

UW-WC Ubiquitous

Issue 2

The Student Newspaper of UW-WC

December 2016

Comfort, coffee and mentors

CLEC offers place to relax and get help with studies

By SYDNEY QUINN
Ubiq Staff Writer

A visit to Room 308 (aka the CLEC) reveals a surprising secret. It turns out that tiddly winks and college success go hand in hand.

Designed by College Life Exploration Center (CLEC) coordinator Michelle Appel as a one-stop home away from home for serious college students, Room 308 houses just about everything one could want to achieve academic success: study stations with shelves lined with books, computers and a printer, and tables for group projects and conversation.

And for those who just want to escape the stress or the winter

wearies, there's a cozy lounge area with sofas, plenty of coffee, and lots to play with — puzzles, cribbage board and, of course, tiddly winks.

But it's the Phi Theta Kappa mentors — all 14 of them — who are the real draw.

Carefully chosen and trained by Appel, the mentors are available to help new and experienced students with advice about everything from how to talk to their professors to how to succeed in collaborative programs such as engineering and other fields. They'll even help lost students find their classrooms at the begin-

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From left, Mark Shining, Jacob Kachellek, Christian La Cosse, Elf, Steven Bold, and Arber Shehu enjoy time in the CLEC.

Judo offers more than self-defense

By TIFFANY DUBEY
Ubiq Staff Writer

Thanks to Jon Sanfilippo, who has been teaching judo at UW-WC for the last 25 years, students and community members throw each other around in the gym every Monday night and have a blast doing it.

"I don't know if it was what I was expecting, but I still think it's fun," freshman Alona Pallo said of the class.

Sanfilippo, a UW-WC alumnus and member of the Wisconsin Judo Black Belt Hall of Fame, began teaching the class 50 years ago when he was 16.

Sanfilippo's judo students aren't just taught grappling techniques, mat holds, chokes and arm locks. There are also mental and emotional benefits.

"Students can participate in a physical activity which provides them with physical benefits and exercise, but judo also provides the opportunity to embrace self-awareness, self-defense, and the importance of balance in life," Sanfilippo

said.

Sanfilippo's own motivation for joining the sport was to find a way to defend himself against bullies at school.

"As a young boy who was shortest in class and felt picked on, I was looking for a way to build strength and defend myself," he said.

The solution turned out to be an ad for judo class that Sanfilippo found in the Milwaukee Journal's Green Sheet.

"I would cut out ads and put them next to my dad's dinner plate every few days," said Sanfilippo. "He didn't think judo classes would be valuable."

His mom heard about the classes from a co-worker and signed up Sanfilippo, his dad, and his younger brother.

After taking classes in Milwaukee, he became expert enough to teach his own classes at the age of 16 through the West Bend Recreation Department. He has taught at UW-WC the last 25 years.

"My favorite part of being a judo teacher is watching a student learn a new skill and seeing

their face light up when they accomplish a new goal or reach a new level," Sanfilippo said.

He also taught a renowned judo student who received a silver medal in the 1988 Olympics in Seoul, Korea.

"A very special memory was coaching and supporting my student Lynn Roethke. She was the first American woman to win an Olympic medal for the USA in judo," said Sanfilippo.

Although his other students at UW-WC haven't become quite that famous yet, they still enjoy the class.

Freshman Christian Bocher called it a "good stress reliever" and "would recommend this class to other students... it can help students feel welcomed by others if they are not feeling that during school."

Even professors get into the act. Associate Philosophy Professor and Judo Club Advisor Tait Szabo found a way to get back into the sport despite his busy teaching schedule.

Students receive one physical education credit for the class. Since judo is a club, enrollment is free.



LEARNING COMMONS HOURS (extended for exams)

Monday–Wednesday: 8 a.m. – 8 p.m.

Thursday: 8 a.m. – 6 p.m.

Friday: 8 a.m. – 4 p.m.

Sat: Closed

Sun, Dec. 18: 12 – 6 p.m.

What is a Learning Commons?

The UW-WC Learning

Commons is a one-stop shop for students to find research assistance, books & media, collaborative study

rooms, peer-to-peer tutoring, accessibility services, and technology help. Stop by our welcome desk if you have any questions.

