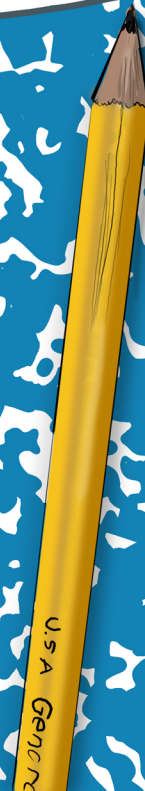


STOUTONIA

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Oxford ~~COMPOSITIONS~~

Declassified College Survival Guide



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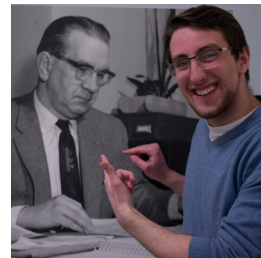
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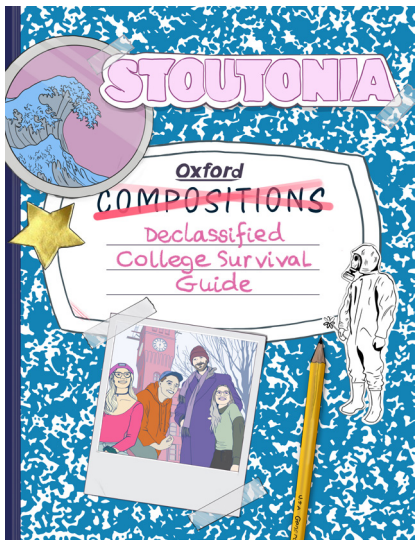
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STOUTONIA

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“ In a university full of online courses, dedicated professors, and month old ramen in your fridge, the Stoutonia, that’s us, and the hardworking students of UW-Stout try to do the impossible: create a guide to help you survive school! ”

STOUT’S CAMPUS CUTIE

ROSE BARKE /STOUTONIA



This is my dog Lefty. Lefty is a 12-year-old chihuahua who enjoys laying in the sun, being a grumpy old man and begging for any kind of food. He’s been with me since he was a puppy when I adopted him. He has a younger sister, Lady, who he graciously tolerates. -Rose Barker

STOUT IN PICTURES

We asked the editorial board to show what UW-Stout looks like to them during the stay-at-home order.



ELIZABETH VIERKANT/STOUTONIA

My backyard where I play with my cats.



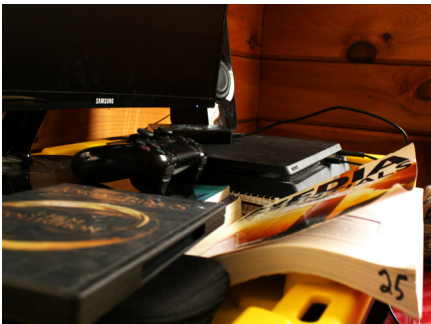
ISABEL ROBERTS/STOUTONIA

I figured I might as well make my workspace cute now that I spend 80% of my day here.



EVAN THUE/STOUTONIA

Where I get my homework done. No, not in the lake.



BRODY PIERCE/STOUTONIA

This is where the magic happens.



RYAN MEZERA/STOUTONIA

This is the view from the balcony of my mom’s house in Lino Lake, Minnesota, which looks over the nearby nature preserve.



BRYCE PARR/STOUTONIA

I’m so sick of my tiny Menomonie apartment that I’d isolate in the woods in a heartbeat. Too bad there’s no wi-fi to check canvas.

UW-STOUT FLATTENS THE CURVE

CIONE GLOMSKI AND ELIZABETH VIERKANT



EMMA OZARK/STOUTONIA

The University of Wisconsin–Stout has recently made several changes in response to the COVID-19 pandemic. According to Dr. Alexandra Hall, a member of the College of Science, Technology, Engineering, Mathematics and Management at UW–Stout, our globe hasn't encountered a serious outbreak similar to COVID-19 since 1918.

Dr. Hall created a YouTube video on UW–Stout's channel, discussing flattening the curve and social distancing. Regarding COVID-19's impact on our healthcare systems, Dr. Alexandra Hall said, "If we do nothing to try to mitigate the spread

of this virus, what we will see is a huge exponential rise of cases very quickly."

According to Dr. Hall, not only has the U.S. been seriously impacted by this virus, but Italy and Spain are two weeks ahead of us in number of cases. As stated by Dr. Hall, coronavirus attacks people in twos and healthcare systems are being overwhelmed since they don't have the capacity to deal with this huge rise of cases all at once. This is because there aren't enough hospitals, hospital beds, doctors and nurses, ventilators or medical supplies, Dr. Hall said.

According to Dr. Hall, everyone is very vulnerable to this new virus

since there aren't yet any vaccines or effective treatments for it. In countries like Italy and Spain, people over the age of 60 aren't allowed ventilators. Alternatively, they are given morphine to feel more comfortable until they die, and the ventilators are provided for the younger people instead, Dr. Hall said.

She explained what it means to flatten the curve and how to avoid the issue of people unnecessarily dying. "What we want to do is interrupt the virus's ability to spread quickly and massively so that we flatten the curve. We want to slow it down and spread it out, so we can maintain the capacity

“We want to slow it down and spread it out so we can maintain the capacity of our healthcare systems. The most effective tool we have is for people to stop being near each other.”

of our healthcare systems. The most effective tool we have is for people to stop being near each other,” she said.

According to Dr. Hall, people from ages 20 to 44 make up most of hospitalizations, and even if people don't show any COVID-19 symptoms, they may spread it to others.

Social distancing ties into flattening the curve because it advises us to stay home as much as possible and to keep six feet of distance from

others in public. Some examples are washing hands, not touching your face, wearing a mask if ill and not touching anything others have touched without wiping it down with a disinfectant wipe,” Dr. Hall said.

As stated by her, social distancing means that we can't be around friends as much and need to remain in quarantine at this time. Dr. Hall believes that, although living in isolation may be boring and hard on our emotional health, staying at home will save lives.

According to Chancellor Katherine P. Frank, UW–Stout has made some changes in order to help flatten the curve. Classes have moved online for the rest of the Spring 2020 semester, however UW–Stout is making accommodations for issues that this may present.

