Strength in numbers: Sexual assault survivors organize on campus  
by Jordan Galeles

Because of this, and feelings female victims may encounter, men aren’t allowed to attend. While speaking at the group isn’t required, it’s highly recommended. Suchowski says they want to encourage safe relationships and a common bond that can result from participating in the group. “It’s a lifelong process. The purpose of this group is to help individuals with that process and develop a sense of independence and life skills,” says Suchowski. RAINN, the Rape, Abuse and Incest National Network, reports that 80% of victims are under the age of 30 and 9 out of 10 are women.

In Wisconsin, sexual assault is defined by law as any sexual contact without consent. Many cite “men’s uncontrollable sexual urges” as justification for perpetrators’ crimes. Prillwitz discounts this theory, saying, “It’s about power and control, not about sex.” Suchowski adds that sexual assault frequently begins with words. There’s a psychological component that often goes unrecognized. “Perpetrators often manipulate their victims by demeaning them or brainwashing them to believe that they deserved it,” says Suchowski.

Many victims experiencing sexual assault may feel an overwhelming sense of shame that prevents them from seeking help. Suchowski emphasizes that victims don’t make the perpetrators do anything, it is the perpetrator’s choice. “It’s important to give women a voice,” says Prillwitz, “If they’ve never talked about that experience, they have nothing to lose when sharing except for their hurt and their shame.”

Contact Suchowski at kim@familyctr.org or Prillwitz at joe.prillwitz@uwec.edu for more information. Male victims can also contact Suchowski or Prillwitz for counseling assistance. Call the National Sexual Assault Hotline at 1-800-656-HOPE.

Hope for the homeless  
by Kaylin Speeth

Imagine losing a job due to sickness. Soon, savings dry up and eviction is imminent. People in this situation often need shelter, but it’s more complicated if there are dependents involved. The shelters in Wausau might be full and Mary’s Place in Marshfield only takes individuals. This situation illustrates the need for the Frederic Ozanan Transitional Shelter.

Construction for the much-needed homeless shelter began last spring. Although the building should be completed in March, volunteers are still needed to finish construction. Volunteer days are Tuesdays, Thursdays and Saturdays from 8 am to 4 pm at the corner of Vine and Depot Streets. Still $50,000 away from their goal of $660,000, St. Vincent de Paul will raise money for the shelter through their “Freezin’ 4 Reasons” event on April 5 from 10 am to 5 pm. Groups can camp out in their decorated boxes from Kwik Trip to the front of St. Vincent. Pledge cards can be printed from their web site and filled out before the event. Soup and drinks will also be provided. Personal hygiene products can be donated once the shelter opens. Cash donations are also appreciated. Cheeks can be made out to St. Vincent’s Shelter and delivered to St. Vincent de Paul.

For more information on how to help, visit their website or contact board president Dennis Boucher at dennismarshfield@yahoo.com.

Be nontraditional  
by Jordan Galeles

Nontraditional students are developing a voice at UW-Marshfield Wood County. BRIDGE, the forming nontraditional students’ club, allows nontraditional students an opportunity to network and support each other. The advisors of the group, Steve Kaiser and Mary Beth Knoeck, emphasize that, as a fledgling group on campus, this purpose will be revised to meet the expectations of the group as it grows.

The number of enrolled nontraditional students, or “nontrads,” grows annually. This population has traditionally been underrepresented on campus. The formation of this club will provide them with an avenue to assist each other in making all of their campus experiences as positive as possible.

Kaiser and Knoeck say that nontrads should develop many helpful habits. They recommend students ask questions, use resources on campus (specifically the library, professors, Student Affairs and The Learning Center), plan realistic goals, realize baby steps toward goals are okay and be flexible and creative in organizing your work/family/life balance.

Questions about BRIDGE can be directed to Kaiser (steven.kaiser@uwec.edu) or Knoeck (marybeth.knoeck@uwec.edu).

Submit art: Deadline March 7

Farago, the UW-Marshfield/ Wood County literary magazine, is accepting submissions of poetry, short fiction and artwork from students, staff and community members of Marshfield/Wood County.
Not feeling the love

by Mitchell Biesen

Valentine’s Day has come and gone once again and again we find empty wallets, empty heart-shaped candy cardboard containers and dejected teddy bears forgotten in the closet.