YOUR LEARNING COMMONS STAFF:

Lee Wagner – Academic

Librarian

Rebecca Dougherty – Associate

Academic Librarian

Levon Hudson– Learning

Commons Coordinator

Hannah Young – CASE

Associate

SNACK BAR

The Learning Commons has a snack bar to help you stay fueled while studying. Coffee is available all day, \$2/cup. Snacks are \$1-2.

SCHOLAR SIP:

Join us on the 2nd Wednesday of every month to hear from a local scholar on a research topic. This coffee & conversation series is free

and we provide free coffee. It's a great way to meet your professors and learn more about their original research.

December Scholar Sip:

Wednesday, December 14th, 2016, 3:30-4:30pm

Speaker: Jennifer Buchholz, author and entrepreneur

Topic: Go Solo! A Savvy Woman's Guide to Transformation and Self-Discovery through Travel

Professor's Pet Peeves

If you're going to use it, be sure you know it

By SYDNEY QUINN
Ubiq Staff Writer

Through/trough

Through (preposition): Moving in one side and out of the other side of an opening, channel, or location.

Example: The ball was accidentally thrown through the neighbor's window.

Trough (noun): A long narrow open container for animals to eat or drink from.

Example: The pigs ate their dinner from the trough outside of the stables.

Woman/women

Woman (noun): An adult human female.

Example: The woman bought yarn at the store to knit sweaters for her two cats.

Women (noun): The plural form of woman.

Example: The group of women started their monthly book club last week Sunday.

Detract/distract

Detract (verb): Reduce or take away the worth or value of.

Example: The dented fender detracted from the value of the car.

Distract (verb): Prevent someone from giving their full attention to something.

Example: The student was distracted from studying when her friend called.

Quiz

1. The new owner of the horse had to buy a new (through/trough).
2. The group of (woman/women) had their weekly yoga classes on Tuesday nights.
3. The little girl was (detracted/distracted) by the candy in the aisle at the store.

1. through 2. women 3. distracted

The Ubiquitous

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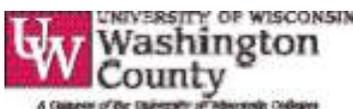
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Find us on campus:

Ubiquitous is published three times per semester. Find it in various locations across the school: on tables near lounge areas, on the news stands near the bistro, in the Learning Commons and on the third floor near the elevator.

See Ubiq online at:

<http://washingtoun.uwc.edu/campus/student-orgs/student-newspaper>



Disclaimer: The contents of the Ubiquitous are solely the responsibility of the student reporters and the editorial staff and do not necessarily reflect the views of the campus administration, faculty or staff.

Student Question

If you could have one super power, what would it be?

By TIFFANY DUBEY, Ubiq Staff Writer



Carylynn Tuxhorn
Freshman

“Ability to manipulate probability so I can guarantee 100% that my bathtub will be filled with mac-n-cheese when I get home and that I can guarantee I will find a \$100 bill on the floor.”



Lexie Bartelt
Freshman

“I’d want to be able to run super-fast because I’m not able to run now because of my cerebral palsy so then I can actually run.”



Marisa Moser
Sophomore

“To read everybody else’s mind to compare their answers on tests.”



Tom Wendler
Freshman

“Immortality so I can see how the world changes.”



Monica Wenten
Freshman

“I would want to fly because it looks fun and I would save on airfare.”

Student worker profile

By SYDNEY QUINN, Ubiq Staff Writer

Name: Megan Swope

Age: 19

Job: Sales Associate at West Bend Marshalls and a Learning Commons Student Worker

Major: Psychology

How you picked her major: I helped a friend in high school through some psychological issues. She did a lot better after talking them through with me. I tend to be the person people ask for help when it’s needed, and I enjoy helping them. My high school AP psychology teacher was also a huge influence.

Plans after UW-WC: I plan to go to UWGB for two years after UW-WC to finish my major. I also want to either get my masters or my Ph.D. in psychology. I’m tossing around ideas of studying abroad and joining the Peace Corps with my best friend, Lydia, in the future as well.

