UW-WC in a giving mood

Sets record with nearly 200 lives saved

By JENNY MAGRUDER
Ubiq Staff Writer

The gym is a place of either victory or loss, and last month, it was a place of many victories thanks to the Red Cross Blood Drive and UW-WC’s Health and Wellness Fair. Whether giving blood on one side of the gym or just browsing booths on the other students and community members poured through UW-WC’s gym doors.

The Red Cross Blood Drive was open to everyone in the community whether they scheduled to give ahead of time or they were just a walk-in donor. Among UW-WC students, faculty and staff were former UW-WC students, family members of students and West Bend residents.

By the end of the day, the blood drive saved nearly 200 people and set a record. Fifty-five scheduled donors turned into 64 total. Sixty-six units of blood were collected.

“This is the largest UW-WC blood drive the Red Cross has had,” said Red Cross Donor Recruitment Representative Emily Allanis.

For some students, this was their first time giving blood.

“It’s scary, but it’s less scary because it’s a good thing. Everyone should do it if they can,” said rookie donor Lizzi Bergmann.

Despite being nervous, many students pushed through. Sophomore Scott Leader has donated blood 11 times to the Red Cross and Blood Center of Wisconsin in spite of his phobia of needles.

“I get myself to get through it to save the lives of others,” Leader said.

Students had their minds on helping those in need.

“I like the idea because it saves lives and it’s easy. People need blood, and I have blood to give,” said student Joe Coarsey.
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Horriscopes

By JENNY MAGRUDER and JESSICA MOUNTS
Ubiqu Editor and Contributor

The Water Carrier: Aquarius (January 20 to February 18): Soon, someone will need your help. Usually, you help...when it's convenient. This time, you're going to have to buck up, put your feelings aside and lend a hand. It'll be good for you to put the feelings of someone else first for once, so shut up and get to work.

The Fishes: Pisces (February 19 to March 20): I'm not even going to lie to you: right now, your life is complete garbage. Maybe it's all your fault, or maybe the stars conveniently became perfectly aligned to sh*t all over your life. Either way, you're going to get through it. You may need some hard liquor and a therapist (I recommend not at the same time), but you are resilient. Soon, you'll have it so good that this time will just look like ???

The Ram: Aries (March 21 to April 19): Okay, we get it. You love to party. But maybe you should lay off the bottle for awhile so you can sort your sh*t out. Seriously, you have problems. With school, with friends, with family - you name it. Getting drunk sounds like a great way to deal with things, but how about instead of avoiding your problems, you face them head on like a responsible adult. Get it together.

The Bull: Taurus (April 20 to May 20): This summer will be everything you asked for and more. Just remember that for every high, there's a low. It's up to you to make sure that you don't get your heart ripped out. And stomped on. Repeatedly. So don't let your guard down completely, and most importantly, eat a sh*t ton of ice cream - broken heart or not. What? It's summer.

The Twins: Gemini (May 21 to June 20): You love giving advice. The problem is that you do it, like, all the time. So let me give you a little tip: shut the hell up. For starters, most people don't care, so you're just wasting your time. But then again, usually when you open your big, fat mouth, offensive stuff just seems to pour out. So how about before you open that annoying trap of yours, stop and think about what you're saying. Maybe then people will be more willing to hear what you have to say.

The Crab: Cancer (June 21 to July 22): Someone from your past is back in your life due to your actions. It could be a slutty ex, a forgotten family member, or an old forgotten toy. Either way, things are about to get interesting. Good and bad times will be had, and it's up to the other person to keep them going. You have a large amount of control over their decisions, however, and will do everything in your power to keep things moving in your favor. There is a great chance that history will repeat, so keep that in mind as you lead or troll.

The Lion: Leo (July 23 to August 22): A big opportunity of change is coming your way soon. You're going to be getting yourself into a windfall of many great things. Summer is approaching, and it'll be the best one yet. In the next few months, you'll be going to magical far-away places, with amazing people. This good part of your life is going to last for awhile, as your constellation is shining bright, and is in perfect alignment with neighboring Sagittarius.