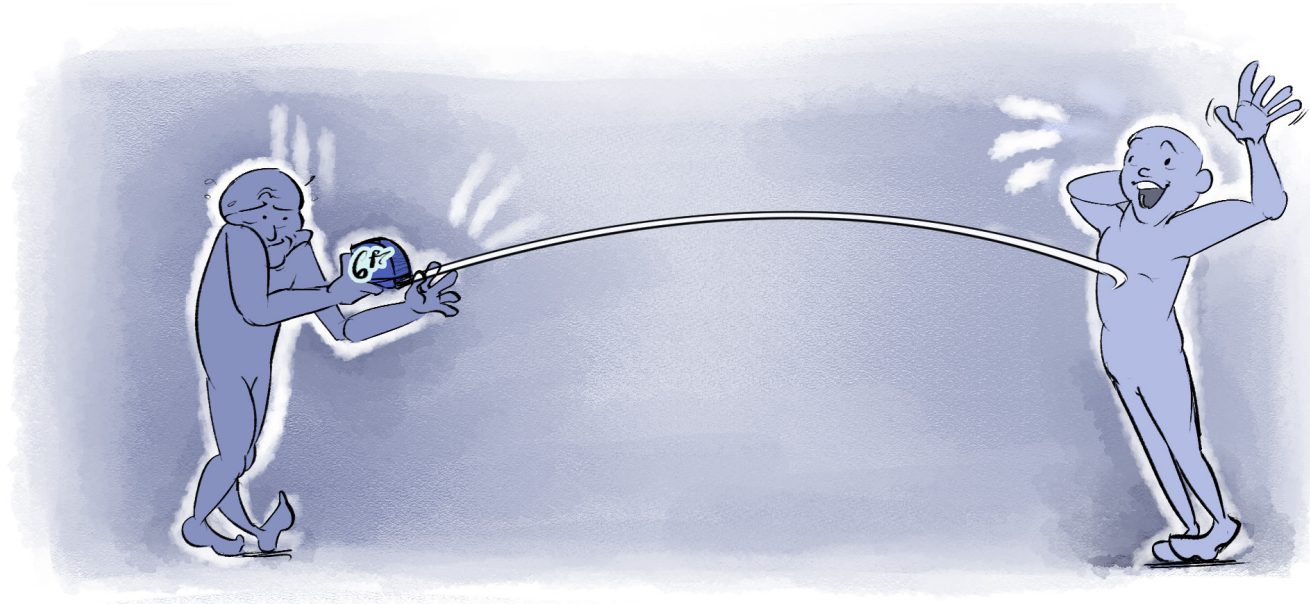
According to Dr. Frank, internet hotspots are being ordered for students with a lack of internet access, and the university is working with students on an individual basis if this doesn't work. She also emphasized that accommodations

are being made for students that need to continue living on campus, however UW–Stout is aiming to have as few people on campus as possible.

Career Services is still holding virtual appointments for students that are concerned about internships and careers after graduation. Dr. Frank believes that if students need any job assistance, they should reach out to Career Services as usual to schedule a virtual meeting.

According to Dr. Frank, she understands that this is an anxiety-inducing time for many students. However, she believes that the university community is doing everything possible to help support learning and student success.

“I encourage students to keep lines of communication open—communication with faculty, communication with advisors, communication with student leadership. That's the only way that, together, we can keep building community to move Stout forward,” she said. “We are in it together.”•



EMMA OZARK/STOUTONIA

SELF-CARE WHILE SOCIAL DISTANCING

ELIZABETH VIERKANT



UNSPLASH.COM/CONTRIBUTED

Several changes have been made for the Spring 2020 semester at the University of Wisconsin–Stout. According to Samantha Hamann, a licensed counselor and the outreach coordinator at the UW–Stout Counseling Center, students are coping in a variety of ways to these changes.

“Some students are enjoying being home with family and pets, while others are struggling with different anxieties and depressive symptoms, too,” Hamann said. “Many students feel uneasy as to what will happen with their future plans, but seem to be taking each week as it comes.”

In order to relieve some stress, the UW–Stout Counseling Center makes several recommendations.

According to them, it’s important to make yourself a priority.

Ten Ways to Make Yourself a Priority

1. Video chatting with friends
2. Going for a walk outside
3. Performing deep breathing exercises
4. Trying yoga
5. Downloading a new podcast or mindful app
6. Making a to-do list every day
7. Exercising
8. Finding a new healthy recipe
9. Journaling
10. Making a healthy sleep routine.

According to Hamann, what qualifies as self-care may be different from student-to-student. She believes that all people cope differently. She also recommends finding what works best for you.

“Self-care is something that we always want everyone to practice but especially right now,” Hamann said. “We want students to remember that along with their classes, making their mental health a priority during this time is highly important.”

Hamann also recommended several activities for students to do during this time like planning something to look forward to each day, using a planner to outline what to accomplish throughout the day, utilizing



UNSPLASH.COM/CONTRIBUTED

previously learned coping skills and, if needed, reaching out to the UW–Stout Counseling Center.

“Due to the changes that have occurred over the past couple weeks, students are doing their best to stay organized while managing their time with classes being online,” Hamann said.

If mental help is needed, the Counseling Center is offering 30-minute phone consultations on Microsoft Teams during this time. According to Hamann, these sessions are confidential and free of charge.

Hamann also recommends following The UW–Stout Counseling Center’s website and Facebook page, UW–Stout Wellness PROs and Counseling Center. She said that this will help students stay connected and provide more strategies for physical and mental health.

According to Hamann, UW–Stout’s website is also a good resource to staying updated on any policy changes due to COVID-19.

Hamann recommended several different resources for students that may be struggling.

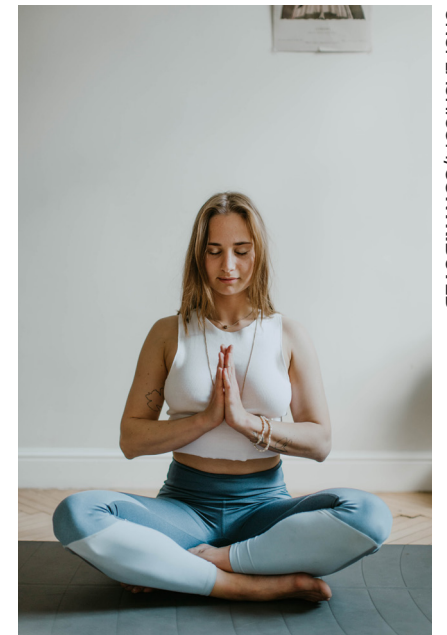
Resources

1. The UW–Stout Counseling Center
2. The Counseling Center website and Facebook page, UW–Stout Wellness PROs and Counseling Center
3. The UW–Stout COVID-19 page
4. Well Track, a free interactive self-help app to help students manage mood and mental health
5. Emergency and Crisis Resources:

Call 911 if you are experiencing an emergency.

