

# CAMPUS & COMMUNITY

## Valentine's Day Craft Night with Chi-Alpha

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Handmade heart-felt gifts are something everyone can cherish. This year for the first time Chi-Alpha Christian ministry held a Valentine's Craft night on Feb 4 in the Yellowjacket Union. The event went from 5:30 pm to 7 pm welcoming all students to create Valentines Day cards for family, friends, or someone special. All supplies were provided like stickers, glitter, markers, and more.

Bailey BeBeau president of Chi-Alpha said, "We had 19 UWS students and staff attend plus several community members. This was a good turnout, and we anticipate a greater turnout next year." Sam Payne vice president of Chi-Alpha also commented and said, "We need to track the amount of students that are there and communicate it with

the university." This way the event by Chi-Alpha can be held again next year and with possibly a bigger budget.

The significance of the craft night wasn't only to make cards for loved ones but to also meet and greet new friends. Bebeau said, "Chi-Alpha is a Christian ministry organization lead jointly by students and community-based staff members who teach, love, and care for the campus students. I've had the honor of being led by wonderful people and made a card for my current mentor."

Not all the students that were there made cards for their mentors like Payne who made one for his newlywed wife, but the creativity flowed, and the cheerful laughter filled the air. BeBeau said, "One attendee

made a card with spiderman on it that said, "Swing into my heart!"

The inaugural Valentine's Craft night organized by Chi-Alpha was a delightful success.

With a strong turnout and the enthusiasm displayed by attendees, it laid a solid foundation for future events. As Chi-Alpha continues to nurture relationships and spread joy through acts of kindness, they can look forward to an even greater celebration next year.

This event not only allowed individuals to express their feelings through handmade cards but also reinforced the sense of belonging within the campus community, showcasing the power of creativity and friendship.



Students enjoying activities during Valentines Day Craft Night in the Yellowjacket Union  
Photo by Xavier Walt | The Promethean

## Valentine's Build-A-Buddy With YAC

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They are soft and squishy, you can hold them, squeeze them or give them away. All students are welcome to come hug it out with the Yellowjacket Activities Crew (YAC) event. The Valentine's Build-A-Buddy is happening Friday 14, from 11 am - 1 pm at the Yellowjacket Union. This free event provides the supplies to create a stuffed animal for a special someone, a friend, family member or oneself to celebrate the holiday of Valentines Day.

This loving event is designed for students alike

to come enjoy the warm atmosphere on a cold Superior day. Anyone who arrives early will get a limited-edition T-shirt for their buddy along with the option to pick out what kind of plushie they want. Manager at YAC, Edomiyas Asmerom said, "There's an octopus, an alien, a hippo, a koala, a sea horse, a llama, a dragon, there's a bunch." He himself chooses a bat and will give it to himself for self-love.

This event has been running for about seven to eight years acquiring more

students each Valentines Day. Ponika Bhandari the current programming manager at YAC said, "I think it is important for students in a sense that, you know, it's Valentines Day. For a lot of people who do not have a partner, they might feel alone or they might not feel it just something to look forward to.

When it's also a great opportunity for students to get to know other students whenever they're making their bears and its also important to, for students to let them know that we care for them and we have something for you. So, I think its important to get involved in campus and feel like they have something to look forward to this Valentines Day." Both Bhandari and Asmerom don't share the culture inheritance of Valentines Day but to them its more about sharing the warmth with fellow classmates.

The initiative not only celebrates Valentine's Day but emphasizes the importance of self-love and friendship. It adds meaningful value to the campus experience, reminding students that they are cared for and supported. As such, it stands as a beautiful testament to the spirit of community at the university.



Photo of the stuffed animals in the YAC office  
Photo by Xavier Walt | The Promethean



GERC Leader T Wainman gives a speech to GERC Welcome Dinner Attendees.  
Photo contributed by Xavier Walt

## GERC Welcome Back Dinner

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Pizza and connections! Feb. 6, the Gender Equity Resource Center (GERC) hosted a welcome back dinner. It was free for all campus members to attend with pizza from the Thirsty Pagan, including vegetarian and gluten-free options.

The event was a hit with over thirty people stopping by for either pizza or to chat with staff or students. The GERC hosted it so students and staff would have an opportunity to connect with one another, check out the space, and also to learn about future programming.

"Please also know that the staff members are here to support you guys as students in the space, staff also we're here for one another." said T Wainman,

the Gender & Sexuality Programs coordinator. They spent the hour and a half socializing with staff and students.

Megan Torkildson, Director of the Educational Success Center (ESC), attended the event this semester as well as last Fall. She enjoyed both, saying that the GERC was a nice place to sit and chat with others.

If you could not attend the GERC Welcome Back Dinner this time around, be sure to keep a look out for some of their other events and for their next social. Check the campus calendar for upcoming events and programs, such as their next Consentines event.



GERC Leader T Wainman gives a speech to GERC Welcome Dinner Attendees.  
Photo by Xavier Walt | The Promethean

## Mindful Mondays

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The Pruitt Center for Mindfulness and Well-Being offers weekly programs for participants of all levels to practice self-care. Mindful Mondays are back!

Each Monday at noon, join others for a 20-30-minute guided meditation session. It only takes a few minutes of rest to recharge your battery. Randy Barker, Pruitt Center Director, refers to meditation as "an act of being courageous to pause." The Pruitt Center halted these sessions last year due to low attendance but is returning them with an additional opportunity to join via Zoom. Lori Tuominen, program manager, says, "Having a connection with other people that are also

practicing mindfulness helps us."

In addition to Mindful Mondays, the Pruitt Center has also partnered with Runa Yoga and Campus Recreation to offer Yoga Wednesdays. Every Wednesday at 8 am, participants can attend FREE Yoga classes either in person or in the privacy of their own home via Zoom. Self-care is something many neglect.

The Pruitt Center cares for the well-being of the community and welcomes all to participate. Mindful Mondays are held each Monday at noon in the Pruitt Center (Swenson 3117). Yoga Wednesdays are held each Wednesday at 8 a.m. on the 2nd floor of the Jim Dan Hill Library.

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## WEEKLY PROGRAMS



*mindful*  
**MONDAYS**

Join the Pruitt Center for Mindful Mondays at noon! This is an opportunity to practice guided meditation with an optional discussion afterward. Typically 20-30 minutes is enough time to reset! All levels of participation are welcome, as are all students, faculty/staff, and community members.

Flyer for Mindful Mondays and Yoga Wednesdays with The Pruitt Center  
Photo contributed by The Pruitt Center