The Virgin: Virgo (August 23 to September 22): Lately, those you consider close to you have been less than pleased with your attitude and have bestowed you the nickname The Grinch. You may consider Max to be your sidekick, but remember that dogs can attack when you least expect it. This is especially true for those whom you have been repeatedly kicking/poking them while they were down/sleeping. Being provocative can be a great thing, but in this case, you should really give it a rest before the bitch strikes back.

The Scales: Libra (September 23 to October 22): It's finally the end of the school year. You may be quick to pat yourself on the back for getting through it, but don't be so confident. Your lack of commitment to school work has left you with...less than stellar grades. Shape up and start studying for finals, or have fun next semester in MAT 110...again.

The Scorpion: Scorpio (October 23 to November 21): Whether you've been aware of it or not, someone very close to you has been going through a difficult time. You've given a great deal of support and have helped them out a lot. Your maturity and advice have been particularly needed, and you're not falling short of expectations, Dr. Phil. Try to keep it up because the calm of the storm is approaching, and things will get messy fast.

The Archer: Sagittarius (November 22 to December 21): Things have been looking up for you, Sagittarius. You've been receiving a steady income of love and finance. You feel as though you're untouchable, but remember, you're just as human as you were last month. Don't let your new wealth get you too cocky. Remember that everything comes around, and despite things currently going well, you'll sure to have a gracious slip-up by, oh probably, the fall.

The Goat: Capricorn (December 22 to January 19): The reckless personality that you've long since had going for you may end up taking your life in the upcoming months. Be very careful with how you continue to live your life, and don't get too comfortable. Be sure to stay as humble as you possibly can. Death will be following you around like you're a character out of a bad “Final Destination” movie. And we all know how those end.
School thrice as nice for Weiss sisters

By NICOLE MERKT
Ubiq Staff Writer

It certainly was not a choice to be born as triplets, but the Weiss sisters are choosing to stay side by side here at UW-WC.

Triplets Frances, Jackie, and Rachel Weiss grew up in Menomonee Falls. Growing up as triplets may seem drastically different than most families, but to them it is normal.

“People think it is more different than it actually is,” said Frances.

All the years of schooling and extra curricular activities have only made these girls closer. So close in fact, that all three choose to go to the same college.

UW-WC has seen sets of twins, but triplets are rare. The Weiss sisters all enrolled at UW-WC not only to stay together but because all three were excited about the campus.

“When we came to the open house, everyone was super nice and we liked that the school was small,” said Jackie.

These girls not only attend the same school but have taken the same classes. To them, taking the same class is beneficial.

“It worked with our schedules. We try to take classes together so we can carpool,” said Frances.

Attending the same school comes with advantages. Competition is high when it comes to these three.

“We are very competitive when it comes to school and our grades,” said Frances.

Even though they battle for the best grade, they seek the help of one another when needed. The Weiss sisters are happy to help each other.

“She reads over all our papers,” said Rachel of her sister Jackie.

When they are not studying, they are working— and UW-WC got triple the employees when they enrolled. Rachel and Jackie both work at the campus library, and Frances works in the Student Union.

All three plan to attend UW-Stevens Point and go into teaching. Frances and Jackie are majoring in elementary education while Rachel is majoring in environmental education.

Hello Fellow Wildcats, As our semester comes to a close, I would like to thank all of the students, faculty, and staff for the amazing past couple of months. Without the contribution from all of you, UW-WC would not be the amazing place it is. To all students and faculty and staff returning next semester, good luck with your studies. Please continue to help the school grow in a positive way! To those who are moving on, good luck with your future endeavors!

As far as student government goes, look for a few upcoming events. On May 7, SGA will host our annual spring fling. This event will take place at noon and, weather pending, will be held in the courtyard. Come enjoy a social hour with summer food and a DJ. Also, we will be holding elections for the executive board.

We still do not have a full senate! If you or someone you know is interested in becoming a senator, please come check out a meeting on Wednesdays at noon in room 148 or contact Debbie Butschlick.

Thanks again for another great semester!
Hayley Trier
Public Relations Representative, SGA
Visit us, or We’ll visit You...