Other mental health crisis options available 24/7:

- Northwest Connections: 1-888-552-6642 (local area, Western WI)
- National Suicide Prevention Lifeline: 1-800-273-8255
- Crisis Text Line: text hello to 741741.



UNSPLASH.COM/CONTRIBUTED

“We want students to know that the UW–Stout Counseling Center is here from them during this time,” Hamann said.

If you are currently struggling with your mental health, feel free to reach out to the Counseling Center. It is open Monday through Friday from 8 a.m. to 4:30 p.m. They can be called at 715-232-2468.

MENOMONIE BRINGS NEW HEIGHTS

RYAN MEZERA



ROSE BARKER/STOUTONIA

Living in old homes can be quite the experience. Simply take a walk between Menomonie's 5th and 9th Street east of campus to uncover just how much character homes like this can offer. Here, you'll find scattered bikes, LED lit windows and the occasional backyard-mountain of beer cans enclosed by a circle of lawn chairs from the past weekend's game of beer darts.

With this number of pros comes uncountable cons. Aged structures, like the one's east of campus, are more than susceptible to things like pests, leaky ceilings, frigid windows,

and everyone's favorite, black mold.

Notwithstanding the fact that some University of Wisconsin-Stout upperclassmen might say enduring these obstacles is only part of the "Stout experience", many others see the primitive tradition as expired. In return, a demand for updated living has formed around Menomonie.

In addressing the demand, a new student-only housing complex, The Heights, is currently under construction just West of the Don and Nona Williams Stadium. Located at 202 17th Ave. W.,

“

The Heights, when finished, will stand as a four-story building and have capacity to accommodate 171 beds with 53 units—a definite boost in student-living alternatives.

”



MENOMONIE.MYHEIGHTSLIVING.COM/CONTRIBUTED

The Heights, when finished, will stand as a four-story building and have capacity to accommodate 171 beds with 53 units—a definite boost in student-living alternatives.

Three separate floor plans will be offered: 1 bedroom/1 bath, 2 bedroom/1 bath, and 4 bedroom/2 bath. Additionally, living spaces will be entirely furnished while including in-unit laundry, smart TVs, and extra-long, full-size memory foam mattresses.

The 1½-acre lot where the unfinished living facility now sits, was once home to a fraternity house. Now a construction site, the plot of land is one block from the Southeast corner of campus, making it an ideal location for campus-commuters.

According to Nicholas Blau, the Director of Property Management at Talon LLC, one of the two corporations in charge of construction, ground broke for The Heights in July of 2019.

Eagle Construction is accompanying Talon Development in the operation. The two companies have worked together in the past.

They did a similar project in Vermillion, South Dakota. “[It] has been very successful,” Blau stated. “We felt the model fit very well into the

Menomonie market. We are targeting early August to start moving people in.”

Unlike other apartment buildings around Menomonie, not just anyone qualifies to be a resident at The Heights. “You do have to be a full-time student,” Blau said. “You don’t have to be attending UW-Stout specifically, but we anticipate the large majority of our residents will be UW-Stout students.”

On the contrary, the 503 Broadway Apartments, another modern-style Menomonie apartment building built a few years prior, attracts not only students, but other demographics as well. Because of this, 503 Broadway respectfully offers things The Heights will not, such as Granite counters and underground parking.

Although the project aims to benefit the City of Menomonie in the long-term, its location has raised some concerns.

Galloway Creek, a source of water that runs directly into the Red Cedar River, flows roughly a hundred yards South from the complex. Subsequently, Menomonie Mayor Randy Knaack has indicated potential complications with storm-water and concrete installation

in close proximity to the creek.

Another thought-provoking factor to the new development is that The Heights is substituting resident-parking options with a lavish inground, outdoor swimming pool. Blau says the pool will also include “a great area for socializing that will include grilling stations and fire pits.”

Freshman Business Administration major, Vladislav Sorokin, was excited while confused after hearing about the outdoor pool. “When I first heard the idea of an outdoor pool, I thought it was a joke because there is always snow here,” Vlad said. “But I like the idea of pool parties and grilling, so I’m all for it.”

Others are not so optimistic. Southside Property Management’s Jay Williamson told The Dunn County News last March that, “There’s no way we should subsidize student housing in any way, shape or form.”

Nonetheless, with all disputes aside, students will have the chance to live modernly at The Heights coming this summer. Blau stresses, “Students can avoid the hassle of determining who is bringing what,” since students have the opportunity to move into fully furnished units. •

STOUT STUDENTS ASSIST LOCAL SIXTH GRADERS

EMMA OZARK



EMMA OZARK/STOUTONIA

University of Wisconsin–Stout social science professors Dr. Chris Freeman and Dr. Tina Lee have been working alongside three honors college students, Tatiana Bakken, Joe Sedivy, and Erica Gaetz, to help provide a hands-on learning experience involving local 6th graders. They aim to help students who live in poverty and may not have the same access to resources or a place in which they can most efficiently learn. “Schools are doing all they can, but after 3:00 p.m., [but] many kids are on their own and we want to help,” said Freeman.

This program is intended to provide a healthy, positive learning environment that they may not otherwise have. The program was intended to start this current spring semester on March 26th. Mentors were to

“
Schools are doing all they can,
but after 3:00 p.m., many kids are
on their own and we want to help.
”

consistently work with the same kids until their middle school graduation in order to create a relationship that would help improve the children's grades over the long term. The goal of the program is to provide extended support for students who might need out-of-school and non-parental support to complete homework.

According to Freeman, “It is a Stout student activist project that wants to put a spotlight on the fact

that [the] extraordinarily high poverty rate in Menomonie—among the highest in the state—is a community problem that we need to address.” Freeman believes poverty often hits kids the hardest. “Education is one way out of poverty, and we aim to help fight long term poverty one student at a time. We want everybody to know that poverty is a condition, not a fate” Freeman said.

Lee, associate professor of Anthropology at UW-Stout, notes



BRYCE PARR/STOUTONIA

there are several complicating factors in hammering out a precise number for what Menomonie's poverty rate actually is. One reason for this is that many of the means for calculating poverty are outdated.

