

# CAMPUS & COMMUNITY

## Conecting with Family & Politics

**Maddie Schaffer**  
mschaff2@uwsuper.edu

How do you have healthy political conversations with relatives? The University of Wisconsin-Superior's Link Center and citizens organization Braver Angels hosted a community workshop that focused on gaining skills in having constructive political conversations with family members.

When spending time with family this time of year, you can always guarantee hearing conversations about politics, or someone bringing up the topic. Although there may be differences in political

views, it's important to learn strategies on how to have constructive and respectful political conversations with relatives.

When asked what can affect a family's political opinions, one anonymous participant had stated that some people have different life experiences from others.

Throughout the workshop, participants learned how to understand family differences and learn strategies for dealing with challenging family members. It also covered how to be a better engager, or a person who can have respectful

conversations although there may be differences in views.

During the workshop, the Braver Angels speaker said, "They are our family so as we talk about them, we can laugh about some of the things, we may cringe about some of the things, but they're human beings and people that are a part of our DNA and we want to respect that and be aware of that."

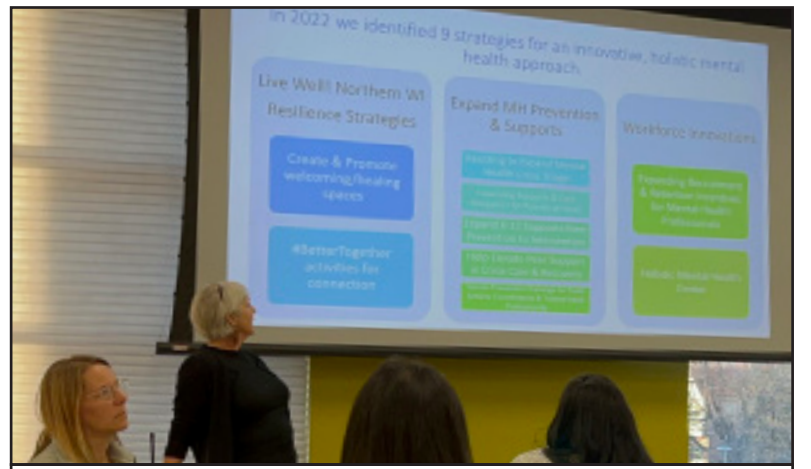
The goal of the Family and Politics workshop is to learn how to acquire skills to have healthy conversations with families, as well as understanding how to work with family differences and the roles family members play in political conversations.

The workshop took place on Oct. 24 in the Great Room of the Yellow-jacket Union. Braver Angels will be hosting another workshop on Nov. 21 titled as "Skills for Disagreeing Better." More information about the workshop and the organization Braver Angels can be found at BraverAngels.org.



Braver Angels workshop powerpoint presents skills on how to have a healthy political conversation with family members.

Photo by Maddie Schaffer | The Promethean



Lynn Goerdt, a University of Wisconsin-Superior social work and interdisciplinary studies professor presenting a powerpoint on how Douglas county can connect with its residents better.

Photo by Hannah Hutton | The Promethean

## Reimaging Mental Health in Douglas County

**Hannah Hutton**  
hhutton1@uwsuper.edu

"Keep creating the resources in the community that we need and want," said Keynote Speaker Lynn Goerdt, a University of Wisconsin-Superior social work and interdisciplinary studies professor. On Nov 6, members of Reimaging Mental Health held a meeting in the Yellowjacket Union to discuss mental health in Douglas County. Their projects are about being local, connecting and resiliency, and people feeling a sense of belonging or a place they feel safe or welcome.

This group was founded officially in 2022 and has been meeting once to twice a year to exchange ideas on how to provide services to those who need them and how to further bring our community together. Dr. Goerdt was one of the founders of this group.

Within the two years since starting, they have identified nine strategies for an innovative, holistic mental health approach that they use as the base for their goals. They look to create engaging spaces for people to connect with, expand mental health crisis support and education on preventative measures, and create further workforce innovations.

They also are working on projects such as creating a 'Center for Well-Being' near the UWS campus. They've had a vision for a space near the UWS campus that is a place to practice well-being and deliver services. There has been a lot of planning

involved between the Miller Dawn Foundation and UWS, but the cost is too expensive.