One reason Valentine’s Day stinks is because it focuses only one type of love — romantic or passionate. What about the love you have for your mother, father and siblings? What about your love for your pets and friends? These kinds of love are platonic, or non-sexual, and apparently don’t deserve recognition. Unfortunately, platonic love for your pets and friends? These kinds of love are platonic, or non-sexual, and apparently don’t deserve recognition.

The entire Valentine’s celebration is a nightmare of sales, advertisements and corporate drones badgering people to buy their products. Now, while this happens at every major holiday, its effects are arguably worst on this one. Many believe the male half of a relationship has to buy flowers, chocolates, big stuffed teddy bears, and dare we forget, a fine piece of, preferably diamond, jewelry. This places his show of affection entirely on what he can or cannot purchase.

Lastly, the biggest problem with Valentine’s Day is that it puts the emphasis of this on romantic love, and puts it all on one day. Affection should be given throughout the whole year. As author John Green said in his YouTube Vlog, “If you need to be reminded to like your romantic partner, you’re doing it wrong.”

Talk to teachers: They don’t bite

by Jordann Flewellen

Sometimes it may feel as though teachers are from the outer depths of space. Still, creating open lines of communication with professors can reap all sorts of benefits for students. Communicating with professors can seem tricky at first, but following these tips can help.

The best thing for students to do is during the first week of the class, find their teacher’s office and introduce themselves. It is important for the teachers and students to know each other on a more personal level. The best thing to remember is that, “Teachers were once students and we are all human,” says Iddi Adam, associate dean and associate professor of geology/geography.

If students are intimidated by a professor, they should tell them that. If they just go up to the professor and say, “I am intimidated by ___,” most likely the teacher will laugh and ask why.

If there has been previous history with the teacher, and nothing is working, turn to the hierarchy at the school. Talk to student services, and if they can’t help go to Adam. If students feel they are dealing with harassment or any forms of prejudice, they should go straight to the Dean.

Adam says, “If you are still having these troubles, talk to me and we can set up a meeting between myself, you and the professor to see what is wrong.” Teachers and students can both make an impact in communication by opening up and discussing the issues they seem to be having.

The professors set expectations for the class, and if they are unclear, students can ask the professor for clarification. “More communication is better than less,” says Adam. If students have accommodations that need to be considered, talk to the professor and, with help from student services, they should be able to work with them. When bringing up issues to a professor, lay down the concerns using, “I feel... because...” statements, because this will get the points across without getting too emotional. If anything is needed, go to student affairs and they could help students personally, or lead them to someone that could help them, like the associate dean.

Stress: Good, bad and ugly

by Jordann Flewellen

It’s not always easy to keep calm and to not stress about homework, essays or tests. Because of daily pressures unique to college life, students are particularly prone to the effects of stress. Stress can keep us from getting the most out of the college experience.

I know firsthand that pressure and stress are things we feel every day. Working on that big paper, finding a job and paying rent are a few stressors students might encounter. There are both good and bad stressors and it’s up to us to figure them out.

Some of the 50 negative signs of stress the American Institute of Stress (AIS) report include frequent headaches, teeth-grinding, dizziness, unexplained “allergy” attacks and changes in appetite. Two signs that are especially distressing for students are difficulty concentrating and trouble learning new information. To learn successfully, we need to be able to focus and retain information.

Managing stress plays a big part in our lives. Because stress can affect our happiness, our physical health and incidentally, our success in class, we need to defend ourselves against negative stressors. Everyone knows the old tricks. Listening to music, going for a jog and reading a book are all great stress relievers, but they only temporarily relieve the stress we feel. They don’t resolve the cause of the stress, the stressor, which can be good or bad.

To determine which stressors are good stressors, we need to prioritize and figure out what we can tackle in the present moment and focus on that. Perhaps a big test has got you down or maybe it’s that annoying partner from bio class. Maybe you’re worrying about taxes or tuition. Figuring out your stressors is the first step in managing your stress.

We also need to remember that stress and what relieves it are highly subjective. While an extravert may find a party relieves stress, an introvert such as myself can find it torturous. Ultimately, having patience and understanding can help when around others feeling the woes of stress or when one is dealing with stress, but that still doesn’t fix the problem.