She said categorizing by “Asset Limited, Income Constrained, Employed” (ALICE) is more helpful. In 2016, 29% of Dunn County Residents were in this category, meaning these households generally lacked savings, and are one crisis away from not being able to pay bills and make ends meet. These conditions make it harder for the children living in those households to succeed.

Lee believes the program is a great start to helping children in poverty, but it won't fix these systemic issues. Poverty can't be solved only by working at an individual level. Helping kids do well in school is

important, for sure, but we need collective, policy changes to make a big dent in the overall problem.

At a minimum, this would look like raising the minimum wage, providing universal health care, making paid leave available for all and making childcare more widely available and affordable.” Lee stated.

However, due to the COVID-19 outbreak and recent executive orders forcing everyone to stay home, the program is unlikely to happen this semester.

According to Middle School Teacher Amy Zuber-Seguín, it is much harder for the Menomonie Middle School to utilize online learning with this global pandemic. “Because of economic and geographical disparity in regard to internet access, any at-home instruction needs to be blended.” She said, “We have issues related to

economic access [to the] internet as a district, but we also have geographical issues. Some families who can afford access can't access it because of lack of fiber optic cable, or satellite access. This includes not only our students, but also staff within the district. Internet access has been a question of equity in Wisconsin for a long time.”

Student Coordinator Erica Gaetz isn't discouraged. “We worked very hard on getting a grant approved and even though it didn't work out, we are working on the next one, and it hopefully will be even better.” She said.

If you are interested in joining the program or contributing, Lee plans to be involved in helping recruit students for the program, and training them about the realities of inequality, poverty, and poverty policy in the U.S. She can be reached at leetina@uwstout.edu.

SPRINGTIME STROLL AT STOUT

EMMA OZARK



POLICE DEPARTMENT CANCELS KEG KRAWL

RYAN MEZERA



CARTER ANDERSON/CONTRIBUTED

The Bi-Annual Keg Krawl, put on exclusively by students, was halted last spring by the Menomonie Police Department. Citations were issued, kegs were confiscated, and the parties were put to an end.

The Menomonie Police Department made the decision that the 8th Bi-Annual Keg Krawl would be the last. On April 13th, the day of the Krawl, According to the police report, "numerous people wearing lime green shirts stating 'Krawlin,' holding red solo cups."

Recent Manufacturing Engineer graduate Carter Anderson, who helped organize the function, said, "There were many discussions with law enforcement the day of the spring Krawl, but no one was arrested." According to police reports, 11 citations were issued related to the event.

According to Anderson, the closure is because no liquor license was in place for the Krawls to serve alcohol. Anderson said he attempted to get a license, but was unable. This lack of a license invoked WI 125.315, which reads, "Evading provisions of law by giving away fermented beverages." Anderson confirmed,

"I was arrested months later."

Anderson said that he understands that the Menomonie Police Department only acted to ensure the safety of students and Menomonie residents. His record has since been expunged. "Dunn County and the State of Wisconsin have taken responsible measures to ensure a non-licensed party of that size no longer continues," Anderson said. "I want people to know that Menomonie Police are really trying to keep our community safe, while still allowing us to respectfully and responsibly celebrate our community."

According to event organizers, the operation started with raising money by selling apparel to party-goers of legal age and using a portion of this money to purchase kegs and supplies to disperse to selected houses. On the date of the event, "Krawlers," the event attendees, would wear the shirts and move between houses. Organizers said that all the leftover money was then donated to local charities including Bridge of Hope, Dunn County Humane Society, Boys and Girls Club of the Greater Chippewa Valley and Stepping Stones.

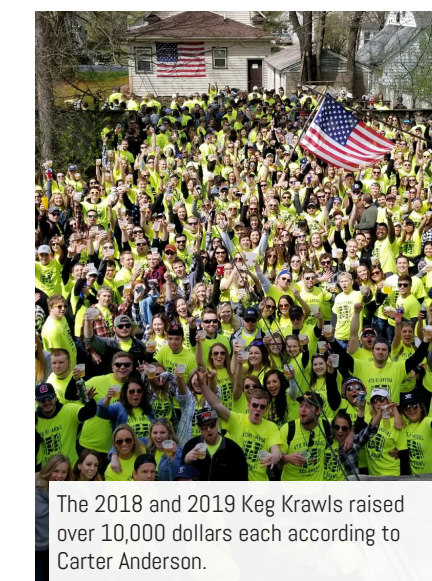
The original Krawl took place in the Fall of 2015 and was titled

"8th St. Keg Krawl." According to Anderson, only about 120 people participated. As the Krawl-frenzy progressed over the seasons, so did its following and funding. "Over 800 people came to the [fourth Krawl] and \$3000 was raised," Anderson said.

With the growing amount of cash, Anderson and his crew saw an opportunity. "One of the boy's lovely mothers threw an idea out there to donate any extra money," said Anderson. "That is when this party grew some chest hair."

When asked about how the Krawl monitored underage drinking, Anderson stated that precautions were taken. The 2019 spring Krawl used a local bar to check IDs and handout t-shirts. "21+ was ALWAYS a requirement and ALWAYS advertised. Safety was our number one goal," he said. "There were security guards at the event to ensure safety among donors,"

Anderson says both the 2018 and 2019 spring Krawls raised over \$10,000 each. "It was common to have the spring events be larger than the fall," said Anderson. Over the course of eight total Krawls, Anderson says over \$40,000 was raised for local charities.



CARTER ANDERSON/CONTRIBUTED

UW-STOUT ALUMNA SHOWS ART AT OSCARS

BRODY PIERCE

Erin Goedtel graduated from University of Wisconsin–Stout in 2003 from the fine arts program with a concentration in painting. Goedtel is originally from the Twin Cities and has made a career out of her art as, what she calls, a Solopreneur. Now at the age of 39, Goedtel continues creating her freelance artwork and illustrations for clients and running her own entertainment company that she started while at UW-Stout in 1999. The company specializes in live art, such as caricatures and henna art, and hires young artists looking for work. •



ERIN GOEDEL/CONTRIBUTED

What was the story behind your Elton John imagery being shown at the Oscars?