"The fundraising and the mix of supports in a space like that would result in something that is financially stable; we haven't landed on that yet. But we have also been looking at what we can do even if the building isn't built right now. What else can we do?" said Dr. Goerdt.

In Jan. 2025, they will be adding a Well-Being Innovation Lab in the Pruitt Center for Mindfulness and Well-Being. The innovation lab will function as it has for the last two years and center around student thoughts about their priority needs in the community related to well-being and mental health.

They also look to brainstorm what they can do, like interventions they want to try, and then try them through the lab to evaluate what works and doesn't. Their website, LiveWell! Northern WI gets the most attention from the community. It is where they post activities on a calendar with #BetterTogether activities. Activities include pickleball, yoga, movie nights, etc.

Since starting, they have hosted 103 activities, and the number of people showing up has increased.

If you're interested in learning more about Reimaging Mental Health, check out their website and Facebook page, LiveWell! Northern WI, for more information about their ambitions and events.

## YAC & VNSC Hosts Virtual Bingo

**Yvette Klauer**  
yalberts@uwsuper.edu

B-I-N-G-O, B-I-N-G-O, and bingo was his name-o. This classic nursery rhyme fills joy in the hearts of many children and adults. Playing the game is a thrill of dipping dots and shouting out before anyone else. Student Involvement and the Veteran and Nontraditional Student Center (VNSC) presented Virtual Bingo at the University of Wisconsin-Superior. The event was on Thursday, Nov 14, at 7 p.m. over the Zoom platform.

Everyone was welcome to attend, whether located on campus or distance learners like people from the group VNSC. Programming manager of Yellowjackets activities crew Ponika Bhandari said, "We paired up with them because, of course, we want to make sure that it is for all sorts of students. I know a lot of distance learners are non-traditional students." One could have registered for bingo by locating the event on the UWS campus calendar or through Jacket Connect.

The bingo cards were digital, so there was no need to worry about bringing anything but a fun attitude. Although the game lasted

Both Online & On-campus students have the chance to win a prizes at Virtual Bingo.

Flyer for Virtual Bingo | Yellowjackets Activities Crew

only an hour, the competition to win a prize from Amazon (up to \$20) was fierce!

The Virtual Bingo event at UWS promised to be a fun and engaging experience for all students, whether on campus or joining from afar. With the ease of digital bingo cards and the option to register in advance or attend

last minute, it was accessible to everyone.

This social event encouraged participation and fostered community spirit, and the chance to win an Amazon prize added an exciting competitive edge. Check out the campus calendar or Jacket Connect to join in on the future fun!

### From VETERANS on Page 1

Earlier this year, UW-Superior was designated a Military Firendly Gold School for the 15th year in a row. "This ranking shows that during the past 15 years, our institution has invested in serving our veterans and..."military-connected students," said Salisa Hochstetler, the UWS director of Equity, Diversity, and Inclusion, in a press release. Military Friendly found that UWS eases the transition

process for veteran students with Veteran's Transition courses and has a dedicated staff member to assit students with securing GI Bill benefits and admission processes.

Michelle White, a UWS online veteran student, made the trek from Appleton, Wis., to Superior for the campus ceremony and recognition of Veteran's Day. She said that although she doesn't get to enjoy amneities like the Veterans and Nontraditional Student Center (VNSC),

the university's support for veterans students made the transition back to the states easier. "Being back stateside was hard, but the school made it so easy to feel like we have other veterans to talk to if you're having a hard time," said White.

UWS offers coaching programs, like Sucess Net, for both veteran and nontradition students. To enroll in Sucess Net, visit the Veteran Resources tab on the campus website.



Five awards given out on Veterans day to honor the veterans for their excellence in service.

Photo by Drew Kerner | The Promethean

### From BLOMBERG on Page 1

"...education experience as well. I would not be here without them." Veterans Day is a powerful reminder of the dedication and selflessness of those who have served in the military.

The Henry Blomberg Excellence in Service award is one way UWS recognizes the veterans who are continu-

ing to exemplify the values of service, leadership, and excellence in all they do.

As the day comes upon us, remember to reflect on the sacrifices the veterans have made and express deep gratitude for their service.

It's an honor to share this occasion with those who inspire everyone to live with purpose, commitment and pride.