

# CAMPUS & COMMUNITY

## Feeling Stressed Out? Here’s What You Need to Know

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Stress is a common experience for nearly everyone, and college students are no exception. Many students face varying levels of stress throughout their academic journey, often stemming from a combination of responsibilities. Balancing coursework, exams, financial obligations, and personal interests while meeting work and family commitments can be overwhelming. Stress affects individuals differently and for various reasons, but it does not have to be a roadblock to success.

April is recognized as National Stress Awareness Month. By developing effective coping strategies,

students can navigate these challenges and stay on track toward achieving their goals. Tips to reduce and manage stress:

- Use a weekly planner, priorities chart, or semester-at-a-glance calendar to help manage your time and stay on top of your tasks.
- Engage in mindful leisurely activities by taking a break, grabbing a snack, going for a walk around campus or around your neighborhood, meeting a family member for lunch, or catching up with a friend on a video call.
- Engage in self-care. We are often harder on ourselves when we face setbacks or when things get challeng-

ing. Practice self-compassion. Treat yourself with the same kindness and understanding that you would offer a friend.

- Improve your health by eating a healthy diet, staying hydrated, engaging in physical activity, and getting quality sleep.

The University of Wisconsin-Superior (UWS) offers various extracurricular activities dedicated to stress awareness for students.

Some exciting activities include Jacket Jam, Virtual Guess Who, and a Cold Plunge. Check the campus calendar Campus Calendar - UW Superior for more activities and details.

Hosted by the UWS Cheer & Dance Club

# JACKET JAM

Located in the Dance Studio at the Marcovich Wellness Center

DANCE FITNESS CLASSES

ALL UWS STUDENTS & STAFF WELCOME

EVERY MONDAY & THURSDAY EVENING

6PM-7PM

UWS students needing reasonable accommodations to participate should contact DSS at [disability@uwsuper.edu](mailto:disability@uwsuper.edu) or 715-394-8188 (V), 1-800-947-3529 (MRS/TTY).

Flyer for Jacket Jam that takes place every Monday and Thursday evening in the dance studio at the Marcovich Wellness Center.

Photo contributed by : UWS Cheer and Dance Club

## Richard I. Bong Veterans Historical Center

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Major Richard I. Bong, born in Superior, Wisconsin, was a United States Army Air Forces pilot during World War II. Bong earned a myriad of military awards, most notably the Medal of Honor, and went on to be known as America’s Ace of Aces. His wife Marge was famously pictured on the nose of Bong’s fighter plane, the “Marge.” The aircraft, though a replica of the original, sits at the heart of the Richard I. Bong Veterans Historical Center.

Other accomplishments of Bong’s are on display at the museum, including numerous authentic medals of service. In addition to these are modern exhibits featur-

ing the Vietnam and Korean wars, and even further are junior curators’ exhibits. The curator of collections & exhibits, Briana Fiantt, said, “We pair (middle schoolers) with a veteran, and they interview a veteran, then create a trifold board about that person.” Including these interviews and Fiantt’s efforts, the Bong Museum holds over 800 oral histories of veterans.

The museum also serves as a space for veterans and active-duty families. November is National Veteran and Military Families Month; every November, the museum hosts a Thanksgiving meal, welcoming all military veterans and active-duty families to turkey and fixings. John Gidley, the Richard I. Bong

center executive director, said, “We like to promote anything that promotes their wellbeing. Our goal is that no veteran should spend thanksgiving by themselves.” The veterans Thanksgiving meal will take place on November 28, at the Richard I. Bong Veterans Historical Center. Meals are even offered via pick-up from the center, an opportunity they stuck with after 2020.

With the help of eager volunteers and staff, the Richard I. Bong Museum honors the legacy of America’s Ace of Aces born in Superior, and serves as an educational hub for military veterans, families, and the public.

EDITORS NOTE : This story was contributed by Ellie Evenson from the Comm 203 journalism course.



Photo of the Richard I. Bong Veterans Historical Center located in Superior, Wisconsin.

Photo by Maddie Schaffer | The Promethean



Student Grace Artz making a Glitter Bottle (Freshman) in the Yellowjacket Union.

Photo by Hannah Hutton | The Promethean

## Glitter Jars with the Yellowjackets Activities Crew

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Glitter party! On Thursday Mar. 27, the University of Wisconsin Superior Yellowjacket Activities Crew (YAC) hosted a DIY Glitter Jar event in the Yellowjacket Union.

Students were able to stop by to make their very own glitter bottles. The event is one of many extracurricular activities dedicated to Stress Awareness Month at UW-Superior.

After signing in instructions were given out and the crafting began. There were a variety of different food colorings to dye the water and an array of colors of glitter to choose from allowing for creativity. There was fine and chunky shaped glitter to choose from. There

were even different colored caps for the bottles that you were able to choose from. There was nothing but good vibes at the event with students eagerly shaking up their creations.

Creating a glitter jar is a simple process. The only items you need are water, glycerin, dish soap, and of course glitter! Whenever you feel stressed just shake the bottle and watch the glitter swirl around! It is a perfect tool for relaxation and improving your mood.

For more events hosted by YAC keep an eye on the campus calendar. Their next couple events in April are bingo, bouquet making, and virtual Guess Who.

## LiveWell Partners with UWS Pruitt Center

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The University of Wisconsin-Superior’s Pruitt Center for Mindfulness and Well-Being has partnered with LiveWell Northern WI to connect with and improve the well-being of the community of Superior.

According to a press release on March 31 from UW-Superior News, LiveWell is now an initiative of the Pruitt Center, allowing both organizations to expand their impact.

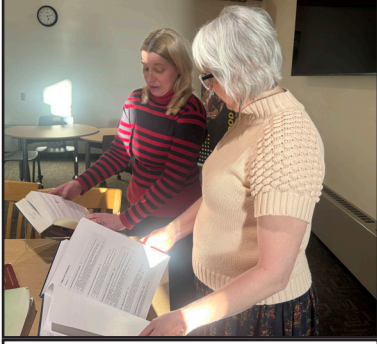
LiveWell launched in 2022 and works to offer opportunities for the community to connect with and enhance their well-being. The organization is led by UW-Superior faculty and staff, as well as supported by the Miller-Dwan Foundation, Essentia Health St. Mary’s Superior Hospital, the Superior Rotary, and many other community partners.

LiveWell coordinator and social work professor Lynn Goerdt discusses how similar missions will impact the community through this partnership. “The majority of our activities will still be in the Superior community or on campus, but we are ex-

panding our ability to engage in Minnesota since that is also where many of our students and staff live. Working with the Pruitt Center is a very natural collaboration because both our missions focused on improving well-being,” said Goerdt.

The Pruitt Center began in 2018 after receiving support from Becky and Doug Pruitt. The Pruitt Center is dedicated to supporting the well-being of students and staff at UW-Superior, as well as the community through mindfulness practices and workshops both on and off campus.

Events with the Pruitt Center and LiveWell will be posted to the Pruitt Center’s calendar and the LiveWell website at <https://livewell-northernwi.org/>.



Amanda Zbacnik (left) and Lynn Goerdt (right).

Photo by Carter Lansdale | The Promethean