“Before Elton’s actual performance at the Oscars I had been commissioned to work on the music video for the single from Rocketman in May of 2019, which later the imagery was carried over and some parts of that video were used as backdrop visuals to dazzle up the stage performance at the Oscars (with the real Elton John in front of them no less! Wow!) The imagery for the Elton John music video was really a way to seamlessly try to connect film clips from the “Rocketman” movie with actual real Elton John album covers and concert photography. The song is a collaboration (or at least sung

by) both Elton and Taron Egerton (who plays Elton in the movie). So, I was sent still shots of the movie and the art director wanted me to interpret them in a vintage-style way that reflected a 70’s esthetic and harked back to more cartoonish or glamorous moments of Elton’s career. We especially drew inspiration from Pinball Wizard illustration and music video for the illustrations I created. The whole music video was a modge podge, a sort of a classic movie song music video with movie clips and then embroidered richly with a retrospective of his discography and with his performance ‘looks’

with fresh artworks and animations sprinkled in as a bridge to both sides.

Around December 2019 the producers asked to use my image of my Taron/Elton hybrid artwork to use as the image for the Remix which was released to remind people of the song and the movie pre-Oscars.

After the Oscars, Kii Arens, whom I frequently collaborate with, has had several high-profile musicians, film composers and clients get in touch with him after seeing the awesome imagery at the Oscars, so here’s hoping to many more exciting and creative projects to come in the future.”

Why did you choose to go to UW-Stout?

“It’s gonna sound ridiculous but was the only place that I applied to. I had friends, a lot of friends, that went to Stout and said a lot of good things about it. It just seemed that every artist that I was working with had gone. When I was in high school, I was drawing caricatures at Valley Fair and half the artists there were going to Stout. Of course, there were private schools, the College of Visual Arts and the University of Minnesota, but I kind of wanted to get farther away from home. So, I just found out about Stout from my co-workers and decided to go.”

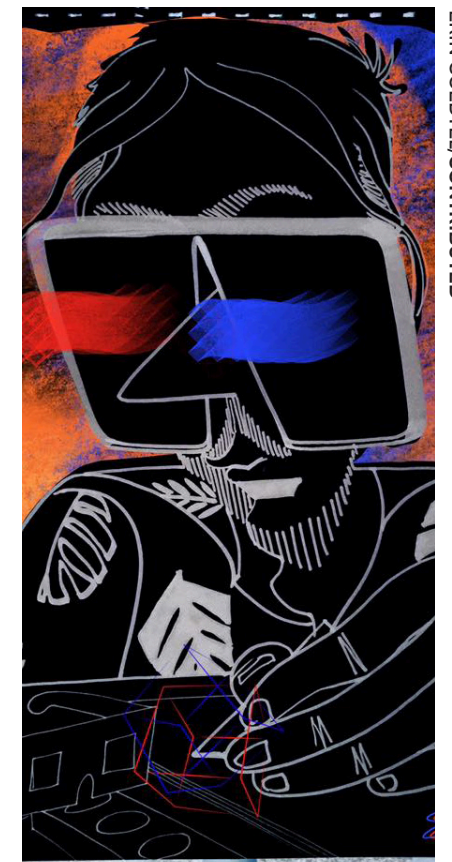
ERIN GOEDEL/CONTRIBUTED



What is your process for creating a work of art?

“My process is pretty laborious. I’ve seen other people and I wish I could be as straightforward as they are. I start out with ideation first, like just thinking on it without looking at anything. Mainly, just get to my central ideas for myself before I look to the world or the internet or anything because I really just want it to come from me first. Then, once I start to grab onto a direction or an idea or some image/imagery, I look at books, the internet, go and take my own photos and piece a bunch of different things together to gain influence. I also look at other artists that I want to emulate, that remind me of what I am excited about and try to tie that back in. I draw from other artists, distill everything down and make it my own. Then I start sketching, but I get really impatient. Once I know what I want to do, I

just want to make it. I don’t want to go through the process of sketching or what they call “thumbnails.” I just really want it fresh, like get it on the canvas and just make it. I don’t want it to take four months, which I have had paintings that have taken four months, really detailed commissions and such. It becomes kind of a major feat for me to get passed because I start to lose my interest in it, but at the same time I get addicted to it. like I’m sick of doing it but I love doing it because I just want to see it get to a certain level of finished. However, since I have done so much live art and I’d do it in front of people and it has to be done within 5-10 minutes, I’ve kind of conditioned myself to the point that I wish more of the artwork that I could do would be fresh like that and complete it within a day or a few hours.”



ERIN GOEDEL/CONTRIBUTED

Why did you decide to pursue art as a career?

“Well, I didn’t really have a choice because I didn’t really see myself doing anything else and I get really ADD and distracted if I’m doing something that I’m not fully engaged in. I also like the challenge of art. The visual arts, design and industrial design, all those things include a lot of engineering that goes into what something is gonna look like, how it works and how it functions. You also have to consider concept, like, what are you going to say with what you’re doing. Does it have some type of message? What’s the aesthetic, the style, the look going to be? It’s complex yet sometimes looks simplistic, but I like all those different kinds of intellectual and visual components and the process of figuring it out like a puzzle.”

Favorite piece of work you’ve done and why?

“My favorite piece I have ever done is High Horse. But overall, that whole exhibition which was also named ‘High Horse.’

Making an exhibition is challenging, and the cerebral challenge of trying to make multiple pieces that are unique but reflect a central focus or idea. I learn by doing and my metaphors, and what helped me in making a body of work was to think of it like how a musician thinks of tying together songs to create an album. That is what helped me give myself the latitude to try different styles, but have them be tethered to the central idea, and each adding a separate facet of content or aesthetics to it.

‘Tiara Non Grata’ was also a blast and one of my other favorite body of works. I’m not primarily a 3D artist but challenged myself to make sculpture for the show. This was a two-person show. I shared this exhibition with Emily Bennet Beck who used to teach at UW Stout in the art department. We also made a coloring book as a companion piece (this is right before the whole coloring craze blew up), and I got to flex my illustration and drawing muscles on it—which I loved working on.”



Do you have a favorite medium that you like to use?

“I do. So, I kind of have two because they are very different. I really love to draw so I like to use pen and ink. Just bare bones, very pared down to mainly the element of line, and I’ll take that for a walk to see what I can do with it. I have a long history of drawing caricatures and doing illustration, so line is super important. It can be a gesture, it can kind of have musicality to it depending on what you do with it. So, I like that, how such a simple element can say so much. The second part is that I love painting, especially oil painting, because it’s kind of like life but with a polish over it. It takes life and enhances it and makes it more beautiful in some ways, even though that is totally impossible because the world’s even more beautiful than any painting anyone could ever make, but it has just kind of a different feel to it that elevates it and I like that. I like being able to work with color, and push different colors to make it even more vibrant, in some ways, or create a mood with it. Plus, the material is fun to work with.”