Visit us online at http://fscc-calledtobe.org and let us know what discernment retreat dates might work for you and your friends. Discernment Retreats at our N.E. Wisconsin Convent include Eucharist, reflection, prayer and recreation…

... or call/text Sister Julie Ann at 920.323.9632

Franciscan Sisters of Christian Charity

The World Needs You. God Calls You. We Invite You.
Name: April Reinicke
Age: 20
Job: Cafeteria clerk
Hours: Cafe from noon to 1 every day
Major: Engineering
Semester: attending UW-WC since the summer of 2011.
Full or part-time student: Full-time
Post UW-WC plan: Guaranteed transfer to UW-Stout
Extracurricular activities: Art, disc golf, wire/stone wrapping, making people smile
Favorite/Least Favorite thing about UW-WC: My favorite thing here is our professors; they are helpful and are just normal people. The least favorite thing would be that some of the younger kids coming in aren’t mentally mature enough to handle the challenges of college and treat it as if they are still in high school.
Favorite Class and why: My favorite class right now is my Intro to Acting course with Professor Brad Ford; it’s enjoyable to play the part of someone who you otherwise would not be.
If you could talk to any person currently living or from history, who would it be and why: Rachel McAdams, the girl from the movie “The Notebook.” I have been told she is my celebrity look alike and she, based on her interviews, seems to be a happy, healthy person with good morals and a kind constructive heart.
What is your favorite place to be and why: My favorite place in the world is Ledge Park in Horicon, WI. I love the feeling I get when I free-hand climb up a big crack of oddly curved ledge. The rush is simply amazing.
If you could go back two years ago, what advice would you give yourself: Don’t let things you can’t control, control your life.
What would the title of a book about your life be: April: Rain or SHINE?
Who is your favorite teacher on campus and why: Josh Lesniak is my favorite just because he is a unique person, and I like harassing him about never watching the Lion King or listening to the Band of Horses.
What is one embarrassing thing that you’ve done: In Door County, our family had a reunion and my little cousin Celeste asked me to pick her up. I did and the entire ass of my jeans blew out while we were in public at a fish boil. Thank God I had underwear on.
What is your biggest pet peeve: My biggest pet peeve is when people aren’t accepting of other people’s faults. You cannot control someone else, but you can control how you react to them. Instead of looking for what so-and-so did wrong, look at yourself and see how you can make it better.
What is your ideal job after graduation: Packaging designs majorly, but still continue to do my tattoos because art is my passion.
Favorite ice cream: Strawberry or Purple Cow
Favorite restaurant: Evergreen’s Chinese buffet in Hartford behind McDonalds is amazing.
Favorite music group/artist: I really like Lana Del Ray and Avici.
Favorite color: Purple
Favorite movie: Good Fellas
Favorite TV show: Bates Motel

Name: Justin Wolf
Age: 27
Hours: 9-12, MWF
Work: Student Affairs
Semester: 5
Part-time or full-time: Full-time
Major: Agro-business
Post UW-WC plans: I am moving to Illinois this summer and going to ISU in the fall.
Plans for after graduation: I want to be a seeds salesman.
Who is your favorite teacher on campus and why: Prof. Barger. She sat down with me and helped me a lot. She gave me the most improvement in my education.
If you could go back two years and give yourself advice what would it be: Try a little harder in school.
If you could talk to one person living or dead, who would it be and why: Napoleon Bonaparte because he was the best military general. He was the only general that got all of his soldiers to like him after being exiled.
Hobbies: Paintball and football
What is your favorite place to be and why: Outdoors when the weather is warm. It is just nicer outside.
What do you do with your free time: Now, I use it to study and if I have time play paintball when the weather is good.
Favorite ice cream: Cookie dough
Favorite restaurant: Maggiano’s
Favorite music group: Three Pill Morning, because I know all of the band members through a mutual friend.
Favorite color: Blue
Favorite movie: “Kingdom of Heaven”
Favorite TV show: “Walking Dead.” It is about the only thing I watch.
Student Question

What are your plans this summer or what’s your dream vacation?

Steve Macherey
My dream vacation is to go to space. There’s a Russian space hotel being built right now. It opens in 2015, and if I’m somehow a multi-millionaire by then I’ll bring back some pictures and space food.

James Galow
My dream vacation is to go to New Zealand because that is where all the Lord of the Rings sets are (I’m a big LOTR fan), and it’s incredibly beautiful there.

Lydia Campbell
I’d love to go to Copper Falls State Park in Mellen, which is in Northern Wisconsin near the Upper Peninsula, and just camp there for a week and explore everywhere.

