

# CAMPUS & COMMUNITY

## National Girls and Women in Sports Day

**Maddie Schaffer**  
mschaff2@uwsuper.edu

On February 5, the University of Wisconsin-Superior celebrated National Girls and Women in Sports day by hosting a press conference in the Marcovich Wellness Center that feature athletes from the women's soccer, softball, and tennis team, as well as coaches Allison DeGroot who is the women's soccer coach, and Melissa Fracker, women's softball Coach.



UWS Tennis, Softball and Soccer Athletes  
Photo by Tom Hansen

The press conference gave athletes a chance to share their passion for their sport and how they started, as well as giving Tom Hanson's Comm 330 class to practice their interviewing skills and learn more about the athletes and coaches. When asked what National

Girls and Women in Sports Day means to them, Nia Wilson, all-time leading scorer for the women's soccer team spoke on the question.

"I took my passion in sports and turned it into a career, and I think this is a different lens than I've ever looked through before. I think when I think about the future and the opportunities that I have as a woman in sport, I think it's super cool to see the expansion of that. Because if you look back fifty years ago, I'm not in my job position. It's probably not a woman. So, I think the way that the sports industry itself is changing is super cool to see and to be apart of that, is awesome. I'm super excited to continue my journey in sports as a woman."

The Com 330 class also asked DeGroot and Fracker what advice they would give to young women who want to continue their career in sports. "I learned in my leadership program, I have a master's in leadership, I learned through that and

other coaches, that when you lean into your strengths, when your open and vulnerable about who you are, you create space for other people to be open and vulnerable. You create space for



Allison DeGroot and Melissa Fracker  
Photo by Tom Hansen

other people to share their strengths, and then you can make a cohesive team with everyone bringing their best to the program, to the team as a whole," said DeGroot. Fracker also gave advice about having a good mentor to guide you in your sport.

For more information about National Girls and Women in Sports Day visit Women's Sports Foundation.



Hand Breaded Cod, The Big Izzy Burger, and Chicken Bacon Ranch Sandwich at Izzy's

Photo by Jon Pearson | The Promethean

## Izzy's BBQ Lounge & Grill Food Review

**Jon Pearson**  
jpears22@uwsuper.edu

As I continue my food journey through Superior I would like to take a moment to acknowledge a black owned and operated business called Izzy's BBQ Lounge & Grill. Some of my classmates and I decided to grab a quick bit to eat before a long night of studying and decided stop by Izzy's in the late afternoon.

When we entered we were greeted by the roar of music and the sound of regulars talking to one another. The walls were covered with decoration similar to a living room of a large family. Once we found a seat we shortly greeted and given menus.

Justin got the Chicken Bacon Ranch Sandwich, Lincoln decided on The Big Izzy Burger, and I ordered the Hand Breaded Cod with Coke and fried pickles for the table. Each meal includes a side of fries and coleslaw. While waiting for our food we talked to the regulars and this made me feel like part of the family. For as busy as it was in there our food came out relatively quick.

"The sandwich was amazing. I recommend dipping the some of the fries into

the ranch, and you'll have a great meal!", says Justin Esala. Lincoln Ganley experienced cook says that,

"The Big Izzy Burger is a much improved version of the classic western/cowboy burger, and was worth every penny (of my money)". I would agree that the food was great, starting with the fried pickles. The fired pickles have similar fry to a fast food chicken nugget but instead of chicken in the middle it is a sweet and tangy pickle that pairs well with the ranch.

Moving on to the sides the coleslaw was pretty standard and the fries were steak cut with a crispy outside and a fluffy interior and tasted great. Continuing to the maincourse The Hand Breaded Cod, the breeding was well cooked giving the desired crunch and the cod was nice and tender. It pairs well with their house made tatar sauce.

When all of these factors from environment to food are weighed I would give Izzy's BBQ Lounge & Grill a solid 9/10.



Jon standing in front of Izzy's Bar and Grill

Photo contributed by Lincoln Ganley | The Promethean



Members of a UW-Superior Social Work group attending board game night.

Photo contributed by Georgia Youngblood and Noa Mikami

## AS-L Social Work Project

The Introduction to Social Work class at The University of Wisconsin-Superior is making impacts on the student body and community. Professor Ina Newton, who is extremely passionate about social work, is overseeing a group of sixteen students who are interested in the social work career path.

"We're giving our students opportunities to engage in meaning-making projects, so this year our focus is on addressing social isolation," said Newton. She went on to share that the effects of social isolation from the pandemic are still very real.

One social work group held a board game night at the Jim Dan Hill library. This event brought students from all different backgrounds together for a calm night playing games with each other.

Events like this one give students the opportunity to communicate with those they normally would not be around. Alina Vogel, one of the students in the class,

was passionate about her group's project. They hosted a pumpkin carving event open to students and faculty at UWS. Through this event, she shared the impact it had on those who attended. "It fosters connections, and it's super important post covid that people are finding time and space to just be with each other and do fun things together," said Vogel.

This project has been important to Evan Ridd, a fellow social work student at Superior. "This project is important to me because, you know, it's a way to get myself out there to be able to be part of the community and to be part of this organization that we're working with as a UWS student," said Ridd.

After college, Ridd plans to become a teacher. He believes this project will help him on that education path as he learns how to help others. At the end of it all, the Introduction to Social Work class hopes to leave a positive impact on the student body and community.

Editors Note: This story was contributed by the Comm 304 class by Georgia Youngblood and Noa Mikami.

## Superior Ice Festival



Sculptures being worked on at Superior Ice Festival

Photo contributed by Thomas Odegard | The Promethean



Photo of racers at the racing event at Superior Ice Festival

Photo contributed by Thomas Odegard | The Promethean



Ice sculptors working on ice sculptures

Photo contributed by Thomas Odegard | The Promethean