What message do you try to portray through your art?

“I usually try to portray positivity. I want to excite people and delight people. I just love creating something that is like its own world. I kind of find it like a utopia, to be able to create art and see what I wanna see and create it and share it with other people.”

Any tips for the aspiring artist?

“I’ve learned the creative process can’t be mapped. It is non-linear and only goes as far as the energy and effort put into it. Also, surrounding yourself with good mentors, people who ‘get you,’ and other creatives that have positive, competitive or an energizing potential can’t be overstressed. Overall, I also have a tendency to go the extra mile and generate more ideas and artwork than asked for—some get used, some never make it anywhere. I’ve learned that is part of the deal. But either way, I’ve never been one to turn down the ‘extra credit’ option. You never know where it will lead.”

TOP TEN MOVIES TO BINGE WHILE ISOLATED

ROBERT TIMMLER

Sometimes people like to relax watching an action film, a comedy or a heartwarming drama. This list is here to represent all those ideals. On a side note, this list is opinion only and isn’t science based.



10) Forrest Gump (1994): The film shows the life story of a dyslexic man from his childhood to his adulthood adventures all the while he’s thinking about his childhood sweetheart Jenny (played by Robin Wright). A heartwarming film that’s full of delightful moments that comes from Tom Hanks’ iconic performance. It’s a film that lifts the viewers’ spirits up and leaves a warm feeling inside.

9) Pacific Rim (2013): A science fiction action film set in the far future, sea monsters known as Kaiju start attacking all around the globe. The government responds with massive robots called Jaeger. As the war wages on, former Jaeger pilot Raleigh Becket (played by Charlie Hunnam) and his trainee Mako (played by Rinko Kikuchi) have to come together to end the Kaiju threat. It’s a film with amusing action sequences, decent characters and some fascinating visions for anyone in the mood to lay back and watch giant robots fight huge monsters.

8) Ghostbusters (1984): This film is a classic comedy about three former parapsychologists who start a business in capturing ghosts after experiencing a supernatural event together. It’s a great time full of memorable moments/lines, humorous jokes and characters that will put a smile on anyone’s face.

7) Hobbs and Shaw (2019): The film is about hard as nails cop Luke Hobbs (played by Dwayne Johnson) and criminal mastermind Deckard Shaw (played by Jason Statham) who have to team up to stop superhuman bad guy Brixton (played by Idris Elba) and his shady organization from releasing a deadly disease on humanity. It’s an action pack thrill ride that jolts up the exciting car stunts from “The Fast and the Furious” movies, but with a smaller cast and a ton of funny one-liners.

6) The Hangover (2009): It’s a laugh out loud comedy about 3 guys who have to find their best friend before his wedding after a night of hard-core partying in Las Vegas. It’s an outrageous comedy with an interesting mystery that’s made even more hysterical by the characters and outlandish jokes.

5) The Lego Movie 2: The Second Part (2019): The sequel to “The Lego Movie” has Emmet (voiced by Chris Pratt) setting out on a mission to rescue his friends who have mysteriously disappeared to an unknown place. It’s a creative, relatable and colorful comedy with a clever story and characters that are funny, kind and make the film great.

4) Shazam! (2019): Teenage orphan Billy Batson (played by Asher Angel) is

unexpectedly given super powers when he says the word shazam. It’s a fun and heartwarming comic book film that has engaging characters, hilarious jokes and entertaining action sequences.

3) John Wick (2014): It’s a simple story of a former assassin who gets revenge on the group that robbed his home and killed his dog, which was the last gift from his dead wife. It’s a film with some of the best action sequences in the past few decades and an intriguing performance by Keanu Reeves.

2) Pitch Perfect (2012): A teen comedy about The Bellas, an all girls singing group, who come together to take down their male rivals in a campus competition. It’s a fun film with enjoyable characters and some lovely musical numbers.

1) Deadpool (2016): A comic book action comedy about mercenary Wade Wilson (played by Ryan Reynolds) who goes through an experimental surgery to get rid of his cancer. The botched experiment results in him becoming immortal, but ugly. With the loss of his good looks, Wade goes on a killing spree to track down the man who ruined his looks and make him fix his face. It’s one of the best superhero comedies of all time with quotable lines, high energy action sequences and memorable characters. •

TWINS MLB SEASON PREVIEW

EVAN THUE

LINEUP

Jorge Polanco
.295 BA/ 22 HR/ 79 RBI
Max Kepler
.252 BA/ 36 HR/ 90 RBI
Nelson Cruz
.311 BA/ 41 HR/ 108 RBI
Josh Donaldson
.259 BA/ 37 HR/ 94 RBI
Miguel Sano
.247 BA/ 34 HR/ 79 RBI
Mitch Garver
.273 BA/ 31 HR/ 67 RBI
Eddie Rosario
.276 BA/ 32 HR/ 109 RBI
Luis Arreaz
.334 BA/ .399 OBP/ .838 OPS
Byron Buxton
.262 BA/ 10 HR/ .314 OBP

Bench
Marwin Gonzalez
.264 BA/ 15 HR/ 55 RBI
Jake Cave
.258 BA/ 8 HR/ 25 RBI
Ehire Adrianza
.272 BA/ 5 HR/ 22 RBI

Rotation
Jose Berrios
14 W/ 3.68 ERA/ 200 IP
Jake Odorizzi
15 W/ 3.51 ERA/ 178 SO
Kenta Maeda
10 W/ 4.08 ERA/ 169 SO
Homer Bailey
13 W/ 4.57 ERA/ 163 IP

Bullpen
Taylor Rogers
30 SV/ 2.61 ERA/ 90 SO
Tyler Duffey
ERA 2.50/ 1.01 WHIP/ 82 SO
Trevor May
2.59 ERA/ 1.07 WHIP/ 79 SO