Katie Johns
This summer I will be busy working as a site coordinator at a YMCA summer camp with kids from grades K-5th.

Clare Braun
This summer I’ll be going to Infrasound in early June, which is an electronic music festival in northwestern Wisconsin. At the end of June, I’m going to the Electric Forest which is another music festival that’s in Rothbury, Michigan. Oh, and then I’m going to Warped Tour in July. I’m going to have such a long summer!

Exams, projects and papers, Oh my!

By NICOLE MERKT
Ubiq Staff Writer

With the end of semester right around the corner, students are busy reading page after page or frantically typing essays. The intensity of finals is building, and students are looking for relief in stress-free activities. Many find their own unique way of removing themselves from the stressful environment.

“I escape to the park to walk my dog,” said sophomore Sheehan Stiegman. “She gets exercise and I get fresh air.”

Eva Wenzler, one of the licensed counselors on campus, offers tips on stress and how to manage all the workload.

“It is important to break down everything you have to do,” she said.

Wenzler emphasizes the significance of self-care through the end of the semester.

“When the body is physically stressed out, you cannot think clearly, so doing things like exercising, sleeping well, and having decent nutrition are important,” she said.

If students are struggling with organization or need help with finding ways to relax, Wenzler invites them to stop by Student Services to set up an appointment. All students receive six free sessions with campus counselors.

Students can also combat stress by finding study space in the campus library.

“Make sure you find the type of environment you need to study,” said library director Jennifer Chamberlain.

In preparation for finals, the library will have extended hours and activity tables filled with puzzles, origami and coloring paper. Healthy snacks are offered during finals week “to keep students refueled,” said Chamberlain.

Michelle Appel, the Learning Center coordinator, also encourages students to seek out help if they need it. The Learning Center is open to all students looking for help all throughout the semester, and especially during finals.

“Visit the Learning Center and meet with our tutors to help stay ahead,” said Appel.

Appel is organizing this year’s Keep Calm and Study On activities the week before finals. The list includes therapy dogs, student bands and more. Check posters on campus and the monitors for more information.
who was giving blood for the fifth time.

Sophomore Sarah Botting echoed this sentiment: “It’s something really simple that you can do to make a difference in the lives of others. It doesn’t cost any money and it only takes half an hour.”

Allanis was pleased about doing the blood drive in tandem with the Health and Wellness Fair, saying it was “great to have combined efforts” towards promoting health and aiding the community.

Health and Wellness Fair organizer and UW-WC counselor Eva Wenzler said she was interested in reviving the fair after the initial event two years ago.

“I really wanted to provide students with information and resources in and outside of school to help reduce stress,” Wenzler said.

Affiliated Clinical Services, where UW-WC counselors Eva Wenzler and Sean Fauls also see clients, offered information about all available therapists in Hartford and West Bend. Tanya Wald, a therapist for Affiliated Clinical Services, was in charge of the ACS booth, and she said she felt good about participating in the fair.

“Mental health is a good part of staying healthy,” she said.

Wenzler manned the multiple Alcohol and Other Drug Education (AODE) booths, which provided information on the risks of alcohol and drug abuse.

Even some of the university’s organizations set up booths, such as the Learning Center and Student Government Association. The Learning Center had information on tutors, their areas of expertise and their availability. The SGA handed out ice cream, which was well received by students.

And what would the Health and Wellness Fair be without the new Healthy Living Club? The club’s booth offered information on which organic foods to buy and how soda is bad for you, as well as free single-serving straws of honey.

“I care about what I put in my body, and I enjoy supporting the community like going to farmers’ markets,” said Mitch St. Peter, the Healthy Living Club’s secretary.

Many booths provided free items or services in addition to information. River-Crest Chiropractic offered massages and Froedtert Clinic handed out tubes of hand sanitizer spray. The AODE booths passed out items including playing cards, drink koozies and shirts. The Museum of Wisconsin Art (MOWA) offered an appropriate activity for students - hand-sewing stress dolls!

Other businesses and organizations that participated in the Health and Wellness Fair included the YMCA, Healing Elements Days Spa, Albrecht Free Clinic, Cornerstone Counseling Services, Consumer Credit Counseling Services, and UW-WC Counseling Services.