Favorite TV show: Parks and Recreation

Special Hobbies: Writing poetry, painting, drawing, designing tattoos. A lot of artistic hobbies.

Favorite band: Fall Out Boy (along with so many others)

Favorite food: Sweet and sour chicken

If you could live anywhere in the world, it would be: New Zealand

If you could have any animal as a pet, it would be: I just want a kitten from Puppyland named Winchester, so a cat. Or a pug.

Favorite book: “The Outsiders” by S.E. Hinton

Favorite season and why: Fall because it is beautiful, and I love Halloween and everything spooky. And the trees are so pretty (I have a tree tattoo.).



Dear Wildcat

Dear Wildcat,

I’m a student at UW-WC and have big dreams that don’t involve my Associate degree.

I have had quite the obsession with clowns dating back to the original scary clown from Stephen King’s book “It.” This obsession has turned into a hobby that involves quite a bit of makeup. I enjoy dressing up as a clown resembling It, a clown so scary that my little brother screams every time he sees me dressed up.

I would like to turn this hobby into a career by dropping out of UW-WC to attend clown college. The issue with clown college is that they only train clowns that are funny and can make kids laugh, not cry. I don’t want to try and fit in or to hide my true identity, but it might be the only way I can ever live my life successfully as a clown. Should I reconsider my life dreams or stick with what I believe?

- Killer Clown

Dear Killer Clown,

A clown resembling It might not be the best attire for, well, ANY occasion. I would not recommend ever dressing up as any type of clown, whether it be scary or funny. Clowns are terrifying either way and aren’t invited anymore to kids’ birthday parties, or, in your case, Halloween parties. Kids nowadays are looking for princesses, princes, heroes, etc., to be at their parties. In no way do I ever think you could make a career out of this and absolutely should not drop out of college to pursue this dream... unless you enjoy living in your parent’s basement and want to for the rest of your life.

By the way, don’t get any funny ideas about dressing up as a clown and trolling around campus and definitely do not send creepy emails to students. You will end up like that 13-year-old kid up north who got thrown in the slammer for scaring children at her school. Look kid, it’s the holidays -- just dress up as Santa Claus or an elf...it won’t get you thrown in jail.



Evan Rathke (21), scores on a reverse layup in an 87-77 victory over UW-Sheboygan last month. (Madeline Rettmann)

Foundation offers scholarship

The Washington County Campus Foundation is offering a scholarship to current and incoming UW-WC students.

Apply at <http://wccf-wi.org/application/>. The scholar-

ship application process opens December 15 and closes February 15. For more information, please contact the Foundation office at 262-335-5204 or email wsh-wccf@uwc.edu.

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ning of the semester.

They do it all with the academic acumen — each maintains a G.P.A. of at least 3.3 — and the cheerful spirit of respect and volunteerism they were chosen for. No wonder Appel loves “the camaraderie and friendships that are formed among students who are very serious about their academic success and being active members of the campus community.”

That’s the best part of working in the CLEC for mentors like Justin Precord, who joined the center to use his personal experiences to help others and to provide an environment where students can be comfortable.

“My favorite thing about the CLEC is the friendly atmosphere, especially during and right after exams. It’s nice having a study space that is also a place to come and hang out,” Precord said.

Mark Shining, another mentor, appreciates the opportunity to collaborate on engineering projects

and to hang out with like-minded students.

“I met some awesome people,” said Shining.

The feeling is mutual for students who visit the CLEC for advice.

“Pretty much anytime I had a question, someone was there to answer it,” said sophomore Jack Kehoe who came to the center for help setting up classes with UW Platteville Collaborative and DE program. “Very friendly environment where everyone is open and easy to talk to.”

If anything, the CLEC will be friendlier than ever during the Keep Calm and Study On events scheduled on campus for the week of Dec. 12. Besides playing tidly winks and filling in stress-relieving coloring books, mentors and students will meet Boomer, the therapy dog.

Somehow, the upcoming exams don’t seem so bleak after all.



This group of students and staff was all smiles after they tested their luck at SGA’s Casino Night. (Madeline Rettmann)