EMMA OZARK/STOUTONIA

THE SCOOP FOR THE TWINS

Finishing with the most wins in franchise history might be tough to encore but if there is any team that would be able to do it, it would be them. Big offseason signing **Josh Donaldson** will provide even more pop to a lineup that broke the Major League home run record a season ago. Not only will he be bringing his bat but will bring his immense defensive skill to 3rd base which will move **Miguel Sano** to first base. I was worried at first how he would handle the move, but so far he looks comfortable at first. The Twins will need a big season from **Jose Berrios** if they want to make a deep postseason run. Berrios has the stuff to be an ace of a pitching staff, but the real question is will he run out of gas at the end of the year? Getting **Homer Bailey** was big, but I

think the bigger signing was **Rich Hill**. Once Rich comes back from injury, he could provide some second half of the season juice that the Twins rotation sorely needed last year. I can't wait to see the return of, in my opinion, the best outfield in Major League Baseball. **Max Kepler, Byron Buxton, & Eddie Rosario** are the leagues best kept secret, and the heart and soul of this Minnesota Twins team. The bullpen towards the second half of the season turned into a strength. **Taylor Rogers, Tyler Duffey, Trevor May, and Sergio Romo** pitch in some big moments down the stretch, and adding veteran **Tyler Clippard** will be a huge added bonus. If this team's pitching can keep them in games, this is a team I would be very worried about come playoff time.

THE YOUNG GUN

One prospect I think could have an immediate impact his season for the Twins is flamethrowing right-hander **Johan Duran**. The need for a 100 mph pitcher ill be important—especially after trading away Brusdar Graterol. He could prove to be a solid starter if someone gets injured or provide some late-season heat to the bullpen. I think Duran could be the key for the Twins' next step into the playoffs.

BREWERS MLB SEASON PREVIEW

EVAN THUE



EMMA OZARK/STOUTONIA

LINEUP

3B Eric Sogard
.290 BA/ 13 HR/ 40 RBI
CF Lorenzo Cain
.246 BA/ 11 HR/ 48 RBI
RF Christian Yelich
.329 BA/ 44 HR/ 97 RBI
2B Keston Hiura
.303 BA/ 19 HR/ 49 RBI
1B Ryan Braun
.285 BA/ 22 HR/ 75 RBI
LF Avisail Garcia
.282 BA/ 20 HR/ 72 RBI
C Omar Navarez
.278 BA/ 22 HR/ 55 RBI
SS Orlando Arcia
.223 BA/ 15 HR/ 59 RBI

Bench
Brock Holt
.297 BA/ 3 HR/ 31 RBI
Justin Smoak
.208 BA/ 22 HR/ 61 RBI
Ben Gamel
.248 BA/ 7 HR/ 33 RBI

Rotation
Brandon Woodruff
11 W/ 3.62 ERA/ 121 IP
Adrian Houser
6 W/ 3.72 ERA/ 111 IP
Brett Anderson
13 W/ 3.89 ERA/ 176 IP
Eric Lauer
8 W/ 4.45 ERA/ 149 IP

Bullpen
Josh Hader
ERA 2.62/37 Saves/
138 Strikeouts
Corey Knebel
*4 Wins/ 3.58 ERA/ 88 Strikeouts
Brent Suter
4 Wins/ ERA 0.49/
Op Ba Avg .156

THE SCOOP FOR THE BREWERS

I'm not going to lie, that loss in the wild card game is still gonna hurt. The big question is how the Brew Crew can bounce back from it, losses like that are hard to bounce back from. I'm glad they locked up **Christian Yelich** on a big extension but I worry who is going to be hitting behind him, not much protection in that lineup. I like **Keston Huira** but I need to see more for me to be fully convinced by him. I'm worried that they lost too much and didn't get enough in return. Losing Moustakas and Grandal and replacing them with **Eric Sogard** and **Omar Navarez**. If the Brewers can get to

the 9th inning they shouldn't have any worries **Josh Hader** is the best in the game. His electric stuff and his incredible offspeed pitches will baffle hitters all season. I worry about getting to the ninth. There isn't a proven number one starter. I like **Brandon Woodruff & Brett Anderson** but they lack that one guy. I thought they should have traded or signed a big time starting pitcher this offseason. If they're going to get back to where they were in 2018 they're going to need one. If they can do that, then I have no doubt this team makes it back to the postseason, but that is one big if.

THE YOUNG GUN

With the Brewers in need of a big-time starting pitcher, I think a big player to look out for is Drew Rasmussen. The last couple of seasons we have seen Rasmussen skyrocket up the Brewers minor league system, and I think this season could be the season he makes it into their rotation. A solid and dependable starter can eat the innings and get to that bullpen. If he can stay healthy, expect to see him in the starting rotation at some point this season.

JIU JITSU CLUB EXPANDS TRAINING

SAMUEL NEMEC



EMMA OZARK/STOUTONIA

For some time, the University of Wisconsin-Stout has been home to the Jiu-Jitsu Club, but as of last December, the club has branched out to implement other martial arts that include striking disciplines into their Wednesday meetings such as boxing, Dutch-style kickboxing, and Muay Thai.

Dominick Yates, an officer of the club, said of the transition, "Although there was a jiu-jitsu club, Garrett, Rand, and I really wanted to be able to practice striking along with grappling, so we began to practice boxing and Muay Thai on Wednesdays while still doing jiu-jitsu on Mondays."

The Jiu-Jitsu Club meets on Mondays in the Johnson Fieldhouse in the wrestling room at 7 p.m. where they lead grappling exercises and teach techniques. The club also meets on Wednesdays where it is now MMA oriented with teachings of striking techniques, drills, and some controlled sparring.

"On Wednesdays, we typically warm-up, practice technique on whatever move we're learning that day, and then for the last 30 minutes we do some light sparring," Yates detailed.

The clubs are run by Garret Swearingen and Rand Dickson who are both MMA practitioners and avid fans of mixed martial arts.

While MMA is most commonly recognized as a sport large in part due to the largest MMA promotion in the world, the Ultimate Fighting Championship (UFC), who has produced superstars like Georges St. Pierre (GSP), Conor McGregor, and Amanda Nunes – but training mixed martial arts has a whole lot more to offer.

MMA has the power to equip individuals with viable self-defense abilities, as well as serving as a confidence booster for some while installing devout discipline and respect in martial artists inside and out of the gym. The MMA bubble is tight-knit and

has something for just about everyone.

"I feel like it is important for Stout to have mixed martial arts clubs because it builds a sense of community," Garrett Swearingen explained. "I have made lifelong friends while fighting."

As much as the training can do for your physical health, it can also strengthen your mental health as well. It is another method of exercise that can be used as your getaway from normal life to relieve stress and work on yourself.

