

# CAMPUS & COMMUNITY

## Mindful Mondays & Pruitt Center Looks to Unplug Students from Technology

**Sami Tough**  
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Returning to school after summer break is an exciting time but can also be stressful. It can be hard to adjust to going back to class, finding time to do schoolwork while also having a job, and making time to do things you enjoy outside of the classroom. The Pruitt Center for Mindfulness and Well-Being has a weekly event this semester to try to help people who need a little break.

Mindful Mondays, these weekly events, are usually led by Randy Barker or Lori Tuominen. Barker, the Counseling Services Director for the Pruitt Center, said that Mindful Monday starts with a ten-to-fifteen-minute mindfulness exercise. After the exercise has finished, the participants are invited to share thoughts; “what they liked, maybe what they didn’t like about the exercise,” said Barker. The weekly event is open to students, staff, faculty, and the public.

Lori Tuominen, the

program manager at the Pruitt Center, said that there are many other ways to get involved in mindfulness practices. There is a Mindfulness Club on campus, several courses that explore various related topics, and even a retreat.

“Unplug to Reconnect” is the mindfulness retreat occurring on September 28th and 29th. The goal is to help participants take a break from their phones and be present for the retreat.

Various activities including a mindful walk, group games, and a night hike are

things the previous retreats have done. Tuominen said that last year, due to rain, the retreat moved indoors to the lodge where they made s’mores and a student played piano for the group.

If interested in Mindful Mondays, they are held at the Pruitt Center (Swenson 3117) or via Zoom at 12 p.m.

For more information on any other events or courses run by the Pruitt Center, visit their page on the University of Wisconsin-Superior website, or email [mindfulness@uwsuper.edu](mailto:mindfulness@uwsuper.edu).



Mindfulness Monday meetings happens weekly at noon in Swenson Hall 3117.

Photo Evan Ludwig | The Promethean

## FOOD REVIEW | Noodles & Company

**Jon Pearson**  
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Is the new Noodles & Company on Belknap Street worth it? Well, here are my noodle notes: I arrived at the restaurant around noon on their Grand Opening on Sept. 11, and was instantly greeted by staff even though the entire place was packed to the brim of other noodle lovers.

The most difficult part of my experience was deciding what to order. After carefully reviewing the menu, I decided on getting the BBQ Chicken Mac n’ Cheese and a large soft drink, because it had everything Noodles & Company is known for: cheese, protein, and of course... the noodles.

For drinks, Noodles &



Noodles & Company sits about eight city blocks away from campus. On the same lot, a Tumble Fresh Coin Laundry is also being constructed.

Photo by Jon Pearson | The Promethean

Company offered Coca-Cola products. Out of the multitude of options I decided on a childhood favorite orange lavaburst Hi-C.

While waiting for my food I decided to ask the area manager, Sasheen Neft, a few quick questions. I asked, what made you pick Superior for a new Noodles & Company location? She said that they love working with college communities and that it also helps to have the general manager so close by.

Being only a few blocks away from the UW-Superior campus, I knew this location would be a hot spot for students. I asked, how do you plan on working with the college population? Neft said they want to help by employing the students, by offering welcome packages,

and fundraising for college communities.

After answering all of my questions, my food arrived at my table. With the first bite I tried my best to get all of the ingredients on the fork to maximize the tasting experience.

But before I tell you about my overall feelings on the dish I would like to talk about the individual taste of each ingredient. Starting with the protein, the barbecue and chicken perfectly complemented each other by bringing together the tangy flavor of the sauce and the juicy tenderness of the shredded meat.

The cheese covered the noodles with a silky coat of creamy goodness. Last but definitely not least the name-sake of the company “The Noodle.” The texture of the pasta was al dente. The type of noodle used for the dish was elbow, which I believe is the best for Mac n’ cheese because it allows the cheese and other toppings to get mixed inside of the noodle.

I feel that it is safe to say this is not an experience I’d like to PHO-get about. And if you’re curious about the new Noodles & Company go give them a PENNE for your thoughts.

10/10



Food Critic Jon taking that first bite of BBQ Mac n’ Cheese

Photo by Justin Esala



BBQ Mac n’ Cheese from Superior’s new Noodle & Company.

Photo by Jon Pearson | The Promethean



As the election nears, expect more signage from Jackets Vote to appear with voter registration information.

Photo by Jon Pearson | The Promethean

## Are You Registered to Vote? Jackets Vote is here to Help

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As the 2024 presidential election draws near, many students are bound to have questions. Students may have questions about how to register to vote, where to vote, and what to expect on the ballot on Nov. 5. The Link Center has a resource, Jackets Vote, to help with those questions.

Isabella Lyste and Lakotah Littlehawk are both interns with the Link Center this semester supporting Jackets Vote.

Lyste said that she wanted to do the internship because of her history major; she was interested in learning more about the political processes surrounding voting. Littlehawk said she took a social work class that got her thinking about, “how much politics and policy affects everyone,” and saw it as an opportunity to learn more.

Jackets Vote is there to help and has recently put a course up on Canvas to provide information and help with common questions.

Lyste said that the page on Canvas has been used before

and has been updated since it was used last. In addition, the team at the Link Center has different events being held this semester focusing on civil discourse and conversations around politics.

Voting for the first time can be intimidating; Littlehawk was a first-time voter not long ago. When asked what she would tell a student that’s never voted before, she said to know what’s going to be on the ballot, look at the mock ballots online, and don’t be afraid to ask for help if you make a mistake.

For students who haven’t yet registered to vote, there is still time. Online voter registration closes on Oct. 15 in Minnesota and Oct. 16 in Wisconsin. Mail-in registrations must be post marked by those dates as well. In-person registration is open until and on the election day, Nov. 5.

For more information or help with voting, Jackets Vote can be contacted through the Link Center email ([link@uwsuper.edu](mailto:link@uwsuper.edu)) or by stopping by the Link Center at Swenson Hall, Suite 1061.



Visit the Link Center in Swenson Hall 1061 for more voter registration information.

Photo Maddie Schaffer | The Promethean



On August 2, the City of Superior announced the reopening of Woodstock Bay. The once polluted bay is now one of many accessible parks in Superior. Trails, a bike repair station, family restrooms, a pavilion, a canoe landing, and numerous fishing docks are all neatly packed along the St. Louis River Bay waterfront. \$1.4 million dollars went into restoring and updating Woodstock Bay’s environment. Woodstock Bay is the only boat launching site within the 4,400 acre Superior Municipal Forest. Restoration efforts at Woodstock Bay is expected to be fully completed by this November.

Photo by Drew Kerner | The Promethean