of 2021 and is now in its fourth appearance on campus. "Student Involvement always gets involved with creative ideas and it has



"Baaa!"

Photo by Evan Ludwig

always been a popular event," said Tuominen.

"The experience was relaxing and I feel good plus the goats were so, so cute," said sophomore Grejsi Khanari.

Students were also able to stay after the event to pet goats and get more pictures. "It was actually really fun and relaxing and surprisingly not super smelly," said sophomore Kaitlyn Rettke after the event was over.

Goat yoga is an extremely popular event among students and is poised to make a return in future semesters.

More of this story is available on our website.

## Identifying Our Eight-Legged Dorm Buddies

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Larinioides cornutus or more commonly known as the furrow orb weaver spider is the critter currently occupying the campus of University of Wisconsin-Superior.

You can find this species of spiders constructing their webs on tall buildings such as the dorm halls here on campus like Curren-McNeil.

These creepy crawlies also tend to live near bodies of water such as lakes, rivers, and streams which adequately describes the Lake Superior area.

According to Wildlife Heritage Foundation, the furrow orb weaver spiders are easily identified by three distinct features. The first is their comically large oval-shaped abdomen that looks very tick like in nature. The second identifier is the pattern on the carapace, or shell, of the spider.



Furrow orb weaver spider

Photo by Jon Pearson



Furrow orb weaver spiders hanging outside of Holden.

Photo by Jon Pearson

This pattern looks like arrows pointing towards where the head and the body connect on the spider. The third identifier is the length of the legs.

Furrow orb weaver spiders have longer front legs and shorter back legs. The size of the spider's body and legs can also help identify the sex of the spider. The larger the body, the more of a chance it is a female spider.

For comparison, the male furrow orb weaver body is quite small. On average males' body measures at seven millimeters. Meanwhile, female's body tend to measure around ten millimeters. The legs for both sexes range from eighteen to thirty-five millimeters.

If you are totally freaked out by just the thought of spiders, here is the good news: this species is completely harmless to humans and will flee at any small inconvenience a human makes for them.

Furrow orb weaver spiders can also help keep pests away. If you're lucky enough you might even catch a glimpse of our arachnid friends liberating the world of annoying flies or mosquitoes on your way to class. To help digest their food they secrete digestive fluid onto their prey and suck the fluid and the meat of their prey back into their mouth. Eventually what's left behind is a fragile exoskeleton.

But with a lifespan as short as two-years, or even shorter if you prematurely end it. These creepy crawlies will bunk down with students, tuition free, just long enough to watch this year's incoming freshmen receive their associate degrees.

## Accessible Mental Health Services at UWS

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The University of Wisconsin-Superior Counseling Services is a typical college that offers counseling to those students who need it. They also offer individual sessions for students who are enrolled at the UWS. These services are free and available to any student.

The counseling services are located in the Marcovich Wellness Center in room 1729. Randy Barker, the Director of Health, Counseling and Wellbeing, said, "It is common to see the need for counseling during college because when you look at the statis-

tics, you will see that a lot of adults have their first episodes between 18 and 24. Also, another reason is because of the transitions. You have the transition for incoming Freshmen but also the transition of Graduation. Those are two big transitions that happen."

Once a student graduates, the services become unavailable; however, Barker said, "usually 1-2 months before graduation is upon the student, we are working on finding a way for the student to transition to a community agency." They also offer teleservices through an agency called Mantra Health. A student would still need

a referral to access these services. This service is free, and tuition funds help pay for both in-person and virtual services and would also discontinue when the student graduates.

Barker said, "We usually see an average of 20-25 sessions per week per counselor." There are two full-time counselors in addition to Barker, but Barker does not do a lot of the counseling sessions as he also oversees the Pruitt Center.

The Pruitt Center is a newer addition to UWS, which offers services to not only students but also facility, staff and the greater community. They have a mindfulness area located on the third floor of Swenson Hall. It also offers workshops and training that could have a cost, as well as speakers, virtual speakers, and yoga that are free.

More of this story is available on our website.



Black Sand Beach in Silver Bay, MN is the perfect place to relax. It's just a 60 mile drive up U.S. Highway 61.

Photo by Drew Kerner

## Tips for Staying Mindful

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Practicing mindfulness in the fall can be a wonderful way to connect with the changing seasons both in nature and in our lives. Cultivating a sense of presence and gratitude. Here are some ways we can all practice mindfulness during this season:

### Nature Walks

Take leisurely walks in natural areas to observe the changing leaves, cool breezes, and the sound of rustling leaves. Pay attention to the colors, textures, and smells of autumn. Spending the time outside can also help break away from our digital habits.

### Autumnal Meditation

Dedicate time for meditation or deep breathing exercises indoors or outdoors. Connect with your breath and the sensations in your body, and allow your thoughts to come and go like falling leaves. Breathwork & meditation have been shown to deepen relaxation, improve mood soothe physical illness.

### Gratitude Practice

Take a moment each day to reflect on what you're grateful for in the fall season. It could be the cozy sweaters, the taste of apple pie, or the time spent with loved ones.

More tips are available on our website.



The Pruitt Center has been available to students since 2018.

Photo by Jack Barnett