

CAMPUS & COMMUNITY

“Speak Out Superior” Brings Resources and Hope to Campus

Abby Hoffman
ahoffm26@uwsuper.edu

In recognition of Domestic Violence Awareness month, on Oct. 16, the Gender Equity Resource Center at the University of Wisconsin-Superior hosted “Speak Out Superior”, an event aimed at informing students about issues of domestic violence, and connecting students with local resources.

“While people might not think that it could happen to them, or think that it couldn’t happen to someone that they love or care about, it happens more often than we even know,” said T Wainman, gender and sexuality programs coordinator at UWS.

The event began with a fundraiser at KindredHeart in Superior and concluded with a resource fair and open discussion in Swenson Hall. Participating organizations included the Center Against Sexual and

Domestic Abuse (CASDA), Young Women’s Christian Association (YWCA), Safe Haven, and Program for Aid to Victims of Sexual Assault (PAVSA).

CASDA, based in Superior, provides resources to individuals affected by domestic violence, sexual assault, and child abuse. Whether violence has occurred or support is needed, CASDA offers help to individuals so they can cope and move forward. Domestic Abuse Program Coordinator Brenna Follis encourages people to speak up, be kind and offer resources when possible.

“If you think something, you feel something, say something,” Follis said. “Be supportive, don’t be judgmental. You don’t know what people are dealing with at home ... so always be kind.”

YWCA, located in Duluth, Minn. focuses on eliminating racism and empowering women, children, and gender-expansive individuals. Strategic

Advisor Beth Burt said the organization is conducting a community-needs assessment and developing long-term solutions. “We’re leading a task force to come up with solutions to the childcare crisis ... that and housing are probably two of the most critical issues in the area,” Burt said. “Not just helping the individual person, but actually changing the environment that people are in,” she added.

Safe Haven Shelter, located in Duluth, Minn. provides shelter and advocacy for survivors. Community Engagement Coordinator Brittany Lind emphasizes how “unbelievably common” domestic violence is. “One in four women will experience sexual domestic violence or stalking in their lifetime, as many as one in seven men, and one in every two trans and non-binary folks,” Lind explained. “Speaking out, such as events like this ... is terribly important,” she said. “Even if you’re

not ready to leave, our resources are there to help you plan whatever you need in any way possible.”

PAVSA, also in Duluth, Minn. offers advocacy and support for survivors of sexual violence. Victim advocate Courtney Laurila had one powerful message. “We’re here to support and believe survivors in whatever needs that they may have,” she said.

“Speak Out Superior” served as a reminder that awareness is the first step, and healing begins with connection. If you or anyone you know is in need of help, do not hesitate to reach out to local resources:

- CASDA (Superior): 715-392-3136
- YWCA (Duluth): 218-722-7425
- Safe Haven Shelter (Duluth): 218-623-1000
- PAVSA (Duluth): 218-726-1931



Beth Burt and Lindsey Jacobson tabling the Young Women’s Christian Association in Swenson Hall on Oct. 16.

Photo by Noa Mikami | Promethean

Pantry at UWS

Noa Mikami
nmikami@uwsuper.edu

How much do you know about the University of Wisconsin-Superior Food Pantry? The Yellowjacket Food Pantry provides free food for UWS students who are having trouble getting food.

The pantry buys in bulk once per semester. Binazir Sherbekova, a pantry staff member, said, “I like shopping, so this job is just right for me.”

Sherbekova said, this service is available only to UWS students and has approximately thirty students visiting the pantry each week. It is located in Swenson Hall 1080 and is open Monday, Wednesday from 4 to 6 p.m., and Thursday, Friday from 10 a.m. to noon.

Canned tuna and meat, rice, pasta, and drinks such as Pepsi and Coke are the more popular items. Usually, there are no limits to what you can take, but some of the popular items have limits.

Sherbekova said her favorite

items are some drinks, but they also have some lifestyle items, such as water bottles, toothbrushes, and shampoos.

Daichi Ogawa, is a UWS student who has been going to the pantry for a while. Ogawa said, “My friend asked me to go to pantry when I was a freshman, this is the reason that I knew they have a pantry.” He also said, “I really like tuna, but sometimes it is already sold out, so I cannot get it every time when I visit.”

Sherbekova said, “Some people donate items, and the pantry’s stock depends on how often donations are made. There is a box in front of the pantry room, where people can place items, they bring. And the fact is that the cafeteria also donates to pantry for UWS students.” She also said “The pantry helps students who have difficulty accessing food and want to have free food, which is great opportunity for students. Students can use it anytime when they need it, we are always welcome.”

Power Belongs to the People

Liberti Jonas-Jongebloed
ljonasjo@uwsuper.edu

On Oct. 18, “No Kings” protests took place all over Wisconsin, and the entire United States. From Madison to Superior, protests displayed civic strength, reminding the government that democracy is something people will actively uphold.

According to a statement on the organizers’ website at nokings.org, “more than 7 million of us rose up at more than 2,700 events in all 50 states, D.C., and cities worldwide to say: America has no kings, and the power belongs to the people. Now, our task is to stay vigilant, stay united, and continue to push back”.

The Madison protest began at McPike Park around 2 p.m. An estimated 15,000 marchers followed East Washington Avenue toward the Wisconsin State Capitol. The Madison Police Department, which documented the event as Special Event – Case #2025-445569 on their

website, coordinated road closures and traffic safety along the route.

Authorities reported no arrests or major incidents. The event was marked by peaceful protesters, diverse participation, and creative signs expressing themes of equality, representation, and civic duty. The crowd often chanted, “Show me what democracy looks like!” Responders shouted back, “This is what democracy looks like!”

One protester, Rhiannon, explained why she chose to take part in the event. “It comes down to maintaining democracy.” Rhiannon emphasized that civic engagement extends beyond any single moment or election, adding, “It’s about how we choose to treat each other, how we participate, and how we shape the way the world operates going forward.” She continued, “We all matter, but our government is not showing us that in any capacity. If our leaders won’t show up, we will show up for our communities.”



Protest on No King’s Day in Madison, Wisconsin, Oct. 18.

Photo by Liberti Jonas | Promethean



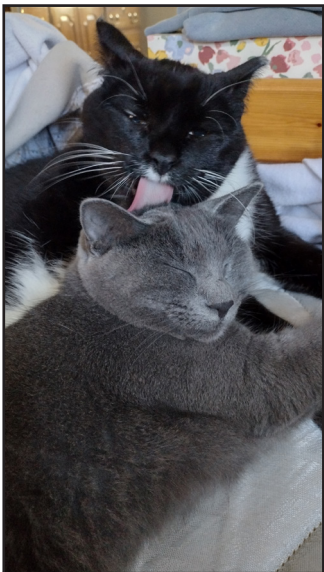
Protestor in Madison, Wisconsin, on No Kings Day, Oct. 18.

Photo by Liberti Jonas | Promethean



Food Pantry is located in Swenson Hall 1080

Photo by Noa Mikami | Promethean



Jon Pearson’s cat’s Faji/ Fuzzy (gray) and Christmas Cat/CC for short (black)



Maison Wiberg’s cat Scarlet



Aidan Salama’s cat Clay.
Fun Fact: No one can leave glass cups anywhere out in the open because Clay is notorious for breaking anything fragile.

Continued Staff Pets Collage