According to the AIS, there’s only one surefire way to resolve stress, depending on the situation. If it is situational stress, avoid putting yourself in said situation. If it is a problem in your life, take care of it. Easier said than done, I know.

In the words of my favorite movie, What About Bob, “Baby steps.”
Crossroad magic

There’s no longer any excuse for students to wander around campus with their heads full of unanswered questions. Finding answers is simpler now that the Student Affairs (SA) Team has set up Coffee and College Advising in the Crossroads.

Friendly, helpful, accessible individuals can be found in the Crossroads every Wednesday from 8 am-9:30 am. The SA team provides students with the opportunity to ask questions, schedule appointments and hear about important updates in regards to academics, scholarships and more.

The SA Team consists of Renae Guldan, SA Recruiter; Steve Kaiser, SA Coordinator; Mary Beth Knoeck, SA Adult Enrollment Coordinator; Juliene Krahn, SA Program Associate; Brittany Lueth, SA Interim Assistant Dean; Dawn Messerschmidt, SA Program Associate and Ashley Pongratz, SA Interim Coordinator.

These individuals take turns covering shifts so that students can meet each member of the team. The cost of beverages and supplies is covered with the segregated fees that students pay as part of tuition, which makes this opportunity free for students. Faculty pays $1 to enjoy a hot cup of coffee, tea or hot chocolate and this money is returned to the students’ fund.

The Student Affairs Team has met with over 130 students since Coffee and College Advising in the Crossroads began. Lueth says, “Most have agreed that it’s a great luxury to have during the week. It’s an easy way to have their questions answered and find out about important upcoming events.”

A musical portal in time

“Nightingale Sang in Berkeley Square” and “Brother, Can You Spare a Dime?” to the humorous “Java Jive” and “Gimme a Pigfoot.” The cast succeeded in transporting the audience to a time when life was simpler, good times were plenty, and love was never far behind. (K.S.)

Continuing to impress

Most people don’t think about going to college to learn how to play guitar or ballroom dance. But at UW-Marshfield/Wood County, these and many other courses are offered through Continuing Education (CE) classes.

Throughout the year, The Wood offers students and community members the opportunity to learn new skills. Classes offered include basic guitar, ballroom dance, gymnastics, basic auto maintenance, technolog and Spanish.

Last year, one of the gymnastic teams organized through CE even competed at the AAU Jr. Nationals competition in Orlando, Florida. This year CE is celebrating brain awareness week, March 9-15, with a brain mini-sessions, featuring classes where students can learn more about how the brain works. The CE department also offers a scholarship for study abroad each year. The application can be found on the UW-M/WC website at www.marshfield.uwu.edu/ce.

Those interested in taking CE classes can register online or call Rebecca Rucker at 715-389-6520 for information. (J.R.)

Faith in hypnotism

Do you believe in hypnosis? Until the hypnotist Jim Wand came to the UW Marshfield/Wood County, I didn’t. Despite my doubts, I still volunteered to see if hypnosis could be real or not. As the show progressed, I quickly found myself feeling extremely relaxed, and then my mind went blank.

As I learned more and more about what had transpired while I was hypnotized, I realized that the audience had enjoyed the show immensely. Two favorite parts were a Valentine’s Day call that shouted out a pick up line and a dancing session.

Like many people in the audience, I didn’t believe in hypnosis, but Wand turned me into a believer. For me, having been hypnotized once in my life was enough. Other people, however, felt that they didn’t have enough.

“I got hypnotized again at the Marshfield High School show later that night,” stated J.B. Hernandez, president of student council and 2nd year student. (E.R.)

This is not child’s play

Ystad says, “As long as students want to play dodgeball, then we will hopefully keep the sport going every year.” This year, there are 22 participants that make up three teams: Cheese, Dodgeballerz and Yes! Yes! Yes!.

Ystad, who got the idea to bring the sport here after playing intramural dodgeball as a student at UW-Superior, says it’s an opportunity for students to participate in a sport that they don’t usually play outside of school. (J.G.)

Still learning

Want to take a Continuing Education class but don’t know who to go to? Go talk to Rebecca Rucker. Born in Marshfield, Rucker works as the Continuing Education Interim Director at UW-Marshfield. She began working here in April 2011 after graduating from UW-Stevens Point with a degree in communication.