"Personally, fighting has helped me overcome my anxiety," Swearingen said. "Our students should join for a number of reasons. Between self-defense and mixed martial arts as a sport, I'd say both are applicable."

The Jiu-Jitsu club is open and welcome to all of the UW-Stout students and encourages interested students to come to join, learn, and have loads of fun. •

SENIORS REFLECT ON A SEASON CUT SHORT

SILAS VISTAKA



Heaven Hunt said that sports brings out the best in people.

TIM KRUSE/CONTRIBUTED

As spring sports come to a small halt due to the COVID-19 pandemic, it's time to focus on the positive to let the time pass. That positive being the successful careers of our soon to be graduated seniors.

"The whole season was fun just being able to make memories and play with my teammates," Said Becky Fesenmaier, a senior on the Women's Basketball team.

When people talk about their four or so years of playing, often they might bring up how playing a sport can be an enriching experience.

"I believe sports have always had a special place in my heart because of how they build character in people. They bring the best out of people and sometimes the worst. They show you how hard work pays off and how sometimes you need to work harder. Overall, sports have kept me on track to build my career, grow as an individual,

and keep the passion going for anything I put my mind to," said Heaven Hunt senior wide-receiver of the UW-Stout football team.

Sports can have a whole other meaning when it comes to just simply competing. Players build bonds, foster friendships and become family with these people that all have a common interest: sports. The bonds that come from playing them can create something that you will carry throughout your life.

"I do plan on playing for fun after college because football will always have a place in my heart for many reasons and one is that it has gotten me to where I am today," Said Hunt.

Fesenmaier and Hunt's experiences at UW-Stout will be with them throughout life. It goes to show that playing a sport can sometimes be about more than just "playing the sport." •



Becky Fresenmayer and The UW-Stout Women's Basketball team began their 2019-20 season with a strong win over UW-Superior 72-68.

SPORTS INFORMATION/CONTRIBUTED

THE ‘SCOPES: GUESS THE MOVIE

EVAN “WHO UNPLUGGED THE WIFI?!?” THUE

ARIES

(March 21 – April 19)

You just found this black suit. You don’t know why but it gives you the undeniable urge to dance.

TAURUS

(April 20 – May 20)

You’re not very good at cooking, but hey you know a Rat that could help you out. Why don’t you give him a call?

GEMINI

(May 21 – June 20)

Well, you WERE trying to relax and enjoy some nice downtime. Well someone said your name three times, now it’s time to wreak havoc, but have fun doing it.

CANCER

(June 21 – July 22)

I have some bad news for you. Yoooooou’re stuck in the woods with two other people. Aaaaaaand you’re lost. Aaaaaaaaand there may or may not be a witch. Best of luck.

LEO

(July 23 – August 22)

What’s that? Oh, the boat is sinking? Ahhh well at least there will be enough room for two people on the raft right? RIGHT? Why are you looking at me like that?

VIRGO

(August 23 – September 22)

Wait where’s Wilson?

LIBRA

(September 23 – October 22)

You hate Bill. Bill tried to kill you. Up to you what you’re going to do. I’m not going to tell you what to do, I’m not your mom.



TYLER MULLEN/STOUTONIA

SCORPIO

(October 23 – November 21)

OH MY GOSH! STOP GOING INTO THE WATER! THERE’S A SHARK IN THERE!!

SAGITTARIUS

(November 22 – December 21)

You and your giant metal friend will be friends forever. Right? Try not to cry. Try not to cry. Ok fine. Cry a lot.

CAPRICORN

(December 22 – January 19)

Where is Rachel!?!?

AQUARIUS

(January 20 – February 18)

Uh-oh, you’ve just been blasted into the vacuum of space, now it’s up to you to get back.

PISCES

(February 19 – March 20)

You have a wonderful accent, but people can’t understand what you’re saying. Oh Hi, Mark!

UW-STOUT WELCOMES NEW “ORG” TO CAMPUS

ELIZABETH “REMEMBER PLACES?” VIERKANT

“You only see the Overseer’s eyes at night,” said Natasha Romanoff, a student at the University of Wisconsin–Stout. Romanoff is a member of the Blue Devil’s Cult, a new movement found on campus. “He watches over us and makes sure that we’re safe.”

According to Romanoff, the Overseer, more commonly known as UW–Stout’s Heating Plant, is the center and leader of their movement. As stated by her, while the word “cult” is in the name of their organization, they are the farthest thing from a cult.

“All we do is find young, vulnerable people currently transitioning in life and prey on—I mean invite them—into our little group,” she said. “We’re super fun, and, no matter what everyone else is saying, we definitely do not ritually sacrifice new members to the Obelisk.”

Tony Stark, a student at UW–Stout and one of the founders of Blue Devil’s Cult, stated that the Obelisk is another important feature of their movement. This structure labeled with “UW–Stout” is located behind the Memorial Student Center (MSC).

As stated by Stark, any sacrifices given to the Obelisk keep the Overseer alive and protecting campus. These sacrifices include random magnets from the Backyard Bash, \$100 bills, free hot chocolate packets found literally everywhere on campus and definitely not innocent human lives. He and many other members of Blue Devil’s Cult believe that when the Overseer’s three eyes glow red at night, he is watching over campus and protecting students from danger.

Steve Rogers, another founder of Blue Devil’s Cult gave a list of some dangers that could come to campus at night. This includes spending all blue card money at the MSC rather than the Price Commons, the temptation to vape, crying in Applied Arts at 1 a.m., the temptation to vape, getting lost in the MSC because the freaking rooms aren’t numbered and—most importantly—the temptation to vape.

When asked why they stand so firmly against vaping, Rogers said, “Only the Overseer is strong enough to vape because he doesn’t have lungs. He wants all the Juuls to himself. Leave him one at the Obelisk.” According to Rogers, when the Heating Plant is seen steaming at night, that is actually just the Overseer vaping.

Romanoff believes that, with more members in their organization, the Blue Devil’s Cult will be able to fight off all dangers on campus. She declined to address any concerns regarding ritual

human sacrifice underneath the Obelisk. “The only sacrificing we’ve done is give the Overseer our Juuls,” she said.

According to Stark, he and many other members of the Blue Devil’s Cult are just like everyone else. Their favorite movie is Midsommar! Will you watch it with them? See how happy the main character is at the end. (:

If you or anyone you know is interested in learning more about the Blue Devil’s Cult, feel free to reach out to them at wearenotacult@uwstout.edu.



BRYCE PARR/STOUTONIA



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