In the future, Rucker hopes to get more students involved in the Continuing Education classes, as there are many free and reduced classes for students. Rucker has taken many of the classes offered here and has taught a few of them too. Rucker says taking a continuing education class is a great way for someone to improve themselves, meet new people and better their skill set.

When she’s not working or taking a Continuing Education class herself, Rucker enjoys relaxing at home and doing yoga at the YMCA. (J.R.)
Ask Sam and Eric: Advice for unwary

Sam Gershman and Eric Ratsch are both UW-Marshfield/Wood County students. They are offering to solve the world’s problems through this advice column, despite the fact that neither of them have any experience or qualifications.

**How do I write a bibliography?**
*S: To the highest standards, of course.
*E: Type it, don’t write it.

**What’s the dress code?**
*S: It’s Up, Up, Down, Down, Left, Right, Left, Right, B, A, Select, Start.
*E: No shirt, no shoes, no service. Apparently pants are optional.

**Do you have any test taking tips?**
*S: Don’t be passive and take the questions, you make that test take your knowledge. Walk in there and fill each and every judging circle who told you that you were never good enough and you show them who’s got the biggest number two pencil in the room.
*E: Make sure to sit by the smart people in class.

**I’m scared of failing Chem. What should I do?**
*S: Obviously you should stop asking questions, go slam some tacos and binge on some Breaking Bad.
*E: Don’t take Chem in the first place. If you’ve already made this catastrophic mistake, watch Breaking Bad. Walter White should be able to set you straight.

**What’s the difference between there, their, and they’re?**
*S: It’s the difference between knowing your crap and knowing you’re crap.
*E: It’s an ancient Chinese secret that boils down to any apostrophe, and the letters I and Y.

**When should I study?**
*S: Depends on how you define studying. Slamming tacos and alternately bing- on Dr. Who unfortunately isn’t studying… unless you’re studying to be a dietician and are taking a film elective. Then it is.
*E: Right before the test seems to be when everyone else studies so it’s probably best to go with the flow.

**I can’t afford a graphing calculator. Any advice?**
*S: Multiply by the number of classes you need it for, then divide by the number of fish sticks you still give about this whole “math” thing.
*E: Be an English major.

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**Mark Your Calendars!**

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<tr>
<td>March 4</td>
<td>Mardi Gras</td>
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<td>March 5</td>
<td>Multiple Personality Day</td>
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<td>March 7</td>
<td>Symphonic Band presents: &quot;An Evening in Vienna&quot;</td>
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<td>March 8</td>
<td>Empty Bowls (sponsored by Soup or Socks)</td>
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<td>March 11</td>
<td>Johnny Appleseed Day</td>
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<td>March 14</td>
<td>National Pi Day (Why? Because it’s 3.14)</td>
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<td>March 15</td>
<td>The Ides of March (Beware!)</td>
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<td>March 17</td>
<td>St. Patrick’s Day (Wear green!)</td>
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<td>March 17-21</td>
<td>Spring Break</td>
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<td>March 20</td>
<td>Extraterrestrial Abductions Day</td>
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**What’s in the Gallery**

The Gallery is featuring artist Jayne Reid Jackson, who works with intaglio, a form of engraving.

**Villa Visability**

By the fall 2014 semester, UW-Marshfield/Wood County students will have designated housing across the street from campus. Amanda Schick, Lease Up Manager for The Villas, says, “We’re excited to be around campus and part of the Marshfield tradition. The Villas will be open and ready in August 2014.”

Students should complete and turn in applications for housing as soon as possible, because The Villas will fill on a first-come, first-serve basis. For applications or any questions, contact Schick at 715-471-0275 or email at amanda@thevillaslife.com. (J.G.)

**Why wait when you can Winterim**

Winter break can be long and dreary. Instead of making snow angels, why not spend winter break getting ahead on associate degree courses. Winterim classes, which occur over the winter break period, are a valuable crunch time for students who need to fit in an extra required course.

Planning for Winterim 2014 has already started and UW-Marshfield/Wood County is looking for student input on course suggestions. Students can make requests for courses they would like to see offered during Winterim 2014 by emailing Iddi Adam, Associate Dean, at iddi.adam@uwcc.edu. (J.G.)